

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

OCTOBER 2023 ~ ISSUE #222 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

Our Zoom Room is YOUR Zoom Room!

Save time.
Reduce travelling.

See and speak
to your health
professional,
business
associate,
teacher, relative

or friend, to name just a few possibilities,
in comfort and privacy.



**If you wish to use our Zoom Room call
02 6564 7420.**

*The Bowraville Technology Centre offers technical
support to assist users accessing Zoom features
to understand the platform's functions.*

**All past and current Bowraville Community News are available online at
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

- 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/

2023 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 NOVEMBER 2023

ISSUE IS: 4:00PM

TUESDAY, 24th OCTOBER 2023

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

DISCLAIMER

Bowraville Community News reserves the right to alter, omit or change classifications and advertisements —Furthermore, the Bowraville Community News does not endorse or promote products or services contained in the newsletter.

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

*Does your computer need servicing?
Is it going slow?
Do you suspect a virus?
Or it just won't work the way you want it to?*

**Come into the
BOWRAVILLE TECHNOLOGY
CENTRE**

**39 High Street, Bowraville
6564-7420
admin@bctc.com.au**

BOWRAVILLE GIFT SHOP



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

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

7/11

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

*“Technology is a
queer thing . . .
it brings you
great gifts with
one hand and
stabs you
in the back with
the other.”*

- Carrie Snow

*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

WHAT'S HAPPENING IN BOWRA ~ WHAT'S HAPPENING IN BOWRA

Nambucca Valley Landcare Events

Free movie - Rachel's Farm is on 7th October at Valla Public Hall, Valla Rural.
6.30pm start, supper available after the movie, \$5 ticket for supper.

Community Planting Day Valla Rural, 25th October.
Come along and help plant a koala habitat corridor.

Community Planting Day Warrell Creek, Scotts Head 28th October.

FUNTASTIC

Exhibition and Art Auction by artists in action.

Opening 28th October.

Art Auction starts at 2:30pm. Come join us!

Artists in Action is a group of artists with lived experience of disability who paint, draw and create at the Phoenix School of Arts in Bowraville.

This exhibition is a playful collection of original artworks created by the artists Edward Barns, Marnie Russell, Tim Pearson, Jake Durbin and Harold Oxenbridge.

The artworks have elements of flora and fauna, fantasy and everyday objects. A bright colourful palette is used by the artists who have developed their own individual style reflected through their distinctive brushstrokes, line use and composition. The result is a collection of fun energetic artworks. Funtastic!!

The Annual General Meeting of the Bowraville Chamber of Commerce

Will be held at the Bowraville Hotel at 5:00pm on the 31st of October.

All members are invited to attend and reminded that to vote you need to be a financial member.

Keep our town alive and contribute to its growth and community welfare.

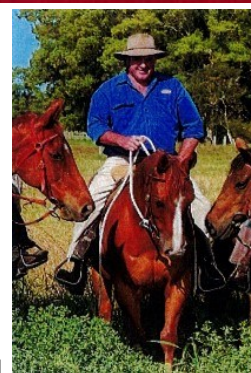
BARNEY TOWNLEY 0428 647 340

Barney Townley is a local farmer well known for his knowledge of the Nambucca Valley farming community.

Barney has a great understanding of what is being sold and can identify the unique features of your rural property, helping interested buyers find what they are looking for.

If you're looking to sell your farm or find the right rural property to suit your needs, give a trusted local, Barney Townley a call.

3/11



**RURAL
SALES**

NAMBUCCA VALLEY & SURROUNDS

www.ruralsales.com.au

25 years of Google:

the search engine
revolutionised how we
access information,
but will it survive AI?



Last month marked an important milestone in the history of the internet: Google's 25th birthday. With billions of search queries submitted each day it's difficult to remember how we ever lived without the search engine.

What was it about Google that led it to revolutionise information access? And will artificial intelligence (AI) make it obsolete or enhance it?

Let's look at how our access to information has changed through the decades – and where it might lead as advanced AI and Google Search become increasingly entwined.

1950s: public libraries as community hubs

In the years following the second world war, it became generally accepted that a successful post-war city was one that could provide civic capabilities – and that included open access to information.

In the 1950s information in Western countries was primarily provided by local libraries. Librarians themselves were a kind of “human search engine”. They answered phone queries from businesses and responded to letters – helping people find information quickly and accurately.

Libraries were more than just a place to borrow books. They were where parents went to look for health information, where tourists requested travel tips and where businesses sought marketing advice.



The searching was free but required librarians' support as well as a significant amount of labour and catalogue-driven processes. Questions we can now solve in minutes took hours, days or even weeks to answer.

1990s: the rise of paid search services

By the 1990s libraries had expanded to include personal computers and online access to information services. Commercial search companies thrived as libraries could access information through expensive subscription services.

Continued on Page 18

Blokes Breaky

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

Womens' Brekkie

3rd Saturday of the month
from 7am for 7.30 start
Bowraville Anglican Church Hall

Bowra Country Markets

2nd Saturday of Month
Pioneer Community Centre
9am to 1pm

St Jimmy's Kitchen

3rd Thursday of Month
6pm at St James Church Hall

St Jimmy's Food Hub

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

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

4/11

Enjoy the country charm of the streetscape as you
Wine & Dine on the Verandah

33 HIGH STREET, BOWRAVILLE
Ph.6564 7041 bowrahotel@bigpond.com



Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .

TAB - KENO - BINGO
RAFFLES - Wednesdays & Friday
MEMBERS' DRAW min \$1500
KITCHEN Wednesday to Saturday
f Lunch 12-2pm - Dinner 6-8pm

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

6/11

FREE POOL Everyday

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
twitter.com/bowravillefolk

~ Groups by appointment ~

5/11

NAMBUCCA RIVER 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.

We can offer competitive fees, creative marketing and the backing of one of the fastest growing nationwide agencies being backed by real estate specialists.

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

To see what our clients think of Nambucca River Realty go to
ratemyagent.com.au

CRAIG BELLAMY 0412 080 287
NARELLE HARPER 0435 054 625
www.nambuccariverrealty.com.au

7/11



Sign the Petition to save the NSW Travel Card

Seniors right across regional, rural and remote NSW love the Regional Seniors Travel Card, but it's under threat from Chris Minns and Labor who won't say if they'll keep the card in the hands of the people who need it during this cost of living crisis.

Removing the program will force people in the regions to pay more for travel.

You can sign the petition on the counter at the Bowra Technology Centre or go to www.nswnationals.org.au/save-the-travel-card/ and sign an online version.

Who's calling you?

Have you taken a call *out of the blue* from someone claiming to be from a well-known organisation asking you for remote access to your computer or mobile?

Once you download the requested app, the scammer has control of your device and access to your financial and personal data.

Be cautious - never give a caller remote access, share your online banking credentials or provide SMS verification codes.

If you get a phone call, text or email asking for access the best thing to do is hang up, delete and block!



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

N/C

70 High Street – in the heart of Bowraville

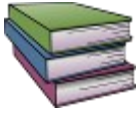
Monthly meetings, 2nd Saturday of each month at 1pm.

Bowra Country Market, 2nd Saturday of every month. Enquiries: 6568 3370

Donations welcomed, of saleable **books & bric-a-brac** for our fundraising table, and for our January book fair are always welcomed.

Volunteers wanted. Do you have skills to share?

Find us on Facebook. Enquiries to Marion 0400 828 471 email: bcdainc@gmail.com



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

The New Iberia Blues

by James Lee Burke

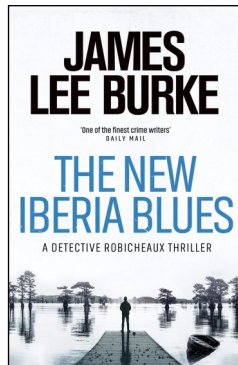
Detective Dave Robicheaux's world isn't filled with too many happy stories, but Desmond Cormier's rags-to-riches tale is certainly one of them. Robicheaux first met Cormier on the streets of New Orleans, when the young, undersized boy had foolish dreams of becoming a Hollywood director.

Twenty-five years on, when Robicheaux knocks on Cormier's door, it isn't to congratulate him on his Golden Globe and Academy Award nominations. Robicheaux has discovered the body of a young woman who's been crucified, wearing only a small chain on her ankle. She disappeared near Cormier's Cyrcemort Point estate, and Robicheaux, along with young deputy, Sean McClain, are looking for answers. Neither Cormier nor his enigmatic actor friend Antoine Butterworth are saying much, but Robicheaux knows better.

As always, Clete Purcel and Dave's daughter, Alafair have Robicheaux's back. Clete witnesses the escape of Texas inmate, Hugo Tillinger, who may hold the key to Robicheaux's case.

They end up in the crosshairs of the mob, the deranged Chester Wimple, and the dark ghosts Robicheaux has been running from for years. Ultimately, it's up to Robicheaux to stop them all but he'll have to summon a light he's never seen or felt to save himself, and those he loves.

- jamesleeburke.com



The Way It Is Now

By Garry Disher

Set in a beach-shack town an hour from Melbourne, *The Way It Is Now* tells the story of a burnt-out cop named Charlie Deravin.

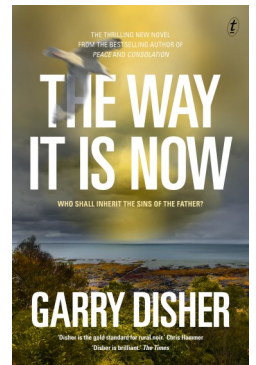
Charlie is living in his family's holiday house, on forced leave since he made a mess of things at work.

Things have never been easy for Charlie. Twenty years earlier his mother went missing in the area, believed murdered. His father has always been the main suspect, though her body was never found.

Until now: the foundations are being dug for a new house on a vacant block. The skeletal remains of a child and an adult are found—and Charlie's past comes crashing in on him.

The Way It Is Now is the enthralling new novel by Garry Disher, one of Australia's most loved and celebrated crime writers.

- 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.

National Carers Week

Recognise and Celebrate Carers across Australia in 2023 from **21 - 21 October**

National Carers Week, dedicated to acknowledging and celebrating carers in Australia, will be held from Sunday 15 to Saturday 21 October 2023.

National Carers Week is about recognising and celebrating the outstanding contribution unpaid carers make to our nation.

There are over 2.65 million unpaid carers in Australia providing care and support to a family member or friend who has a disability, mental illness, alcohol or drug dependency, long term health condition or who is frail due to age.

Anyone at any time can become a carer. National Carers Week is an opportunity to educate and raise awareness among all Australians about the diversity of carers and their caring roles.

About Carers and National Carers Week

Carers are people who provide unpaid care and support to family members and friends who have a disability, mental health condition, chronic condition, terminal illness, an alcohol or other drug issue or who are frail aged. Anyone can become a carer at any time.

National Carers Week is an opportunity to raise community awareness among all Australians about the diversity of carers and their caring roles.

National Carers Week is an initiative of Carers Australia, funded by the Australian Government Department of Social Services, and coordinated with the assistance and participation of the National Carer Network.



- carersweek.com.au



Where can carers get support?

Carer Gateway provides information and advice on the supports available to carers across Australia, and has a great range of online resources to help promote carer wellbeing. To find out more and to access online support services head to carergateway.gov.au

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



Are you sun-safe ready for this summer?



Come in this month for
10% off the
following ranges:
Assorted summer hats,
on the nose sunglasses,
MooGoo sunscreen range
and Soul's thongs.



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



*Norco Rural
has a full range
of garden supplies
to suit all your needs.*

*Fertilisers need to be selected
according to the nutritional
requirements of the soil and the
plants being grown,
as well as the form and contents
of the fertiliser itself.*

*Call in to Norco and speak to
Garry, Paul or Kirk.
They will be happy to assist you
choose the correct products
for your garden.*

*For the home garden
or big acre farming . . .*

**SEEDS
POTTING MIXES
COMPOST
FERTILISERS
SOIL & WATER
CONDITIONERS
MULCHES
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.



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

4/11

Living Mulch:

Waterwise, Firewise and
seriously good looking

Mulching the garden to cut-back on water-use is enshrined in garden lore. Protecting the soil from direct sunlight prevents it from getting hot and so reduces evaporation of precious soil moisture. Nothing beats a thick layer of Lucerne or Pea Straw in a veggie garden to keep the soil cool and moist in summer. And bush mulch or wood chips are champions of native and ornamental gardens for improving water efficiency and soil quality.

Unfortunately, the use of organic mulches has a serious downside. The CFA argues that flammable mulches such as straw, chips and leaf litter should be avoided within the defensible space around a house as they can all ignite from ember attack during a bushfire. Gravel mulches are increasingly popular as a non-flammable mulch solution. But over time, gravel can accumulate a layer of leaf litter that is difficult to rake up. And gravel comes at financial and environmental cost.

So, what do we do if we don't want our homes to be surrounded by a hot and harsh paved desert? An alternative to chips, straw or stone is to use plants themselves. Many native Australian ground covers can function as fire retardants as they have foliage of low flammability. They also carpet the ground, reducing water loss and keeping the soil alive. Further, living mulches help to suppress weeds, provide habitat and food for garden birds and insects and they are a beautiful layer

Continued on Page 14

KNOWING THE FIRE DANGER RATINGS COULD SAVE YOUR LIFE

The Australian Fire Danger Rating System has changed, all States and Territories now have the same fire danger ratings.

Most Total Fire Bans will start at **Extreme**, meaning you cannot use machinery or start fires in these conditions on these days. States and Territories will still have their local Fire Danger Seasons and a list of rules to help you understand what you should and shouldn't do on these days.

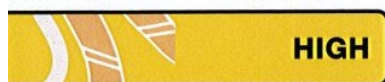
We know that fires happen in the Australian landscape all the time but Fire Danger Ratings are designed to help you understand the risk of a fire spreading on particular days, and how to stay safe.

THE FIRE DANGER RATING LEVELS ARE:



MODERATE

Plan and prepare.
Most fires can be controlled.



HIGH

Be ready to act.
Fires can be dangerous.



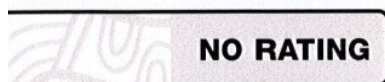
EXTREME

Take action now to protect your life and property. Fires will spread quickly and be extremely dangerous.



CATASTROPHIC

For your survival, leave bushfire risk areas. If a fire starts and takes hold, lives are likely to be lost.



NO RATING

On days where there is minimal risk, the white bar meaning 'No Rating' will be used.



Artwork by
Emma Bamblett
(Wemba Wemba,
Gunditjmara, Ngadjonji
and Taungurung)



AFDRS

www.firedangerratings.com.au

~ OUT AND ABOUT ~

MACKSVILLE

Nambucca Valley Evening Branch - CWA (Country Women's Association)

Meet 2nd Tuesday, each month

6pm @ Macksville Ex-Services Club
16 Cooper Street, Macksville

Country women coming together to
support their community and each other.

We welcome all women to join our branch
and look forward to meeting you soon.

Email: secretarynve@gmail.com
or send us a message in Facebook.



Diversity Charity Change

NAMBUCCA HEADS



Trash & Treasure Marekts Nambucca Plaza 2nd Sunday each month Stalls Inside and Out 8am to 1pm

This is a charity market where funds
raised through stall holders, our
Lions BBQ and home baked slices
goes back into the community for
projects, charities, etc.

**Enquiries to Bill on
0428 004 035**

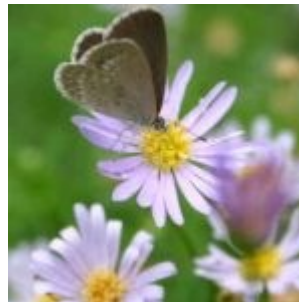
~ GARDENS & GARDENING ~

Living Mulch *from page 12*

in the garden.

Here are some of my favourite
indigenous (local) ground covers. All
species listed are low water-use and
low flammability (i.e. they don't burn
readily or they slow the passage of a
fire). Please remember that no plant is
completely non-flammable and all can
burn under the right conditions. Some
watering during extended dry or a heat
wave will keep plants actively growing
and this will improve their fire-
retardant qualities.

Cut-leaf Daisy (*Brachyscome multifida*)



Feathery foliage and
cheerful flowers
through most of the
year; grows in semi-
shade to full sun,
requires some
moisture. There are
many varieties with

flower colours ranging from white to
purple.

Kidney Weed (*Dichondra repens*)



Fresh green, kidney
shaped leaves carpet
the ground and spread
by creeping stems.
Best in shade but can
tolerate full sun if soil
is moist; will come
back after near death

during drought.

Inland Pigface (*Carpobrotus modestus*)



Succulent foliage, pink
flowers from
September to October;
part-shade to full sun.
Slower to establish
and spread than
Karkalla but so much
easier to manage in

the garden.

Continued on Page 16

Bowraville Christmas Street Festival

**Friday afternoon
15th December, 2023**

Followed by
**St Jimmy's Christmas
Carols**

at
Bowraville Central School.

Other planned activities so far include - markets, music, kid's activities, BBQ and Santa if he is available.

Several community organisations are already on board and it is hoped that many more will join in.

Anyone interested in being part of the planning process or with suggestions to offer please phone

0401481501 or

email the Chamber at

chamber@bowraville.nsw.au

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



4/11

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

**Join the Bowraville Lions Club
and Make a Difference!**

Are you ready to make a positive impact in your community? Join the Bowraville Lions Club today and become part of a passionate group of individuals dedicated to serving others.

Contact Us at 0439704510

or bowraville@lionsdistrict201n1.org.au

Jamie Hutton, President



**Lions Club
Bowraville**

7/11

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



7/11

Resources for Landholders

Are you interested in bush regeneration or restoring native landscapes? Knowing about the local soil types, their characteristics and fertility can help you select plant species that are more likely to thrive in your area.

The soils near me app is a fantastic resource for anyone wanting to get involved in land conservation, including teachers, students, landholders and citizen scientists.

The app can provide information on:

- capabilities and limitations of soils and landscapes
- soil types in New South Wales
- acid sulfate soil risk

To find out more, download the app or visit:

<https://www.environment.nsw.au/topics/land-and-soil/information/soils-near-me-nsw>

Another fantastic resource for landholders is the Trees Near Me NSW app. The app lets you explore all Plant



Community Types (PCTs) across New South Wales. You can even go back in time to find out the plants that were in your neighbourhood before they were cleared. Trees Near Me NSW is based on Plant Community Types, or PCTs, which are the finest level of classification in the NSW vegetation classification hierarchy.

To find out more, download the app or visit:

<https://www.treesnearme.app/>

- Community Environment Network –
www.cen.org.au

~ GARDENS & GARDENING ~

Living Mulch

from page 14

Karkalla (*Carpobrotus rossii*)



Succulent foliage, tolerates part shade to full sun; drought tolerant once established; covered in bright pink flowers from September to January. Can grow and spread vigorously.

Ruby Saltbush (*Enchylaena tomentosa*)



Succulent grey coloured foliage; very drought tolerant; grows in semi-shade to full sun; pretty, bright red or yellow edible berries. Both prostrate and shrub-like forms

are available.

Creeping Boobialla (*Myoporum parvifolium*)

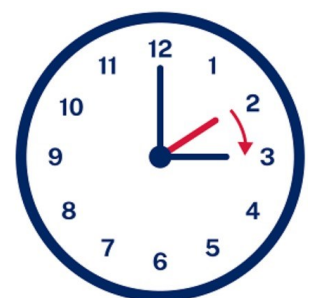


A fast growing and drought tolerant plant, white star flowers in Spring and Summer; vigorous, rejuvenate with a hard prune.

- sgaonline.org.au - The author, Cassia Read, is a Plant Ecologist and Garden Designer.

DAYLIGHT SAVING BEGINS

Clocks jump forward by an hour on Sunday, 1st October - from 2am to 3am.



Daylight Saving

Where did the idea come from?

George Vernon Hudson, an insect expert from New Zealand, came up with the idea of daylight saving in 1895. He suggested shifting the time by two hours but his idea didn't catch on.

Seven years later a British builder called William Willett took the idea to England's parliament as a way to prevent the nation from wasting daylight.

His proposal got some high profile support but was initially rejected by the British Government.

Then in 1916, two years into World War I, the German Government started looking for ways to save energy. On April 30, 1916, at the height of World War I clocks in the German Empire were set forward by one hour to start the world's first countrywide Daylight Saving Time period.

It was Germany's implementation that sparked a trend that soon spread across Europe as England and almost every other country that fought in World War I soon followed suit.

Daylight Saving in Australia?

Tasmania became the first Australian state to use daylight saving in 1916, during World War I. The following year, all states and territories used it but it was removed in 1918 at the end of World War I.

It was reintroduced during World War II, when it was used from 1942 to 1944.

After the end of that war daylight saving was not observed in any Australian state or territory until October 1, 1967, when Tasmania reintroduced it during a drought. Tasmania has used daylight saving in the warmer months ever since. Victoria, NSW, the ACT, South Australia and Queensland followed in 1971.

Queensland abandoned daylight saving the following year and, with the exception of a trial from 1989 to 1992, it has not used it since. Western Australia also conducted a trial from 2006 to 2009, but it was not popular and it was ditched.

The Northern Territory has not used daylight saving since 1944.

- www.kidsnews.com.au



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- deposits
- balance enquiries.

These services are
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Post Office with more
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7/11

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.

Google turns 25 *from page6*

These systems were so complex that only trained specialists could search, with the consumer having to pay for results, and searching wasn't simple. Users had to remember typed commands to select a collection then use specific words to reduce the list of documents returned. Articles were ordered by date leaving the reader to scan for the most relevant items.

FT PROFILE made valuable information rapidly accessible to people outside business circles, but at a high price. In the 1990s access cost £1.60 a minute – the equivalent of £4.65 (or A\$9.00) today.

The rise of Google

Following the world wide web's launch in 1993 the number of websites grew exponentially.

Libraries provided public web access and services such as State Libraries offered low-cost access for organisations. Librarians taught users to find information online and build websites. However, the complex search systems struggled with exploding volumes of content and high numbers of new users.

In 1994, the book *Managing Gigabytes*, penned by three New Zealand computer scientists, presented solutions for this problem. Since the 1950s researchers had imagined a search engine that was fast, accessible to all and which sorted documents by relevance.

In the 1990s, a Silicon Valley startup began to apply this knowledge – Larry Page and Sergey Brin used the principles in *Managing Gigabytes* to design Google's iconic architecture.

After launching on September 4th, 1998, the Google revolution was in motion. People loved the simplicity of the search box as well as a novel presentation of results that summarised how the retrieved pages matched the query.

In terms of functionality, Google Search was effective for a few reasons. It used the innovative approach of delivering results by counting web links in a page (a process called PageRank). But more importantly its algorithm was very sophisticated; it not only matched search queries with the text within a page, but also with other text linking to that page (this was called anchor text).

Google's popularity quickly surpassed competitors such as AltaVista and Yahoo Search. With more than 85% of the market share today it remains the most popular search engine.

As the web expanded however, access costs were contested.



Continued on Page 20

To promote, encourage, support and assist in any matter or manner actions that will assist in the growth and development of the economy of Bowraville.

The Chamber has been concerned with several local issues in recent months.

We collected signatures asking the Nambucca Valley Council to facilitate the payment of council dues in Bowraville, an option lost for locals who do not want to do internet banking since the BCU closed down in town. The NVC is still considering its options regarding this.

We also have been involved with the introduction of timed parking in the town centre, aiming to free up spaces for visitors and locals alike, particularly when it is very hot or raining. This issue will be considered by the traffic committee in early October.

We have facilitated community meetings developing plans for this year's town Christmas Celebration – an initiative of Kerrie Savins at the Pharmacy and to be auspiced by the Bowra Lions. Community input and ideas are welcomed – phone 0401481501.

BE INVOLVED IN CREATING OUR COMMON FUTURE

The Annual General Meeting of the Bowraville Chamber of Commerce

Will be held at the Bowraville Hotel at 5:00pm on the 31st of October.
IN THE DINING ROOM OF THE BOWRA HOTEL.

Of course you can only vote if you are a paid up and ratified member.
Application forms available at the Technology Centre at 39 High Street.
Past members can simply make payment to BSB 932000 Acc 100475482,
reference your name

EVERYONE IS WELCOME, NIBBLIES PROVIDED AND STAY ON FOR A PUB DINNER.

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



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

Roz Johnston 0427 543 377

email: nambuccaanglicans@tpg.com.au

*Baptisms, weddings and funerals
can be arranged
by phoning 6568-9029*

4/11

Blokes' Breaky

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

Womens' Brekkie

3rd Saturday of the month
at St James - 7am or 7.30 start

St Jimmy's Kitchen

3rd Thursday of Month at 6.30pm.

Bowra St Jimmy's Food Hub

**Monday, Friday & Saturday 9am until
11am must have a Centrelink card.**

4/11

Google turns 25 *from page 18*

Although consumers now search Google for free, payment is required to download certain articles and books. Many consumers still rely on libraries – while libraries themselves struggle with the rising costs of purchasing material to provide to the public for free.

What will the next 25 years bring?

Google has expanded far beyond Search. Gmail, Google Drive, Google Calendar, Pixel devices and other services show Google's reach is vast.

With the introduction of AI tools, including Google's Bard and the recently announced Gemini (a direct competitor to ChatGPT) Google is set to revolutionise search once again.

As Google continues to roll generative AI capabilities into Search it will become common to read a quick information summary at the top of the results page rather than dig for information yourself. A key challenge will be ensuring people don't become complacent to the point that they blindly trust the generated outputs.

Fact-checking against original sources will remain as important as ever. After all, we have seen generative AI tools such as ChatGPT make headlines due to "hallucinations" and misinformation.

If inaccurate or incomplete search summaries aren't revised or are further paraphrased and presented without source material the misinformation problem will only get worse.

Even if AI tools revolutionise search, they may fail to revolutionise access. As the AI industry grows, we're seeing a shift towards content only being accessible for a fee or through paid subscriptions.

The rise of AI provides an opportunity to revisit the tensions between public access and increasingly powerful commercial entities.

- *theconversation.com*

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.

BOWRAVILLE CENTRAL SCHOOL NEWS

Year 12 Success

Our Year 12 graduating class are celebrating the end of their school career with fantastic news of success in their university applications and post school choices. These students received the following early entry offers:

Eli Bennett: Bachelor of Aerospace Engineering at Newcastle University

Toria Kete: Bachelor of Arts at Newcastle University and Bachelor of Law/Criminal Justice at Charles Sturt University (Port Macquarie).

Fletcher Mason-Vidler: Bachelor of Business at Newcastle University and Bachelor of Business Accounting at Charles Sturt University (Port Macquarie).

Hayley Rhodes: Bachelor of Science/Animal Studies at Charles Sturt University (Wagga). Hayley has also been successful in receiving an accommodation scholarship worth \$7500 at Charles Sturt (Wagga).

Josh Davie: Has completed the interview process with the Australian Defence Force and has been accepted into the Army in an infantry role.

Head Teacher Stage 6 and Careers Advisor, Eve Riches said the students should be very proud of their achievements and how wonderful it is to see them reaping the rewards of their hard work. Congratulations Eli, Toria, Fletcher, Hayley and Josh.



Left to Right: Fletcher Mason-Vidler, Josh Davie, Eve Riches (Teacher), Hayley Rhodes, Toria Kete and Eli Bennett.

Radio Nambucca 2NVR 105.9 fm and streaming via www.2nvr.org.au



Group 2 Grand Finals were held on Sunday September 10 at the Coffs CEX Stadium. Happy to report that the Macksville Under18 team won their game against Coffs Harbour 50 to 12. We have learnt so much about broadcasting the games this season and are looking forward to next season and the chance to be more inventive.

Also we broadcast Macksville High School's music concert on Friday September 8 from 1pm till 3pm. The students had worked out the music and performances themselves and did a great job. They also helped unpack, set up and pack up again. We are trying to work out a situation where the school can set up a remote radio station which may be mutually beneficial to both parties.

The tennis court has been pressure cleaned and will now be safe to use. With the school holidays coming up all are welcome to come and play - bring your own rackets and balls. Use of the tennis court is free.

We held our End of Season BBQ on Saturday September 9. Thank you to those who came. It was lovely to chat in a relaxed and pleasant atmosphere once again. Hopefully, at our next BBQ we will get to see more familiar faces.

All reports indicate that this fire season will be challenging for emergency services and our community. 2NVR is committed to keeping our community informed and up to date during emergency situations.

Should the circumstances require 2NVR will revert to emergency broadcasting between the hours of 7am to 7pm.

FROM THE BCDAI PRESIDENT'S DESK

Everyone knows that Not-for-Profit organisations like the Bowraville Community Centre are totally reliant on the work of volunteers to operate. This is not an easy proposition to manage without a paid manager, but it is one that the committee does it's best to deal with as a team effort.

What a lot of people may not know is that volunteering has surprising health benefits. It can counteract the effects of stress, anger, and anxiety, and help combat depression. Volunteering can make you happy, it can increase your self-confidence, provide a sense of purpose, help you to share your talents, learn new skills, and it can even help you stay physically healthy.

The benefits of helping others can help to put things in perspective and can make the world a happier place, one act of kindness at a time.

Some of the skills you can gain volunteering include leadership skills, problem-solving, organisation and planning, communication and interpersonal skills, relationship building, mentoring, teamwork and time management.

Should you be interested, BCDAI can manage your Jobseeker mutual obligations if you'd like to volunteer to work on the building or help with the organisation's administration. We can even encompass volunteers who want to work off their fines with community service.

If you are interested in volunteering, in what-ever capacity, contact Eddie Orrego on 6564-7108.

BCDAI President, Susan Jenvey.

More goes into what we hear than meets the ear.

What energy are we giving off to ourselves and the world, and what vibrations or sounds are we communicating with one another? ("The Healing Power of Sound - Chopra")

However, sounds can also heal! It's true! Different tones can affect our emotions, body and mind because everything vibrates.

Sounds can help us to function more effectively, self-regulate and maintain harmony in our everyday lives.

SCIENTIFICALLY PROVEN, SIMPLE AND EFFECTIVE

Since 80 percent of the human body is water, sound vibrations can rebalance the physical, mental, and emotional bodies, speeding healing, and growth. Mitchell Gaynor claims that sound, music, and vibration affect all body organs.

Since recorded history, humans have used sound therapeutically and creatively. However, Indigenous Australians (around 40,000 years ago) may have been the first to formally describe sound healing using ancient didgeridoos in healing rituals.

Ancient Egyptians used pyramids as acoustic chambers for sound therapy.

We can heal and develop faster by changing our body's vibration. We can join the cosmic beat, according to John Beaulieu.

How Does Integral Sound Healing Help?

The sound vibrations reach deep into the tissue and aid in the healing process. The result is increased metabolic rate, decreased muscle tension, and profound stimulation of the tissue.

Integral sound healing is a non-invasive approach to alleviating a wide range of physical, emotional, and mental health issues, including muscle tensions, chronic pain, the after-effects of a stroke, and more.

In addition, the body's natural repair and regeneration processes are sped up. The stimulating and soothing qualities of integral sound healing make it an invigorating experience.

Every single cell in the body

Sound healing can repair tissues and organs throughout the body because all cells, organs, and meridian pathways can decode sound waves.

Continued on Page 24



Integral Sound Therapy - Deep dive into the Alignment of our Physical, Emotional, Mental State, Our Soul and Spirit.

Past Life Regression - Reiki Energy Healing - Meditation - NLP - TimeLine Therapy.

Voice Dialogue and Transformational Life Coaching - Bio-Wellbeing Energy Assessments.

Reeny Carvotta Barron 0409620190 Missabotti NSW 2449

www.passionandpossibilities.com

1/1

More goes into what we hear than meets the ear *from page 23*

Wellness—Physical, Mental, and Emotional

Sound healing relaxes and focuses the brain by changing its frequency range.

Stress reduction and deep relaxation

The vibrations of different "harmonize" cells, "balance the body's energy system," induce deep relaxation, and reduce stress, making it a popular health tool.

Fewer headaches

Stress related headaches such as migraine sufferers relieved.

Boost in confidence

Improve confidence by reskilling the brain. You'll be confident enough to try new things and change your lifestyle.

More energy

The ear controls stress levels, and under pressure, our bodies tire easily. If you are feeling stuck, rundown, or just flat in your life then this is the super boost.

Improved relationships with others

Excessive stress harms relationships at home, work, and elsewhere. Relaxing with sound healing lets you focus on relationships.

Increase your mental clarity

Sound healing, balances our mind frequencies, helping us to overcome negative and addictive thought patterns

Hone your ability to stay organized

Routine tasks become simpler as mental distractions decrease and attention sharpens.

Improved attention span

Sound healing has helped those with ADHD, speech, and language kids.

Help with everyday health problems

Stress and anxiety cause high blood pressure, depression, stomach pain and muscle and joint pain.

4 SIMPLE STEPS to making your Bush Fire Survival Plan

Preparing for a bush fire is easier than you think.

It's your responsibility to prepare yourself, your home and your family.

Follow these 4 simple steps to get ready for a bush fire:



1. DISCUSS
what to do if a
bush fire
threatens your
home.



2. PREPARE
your home and
get it ready for
bush fire
season.



3. KNOW
the bush
fire alert
levels.



4. KEEP
all the bush fire
information numbers,
websites & the smart
phone app.

~ TIDY TOWN OFFICIAL TREATED TO TOUR OF BOWRA ~

A week ago the Assessor from the Tidy Town Awards was in town to look at our projects including the town itself. I spent the day with him showing things that make our town what it is as well as the projects that were entered which were Landcare's river work, Phoenix, the Mural, Yarala Nursery and some of our personalities around town.

We were lucky enough to get a tour of the new Recreation Project with Paul Le Cerf. Zipping around the sports precinct in a couple of buggies we were fortunate enough to get the full tour from the new architecturally designed golf course, the fantastic facilities of the new rec club with its huge undercover dining area overlooking the footy grounds, the two all-weather bowling green's (one is even undercover) the footy club house, new cricket practice pitches, basketball courts, skate park, BMX track and fabulous kids playground. It is an impressive facility for the Mid North Coast not just Bowraville.

We then headed off and looked at the work being done by Council in the football grounds and netball courts next to the children's playgrounds, skate park and bike riding area. It's an amazing Sports Complex for such a small town. My thanks to Paul for being such an enthusiastic guide.

After an enjoyable lunch at Phoenix where we toured the gallery and gardens it was off to the Theatre, where we were met by Dale Hawkins who gave us a tour of the beautiful old art deco Theatre, the new plans for the extension with green rooms with a side disabled access were on show as well. Another exciting addition for entertainment in our part of the valley.

Next stop was the Pioneer Community Hall where we noticed the new fencing on our way in thanks to Council's Heritage Grant. Inside Eddie Orrego gave us a brief history lesson then showed us the original 2NVR radio studio downstairs and, what must be oldest mural in Bowraville.

The rest of the town looked pristine, and I am sure that we impressed our assessor so thanks to all involved in the projects, the Theatre, the Community Hall and local people keeping our town looking fantastic. And thanks to Council for all their effort, I hope it doesn't go unrewarded.

- Robynne McGinley.



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What's on in OCTOBER 2023

BOWRAVILLE THEATRE

Jack Davies supported by Hannah Day Bowraville Theatre Spring Series

Saturday, 7th October 2023

Doors open 6.30pm - Music starts 7pm

\$5 Tickets online +bkg fee

@ trybooking or atdoor if available



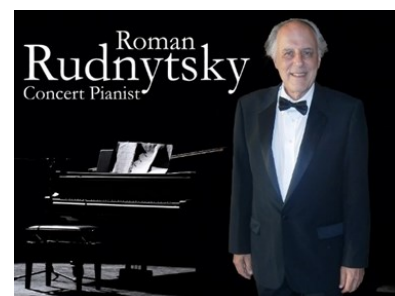
Roman Rudnytsky - Concert Pianist

Saturday, 14th October 2023 @ 2PM

Doors open 1:30PM

\$25 Tickets online +bkg fee

@ trybooking or at door if available



Sound of Freedom

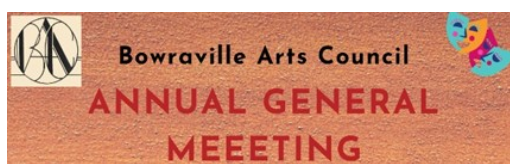
Sunday, 22nd October 2023 @ 2PM

Doors open 1:30PM

Adults \$14 – Pensions/Concessions \$12 - Members & Kids \$10,

Family \$35

Tickets online +bkg fee @ trybooking or at door if available



Sunday, 29th October 2023 @ 3PM at Bowraville Theatre

All Positions will be vacant: President, Vice President, Secretary, Treasurer plus three Committee Members

Nominations for positions must be made in writing and received by the Secretary seven days prior to the meeting. **Due by the 22nd October 2023.** Nominations for any positions not filled will be called from the floor. Nomination forms are available on the [Bowraville Theatre](http://Bowraville Theatre website) website.

Email the form to bowravilletheatre@bigpond.com, or post to Bowraville Arts Council, PO Box 6, Bowraville, NSW 2449

Please be our guest for refreshments and mingling following the meeting.

This is a free event.

Bowraville Theatre - 74 High Street, Bowraville

For more details of the above events go to www.bowravilletheatre.com.au

Email: bowravilletheatre@bigpond.com Tel: 02 6564 7808

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2/11

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Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Spring 2023							Community Radio Network	
Studio 3 Live on the 3rd Friday of each month 6-8pm								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Green Eggs On Toast Lawrie Medbury	The Bohemian Beat With Riddhi	Aussie Grown Across the Nation Aussie Christian grassroots to charts.	Tones of Claressense Claire Watt	TGIF Bettina Goodwin	Rise N Shine Ron Hawkins "Salwater People" at 7:30 am "It's Only Words" at 8:30 am	Sunday Morning Soul Sound With Claressense	6 AM
7 AM	Markets info, news, movies, local news. Nude.	The Sixties in Australia Rob Davidson	Blues, Roots, n Boots Presented by Jonny Dee	FlipSide With Phill Specially-selected, usually-oz	News, tunes and Interviews Great music to start your day	Random ravings in a musical mix, news, and views to kick-start your weekend		7 AM
8 AM		From Then To Now With Paul Burns	A Breath of Fresh Air With Sandy Kaye	Get that musical claressense!				8 AM
9 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll		Smoko with Gazza With Gary Biden Easy Listening To Rock & Pop		Talk Of The Town Carl Wrobel See what's going down!	Down Memory Lane With Streamer	Anything Goes With Phill Music from anywhere/anywhere	9 AM
10 AM		Bach to Beethoven With Rachel Burns				Australian Music is Bloody Great & Real World Gardener		10 AM
11 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton, Eddie Orrego, Dale Hawkins	Mysical Music & Musings With Luise	Turning Pages Elizabeth Newman	Peter's Pops With Peter K	The AMRAP Music Show	Jazz Made in Australia Paula Langlands	11 AM
Noon				Flashback With Rob Davidson 60's to 90's with a weekly featured artist	Classical Tunes & Melodies With Peter K	Fine Music Live On stage	NIMA Chart Show Matty J	Noon
1 PM	The Weekly Fix Paul Weekley	Life Words with Linda Bible reflections, Gospel & Australian	Mick in the Middle With Mick Brites Interviews with fascinating folks, beautiful music & what's happen- ing in our slice of paradise	Tewinga Tunes With Ralph Guaranteed ear candy	Weekend Surge With Chrissie Sublime music, surf and foody reports, pumping you up for the weekend	Garage Noise With Sean Ambrose Alternative Music	Diffusion & Lost in Science	1 PM
2 PM							That's A Wrap Donna, Nigel, Mitch, Gary & Les	2 PM
3 PM	A Country Tea Time With DJ Tina Sipping and spinning it all!	Rock On With Jimmy & the Bluebirds	MC Grim Mark Seagrims Music with a wicked difference		Jammin' With Gin Gin's terrific tracks!	Afternoon Concert With Peter K Classical music at its best!	Local sports calls and in-depth analysis	3 PM
4 PM		Sister Act Olivia & Sam		Thursdays Country Trickivie	Turn Up The Volume With Macca Three hours of soft rock & listener requests.	Phase Out With Faye Faye Aspiotis Lots of Aussie music old and new	Praise, Prayer & Pop With Michelle	4 PM
5 PM	Bowra Beats With Grace Walters	Retro Birds Robyn Wren & Sally Swan	The Curious World of Lisa Z	Hit Singles From Your Past With Macca	School's In from 5pm and Studio 3 from 6-8pm on the 3rd Friday of each month.			5 PM
6 PM	Hinterland With Ben Walters	Not out of the box radio entertainment	The Sit Down With Clint Waaka Interviews, music, history, culture and good times!		Fish's Favourites With Dave P Tunes to angle by...	Saturday Date With Stu Save the date every Saturday!	The AntiSF Radio Show With Nuke Imagine This Radio drama & stories	6 PM
7 PM	Reggae Mixtape With Fitzroy Music outside the usual 2NVR Multicultural Radio	Blues Soul Funk Featuring Aussies on NBA	Ant's Rock Anthony Gamsey	Cinemascope & The Assignment (BBC)				7 PM
8 PM		Matt Leibrandt & friends	Solid Rock Aussie Focus	Tim Unsupervised Tim Hood Late night humour, music, interviews and more...	Saturday Night Gold On Friday	Wolfy Wolfy's music & requests	Prog Rock Playlist Rhino The best of Progressive Rock	8 PM
9 PM	Music Makers With Yen Mixed music with featured artists	Dréam-Craeft By Dowlatfeesgood Post-Punk & Electronic Excursions						9 PM
10 PM								10 PM
11 PM			Ant's Rock Overnight	2NVR Music Mix				11 PM
Midnight	2NVR Overnight Music Mix					2NVR Overnight Music Mix	2NVR Overnight Music Mix	Midnight