

# 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

APRIL 2025 ~ ISSUE #238 ~ FREE ~ CIRCULATION 350 ~ POSTCODE 2449

## Bowraville Health & Wellbeing Expo

Rural  
Recovery  
Support  
Service

Mid North Coast  
Local Health District

### ALL WELCOME

Come and join us for afternoon tea and a chance  
to interact with stallholders to understand  
how local services may assist your health,  
wellbeing and recovery from adverse events.

**When:** 4 April 2025

**Time:** 2pm-4pm

**Where:** Bowra Sports Hub, Coronation Street, Bowraville

For any enquiries or to RSVP please contact:  
Kim-Maree Doolan (NSW Health) on 0412 211 670  
or at [mnclhd-disasterrecovery@health.nsw.gov.au](mailto:mnclhd-disasterrecovery@health.nsw.gov.au)



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 Minute Increments
- ◆ One Hour
- ◆ All day High Users Pass

## 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 - ask for a quote.

## Other services

**Hire of data projector + Portable screen**  
**Shredding**  
**Computer repairs**  
**Laminating A4 and A3**  
**Binding and Guillotining**

**We take credit card payments!**

## ALL ADVERTISING

### ENQUIRIES to

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

### ADVERTORIAL

### and GENERAL

### CONTENT ENQUIRIES

to

[wendy@bowraville.nsw.au](mailto: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/)

## 2025 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 MAY 2025**

**ISSUE IS: 4:00PM**

**TUESDAY, 22nd APRIL 2025**

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

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.

## DAYLIGHT SAVING 2025 ENDS:



**Date:** Sunday 6 April 2025

**Time:** 3am Eastern Daylight Time (AEDT)

**What happens?:** Clocks are moved back 1 hour to 2am giving you more daylight in the morning.

## Bowraville Chamber of Commerce

Next meeting will be at **5pm on Tuesday 1st April 2025** at the Bowra Hotel.  
For Chamber news see page 18.

**Phoenix Gallery - "Bundanon to Bowraville"**, a solo exhibition by artist Edward Barnes. This is Edward's first major solo show, featuring stunning new paintings inspired by his journey from his 2024 Art Residency at Bundanon to Bowraville, where he creates work at Phoenix School of Arts. His works depict the animals, plants, and objects that have caught his eye along the way. Join us for the **opening on April 12th from 11 am**. The café will be open with delicious treats. Don't miss this exciting exhibition.

**Save the date! 6th September 2025 - The Phoenix Ball** is back for its 2nd edition - celebrating art, community, and inclusivity on the Mid North Coast. Get ready to shine and dress to impress in emerald green, black, and silver! Join us for a glamorous night with red carpet entry, canapés, dinner, DJ, photo booth, raffles, and surprise performances. Tickets are \$55, with all proceeds supporting Nambucca Valley Phoenix. Happening at Nambucca Heads RSL, don't miss out! For tickets, call 6501 0021 or email [info@nvp.org.au](mailto:info@nvp.org.au). Let's make it a night to remember!

*Continued on Page 18*

## 2NVR Information for Autumn

We invite you to come along to our newly painted studios for Studio 3 Live Events over Autumn. Thanks to Fitzroy and the great job of painting he has done, the energy has had a real lift here.

**Studio 3 Live** is held 6 to 8pm on the 3rd Friday of the month at 834 Rodeo Drive Tewinga. It's free, live music for everyone.

*Ceri Wroble has found the following acts:*

**April 18th** - Ethan Stewart & Grant D.W. Barnes - Blues in the style of Muddy Waters.

**May 16th** - The Redeemed from Bellingen - Raw Country Blues Rock.

If you cannot make it to the studios, you can listen to the live show at 2nvr 105.9FM on your radio or [2nvr.org.au](http://2nvr.org.au) on the internet. Or download the free Community Radio Plus App.

Have you ever wanted to be on radio? Find out how you can do our training at [admin@2nvr.org.au](mailto:admin@2nvr.org.au)

# 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, Wednesdays and Fridays between 10am and 3pm. 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

## Have you checked out the Bowraville Community Website?

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

It's the place to go  
to find out what's happening and where . . .  
in our town.

***You can get the monthly Bowra Community News,  
the weather, upcoming events and much more . . .***

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# Major party politics is failing us

**People often ask me, ‘What are your top three policies?’**

It’s a good question, one that becomes easier to answer the more I speak to people. Everywhere I go, people talk to me about the rising cost of living, the failures in our healthcare system, and their concerns about the future we are leaving for our kids.

We need to meet these challenges head-on by:

**Cracking down on price gouging**

and anti-competitive behaviour by supermarket, energy, and airline duopolies

**Redirecting public funds from wasteful corporate**

**subsidies** to the essential services our community needs—like healthcare, housing, and local infrastructure

**Supporting the next generation** by building a housing system that is accessible to everyday people and taking real action on climate change

It’s also critical that we move beyond the short-term politics that has come to dominate government decision making. One of my passions is preventative healthcare—because our system should focus on keeping people well, not just treating them when they get sick.

Major party politics is failing us.

The major parties, who have caused these problems, are unwilling to fix them.

They take millions from the same corporations hiking grocery prices, power bills, insurance, and mortgage rates. No wonder they won’t stand up to them.

I’m running as an independent because we deserve better. I believe in a government that works for you—not party factions or their corporate donors.

I’ve been overwhelmed by the thousands of conversations, ideas, and feedback from this community. If we haven’t spoken yet, I’d love to hear from you.

*Authorised by C Heise, Coffs Harbour NSW 2450*

***This political advertorial was paid for and authorised by C Heise, Coffs Harbour NSW 2450***





## 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!***



**Counter Assistance  
is available  
for small fixes**

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

*“When you walk  
to the edge of all the  
light you have and  
take that first step  
into the darkness of  
the unknown, you  
must believe that one  
of two things will  
happen.*

*There will be some-  
thing solid for you to  
stand upon, or you  
will be taught to fly.*

*– Patrick Overton*

***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 Karin on 6564 7420  
for more information.

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

**eftpos**

# Nambucca Anzacs WW2

*Do you have a family member, or know  
of a person, who served in WW2?*

*Did they live in the Nambucca District  
at any time during their life?*

**Your assistance is needed!**

Research for the next volume of 'Nambucca Anzacs' has now commenced. This book will tell the stories of the men and women from the Nambucca District who served in WW2.

**Who is eligible?**

Any person who served in Australian uniform for any period during WW2. This includes all the women's services, the Merchant Navy, the Women's Land Army, the Volunteer Defence Corp, and men and women from other Commonwealth armed forces e.g. UK and NZ etc, who lived in the district.

Also, do you have any memories or stories of Italian POWs working on farms in the district during WW2?

**If you have something to contribute, or have a question  
about the project, call Trevor Lynch.**

**Point of Contact is: Trevor Lynch – 0408 669 449**

**Email: [trevorglynch@gmail.com](mailto:trevorglynch@gmail.com)**

**FB Group – 'Nambucca Anzacs WW2 Research'**

***If you are not sure, call Trevor at any time!***



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## BOWRAVILLE GIFT SHOP



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

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

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## 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**



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## Information Overload is Impacting Our Mental Health

In today's fast-paced world, we're surrounded by more information than ever. Through the internet, social media, and smartphones, we can access almost any piece of information we want in seconds.



However, having so much information at our fingertips is having big effects on our mental health. Understanding these effects and finding ways to cope with them are crucial.

Keep reading to learn some of the ways information overload is impacting our mental health as well as some coping strategies to live a more balanced and healthy life.

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### What is Information Overload?

Our journey from oral traditions to the current digital explosion has been long and transformative. The transformation in how information is shared, accessed, and consumed over centuries has drastically changed our interaction with knowledge, enriching our lives but also bringing forth unique challenges.

Information overload occurs when the flow and amount of information is too much for our brains to process. This bombardment can lead to confusion, indecisiveness, stress, and, eventually, mental fatigue. Deciding what is worthy of our attention becomes highly difficult in this flood.

In our current landscape, information is everywhere. From waking up to the moment we sleep, we are wrapped in a whirlwind of facts, updates, news, and media content. Access to an overwhelming amount of information is now just a click away, a reality with far-reaching implications.

### Ways Information Overload Impacts Our Mental Health

#### *Psychological Stress and Anxiety of Information Overload*

This constant bombardment of information leads to elevated stress and anxiety levels. The overwhelming need to process every piece of information and the inability to do so can create an unstable mental state.

People also may end up feeling lost and anxious, struggling to discern what truly matters.

*Continued on Page 10*



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# Kerrie's Legacy: 30 Years of Care Passes to New Hands

I first visited Bowraville when I was about 10 years of age and there was something about the place . . . I knew I'd be back.

Fast forward to 1994 when I took a job working for Isobel Moss delivering to the old Peachtree Surgery twice a day until she opened the pharmacy next to the theatre. I worked there on and off until I bought the store from John Palmer in February 2001.

Right from the start I have been blessed with wonderful staff and customers although they are all better described as friends. A special thank you goes to the lovely Nola Ryan for putting up with me for my whole journey as the pharmacy owner, 24 years!

On to the next chapter and I have been lucky enough to pass the store on to Mrs Bridgette Byrnes on April first 2025. This is coincidentally the same day we opened the new store 15 years ago. I feel so lucky that Bridgette is a beautiful person and cares the same way I do for the people of Bowraville. I wish Bridgette and her family all the best for their new adventure.

I'd like to say a special thank you to the people of Bowraville, my staff, my family and my late husband Ivan.

## A bit about Bridgette:

I grew up an hour west of Tamworth, in a town with that same familiar country charm as Bowraville, I felt right at home when I first locumed at this pharmacy in 2021. The welcoming community and the spirit of the pharmacy itself really resonated with me.



I pursued my pharmacy degree at Newcastle University after working in a pharmacy for a few years after finishing high school. I graduated university with first-class honours. I was then honoured to be named NSW Graduate of the Year and have since completed my clinical accreditation for advanced pharmacy practice (HMR and ACAP). As the first in my family to attend university, the opportunity to become a pharmacy owner is truly special. I'm keen to support local young people in achieving their own aspirations.

Taking over the reins from Kerrie is a big step, and I'm grateful she'll be here to help me. We'll be sharing the week, with me working the beginning and Kerrie at the end, so you'll still find her in the dispensary.

I'll be spending the other half of the week at home with my 1 year old little boy, Myles.

I love the existing character of the pharmacy and I don't have any big changes planned.

We've been fortunate to receive a Heritage Grant from Nambucca Council for a fresh coat of paint, which will start when the rain stops. In the future, I'd love to expand our professional services, including expanded vaccination clinics, public health awareness initiatives, and health promotion. We'd love to get a beautician and naturopath in the store too but small steps for now.

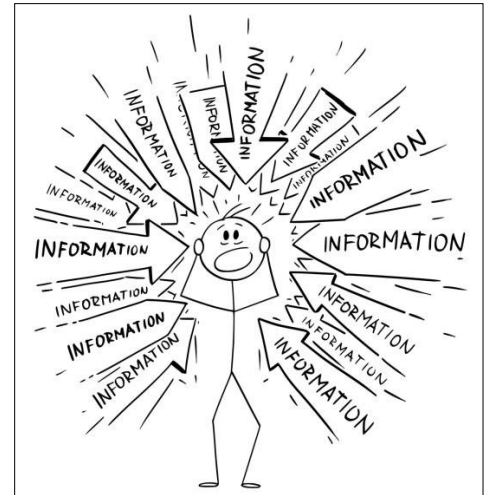
I look forward to meeting everyone and thank you for welcoming me into your community.

## Information Overload Impacting our Mental Health - *from page 8*

The constant noise created by information overload has a collective effect on our minds, developing both anxiety and confusion. The perpetual tension and restlessness can rise, affecting our emotional well-being, which can lead to many psychological discomforts such as mood swings, irritability, and depression.

### ***Sleep and It's Complications***

The unwavering desire to stay in the know and the perpetual connection to the digital world endanger our sleep quality and duration. The constant interaction with screens and the accompanying blue light disturbs our natural sleep rhythm, leaving us tired and mentally strained.



A disrupted sleep cycle not only impacts our physical health but also significantly impairs our mental abilities. The resulting fatigue worsens stress levels, decreases our ability to regulate emotions, and impacts our overall mood, creating a vicious cycle of mental unrest.

### ***Struggles with Attention and Concentration***

A world filled with information from countless sources divides our attention and makes concentrating on singular tasks seemingly impossible. The continuous distractions negatively impact our ability to maintain focus. Then, we have a decreased sense of accomplishment because it takes us longer to complete the tasks at hand.

A fractured attention span restricts our intellectual capabilities, reducing our efficiency and productivity. The struggle to concentrate because of information overload can lead to frustration and an increased sense of overwhelm. All of these effects can make the completion of even the most everyday tasks a challenge.

### ***Social Comparison and Dented Self-Esteem***

Social media is a breeding ground for comparison, which can lead to issues with self-esteem. The constant exposure to others' highlight reels can lead to feelings of inadequacy and lower self-worth, fuelling discontent and a distorted perception of reality.

The adverse effect of such comparison on our mental health is serious. It fosters a negative self-image and intensifies feelings of envy and dissatisfaction. This distorted sense of self can permeate our daily lives, affecting our behaviour, relationships, and overall outlook on life.

- <https://mindfulhealthsolutions.com/4-ways-information-overload-impacts-our-mental-health-and-how-to-cope>

Continued in **Wellbeing** on Page 12

## WHAT'S HAPPENING IN BOWRA

### Blokes Brekkie

1st Saturday of the month  
at St James - ring Jeff to  
book on 0428 578 394

### Cuppa and Chat

3rd Saturday of the month  
10am — Free  
Everyone welcome

## Bowra Country Markets

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

### St Jimmy's Kitchen

3rd Thurs of Month  
5.30pm at St James Church Hall

### St Jimmy's Food Hub

Friday 9-11am  
*Must hold a current Centrelink card.*  
For more info call office on 6568-9029

## Bowraville Folk Museum

High Street, Bowraville  
Phone/Fax: 6564-8200

MONDAY to FRIDAY  
and 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 ~

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## BOWRA HOTEL

OPEN 10AM - MIDNIGHT

### BISTRO

21/11

TUESDAY to SATURDAY

11:30am-2:00pm and 5.30 - 8pm

SUNDAY

11:30am-2:00pm & 5.30 - 8pm

WOOD-FIRED PIZZA

Thurs, Fri and Sat 5.30 - 8pm

*All menus available for takeaway*

Regular Live Music - Holy Goat Coffee

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

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**

**RAFFLES - Wednesdays & Friday**

**MEMBERS' DRAW min \$1500**

**KITCHEN Wednesday to Saturday**

 Lunch 12-2pm - Dinner 6-8pm

**HAPPY HOUR - All Schooners \$6.00**  
**from 4pm to 6pm daily**

21/11

**FREE POOL Everyday**

## 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](http://ratemyagent.com.au)

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

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## Ways to Cope with Information Overload

## *The Role of Digital Detox*

Regularly disconnecting from the digital world allows us to step back and live in the present, fostering mental clarity and reducing stress levels. A digital detox acts as a mental palate cleanser, giving us the opportunity to reconnect with our environment and the people around us. Ultimately, it helps us refresh our minds.

Mindful interaction with technology is critical. Ways to practice digital detox include limiting your screen time. There is more than one way to limit the amount of time you spend on your phone or screens, such as:



- Putting your phone in another room during meals or before going to bed.
- Setting time limits on using the apps you scroll through the most in your phone's settings.
- Assigning yourself one day each week or month where you don't use your phone or any devices.
- Turning off the tv at a certain time, or replacing watching tv altogether, to read before bed.

Being conscious of our digital consumption patterns can significantly lessen the adverse effects of information overload while also promoting mental peace and well-being.

## *Embracing Mindfulness and Meditation*

Mindfulness and meditation serve as sanctuaries in the chaotic world of information. They help in developing a balanced and focused mind, which is essential in navigating the complex web of data surrounding us. Regular mindfulness practices can provide a sense of stability and peace in our cluttered minds.

Meditation allows us to observe our thoughts and feelings without being overwhelmed by them. It teaches us to approach our mental processes with a non-judgmental mindset, enabling us to deal with information overload more effectively, reducing stress as well as enhancing our overall mood.

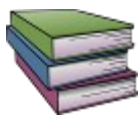
## Strategic Information Management

To navigate through the maze of information effectively, it is important to create a structured and strategic way to manage information. By regularly filtering and prioritising information, we can protect our minds from unnecessary clutter and maintain our mental equilibrium.

One great way to practice managing information is to dedicate certain times

Continued on page 21





## Shame by Jasvinder Sanghera

This is unfortunately a true story. It occurs in England which makes it a little harder to understand how it began. At the age of 14 Jasvinder's parents arranged her marriage. With older sisters married off young to men they didn't know and didn't love she had a good insight into what her future would be and the distinct knowledge that it was something she did not want for herself. Frightened for herself and what her future would be she ran away.

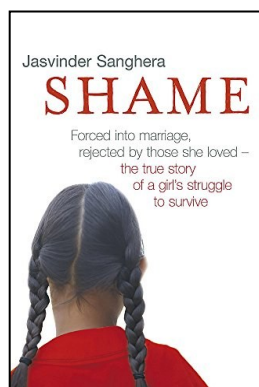
Her parents disowned her, her sisters also cut off all contact. 'SHAME' is not just the story of Jasvinder's life but it encapsulates precisely the strength of its power on a culture where it rules quite highly. In Jasvinder's culture shame is not something that is overcome; it is passed down from generation to generation.

Despite the horrendous ups and downs, the challenges full of cruelty and grief, Jasvinder makes something of herself and leads a life to be proud of.

I won't say what she manages to achieve but this is a story of strength and resilience.

The cultural aspect is also interesting – family is extremely important, the beliefs are different, behaviour that is accepted (even 'the norm') being also different. It is not a story that I 'enjoyed' but I also could not put it down.

*- Read and reviewed by volunteer Raewyn*



## Home is Where the Heart Is by Geraldine Cox

More than anything, Geraldine Cox wanted to be a mother. Her dream came true; just not in quite the way she expected.

Home is Where the Heart is is the deeply moving story of a woman who found her true purpose in caring for Cambodian orphans – the tragic victims of three decades of war and destruction. Geraldine tells with warmth and humour of an extraordinary life that, while it never lacked excitement, sometimes lacked fulfilment before her involvement with the children of Cambodia. Her story begins with her Adelaide girlhood in the 1950s and 1960s, and includes her time working for Foreign Affairs in Cambodia and other overseas postings in the 1970s and 1980s.

However, the place closest to her heart was always Cambodia. In the mid-1990s Geraldine returned there to live. As one of the few foreigners ever to be granted Cambodian citizenship through Royal Decree, Geraldine paints a vivid picture of the country, and of the risks and joys of living there. Most importantly, though, she introduces us to her unforgettable children and shares their stories.

Inspiring and uplifting, this is a book about how a mother's love can make a difference, and the surprises life has to offer.

*- From the back cover.*



## BOOK NOOK NOTICE

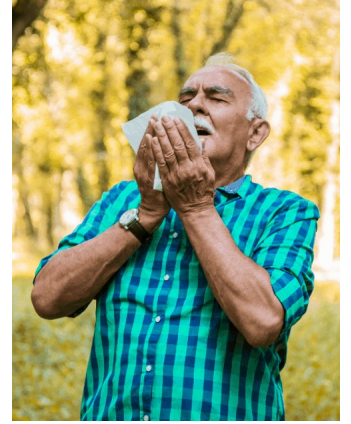
We are extremely grateful for book donations but we do not accept old or worn books, text books or old non-fiction books as we have limited display shelving and even more limited storage space.

# Act Against Allergies this Autumn

## The Science of Hay Fever (Allergic Rhinitis):

Hay fever, or allergic rhinitis, happens when your immune system overreacts to harmless airborne substances like pollen for example. Here's a breakdown of what's really going on:

1. **Sensitisation:** When you first encounter an allergen (like pollen), your immune system mistakenly identifies it as a threat.
2. **Antibody Production:** Your body produces antibodies, a type of protector cell which remember this "threat"/allergen.
3. **Mast Cell Activation:** These antibodies attach to special cells in your nasal passages, eyes, and lungs to guard the body from these "threats"/allergens.
4. **Histamine Release:** When you encounter the allergen again, it binds to the antibodies on nasal passages, eyes and lungs, triggering the release of histamine and other chemicals. That causes the classic allergy symptoms of sneezing, runny nose, itchy eyes, and congestion. Those who experience asthma or dermatitis may experience a flare-up due to hay fever and allergens in the air.



## Common Culprits:

- Pollen from trees, grasses, and weeds
- Mold spores, especially after rain
- Dust mites, thriving in humid conditions
- Pet dander due to animal fur shedding

## Simple Steps for Relief:

- **Keep windows closed:** Especially during peak pollen hours.
- **Shower and change clothes:** After spending time outdoors, to remove pollen.
- **Regularly clean your home:** Focus on dusting, vacuuming, and washing bedding.
- **Consider over-the-counter medications:** Antihistamines, decongestants, and nasal sprays can provide relief.
- **Monitor pollen counts:** Many weather apps and websites provide daily pollen forecasts. The Asthma Australia website recommends the free [AusPollen](#) app and/or website.

## Over-the-counter medications:

- **Antihistamines:** tablets or nasal sprays that block allergen symptoms like sneezing and itching. Some may cause drowsiness.

*Continued on Page 25*

**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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# Do you experience allergies?

Such as:

*Itchy skin ~ Hives ~ Rash*

*Irritated eyes ~ Watery eyes*

*Sneezing ~ Runny nose*

*Scratchy throat ~ Ear irritations*



Come in and talk to  
our staff about  
our range of  
antihistamines.

*And say “hello” to  
our new pharmacist,  
Bridgette.*

**HELP**  
SUPPORT YOUR  
**IMMUNE  
SYSTEM**



**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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# Natural mould removers that are highly effective

If you've found mould growing in your home – whether it be in the bathroom, in the wardrobe or somewhere totally unexpected – it can be tempting to reach for the harshest possible cleaning products to get the situation under control. But did you know natural mould removers can be just as effective at killing mould spores as commercial products?

Microbiology professor Dee Carter of the University of Sydney says the most important aspect of getting rid of mould is to check for sources of excessive moisture. “Mould could be growing in a wall or ceiling cavity if there has been a leak or ingress of water,” she says. If the area you live in is experiencing temporarily high levels of humidity, this could also cause mould growth in the short term, and dehumidifiers may help in this scenario.

## 1. Undiluted white vinegar

White vinegar is said to kill around 82 percent of mould colonies. It's a natural, non-toxic product and is colourless, meaning it won't stain grout, clothing or carpet. Vinegar is best for small amounts of mould. Just pop some straight vinegar into a spray bottle, spray, leave for an hour, wipe off with warm water. Note: Vinegar will kill mould and its spores, but it may not remove mould stains. This is where a hydrogen peroxide cleaning solution could come in handy.

## 2. Tea tree oil or clove oil and water

This combination is usually the most effective method of naturally removing mould. Add 15 drops of your chosen oil into a spray bottle – prefer oil of cloves to all the others. Spray onto mouldy areas and leave for two hours, spray a bit more, wipe away.

## 3. Vodka

And now for something completely different, did you know vodka is great for cleaning? The cheaper the better. Pop some straight vodka into your nifty spray bottle. Spray, leave for an hour, wipe off with warm water.

## How to prevent mould growing in your home

The best goal you can have is to try and prevent mould and mildew from growing in the first place. You can achieve this by:

- Ensuring your home and particularly water sourced rooms have adequate ventilation.
- Bring sunshine into your home at every opportunity. Open the blinds, the windows and doors.
- Direct water away from your home (check for leaks and water flow during heavy rainfall). Look for opportunities to install drainage.
- Dry wet areas immediately.
- Ensure drainage is kept free-flowing – gutters, pipes and trenches. Look for leaf litter that might be clogging things up.
- Clean indoor plants regularly by dusting the leaves and making sure puddles of water are cleared up.
- Introduce mould-resistant products into your home (treated paints and building materials, non-organic fabrics).
- Air your home well after periods of rainfall or humid days. Be aware these are times mould breeds worse.
- Wipe condensation build-up from windows and walls after humid or wet days.
- Spray fabrics regularly with a mix of 3 drops Oil of Cloves in 5 cups water and leave to dry completely.
- Spray surfaces regularly with a disinfectant, antibacterial spray.

- <https://www.bhg.com.au/lifestyle/cleaning/natural-mould-removers/>





## WHAT'S FEATURING in APRIL 2025

# BOWRAVILLE THEATRE

[www.bowravilletheatre.com.au](http://www.bowravilletheatre.com.au)

## C.W. Stoneking *supported by Joey Leigh Wagtail* Friday, 18th April 2025

Doors open 7pm / Music starts 7:30pm

**Tickets \$60 online / \$70 on the door**  
+ Bkg fee online @ trybooking

C.W. Stoneking is an Australian/American singer, musician, recording artist. Born in Katherine in the Northern Territory in the mid 1970s, he has lived and toured across Australia, the UK, Europe, and the U.S.A. C.W. Stoneking's music and lyrics draw inspiration from a wide spectrum of musical styles and traditions which he combines to create his own unique sound.



N/C

***Sunday Afternoon Movie Sessions are coming back in March, please check our website for dates and details.***



## RURAL HORIZONS FAMILY DAY CARE

Family Day Care is a unique education and care option where qualified educators open their homes to provide a secure play based educational environment for children.

**Join us as an educator in our new Family Day Care Service in Greater Nambucca**

**Do you hold a qualification in Early Childhood Education and Care?**

- Establish your own small business with comprehensive support and guidance from the Rural Horizons FDC team
- Provide quality education and care from your own home for four children under the age of five and up to three primary school aged children
- Earn an income while caring for your own children- balance family life while contributing to the community
- Enjoy the flexibility to choose your own schedule - decide how many hours and days you work
- Benefit from ongoing professional development opportunities
- Support parents/guardians rejoining the workforce by expanding childcare options and assisting families in their return to work



(02) 9779 9908

<http://ruralhorizonsfdc.org.au>

[manager@ruralhorizonsfdc.org.au](mailto:manager@ruralhorizonsfdc.org.au)

Rural Horizons FDC a not-for-profit Family Day Care  
Service funded by the Australian Government to create  
more child care in areas with limited supply.



Provider: NSW  
Family Day Care  
Association

5/11



*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.*

So many exciting developments at last months meeting as three of our newly elected Councillors came along with inspiring ideas and plans for the development of our tiny town.

These include a splash park for children and others in town, a new organisation to represent the growers and producers of our region and help with moving our strategic plan forward.

After speaking to the Mayor one of our Chamber members suggested inviting him and other Councillors along to meet the community so such gatherings are in the pipeline: time to think up concerns and ideas you would like to share with our fearless leaders. And there is the inspiration of a Christmas time celebration to excite and unite us in the planning - see below.

A larger notice board is being planned for outside the IGA, this is a great site as not only is it right in town but also there is total access when the store is open and security when the shutters come down at night. It will be a smooth surface so no thumbtacks to fall and enter bare feet or tyres, therefore tape or blue-tac are required. Sponsorships towards costs are being invited.

**Next Meeting – April 1 *APRIL FOOLS DAY*, 5pm at the Bowra Hotel**

**SURPRISE! SURPRISE!**

***CHRISTMAS IS A COMIN'.... IN DECEMBER!***

We are planning a lights spectacular for the High Street in Bowra and we want your involvement as we create this great event – we are looking for any Christmas decorations and lights that you can donate; We have already received a generous donation from Donna Doolan at IGA.

**LIGHT UP BOWRA '25**

This event may evolve into a street party involving the whole town. So collect up your Chrissie paraphernalia and we will collect it later.

## **SHAME ON US**

Australia is no.1 on the podium once again, though this time, it's not something to be proud of; for this year, our nation has reached the unenviable position of sending more textile waste to landfill per capita, than any other country on the planet.

- [www.lovingspoonfulproductions.com.au](http://www.lovingspoonfulproductions.com.au)

## These Are the World's Happiest Countries In 2025

*It's a good day to be a Finn—again. For the 8th successive year, Finland ranks no.1 on the annual World Happiness Report. The report is based on analysis of how the residents of over 140 countries rate their quality of life.*

The report, published on the UN's International Day of Happiness, is based on analysis of how the residents of over 140 countries rate their quality of life. With 10 meaning someone is currently living the best possible life they can imagine, Finns came in first with an average score of 7.74.

"They're not happy, joyful, dancing in the streets type people, but they're very content with their lives."

While the rankings factored in a country's GDP per capita, wealth distribution, and life expectancy, they found social trust and connection help determine happiness more than people may think.

This year, the researchers found a strong correlation between someone believing in the kindness of others and their own perceived happiness. Across the board, too often, people underestimate the kindness of others, like, say, if someone will return a lost wallet. It affects well-being. Wallets are returned to their owner at almost twice the rate people assume. However, compared to the U.S., more people in Nordic countries believe a lost wallet will be returned - and more people are likely to return it.

Maintaining a strong sense of community with acts such as regularly dining with others, for example, improves social trust and happiness, the report found.

*The world's happiest countries 2025 – 1. Finland, 2. Denmark, 3. Iceland, 4. Sweden, 5. Netherlands, 6. Costa Rica, 7. Norway, 8. Israel, 9. Luxembourg, 10. Mexico, 11. Australia, 12. New Zealand, 13. Switzerland, 14. Belgium, 15. Ireland, 16. Lithuania, 17. Austria, 18. Canada, 19. Slovenia, 20. Czech Republic.*

*- [www.mindfood.com/article/these-are-the-worlds-happiest-countries-in-2025/](http://www.mindfood.com/article/these-are-the-worlds-happiest-countries-in-2025/)*

# Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing  
Machines & Driers.

Tokens available at the Pub and IGA



21/11



## SUPPORT GROUP For Our Everlasting Carers

Will be celebrating an early Mothers Day Out,  
for carers for a much needed respite

Numbers will be limited so you need to register early.

There will be entry to the cottage and museum allow  
45mins to an hour to look around add another half hour  
for morning tea. All food is home made served with tea  
and coffee in and on chinaware (no paper plates or cups)

It is smorgasbord style, all you can eat providing  
(weather depending) a cottage garden morning tea  
with table and chairs set up in the grounds.

Venue: Mary Boultons Pioneer Cottage and Museum

Address: 38 Gumma Rd Macksville NSW 2447

Date: Tuesday 29<sup>th</sup> April 2025

Time: 10am

No Cost for the Carers.

R.S.V.P Tuesday 22<sup>nd</sup> April 2025

For further Information and Registration

Bev (02) 65694337

N/C

Recently 2NVR was painted inside and out due to receiving a State Government Grant.

The grant application was written by Beverly Gibbs, who donates her time at 2NVR and reads NOTA on air each week.

One of our presenters offered the lowest priced quote and he did the painting. Fitzroy Powell, who runs Sunshine Cement Rendering, when he is not performing music or broadcasting, was able to work around all the presenters, as the radio station continued to function.



*The photo is Michael Kemp MP inspecting the work, with Luise Pearson-Bernoth, President 2NVR and Phill Veness, Presenter on 2NVR. Photo taken by Elizabeth Newman, Presenter and Trainer.*

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



**10am Service every Sunday**

Rector: Peter Shayler-Webb 0439 770 487  
Email: admin@nambuccaanglicans.com.au

Office: 02 6568 9029

*Baptisms, weddings  
and funerals.*

5/11

**Blokes' Breaky**  
**1st Saturday of the month**  
Ring Jeff to book on **0428 578 394**

**Cuppa and Chat**  
**3rd Saturday of the month**  
Everyone welcome. 10am - Free

**St Jimmy's Kitchen** 5/11  
**3rd Thursday of Month at 5.30pm**

**St Jimmy's Food Hub**

Fridays from 9am to 11am  
Must hold a current Centrelink card.  
For more info call 6568-9029

**ST. JAMES CHURCH HALL**



## Ways to Cope with Information Overload — *from page 12*

of the day to consuming certain types of information. Here are a few examples:

- Check your email only at the beginning, middle, and end of the workday.
- Only scroll through or respond to messages on social media during lunch.
- Read news articles while drinking your morning coffee.



Information management sets us up to maintain a balanced routine and fosters a sense of control over our informational environment.

### *Healthy Lifestyle Habits*

Maintaining a healthy lifestyle that includes regular exercise, balanced nutrition, and sufficient sleep, is fundamental to building mental strength against the negative impacts of information overload. Establishing such balanced routines provides the stability needed to face the challenges posed by excessive information.

Developing positive and supportive social connections is equally important. Healthy relationships act as buffers against stress and provide emotional support, strengthening our mental defences against the potentially harmful effects of living in a world flooded with information.

Handling information overload can be overwhelming and mentally draining. Effectively managing our interaction with information is a top priority to safeguard our mental health. It is essential for us to continually assess, adjust, and moderate our information consumption habits to maintain balance and mental wellness in this era of information overload.

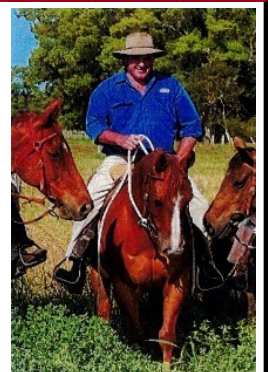
- <https://mindfulhealthsolutions.com/4-ways-information-overload-impacts-our-mental-health-and-how-to-cope>

## **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.



5/11

**RURAL  
SALES**

**NAMBUCCA VALLEY & SURROUNDS**  
**[www.ruralsales.com.au](http://www.ruralsales.com.au)**

*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 with  
one of our friendly staff.*

*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**

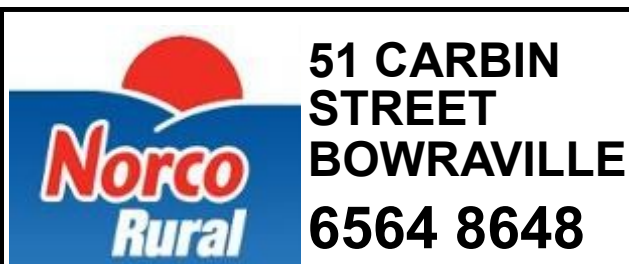
**SOIL & WATER  
CONDITIONERS**

**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.

3/11



## A Garden of Joy



Garden joy is the birthright of every human, known and practised for uncounted millennia.

It's a simple recipe: find food and drink, choose a tree with grass or log, check there is no snake behind the log or panther up the trees, then sit and eat and talk and laugh, with the universe spreading above you and the whispering of tree leaves all around.

It is perhaps one of life's most profound pleasures, like holding a newborn baby in your arms, but it is out of reach for so many in the world now. Even more tragically, many who are quite affluent enough to have lunch in a garden have never realised that they need to.

If you are lucky, you will have a park, so someone else does the mowing. If you are very lucky, you will have a garden too.

What does a garden need to maximise the happiness?

**A tree** tall enough to give you shade. As a bonus, it may also give you fruit, flowers or you can climb it when life becomes too hassled. There is great calmness to be found looking at the world while sitting in a tree. In climates with cold winters and hot summers, the tree should be deciduous, giving you sunlight when you need it and shade to cool you, your home and, in a tiny but important way, the planet. Please plant a tree today. You don't need to buy one: depending on your climate, plant some apple seeds taken from the core of the last apple you ate, or the stone from

*Continued on Page 24*

# WE NEED YOU



If you know your way around the latest technology and are able to assist others who may have queries or problems with their computers or phones, and you are in a position where you are willing or required to volunteer one or two days a week, we at the Bowraville Technology Centre would very much like to hear from you.

If you are interested in volunteering or have any questions - we look forward to hearing from you.

**Call in to the BTC on either a Tuesday or Wednesday and speak to Karin or email [admin@bctc.com.au](mailto:admin@bctc.com.au) attention Karin Woods to find out more or call Karin on 6564-7420**

**BOWRAVILLE TECHNOLOGY CENTRE  
39 High Street, Bowraville**



## Bringing banking to your Community.

## Bank in-store today.

Australia Post provides the following services

- withdrawals
- deposits
- balance enquiries.

These services are available at Bowraville Post Office with more than 70 banks and financial institutions.

21/11

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.

# Dates in April

## **April 2 - Go Blue for Autism**

World Autism Awareness Day promotes autism awareness by encouraging everyone to don blue.

## **April 7 - World Health Day**

This event marks the establishment of the World Health Organisation. Each year, World Health Day rallies behind a specific health issue to raise awareness.

## **April 11 - World Parkinson's Day**

World Parkinson's Day raises funds and awareness to help look for a cure. Parkinson's disease is a chronic, progressive neurological condition that has a serious impact on an ageing population, with 25 Australians diagnosed every day. Around 80,000 Australians currently live with the condition.

## **April 13 - Undiagnosed Children's Awareness Day**

Approximately 1 in 20 children are born with a genetic disorder, though diagnosis is often rare. Of the children who present to geneticists with syndromic features, 60% may not ever receive a diagnosis. Undiagnosed Children's Awareness Day works to change this.

## **April 13 - Wear Green for Premmies**

The Wear Green for Premmies day is a day in which you can wear green to show your support for the 25,000 babies born prematurely in Australia every year.

## **April 24-30 - World Malaria Day**

This campaign aims for a 90% reduction in malaria by 2030.

## **April 28 - World Day for Safety and Health at Work**

Sponsored by the International Labour Organisation, this event aims to improve awareness of work-related safety, accidents and diseases worldwide.

## **April 1-30 - Adenomyosis Awareness Month**

This campaign aims to educate and spread information about adenomyosis by encouraging others to speak up about their experiences.

- <https://bankplace.com.au/health-calendar/>

## **~ GARDENS & GARDENING ~**

### **A Garden of Joy**

*Continued from page 22*

an avocado. Both apples and avocado trees make wonderful climbing, eating and sitting-under trees.

**Grass or something green** that is not artificial lawn. Artificial lawn is hot, smells horrible and kills almost everything beneath it. Paving is better and more beautiful, as long as you leave gaps between some of the pavers so water can penetrate. Plant the gaps with white alyssum or yellow calendulas or primulas or prostrate mint, to keep out weeds and cool the paving down as you water them. A ground cover for non-grassed areas is yellow flowered lamium, which grows ankle high but can be mown and tolerates quite dense shade as well as dappled shade. Thyme lawns smell glorious but do attract bees. They also need much weeding and top dressing by covering their stems with new soil or compost every winter, or they become woody, prickly to sit on and will also rot and die.

**Flowers** - grow rambling roses, clematis, wonga vine or grapes up your trees. It means the wallabies can't reach them, possums don't like to clamber through the growth and pests are confused by the double shape and scents. Plant your rambling rose or vine about a metre away from the trunk. Feed and water it well for about five years. After that, feed and water when you remember, especially on hot nights when the scent of cool water on hot soil is a blessing from the divine. You might also like to water yourself, your beloved, the kids and the dog — the water will still get to the tree and its companion. Do not water the cat.

This should be your inheritance from all your ancestors: the chance to sit under a tree and listen to wind play its song through the leaves.

- by Jackie French - [www.wellbeing.com.au](http://www.wellbeing.com.au)

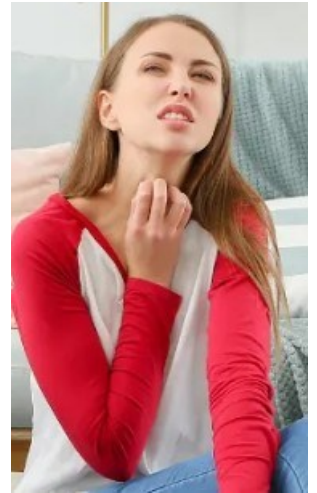


# Act Against Allergies - from page 14

Ask your pharmacists for more advice.

## Nasal Sprays:

- **Saline:** washes out the sinuses which can assist in aiding removal of allergens.
- **Decongestants:** For quick stuffy nose relief, short term use only.
- **Corticosteroid Nasal Sprays:** Reduces nasal inflammation, very effective for allergies, safe for long term use.



**Eye Drops:** For itchy, watery eyes.

**Natural supplements:** antioxidants like vitamin C, as well as horseradish and andrographis bitters have traditionally been used to improve allergy tolerance.

For severe or persistent allergies, professional advice from a doctor or immunologist as well as testing can help identify specific triggers and treatment options.

**Bowraville Pharmacy is open Monday to Friday 8:45am to 5:30pm and Saturday mornings 8:45-noon.**

*Come and have a chat with us to see how we can help.*



## Bernard Laverty Funerals

24 hours 6568 1555

Monumental Masons & Florist

*Speak to us about the benefits of Pre Paying*



Serving the community for over 60 years



NSW RURAL FIRE SERVICE



## LIGHTING A FIRE: QUICK FACTS

You must **notify** the Lower North Coast Burn Notification Line at least **24 hours** before burning at all times of the year.

You must **notify** any adjoining neighbours at least **24 hours** before burning at all times of the year.

During the **Bush Fire Danger Period** you must have a current Permit to burn issued by the NSW Rural Fire Service.

## LOWER NORTH COAST ZONE

### Council Areas

Kempsey - Nambucca

### Fire Control Centre

Cnr North and River Streets West Kempsey NSW 2440

### 24 Hour Burn Notification Line

02 6626 6860

### 24 Hour Online Notifications

[www.rfs.nsw.gov.au/notify](http://www.rfs.nsw.gov.au/notify)

### General Enquiries

02 6563 7100

### Email

[lowernorthcoastteam@rfs.nsw.gov.au](mailto:lowernorthcoastteam@rfs.nsw.gov.au)

### Fire Weather District

North Coast



During a **Total Fire Ban (TOBAN)** you cannot light, maintain or use a fire in the open, or carry out any activity in the open that will cause, or is likely to cause, a fire.



For more information contact the Lower North Coast Team Fire Control Centre or visit [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au)



**REPORT ALL  
UNATTENDED  
FIRES**

N/C



Support  
Bowra's  
Tradies  
by keeping  
it local.



## BTS Home Services

NDIS Service Provider  
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?3/11

## PEST CONTROL

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SERVICING  
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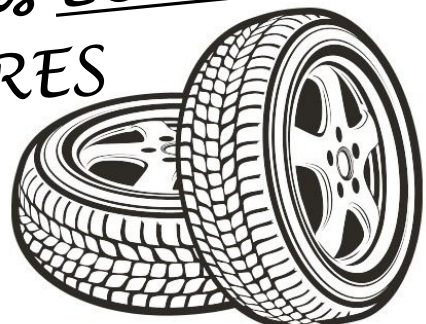
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Agent for Penrite  
Quality Oils



*plus LOTS of  
TYRES*





Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2025									
  									
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time	
6 AM	<b>Dirt Music</b> With Stuart Coupe (2SER)	<b>The Bohemian Beat</b> With Riddhi	<b>Aussie Grown Across the Nation</b> Aussie Christian grassroots to charity.	<b>Tones of Claressence</b> Claire Watt	<b>TGIF</b> Bettina Goodwin	<b>Rise N Shine</b> Ron Hawkins	<b>The Phantom Dancer</b> With Greg Popleton	6 AM	
7 AM	<b>Top of the Pops UK</b> With Kim Robson	<b>Real World Gardener</b> + Living Planet	<b>A Country Tea Time</b> With DJ Tina	<b>FlipSide</b> With Phill	 News, tunes and interviews Great music to start your day	Random ravings in a musical mix with: Heavens Above: 6:30 Saltwater People: 7:30 It's Only Words: 8:30	<b>Local News of the Area</b> Audio news, with Beverly & Linda	7 AM	
8 AM	<b>The Wire Weekly</b> News wrap weekly	<b>From Then To Now</b> With Paul & Rachel Burns	<b>Smoko with Gazza</b> With Gary Biden	<b>93.700 93.700</b> All Aussie artists All recent releases	<b>Talk Of The Town</b> Cait Wrobel	<b>Local News of the Area</b> Audio news, with Beverly & Linda	<b>AMRAP Top 6 Double</b> With Phil	8 AM	
9 AM	<b>Classic Hits &amp; Jukebox</b> Paul Rowe		<b>93.700 93.700</b> To Rock & Pop	<b>Turning Pages</b> Elizabeth Newman	<b>Peter's Pops &amp; Melodies</b> With Peter K	<b>Maldensong</b> Dianna Galbraith	<b>Scoob's Smorgasbord</b> With Scoobs	9 AM	
10 AM	<b>Baby Boomers</b> Donna Collins	<b>Infopinion</b> With Richard & Eddie	<b>Mystical Music &amp; Musings</b> With Luise	<b>Environmental Matters</b> with Elizabeth + Earth Matters	<b>The Folk Show</b> Best in Aus & Anglo Celtic Folk	<b>Noisy Neighbours</b> Trenck de Groot	<b>That's A Wrap</b> Donna, Nigel, Gary & Les	10 AM	
11 AM	<b>Flashback</b> With Rob Davidson	<b>Aussie Trove</b> With Brett Adie	<b>Continental Drift</b> Music of the World	<b>Tewinga Tunes</b> With Ralph	<b>Urban Meltdown</b> Hip Hop, R&B, Soul	<b>Garage Noise</b> With Sean Ambrose	<b>Local sports calls and in-depth sporting analysis</b>	11 AM	
Noon	<b>Hot, Sweet &amp; Jazzy</b> From "The Pulse"	<b>Chimes</b> With Paul Gough	<b>The Chill</b> Hit Music & AMRAP top 5	<b>Guaranteed ear candy</b>	<b>MHS Radio</b> From Macksville High	<b>Soul Quench</b> With Lizzie	<b>AND THAT'S A WRAP</b>	Noon	
1 PM	<b>1960's to 1990's</b> with a weekly featured artist	<b>Rock On</b> With Jimmy & the Bluebirds	<b>DJ Casey</b> DJ Casey's selected music	<b>Thursdays Country</b> Trickiv	<b>The Local Source</b> All Aussie Music	<b>Music with a Message</b> Geoff Stone	<b>Praise, Prayer &amp; Pop</b> With Michelle	1 PM	
2 PM	<b>A Breath of Fresh Air</b> With Sandy Kaye	<b>Sister Act</b> Olivia & Sam	<b>The Sixties in Australia</b> Rob Davidson	<b>Aussie Music Weekly</b> With Noddy	<b>Global Village</b> With Habib Massad	<b>Saturday Date</b> With Stu	<b>The AntisF Radio Show</b> With Nuke	2 PM	
3 PM	<b>Bowra Beats</b> With Grace Walters	<b>Retro Birds</b> Robyn Wren & Sally Swan	<b>The Curious World of Lisa Z</b>	<b>Down Memory Lane</b> With Streamer	<b>Meet Me @ The Movies</b> Narrative about Narratives	<b>Fish's Favourites</b> With Dave P	<b>Imagine This</b> Radio drama & stories	3 PM	
4 PM	<b>Hinterland</b> With Ben Walters	<b>Blues Soul Funk</b> Featuring Aussies on NBA	<b>The Sit Down</b> With Clint Waaka	<b>Politics &amp; the Environment</b> Michael Jones	<b>Tunes I like to hear....</b>	<b>Wolfy</b> Wolfy's music & requests	<b>Prog Rock Playlist</b> Rhino	4 PM	
5 PM	<b>Reggae Mixtape</b> With Filzroy	<b>Space Nuts</b> Lost in Science	<b>Ant's Rock</b> Anthony Gamsey	<b>Tim Unsupervised</b> Tim Hood	<b>Dark Side of the Moon</b> My Generation	<b>2NVR Music Mix</b>	<b>The best of Progressive Rock</b>	5 PM	
6 PM	<b>Music Makers</b> With Yen	<b>Zed Games &amp; Diffusion</b>	<b>Solid Rock</b> Aussie Focus	<b>Late night humour, music, interviews and more...</b>	<b>The Gary Jackson Show &amp; Sounds of the Seventies</b> Overnight entertainment plus +	<b>2NVR Music Mix</b>	<b>2NVR Overnight Music Mix</b>	6 PM	
7 PM	<b>Music Makers</b> Mixed music with featured artists	<b>2NVR Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>2NVR Music Mix</b>	<b>2NVR Music Mix</b>	<b>2NVR Music Mix</b>	<b>2NVR Overnight Music Mix</b>	7 PM	
8 PM	<b>Music Makers</b> Mixed music with featured artists	<b>2NVR Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>2NVR Music Mix</b>	<b>2NVR Music Mix</b>	<b>2NVR Music Mix</b>	<b>2NVR Overnight Music Mix</b>	8 PM	
9 PM	<b>Music Makers</b> Mixed music with featured artists	<b>2NVR Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>2NVR Music Mix</b>	<b>2NVR Music Mix</b>	<b>2NVR Music Mix</b>	<b>2NVR Overnight Music Mix</b>	9 PM	
10 PM	<b>Music Makers</b> Mixed music with featured artists	<b>2NVR Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>2NVR Music Mix</b>	<b>2NVR Music Mix</b>	<b>2NVR Music Mix</b>	<b>2NVR Overnight Music Mix</b>	10 PM	
11 PM	<b>Music Makers</b> Mixed music with featured artists	<b>2NVR Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>2NVR Music Mix</b>	<b>2NVR Music Mix</b>	<b>2NVR Music Mix</b>	<b>2NVR Overnight Music Mix</b>	11 PM	
Midnight	<b>Music Makers</b> Mixed music with featured artists	<b>2NVR Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>2NVR Music Mix</b>	<b>2NVR Music Mix</b>	<b>2NVR Music Mix</b>	<b>2NVR Overnight Music Mix</b>	Midnight	