

# BOWRAVILLE COMMUNITY NEWS

Produced by the Bowraville Technology Centre

39 High Street, Bowraville 2449 Tel: 6564-7420 admin@bctc.com.au www.bowraville.nsw.au

SEPTEMBER 2022 ~ ISSUE #210 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

## **Drag-ens/Hot Rod Club to visit Bowra for a *TWILIGHT HOTROD CRUISE NIGHT* Tuesday 27th September from 5 to 9 pm on High Street**



An estimate of 200 hot-rods will be in attendance, weather permitting.

The cruise night will consist of hotrodgers setting up camp chairs along the footpaths with their hotrods parked alongside watching other hotrodgers cruising the High Street.

**Food shops, cafes, pub and food vans will stay open until 9pm.**

This should be a great night for all involved.

*Please do not park on High Street so there will be room for the hot ones.*

**All past and current Bowraville Community News are available online at  
[www.bowraville.nsw.au/newsletters](http://www.bowraville.nsw.au/newsletters)**

# Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services are available at the BTC on our computers, your laptop, tablet or smart phone. Printing is extra and cost depends on the amount of pages printed.

## Computer Usage

- ◆ Ten Minutes — \$1.00
- ◆ One Hour — \$5.00
- ◆ All day High Users Pass — \$15.00

## Printing and copying

B&W and colour printing on A4, A3 and other formats.  
Specialised folding and stapling service available for brochures, booklets etc.  
Large print jobs - discounts are available - ask for a quote.

## Other services

Hire of data projector + Portable screen - \$10 day

Shredding - ask for a quote

Computer repairs - \$25 minimum

Laminating A4 and A3 Binding & Guillotining

**We now take credit card payments!**

**ALL ADVERTISING**

**ENQUIRIES to**

**admin@bctc.com.au**

**ADVERTORIAL**

**and GENERAL**

**CONTENT ENQUIRIES**

**to**

**wendy@bowraville.nsw.au**

# Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

Email: [admin@bctc.com.au](mailto:admin@bctc.com.au)

- Services Australia Agent
  - Computer Training ■ Internet Access
  - Equipment Hire ■ Media Sales
  - Photocopying ■ Laminating ■ Photo Printing
  - Music Conversion to CD Format
- Volunteers Welcome*

# BOWRAVILLE COMMUNITY NEWS

**CIRCULATION = 300 COPIES**

Newsletter is also available online at:

[www.bowraville.nsw.au/newsletter/](http://www.bowraville.nsw.au/newsletter/)

## 2022 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscription includes 11 issues.

62 x 62 (1/6 pg) - \$12 issue or \$120 year

62 x 130 (1/3 pg) - \$22 issue or \$220 year

90 x 130 (1/2 pg) - \$32 ea or \$320.00 year

185 x 130 (1 page) - \$43 issue or \$430 year

Front Cover (1 issue) - \$60 issue

## DEADLINE FOR COPY FOR

**THE OCTOBER 2022**

**ISSUE IS: 4:00PM**

**TUESDAY, 20th SEPTEMBER 2022**

All contributions and advertisements for the next issue of the Bowraville Community News can be delivered either via e-mail or by hand at the front counter of the:

**BOWRAVILLE TECHNOLOGY CENTRE**

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

e-mail: [admin@bctc.com.au](mailto:admin@bctc.com.au)

## DISCLAIMER

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While every care is exercised, the views and or opinions expressed in this newsletter within editorial articles do not necessarily represent the views and or opinions of the Bowraville Technology Centre or any other organisation associated with the production of the Bowraville Community News.

# Bowraville Services Australia Agency

At the Bowraville Technology Centre we now offer a service for the entire community providing access to Centrelink, Medicare and Child Support through computer access.

We provide free fax and email as well as the downloading and uploading of documents to most Government Departments. **Access is available from 9:30am to 3:45pm Monday to Friday.**

**Also available is personal assistance from one of our trained volunteers on Mondays and Wednesdays (between 10am and 1pm) and Fridays between 10am and 2pm. Appointments are essential for this personalised service and can be made by ringing the Bowraville Technology Centre on 6564-7420.**

This service is for rural communities to help reduce travel times and expense so please use this service to increase your on-line digital access to Australian Services.

Free WiFi access to this service is provided 7 days a week in the area around the Bowraville Technology Centre even when the centre is closed.



Australian Government  
Services Australia

**FITTING TURNING MACHINING**

**0408 964 433**

Steven Jeffries

*Turning - Milling - Welding - Repairs - Parts Made  
Worn Shafts Re-Built - Aluminium & Stainless Welding*

2 Park Street Bowraville 2449

**[www.fittingturningmachining.com.au](http://www.fittingturningmachining.com.au)**

The advertisement features two large grey wrenches framing the top text. On either side of the central text are decorative eucalyptus branches with green leaves and red bows. Small watermarks "shareholddays" are visible on the branches.

## TECHNO LESSONS OPEN TO EVERYONE

The **Technology Centre** is open to **anyone** who would like to learn more about technology – computers/internet, mobile phones, emailing, social media, using digital photography with computers, assistance with using your home computer, ipads, tablets, etc.

***Absolute beginners are most welcome!***



**Free Techno Lessons**  
**Bookings essential**

If your computer requires servicing or has issues you need to make a booking and there will be a minimum fee of \$25.

**For technical issues**  
contact BTC for a  
booking.

You can ring the  
Bowraville Technology Centre on  
**6564-7420**

*The  
quality of  
a father can  
be seen in the  
goals, dreams  
and aspirations  
he sets  
not only for  
himself, but for  
his family.*

- REED MARKHAM

*Would you like to volunteer or  
maybe you're required to  
volunteer . . .*

Whichever, here at the Bowraville  
Technology Centre we're always looking  
for more volunteers to join the dedicated  
crew we have on board already.

You can improve your computer skills  
and assist others at the same time.

Call Cynthia on 6564 7420  
for more information.

For your convenience,  
when paying at the  
Bowra Technology Centre,  
we now have

**eftpos**

## MUNKI ART SHOW

Join in on the fun at the 'Munki Art Show' at the Phoenix Gallery on Saturday 10th September. An action-packed, fun filled day for the whole family to enjoy.



## CAR BOOT SALE

**8.30am to 2.30pm SAT. 10th SEPTEMBER**  
ST JAMES ANGLICAN CHURCH HALL

## BOWRA COUNTRY MARKET

**SATURDAY ~ 10<sup>TH</sup> September ~ 9am to 12noon**  
Pioneer Community Centre, 88 High Street  
**\$3 Sausage Sizzle**



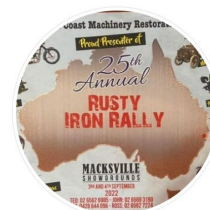
## Drag-ens/Hot Rod Club

**HOTROD CRUISE NIGHT** in High Street.  
**Tuesday 27th September from 5pm to 9pm.**

## 25th Rusty Iron Rally

**3rd and 4th September 2022.**

Father's Day weekend at Macksville Showground.  
Gates open 9am - 4pm Saturday/9am - 3pm Sunday.



### Coronation Kennels & Cattery

*"Where your pets are cared for like Kings and Queens"*

**180 Coronation Road, Congarinni North**  
(just two kms from Macksville)

**PHONE: 02 6568-2018**

Email: [marcia@coronationkennelsandcattery.com.au](mailto:marcia@coronationkennelsandcattery.com.au)

Website: [www.coronationkennelsandcattery.com.au](http://www.coronationkennelsandcattery.com.au)

*We provide the following services:*

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**Sleepover** - Check in 4-6pm check out 8-10am  
Cats - \$14 per day.

#### Long Term Budget -

1/2 price - BYO Food, Bedding and  
Kitty Litter.

Not available during school holidays



#### Short-term Accommodation

Small \$15 - Medium \$20 - Large \$22 - Cats \$14

8/11

### BOWRAVILLE GIFT SHOP



**LOCATED AT BOWRAVILLE POST OFFICE**  
**27 HIGH STREET BOWRAVILLE**

**Monday to Friday: 9am - 5pm**  
**PH: 02 6564-7169**

8/11

## Scams on the rise . . . *from text messages to fraudulent ads, how scammers are draining bank accounts*

There have been more than 35,000 reported attempts to gain the personal information of Australians since January.

The Australian Cybersecurity Centre reported cybercrime cost the economy an estimated \$33 billion in 2021.

National identity and cyber-support service IDCARE has never been busier, according to its managing director, Mr Lacey. "I don't think there are many crimes that you can say penetrate the family home almost on a daily basis," he said. "Scammers' whole business is about deception and they're well trained and versed at it."



A popular method used by scammers is what's known as "phishing", where things like an email imitating a bank or telco are used to encourage people to share their personal information.

"Smishing" is a similar method, involving text messages. "So smishing is via SMS and phishing more generally is via email or telephone," Mr Lacey said.

One of the leaders of a group involved in a prolific scam operation was jailed in May after duping dozens of Australians when large swathes of the population were in COVID-19 lockdown in 2020.

Court documents reveal the group created false identities on a website they called the "1-stop-rort-shop", bragging online about software that was able to evade SMS spam filters.



Self-promoting videos of their exploits, which were seized by police as part of the operation, showed special logos and wads of cash accompanied by menacing music.

"In this particular case, we would say the offenders were fairly skilled," Acting Assistant Commissioner for Cyber Command Chris Goldsmid told said.

"We estimate they sent over 20 million text messages ... That's a significant number of people that could have potentially had their information stolen and their bank accounts accessed."

The "rort corp" motto was "what is yours is ours also".

**WHAT'S HAPPENING IN BOWRA**

**Bowra Country Markets**  
Every 2nd Saturday of Month  
Pioneer Community Centre  
9am to 1pm

**Blokes Breaky**

1st Saturday of the month  
at St James - ring Tony to  
book on 0487 090 886

**St Jimmy's Kitchen**

3rd Wednesday of Month  
6pm

**St Jimmy's Food Hub**

Monday, Friday & Saturday  
9am until 11am  
*Must hold a Centrelink card.*

**Bowraville Folk Museum**

*High Street, Bowraville*  
*Phone/Fax: 6564-8200*

**MONDAY-FRIDAY 10am-3pm**  
**WEEKENDS 10am-1pm**  
**PUBLIC HOLIDAYS 10am-3pm**

email: [bowravillefolkmuseum@gmail.com](mailto:bowravillefolkmuseum@gmail.com)  
[twitter.com/bowravillefolk](https://twitter.com/bowravillefolk)  
*~ Groups by appointment ~*

6/11

**BOWRA HOTEL**

OPEN 10AM - MIDNIGHT

**BISTRO**

**WOOD-FIRED PIZZA** Wed - Sun  
**LUNCH 11:30am-2:00pm** Tues - Sun  
**DINNER 5.30pm - 8pm** Tues - Sun  
All menus available for takeaway  
Regular Live Music  
Holy Goat Coffee 5/11

Enjoy the country charm of the streetscape as you  
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**33 HIGH STREET, BOWRAVILLE**  
Ph.6564 7041 [bowrahotel@bigpond.com](mailto:bowrahotel@bigpond.com)



**Bowraville & District  
Ex-Services Club**

**6564-7304**

*What we have to offer . . .*

**TAB - KENO - BINGO**  
**RAFFLES - Wednesdays & Friday**  
**MEMBERS' DRAW** min \$1000  
**KITCHEN** Wednesday to Saturday  
Lunch 12-2pm - Dinner 6-8pm

**HAPPY HOUR - All Schooners \$5.00**  
*from 5pm to 7pm daily*

**FREE POOL** Everyday

7/11

**CRAIG BELLAMY@realty**

**YOUR NAMBUCCA VALLEY SPECIALIST**

With over 40 years of combined knowledge of the local Real Estate market Craig and Narelle can help with any questions about selling or renting your property.

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Craig is the only agent who lives in the town of Bowraville and has extensive knowledge of the area.

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**CRAIG BELLAMY 0412 080 287**  
**NARELLE HARPER 0435 054 625**  
[www.atrealty.com.au](http://www.atrealty.com.au)

7/11



Come and join in on the fun at the 'Munki Art Show' at the Phoenix Gallery on Saturday 10th September.

An action-packed, fun filled day for the whole family to enjoy.

Live musical performances on the outdoor garden stage from 12pm featuring the incredibly talented singer songwriter Kauri Munro-Greentree.

Meet Munki at 1pm for an artist talk in the gallery.

There will be a kids corner with Munki Art colouring activities and a temporary tattoo studio for the little ones to enjoy.

The gallery café will be open all day with yummy lunch options and beverages for all to enjoy.

At 2pm local Reggae artist 'Fitzroy Lee' will be hitting the stage to perform songs from his latest album 'Nu Roots'.

New local rock band 'The Vegan Rifle Club' will be gracing the stage from 3pm onwards. Plenty of space in the garden for everyone to get down and have a boogie.



**BOWRAVILLE COMMUNITY  
DEVELOPMENT ASSOCIATION  
INCORPORATED (BCDAI)  
Pioneer Community Centre**

**70 High Street – in the heart of Bowraville**

**Monthly meetings, 1<sup>st</sup> Monday of each month, 4pm in winter months.**  
Welcoming community participation.

**Bowra Country Market, 2<sup>nd</sup> Saturday of every month.**  
Enquiries: 6568 3370

**Line Dancing.** Every Tuesday, from 6pm. Enquiries: 6564 7791

**Donations welcomed,** of saleable **books & bric-a-brac** for our fundraising table, and for our January book fair are always welcomed. Please think of us when you are doing your spring cleaning!

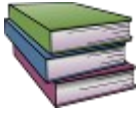
**Volunteers wanted.** Do you have skills to share?

Administration, Barista, Book-keeping/Treasurer, Building maintenance, Fundraising & events, Marketing, Social Media and Team Leadership are all highly valued and welcomed to take this community organisation into the future.

Find us on Facebook.

Enquiries to Marion 0400 828 471 email: [bcdainc@gmail.com](mailto:bcdainc@gmail.com)





# BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

*Books reviewed are available at the Technology Centre's Book Nook at time of printing.*

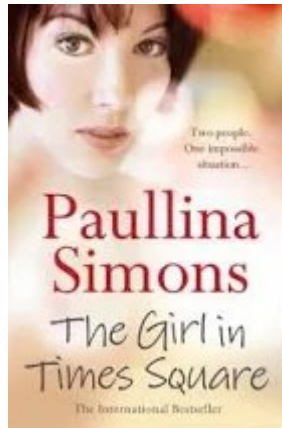
## The Girl in Times Square

by Paullina Simons

A stunning and powerful contemporary love story from one of the best storytellers this century.

Lily's life is turned upside down with the disappearance of her flat mate, incredible revelations about her family and a personal discovery, all of which will affect her forever. What if everything you believed about your life was a lie?

Meet Lily Quinn. She is broke, struggling to finish college, pay her rent, find love. Adrift in bustling New York City, the most interesting things in Lily's life happen to the people around her. But Lily loves her aimless life until her best friend and roommate Amy disappears.



That's when Spencer Patrick O'Malley, a cynical, past his prime NYPD detective with demons of his own, enters Lily's world. And a sudden financial windfall which should bring Lily joy instead becomes an ominous portent of the dark forces gathering around her.

But fate isn't finished with Lily. She finds herself fighting for her life as Spencer's search for the missing Amy intensifies, leading Lily to question everything she knew about her friend and family. Startling revelations about the people she loves force her to confront truths that will leave her changed forever.

From a master storyteller comes a new heart-wrenching, magnificent and un-putdownable novel. This is the odyssey of two young women, Lily and Amy, roommates and friends on the verge of the rest of their lives.

- [www.goodreads.com](http://www.goodreads.com)

### BOOK NOOK NOTICE

We are extremely grateful for book donations but we do not accept old or worn books, text books, old non-fiction or children's books as we have limited display shelving and even more limited storage space.  
Thank you.

### Now at the BTC A DVD Library

Operating on the same basis as our very popular Book Nook, ie: an honesty system - and if borrowers would like to make a donation of \$1 each time they borrow it would be appreciated.  
*A limit of 2 DVDs per borrower.*

# Prostate Awareness Month

## What you need to know about prostate cancer

### What is prostate cancer?

Prostate cancer happens when abnormal cells develop and grow in the prostate. These abnormal cells can continue to multiply in an uncontrolled way and sometimes spread outside the prostate into nearby or distant parts of the body. In most men, prostate cancer is a slow growing disease. If it stays inside the prostate gland and grows slowly, it may never cause a problem. However, in some men the cancer may grow more quickly and can cause problems that can impact on their life expectancy. When the cancer cells spread outside of the prostate to other parts of the body, it is known as advanced or metastatic prostate cancer.

### Who gets prostate cancer?

Prostate cancer is the most commonly diagnosed cancer in Australian men, with about 17,000 men newly diagnosed each year. More than 3000 Australian men die from prostate cancer each year. Prostate cancer has one of the highest survival rates of all cancers, with 95% of men likely to survive five years or more. About 220,000 Australian men are alive today after a diagnosis of prostate cancer.

### What are the symptoms of prostate cancer

In the early stages of prostate cancer, there may be no symptoms. In the later stages, some symptoms might include:

- ◆ feeling the frequent or sudden need to urinate
- ◆ finding it difficult to urinate (for example, trouble starting or not being able to urinate when the feeling is there or poor urine flow)
- ◆ discomfort when urinating
- ◆ finding blood in urine or semen
- ◆ pain in the lower back, upper thighs or hips.

Many of these symptoms are common. They may not mean you have prostate cancer. But if you are worried about your symptoms, it is important that you talk to your doctor.

### How is prostate cancer diagnosed?

A doctor will usually do a PSA blood test and may do a physical examination and/or organise a MRI scan to check the health of

*Continued on Page 26*

**BOWRAVILLE PHARMACY**

**31 HIGH STREET, BOWRAVILLE**

**PHONE: 6564 7925 or FAX: 6564 7364**

*Monday to Friday 8.45am - 5.30pm Saturday 8.45am - 12 Noon*



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**BOWRAVILLE PHARMACY**  
**31 HIGH STREET, BOWRAVILLE**

**PHONE: 6564 7925 or FAX: 6564 7364**

*Monday to Friday 8.45am - 5.30pm Saturday 8.45am - 12 Noon*



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# Father's Day - 4th September 2022

Having one day per year dedicated to celebrating the father figures in our lives is not exclusive to Australia. In fact, most countries worldwide set aside a specific day to celebrate, honour and appreciate Dads.

In Australia, Father's Day is observed on the first Sunday of September.

This special day is set aside to show appreciation for the



fathers in our lives. Father's Day isn't just for our biological fathers; it's for all the male role models in our lives, like stepfathers, fathers-in-law, grandfathers, foster fathers, teachers, leaders and elders.

## When did Australia start celebrating Father's Day?

Mother's Day has been celebrated in Australia from 1910 onwards and became widely recognised in the 1920s, but it took much longer for Father's Day to be generally accepted by the public. Until the 1930s, newspaper articles would suggest Father's Day as a 'new event' and question why it didn't as yet exist.

By the 1950s, Father's Day was recognised in official calendars and in 1956 the Father's Day Council of Australia was formed. To this day, they present an annual 'Father of the Year' award to an inspirational Dad, with state-level awards also granted.

## Why is Father's Day in a different month in Australia?

There are a few explanations as to why Father's Day in Australia is celebrated in September and not in June as it is in most other parts of the world. Some suggest the date was moved to September to evenly space it from Mother's Day and remove 'event fatigue' from the first half of the year, but others claim it was a marketing strategy.

Records tell us that Father's Day only really took off in Australia around the time the date was moved to September. It's possible someone decided to evenly space the holidays rather than celebrate Father's Day just five weeks after Mother's Day.

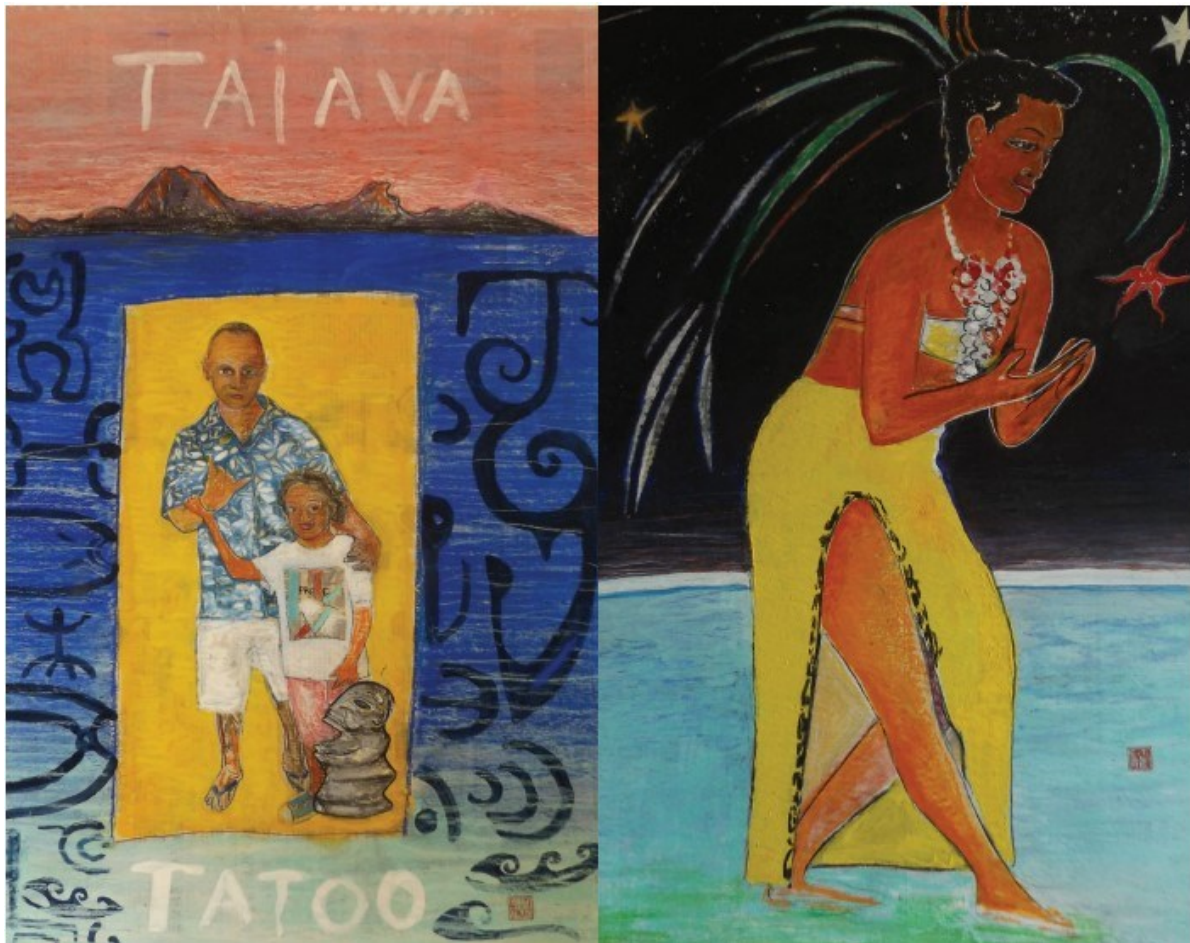
## Father's Day Church Services

As Father's Day is held on a Sunday, many churches hold a special event or service for the occasion. In fact, this is how Father's Day began and the reason it's always celebrated on a Sunday.

- [handcraftedgiftboxes.com.au](http://handcraftedgiftboxes.com.au)

**Spring Holiday Pop Up Gallery in the  
Pioneer Community Centre - High St. 70 Bowraville  
for enquiries call 65647067**

***The South Pacific Islands and It's People***  
An Exhibition of Paintings and Sculptures  
from Claude Teyssier



**Saturday 24th September to 9th October**

**The exhibition will be open from 10am - 2pm (Closed Mondays)**

Claude Teyssier and Margrit Richenbach had many travels to Tahiti and the French Polynesian Islands over their many years together.

They travelled to spend time with their family who lived in traditional island homes.

With family and friends they would take on the island life and enjoy the beauty and hospitality of their kin. They would fish, swim, sail, watch traditional dancers and immerse themselves in island culture.

This exhibition is the result of the inspiration of their kin and the love of the French Polynesian Islands and its people.

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*Fertilisers need to be selected  
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Garry, Paul or Kirk.  
They will be happy to assist you  
choose the correct products  
for your garden.*

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or big acre farming . . .*

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CONDITIONERS**

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**ORGANIC GARDENING  
SUPPLIES**

**Norco Rural** carries a large range of  
products for pasture, cropping,  
horticulture and gardening applications  
from a wide variety  
of well known brands.

## Gardening for Self-Care

*Continued from last month*

Mindfulness  
matters

Next time you are in the garden, kick off your shoes. Moloney says feeling the ground under your feet connects you in a very real way with the earth. "And if I'm feeling flustered or overwhelmed, I lie down on the grass — the closer physical contact we can get with the earth, the better," she says.



Going within, to a place of quiet contemplation in the garden, can also have some surprising benefits. Moloney says that doing repetitive tasks like milking her two goats every morning quiets her mind. "Time moves slowly and it's peaceful. It's also when I have my best ideas, my brain calms down and these great thoughts emerge — they've been there the whole time; they just couldn't get out."

### A sense of accomplishment

Gardening offers a sense of achievement for grown-ups and kids. The feeling of nurturing something with your bare hands is infinitely satisfying. Preparing a meal with vegetables you've grown in your little patch is very rewarding.

Getting out in the garden is a great place for the kids to not only blow off steam but to learn something that can enrich their lives. And if they grow their own fruits and vegetables, they'll eat better too. That's because children are more inclined to eat something they have grown. Researchers at St Louis

*Continued on Page 16*



**51 CARBIN  
STREET  
BOWRAVILLE  
6564 8648**

6/11

## HAPPENING ON HIGH

### Bowraville Tyre and Auto

At Number 60 what was Pete Thomson's garage has been recreated as **Bowraville Tyre and Auto** under the direction of Jimmy Angel. Many of you will know him already because of his tyre business in Macksville, his venue at River View Island on the way to Nambucca Heads and now his role as a councillor on our local council.

Services include highest grade Australian owned Penrite oil servicing for passenger vehicles, 4-wheel drives and light trucks and the ever-necessary - rego inspections.

The business has expanded to include all major tyre brands for passenger, 4wd, light truck, truck, and tractors as well as batteries for all vehicles.

The staff have a combined 75 years of experience in the motor trade.

So, amble on down the street from the theatre to the giant tyre and vibrant new paint and check out this revamped historic business for yourself.

Opening hours are from Monday to Thursday from 8am to 4pm.

## BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE  
PH: 6564 7925  
FAX: 6564 7364

Monday to Friday 8.45am - 5.30pm  
Saturday 8.45am - 12 noon

Prescriptions and Professional Advice  
Moo Goo Natural Skincare  
Designer Brand make-up range

Pharmacist  
KERRIE SAVINS



5/11

## LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

President:  
Greg Lamberth

Secretary:  
Mark Scott



8/11



Email:  
bowraville@lionsdistrict201N1.org.au  
PO Box 23 Bowraville NSW 2449

# Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing  
Machines & Driers.

Tokens available at the Pub and IGA

Commercial Washers and Dryers

Enquiries: ph 6564 7401



8/11

# Make Your Own

## Artifacts from re-purposed old CDs



## ~ GARDENS & GARDENING ~

From Page 14

University have shown after interviewing 1600 parents that pre-schoolers were more than twice as likely to eat five servings of vegetables a day than those who rarely or never ate home-grown produce.

Freshly picked fruits and vegetables plucked straight from the garden are also more nutrient-dense and tastier than those that have languished on supermarket shelves for days or even weeks. And if you grow your own produce you can choose organic and pesticide-free, so it's much healthier to boot.

Spending time in a garden improves a child's cognitive development, their gross and fine motor skills, and also their literacy skills as they learn the names of plants. Gardening also enhances your together time too. Both parent and child will look back fondly at sweet memories they shared in their own backyard in nature.

Many parents have treasured memories of their own childhood spent with their parents and grandparents in the garden. Picking fresh tomatoes from a vine as the juice dribbles down your chin, gleeful smiles and giggles as the kids spray each other with hoses instead of watering the plants or gathering armfuls of fragrant blooms (and a few weeds thrown in) to gift to friends.

*This article continued next month.*



- by Carroll Baker - [www.wellbeing.com.au](http://www.wellbeing.com.au)



## WHAT'S HAPPENING IN BOWRA

### 30-Lot Subdivision for Bowraville

A potentially very important issue for Bowraville and its future is the Development Application for a 32-lot subdivision at the top end of High Street.

The DA advertisement was published in the *News of the Area* on 12 August giving just 2 weeks (submissions closed on Monday 29 August) for the public to have a say on the matter.

There is an environmental report available on the Nambucca Valley Council's website. This development would be a significant expansion for our town and as such requires serious consideration.

## WANTED ~ FOR SALE ~ FREEBIE

### WANTED

SHIPPING CONTAINER - Cheap, weatherproof for storage. Text message to 0482 692 129.

### FOR SALE

DYSON DC33 Multi Floor Bagless Upright Vacuum Cleaner - The best vacuum cleaner! Hardly used. Inherited item. \$200. Leave a message on 6564-4032.

### FREEBIE

SPINNING PARAPHERNALIA - Including - carding brush, bobbins, some wool etc. Leave a message on 6564-4032.



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Bank@Post is an agency service provided by Australia Post on behalf of over 70 financial institutions. Bank@Post is available at participating Post Offices. Services available are cash withdrawals, deposits and balance enquiries.

# Barbed wire removal for the benefit of wildlife on working farms



It has been estimated that tens of millions of kilometres of fences now subdivide the Australian landscape, with sixty five percent of these having barbed wire on the top strand.

Each year thousands of native animals face death or injury from entanglement on barbed wire fences. Nobody really knows the extent or how many.

More than 75 wildlife species have been identified in Australia as occasional or regular victims of barbed wire fences. Both mammals (25 species) and birds (50 species) are victims and most are nocturnal. The Squirrel Glider and its smaller cousin the Sugar Glider are particularly vulnerable. Other mammals such as flying-foxes and insectivorous microbats are also common victims, as are the macropods – wallabies and kangaroos, and nocturnal birds such as the insectivorous Tawny Frogmouth, as well as owls (some of which are listed as Threatened Species) are particularly vulnerable.

The Barb Busters working bee was organised after a property owner discovered an animal's tail hanging from a barbed wire fence on her property. The tail was later confirmed to be that of a Squirrel Glider, a species listed as Vulnerable in NSW.

*Continued on Page 24*

**Historic  
St James Anglican  
Church  
High St. Bowraville**



**The 10am Sunday Service  
has resumed.**

Unfortunately with the Covid19 restrictions you now have to 'book in' as space is limited.

Phone: 6568 9029

email: [nambuccaanglicans@tpg.com.au](mailto:nambuccaanglicans@tpg.com.au)

5/11

**Blokes' Breaky  
1st Saturday of the month  
at St James - ring Tony to  
book on 0487 090 886**

**St Jimmy's Kitchen  
3rd Wednesday of Month  
at 5.30pm.**

**Bowra St Jimmy's Food Hub  
Monday, Friday and Saturday  
9am until 11am for all people  
who hold a Centrelink card.**

5/11

# New personality needed for Bowra Community News

*After 10+ years with the same co-ordinator,  
it's time for change!*

**If you would like to volunteer (or are  
required to do so) 1 or 2 days a week doing  
something interesting and creative . . .  
this is your chance.**

The BCNews is produced monthly using Microsoft  
Publisher. Training is available if this is new to you.

If you are interested - email [admin@bctc.com.au](mailto:admin@bctc.com.au)  
Subject line: Att: KARIN/BCNews with some background  
on yourself and ideas you may have for the BCNews.



## **Bowraville Lions Club Inc News Bulletin**

**SEPTEMBER 2022**



## **You can help save our club**

**Due to health issues and members  
relocating to other areas our club is about  
to drop below the number of  
members needed to have a local Lions Club.**

***Please call us to find out how you can help***

**President Greg Lamberth M: 0428 679 820**

**Secretary Mark Scott M: 0428 527 545**

# Rusty Iron Rally

The 25th Rusty Iron Rally  
3rd and 4th September 2022.

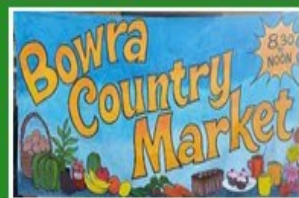
This Father's Day weekend at Macksville Showground the gates will be open from 9am to 4pm on Saturday and 9am to 3pm on Sunday.

The cost is \$5 per Adult School children are free but must attend with an adult.

See the beautiful 1950s Rolls-Royce Avon Mk1 jet engine. The engine will be started twice on Saturday and Sunday. Don't miss your chance to see this.



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## CAR BOOT SALE

St James Anglican Hall  
Bowraville 8.30-2.30

\$10 for a Car or table  
\$15 for a Car with trailer

to book please phone

Ros 0427 543 377 or

Gail 0429 631 741



Saturday 10 Sept  
and from 9-12 noon

Bowraville Country Markets  
at the Pioneer Hall Community Centre

Sausage Sizzle  
\$3.00



FAITH HOPE JUSTICE LOVE

*To Market, to market . . .*

**Nambucca Plaza Lions Market**- 2nd Sunday every month.

Nambucca Plaza, Nambucca Heads from 8am. Enq. 6568 5447

**Funkya @ Unkya Markets** Last Sun even months (not Dec) Eungai

Reserve Pacific Highway Eungai 8am-1pm Enq. 0425 205 737

**Bowra Country Markets** - 2nd Saturday each month Pioneer

Community Ctr - 70 High St. Bowraville 9am to 1pm. 0401481501

**Bellingen Community Market** an all-weather outdoor event held on the 3rd Saturday of each month. 1 Oak St Bellingen. 6655 2151

**Bellingen Growers Market** from 7.30 to 11.30am at the Bellingen Showground every Saturday except the third Saturday of month.

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# Tim's *ShoreTrack* story

Hello, my name is Tim.

My school journey began at Bowraville Central. I attended what was then known as “Bridges” – a program funded by DOCS and taught by Betina and Elliot. I was in the pre-school program because of my socialisation skills or lack thereof. I was once a very shy boy. After 12 months of going to Bridges, I was ready to tackle Kindy.



I believe it was around Grade 2, I first met Paul aka ‘Fatty’. He was running a homework class after school. He introduced me to sport. Playing at the local JRLF at Bowraville. Fatty and I became MATES!

I have always looked up to Fatty and he has always encouraged me to do my best. I left Bowraville Central in Year 8 to go onto Macksville High. I have always struggled to ‘fit in’ and to find my crew.

I knew Fatty was then doing *ShoreTrack* and I wanted in. I was not doing well at school and found it hard to get up and go. Fatty encouraged me to keep going. Halfway through Year 9 I was transferred to Nambucca High, but I still could not get up and go. Then Fatty let me into his program. He helped me to find two trial apprenticeships that unfortunately were just not for me.

Amy and Jill helped me get my resume together. They also organised training to get my White Card. I gained other life skills including just getting out of bed and going every day. I also learnt various industry skill including metal and woodwork. I became a pro whipper snipper thanks to the help of Oshay and Batto.

I was doing casual afternoon jobs at the local butchers as well as a dishy in a restaurant. Going to *ShoreTrack* had built my confidence again. I enjoyed myself so much at Hemmingways, so I asked for an apprenticeship. I am now working there and doing my Certificate III in Commercial Cooking.

I owe it all to Fatty and the team at *ShoreTrack* for always believing in me. I occasionally attend on Mondays (my day off) as I am still welcomed as part of the team assisting the other boys. I show them that you can succeed - you just need to believe in yourself and put in the effort.

- *Tim Wilson*

## Habitual mask-wearing is likely helping Japan, Singapore and South Korea bring daily Omicron deaths down

As the mask mandate debate continues in Australia, epidemiologists and medical specialists suggest looking to countries where citizens are perfectly happy to wear them to see how powerful the simple infection-control measure can be.

Nearly two and a half years into the COVID-19 pandemic, countries where mask-wearing is a cultural norm are seeing some signs of success as the persistent Omicron sub-variants spread throughout their communities.

University of Otago (New Zealand) public health professor and epidemiologist Michael Baker said underlying the widespread acceptance of masks in some countries was a sense of personal responsibility to protect others from COVID-19.

"I'm looking at the countries that appear, on paper, to be keeping their mortality very low ... despite having lots of circulating virus, and it's basically the Asian countries, particularly Japan, South Korea, Singapore," he said.

Professor Baker said Singapore was a good comparison.

"They did have elimination for a long time, and then they decided that it wasn't compatible for their economic model so they switched to allowing transmission. And, really, they're still keeping case numbers and particularly, deaths down," he said.

"What's the fundamental difference? I think a lot of it will be around the cultural norms of not infecting people, which probably means quite high adherence to staying home when sick and mask use."

New Zealand has a much wider mask mandate than Australia but, even if face coverings are required, there is no established culture of wearing them.

Deakin University epidemiologist and associate professor Hassan Vally said wearing masks was just one example of how cultural differences were contributing to COVID-19 success in some Asian countries.

"Clearly there's the uptake of masks in those areas, which is a really positive and useful tool, but I think there are a lot of things going on," Dr Vally said.

"We have a very individualistic culture in the West and it's the mirror image in the East.

"The emphasis rather, [than] being on freedoms and individuality and independence, is on community and unity and looking at things in a holistic way.

"And, so, I think that's a really quite important cultural difference that underpins a lot of the success that has happened in Asian countries."



- [www.abc.net.au](http://www.abc.net.au)

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# How you can *save money* and *help make the world a better place*

*This information is only relevant if you are a one of the lucky 20% of people in the world who have access to a private car !!!*

There is lots of talk about how much the cost of just about everything is going up, up, up - and **petrol** in particular will be increasing from Friday, 30th September.

So, if you are a car driver, here are a few tips on how you can save yourself some money right now –

- For short trips you may be able to simply walk or ride a bike. This will not only save petrol (and money) **but also make you healthier**. Walking home with the groceries will not only make you fitter but also reduce your risk of osteoporosis.
- For other journeys perhaps you can travel with other people, use public transport or car sharing. Not only does this save petrol (and money) **but also helps you connect to other people and your community**.
- Be mindful of your driving habits
  - Your highway speed (unless your car is electric), your car is most fuel efficient at 50 to 80k/hr and generally uses 20% more fuel when driving at 120k/hr rather than 100k/hr.
  - Fast acceleration and hard breaking can chew through fuel almost twice as fast as steady driving.

***Driving steadily at 100 in the left lane will not only save you petrol but also is proven to keep everyone safer and reduce the road toll.***

Obviously, there is much more to consider here such as air conditioning use especially at low speeds, tyre pressure, car servicing and car make and model... but these are simple practices and easy to implement into your everyday driving.

***USING YOUR CAR MINDFULLY WILL NOT ONLY SAVE YOU MONEY IN PETROL BUT ALSO REDUCE THE WEAR AND TEAR ON YOUR VEHICLE AND SO SAVE YOU MONEY IN MAINTENANCE COSTS.....***

***By following these suggestions you will be decreasing your carbon footprint and doing your bit to reduce climate change.***

## **STOP PRESS ~ STOP PRESS ~ STOP PRESS**

New petrol and diesel cars could be banned from sale in Sydney within the next five years if a radical plan from a think tank is given the go ahead.

The Committee for Sydney, an urban policy think tank made up of a highly influential body of business leaders and infrastructure experts, has set out a series of proposals to halve carbon dioxide emissions by 2030.

The committee released its Decarbonising Sydney report recently unveiling plans to ban the sale of petrol and diesel cars by 2027, and gas appliances by 2030. - [www.msn.com](http://www.msn.com)

## Scams on the rise - *Continued from Page 6*

Police found the men had access to staggering amounts of personal information, including people's secret online questions and answers.

In one instance, a member of the group bragged about sending "13 sets" of personal and financial information, specifically bank account user numbers, account passwords, full names, credit cards, expiry dates and CCV numbers.

The syndicate had dozens of identities on tap and Medicare card templates.

"It is difficult for law enforcement and agencies to apply traditional tools of deterrence and intervention," Mr Lacey said.

"Certainly, when arrests occur, we do cherish and relish that."

The newly elected Labor government has vowed to crack down on cybercrime, including by introducing new industry codes for banks and telcos.

There is a strong emphasis from experts on preventing the crime in the first place and acting quickly when people's accounts are compromised.



*"If you think you've been the victim of a scam, don't be embarrassed. Get in contact with your bank."*

*"The earlier you report it, the more chance there is to get that money back." Acting Assistant Commissioner Goldsmid said.*

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## Barbed wire removal for the benefit of wildlife on working farms *Continued from Page 18*

As Squirrel Gliders live in family groups, it was imperative to remove the barbed wire before more became entangled.

Young Landcare members and friends turned out for the working bee and removed more than three kilometres of barbed wire from the internal fences which will still provide adequate containment for the sheep on the property.

The NSW Office of Environment and Heritage recommends replacing the top one or two strands of barbed wire on fences with regular wire, in and adjacent to known Squirrel Glider habitat to reduce mortality.

The actions of Barb Busters are directly contributing to positive outcomes for threatened Squirrel Gliders and other species impacted by barbed wire. Removing barbed wire reduces injuries to animals that would otherwise take up resources of WIRES carers. Barb busters is a practical activity that empowers people to make changes that improve wildlife habitat.

*- <https://landcare.nsw.gov.au/groups/young-district-landcare-inc/barb-busters> Barbed wire removal for the benefit of wildlife on working farms*





What's on in **SEPTEMBER 2022**

# BOWRAVILLE THEATRE

## Bring Back the Music

**Sunday, 4th September 2022 @ 2pm**

Bowraville Theatre Singers will Bring Back the Music.

An afternoon of music with soloists, ensembles, guest artists and the choir.

*Please wear masks, be healthy and socially distance for your safety and ours.*

All proceeds will go to the Bowraville Theatre, your support is appreciated.

All tickets \$15 at the door

**BOWRAVILLE THEATRE SINGERS**  
**BRING BACK THE MUSIC**  
AN AFTERNOON OF MUSIC WITH SOLOISTS, ENSEMBLES, GUEST ARTISTS AND THE CHOIR  
SUNDAY 4th September  
BOWRAVILLE THEATRE 2PM  
Tickets \$15 at the door  
Or online @ [www.bigpondtickets.com](http://www.bigpondtickets.com) - booking fee  
Audience please wear masks, be healthy and socially distance  
for your safety and ours  
**YOUR THEATRE NEEDS YOU:**  
**ALL PROCEEDS TO THE BOWRAVILLE THEATRE**



## Downton Abbey: A New Era

**Sunday, 18th September 2022 @ 2pm**

The Crawley family return to the big screen in this second Downton Abbey movie. All the main cast return, on a grand journey to the South of France to uncover the mystery of the Dowager Countess' newly inherited villa.

Tickets: Adults \$14 – Pensions/Concessions & Members \$12

Kids \$10 - Family \$35

Bowraville Theatre - 74 High Street, Bowraville

For further details Ph: 02 6564 7808

Email: [bowravilletheatre@bigpond.com](mailto:bowravilletheatre@bigpond.com) [www.bowravilletheatre.com.au](http://www.bowravilletheatre.com.au)



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# BOWRAVILLE CENTRAL SCHOOL

## SEPTEMBER 2022

### Junuy Windabiin – Little Stars Kindergarten 2023 Transition



The Kindergarten 2023 Transition Program is well underway every Tuesday morning at Bowraville Central School.

Future students are getting to know routines and feel comfortable in the Kindergarten room.

They are learning lots of new thing and having great fun.

This week they explored the magic that is ‘the big TV’ (in their words), enjoying a sing-a-long and dance to Jack Hartmanns’ Rainbow song.



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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	<b>Green Eggs On Toast</b> Laurie Medbury	<b>Dirt Music</b> With Stuart Cope	<b>Aussie Grown Across the Nation</b> Aussie Christian grassroots to charts.	<b>Tones of Claressense</b> Claire Watt-Powell	<b>2NVR</b> With Naomi Worthington	<b>Here Be Dragons</b> Nuke or Elizabeth	<b>Paint Ya Wagons Red</b> Sean & Tim	6 AM
7 AM	<b>Jazz Made in Australia</b> Talented Aus Musicians	<b>Gold at Breakfast</b> Dayna Gold	<b>Gold at Breakfast</b> Dayna Gold	<b>Get that musical claressence!</b>	<b>Step Back in Time</b> With Mark Barnes	<b>No-fear fire and ice music</b>	<b>All the beats and all the drum</b>	7 AM
8 AM	<b>Markets info, news, movies, local news. Nude.</b>	<b>Tuesday Roundup</b> With Rachel Burns	<b>Wake up with Dayna. It's gold.</b>	<b>The Sit Down</b> With Clint Waaka	<b>Continental Drift</b> Music of the world...	<b>Travel Tales</b> Beverly Gibbs	<b>Sunday Morning Music</b> With Phill	8 AM
9 AM	<b>Classic Hits &amp; Jukebox</b> Paul Rowe	<b>Two For The Money</b> Paul and Rachel Burns	<b>Smoko with Gazza</b> With Gary Biden	<b>Interviews, music, history, culture and good times!</b>	<b>Talk Of The Town</b> Cen Wrobel	<b>Flashback</b> With Rob Davidson	<b>Folk and Aussie music focus from the past few decades</b>	9 AM
10 AM	<b>Great Rock 'n' Roll 1950s-2010s</b>	<b>Music, banter and double the fun!</b>	<b>Easy Listening To Rock &amp; Pop</b>	<b>Turning Pages</b> Elizabeth Newman	<b>Real World Gardener &amp; All the Best</b>	<b>Garage Noise</b> With Sean Ambrose	<b>Scoob's Smorgasbord</b> With Scoobs	10 AM
11 AM	<b>Baby Boomers</b> Donna Collins	<b>Infopinion</b> Richard Laxton, Eddie Orrego, Dale & Ron Hawkins	<b>Mystical Music &amp; Musings</b> With Luise	<b>Cinemascope &amp; The Assignment (BBC)</b>	<b>Earth Matters &amp; Aus Music is Bloody Great</b>	<b>Phase Out With Faye</b> Faye Aspiotis	<b>You never know what you'll get. It's a musical feast!</b>	11 AM
Noon	<b>The Weekly Fix</b> Paul Weekley	<b>Life Words with Linda</b>	<b>The Bohemian Beat</b> Riddhi	<b>Fine Music Live</b> On stage	<b>Dhirendra</b> Timeless Albums	<b>Praise, Prayer &amp; Pop</b> With Michelle	<b>That's A Wrap</b> Domna, Nigel, Mitch, Gary & Les	Noon
1 PM	<b>Grace plays her favourite modern music</b>	<b>Bible reflections, Gospel &amp; Australiana</b>	<b>The Chill</b> Cony Barnett	<b>Blues Roots n Boots</b> A heart journey	<b>Peter's Pops</b> With Peter K	<b>Aussie Music Weekly</b> With Noddy	<b>Local sports calls and in-depth analysis</b>	1 PM
2 PM	<b>Groovin With Grace</b>	<b>Rock On</b> With Jimmy & the Bluebirds	<b>The Folk Show</b> Radio Adelaide	<b>Arts Alive</b> A National perspective	<b>Jammin' With Gin</b> Gin's terrific tracks!	<b>Saturday Date</b> With Stu	<b>Imagine This</b> Radio drama	2 PM
3 PM	<b>Grace plays her favourite modern music</b>	<b>Sister Act</b> Olivia & Sam	<b>MC Grim</b> Mark Seagrims	<b>Thursday Country</b> Trickivic	<b>Turn Up The Volume</b> With Malca	<b>Wangli, Wonga Mirri</b> With Stu	<b>Prog Rock Playlist</b> Rhino	3 PM
4 PM	<b>Bowra Beats</b> With Grace Walters	<b>Retro Birds</b> Robyn When & Sally Swan	<b>Music with a wicked difference</b>	<b>A Breath of Fresh Air</b> With Sandy Kaye	<b>School's In from 5pm and Studio 3 from 6-8pm on the 3rd Friday of each month.</b>	<b>Wolffy</b> Wolffy's music & requests	<b>The best of Progressive Rock</b>	4 PM
5 PM	<b>Hinterland</b> With Ben Walters	<b>Not out of the box radio entertainment</b>	<b>Loudhouse</b> With Alex	<b>Highway Blues</b> With Retro	<b>Saturday Night Gold On Friday</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	5 PM
6 PM	<b>Reggae Mixtape</b> With Fitzroy	<b>Blues Soul Funk</b> Matt Leibbrand & friends	<b>2NVR Youth Radio</b>	<b>When Only The BEST BLUES Will Do</b>	<b>Space Nuts &amp; Overdrive</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	6 PM
7 PM	<b>Music outside the usual</b>	<b>Blues, soul, funk and lively interviews.</b>	<b>The AMRAP Music Show</b>	<b>Ant's Rock</b> Anthony Gansney	<b>Meet Me... at the Movies</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	7 PM
8 PM	<b>2NVR Multicultural Radio</b>	<b>2NVR</b>	<b>Ant's Rock</b> Anthony Gansney	<b>Space Nuts &amp; Overdrive</b>	<b>Meet Me... at the Movies</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	8 PM
9 PM	<b>Mixed music with featured artists</b>	<b>Overnight Music Mix</b>	<b>Ant's Rock</b> Anthony Gansney	<b>Space Nuts &amp; Overdrive</b>	<b>Meet Me... at the Movies</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	9 PM
10 PM	<b>Mixed music with featured artists</b>	<b>Overnight Music Mix</b>	<b>Ant's Rock</b> Anthony Gansney	<b>Space Nuts &amp; Overdrive</b>	<b>Meet Me... at the Movies</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	10 PM
11 PM	<b>Mixed music with featured artists</b>	<b>Overnight Music Mix</b>	<b>Ant's Rock</b> Anthony Gansney	<b>Space Nuts &amp; Overdrive</b>	<b>Meet Me... at the Movies</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	11 PM
Midnight	<b>2NVR Overnight Music Mix</b>	<b>Overnight Music Mix</b>	<b>Ant's Rock</b> Anthony Gansney	<b>Space Nuts &amp; Overdrive</b>	<b>Meet Me... at the Movies</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	Midnight