

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 2024 ~ ISSUE #226 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

ATM Changes at Bowraville

The existing BCU ATM at 39 High Street is being replaced with a generic ATM supplied by Armaguard.

BCU customers will still be able to do **FEE FREE** withdrawals on the new machine. In addition a range of other banks will have fee free transactions on the machine.

These include **Westpac** and **ANZ**.

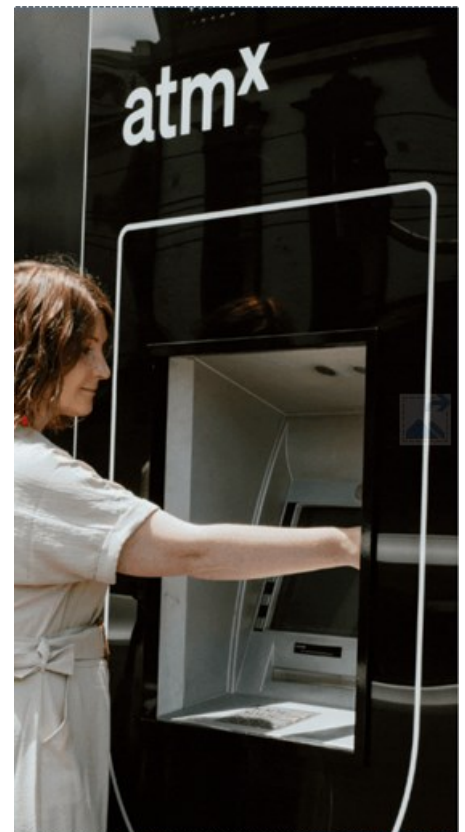
Having ANZ access overcomes the issue of that bank not being part of the banking service at the post office. All the supported banks will be displayed on the machine.

The changeover was necessary as BCU has decided to stop providing their own branded ATM machines. The Bowraville machine was apparently BCU's last, off-site, operating ATM.

The changeover is scheduled for early April and there will be several days during the change when there will be no ATM service. BCU and Armaguard have been working cooperatively to ensure the outage is minimised but as there are several steps in the changeover involving several organisations the process is complicated.

The Bowraville Technology Centre has been working closely with BCU and Armaguard to ensure the community retains access to an ATM service in the main street. The continued availability of the service is dependent on the level of usage and will be removed by Armaguard if usage drops below commercially acceptable levels.

So the idea is – ***Use it or Lose it!***



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 MAY 2024

ISSUE IS: 4:00PM

TUESDAY, 23rd APRIL 2024

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 Chamber of Commerce
April meeting @ 5pm on Tuesday 6 April**

The next meeting will begin by meeting near the Wagon and Cedar tree to brainstorm ideas for improvements to this area. *See page 5.*

**Bowraville Theatre
Friday, 12 April 2024 @ 7pm
Maple Glider with MIKK**

Vocals melt into layers of plucked acoustic guitar and lulling piano, drawing on the sombre styles of folk contemporaries. *See page 7.*

**Scotts Head Art Prize
Friday 19th to Sunday 21st April
Macksville and Scotts Head Surf Club
Opening Night Drinks Friday 19th—6pm to 8pm
Drinks, nibbles and Prize Presentation.**

**Bowraville Theatre
Sunday, 21st April 2024 - Music starts 2pm
Queens of Song**

Performed by Meg Kiddle and Mel Buchholz

Queens of Song delivers a polished show filled with epic hits, nostalgia and stories of a lifelong friendship. *See page 13.*

**ANZAC DAY THURSDAY, 25TH April 2024
ANZAC DAY is a day of remembrance and gratitude symbolising the spirit
of mateship, sacrifice and resilience ingrained in the ANZAC legacy.
*See ANZAC Day timetable on page 19.***

**Nambucca Valley Evening Branch – CWA
(Country Womens Association)**

Meet 2nd Tuesday, each month

6pm @ Macksville Ex-Services Club

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

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

**Women in Art Exhibition 2024
27th April to 18 May 2024
Matilda Street Gallery, Macksville.**

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

Have you checked out the
Bowraville Community Website?

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 . . .***

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.

We are a collective of local folks who are interested in simply working towards improving local amenities for the whole community, not only to help the businesses, but also for the benefit of all.

Recently, we have been exploring ***the development of shade and seating in the town centre – places to relax.*** An initial idea was for the creation of a shade pergola with benches and drinking fountain near the disabled parking spot by the old Chocolate Shop*. This has not been supported by the NVC so we are now exploring other ideas, including increasing the width of the median strips in Belmore Street or creating a pocket park with a half road closure.

AT OUR NEXT MEETING WE PLAN TO START BY MEETING NEAR THE WAGON AND CEDAR TREE TO BRAINSTORM IDEAS FOR IMPROVEMENTS TO THIS AREA - 5pm Tuesday 6 April

The NVC approved High Street redevelopment plans will be available for perusal and discussion.

At the Lanes Bridge northern entrance to town there are ideas and funding for development of a **native garden** and improved facilities in McKay Park and progress on this project will be explored.

visitbowraville.com is a fantastic web site developed by a Chamber member who unfortunately now has other commitments, and we are seeking others to take this on. **Check it out.**

So if any of this interests you, come along to the next meeting at 5pm by the wagon outside the Bowra Hotel on Tuesday 6 April.

Continued on Page 13

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**

11/11

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!



One-on-One
Technical support
\$30 per 1/2 hour

Counter Assistance
for small fixes
\$2 per 5 minutes

If your computer requires servicing, or has issues, you will need to make a booking and there will be a minimum fee of \$35.

For technical issues contact BTC for a booking.

You can ring the
Bowraville Technology Centre on
6564-7420

*“Only that which
we have within,
can we see
without.*

*If we meet no
Gods, it is
because we
harbour none.*

- Emerson

*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 on in APRIL 2024

BOWRAVILLE THEATRE

Maple Glider with MIKK

Friday, 12 April 2024 @ 7pm

For Tori Zietsch, who records emotionally direct and woozily romantic songs under the moniker Maple Glider, music has been an escape from a series of oppressive institutions: religion, enervating relationships, her own brain. Zietsch's music has formed new pathways both literal and metaphorical; physical and neural, that have allowed her to step outside herself, and shake you - yes, you, the listener - by the hand.



Striking emotionality is at the centre of her performance, leaning into an intimacy that is achieved by way of deeply personal reflections and velvety melodic compositions. Vocals melt into layers of plucked acoustic guitar and lulling piano, drawing on the sombre styles of folk contemporaries with a stark tenderness and introspection that assumes the listener is inside her bedroom as she plays music for herself.

Cafe will be open - EFTPOS available

Tickets Adults \$34.70 online +bkg fee @ oztix or at door if available

Wheelchair access

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

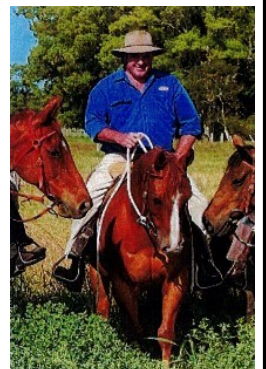
BARNEY TOWNLEY 0428 647 340

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.

7/11



NAMBUCCA VALLEY & SURROUNDS

www.ruralsales.com.au

How to report scams in Australia and what you can do to stay safe

Australians are losing more money to scams than ever before as cybercriminals look to exploit vulnerable people.

In 2022 \$3.1 billion was lost to scammers - up 80 per cent from the year before.

There are a few different ways you can report scams in Australia, including by going straight to one of the country's major phone and internet providers.

Here's a quick guide on what to do if you see – or fall victim – to a scam, as well as some tips for identifying them.

How to report scams in Australia

There are a few different bodies you can report a scam to in Australia, depending on whether you've fallen victim to the scheme or have just noticed it.

If you've just noticed a scam without falling victim to it, you can report it to the Australian Competition and Consumer Commission's (ACCC) Scamwatch website - <https://www.scamwatch.gov.au/report-a-scam>

The ACCC uses reports to monitor ongoing scam trends and can share the information provided to it with law enforcement.

Another option exists for Australians who use Telstra as their phone provider.

The telco giant has launched a new service, allowing customers who receive a scam text message to report it directly to them,

To report the scam directly to Telstra, customers should forward any text to the number 7226 (SCAM).

The telco won't reply, but it says reporting messages will help it block future scam texts.

What should I do if I've been scammed?

If you've fallen victim to a scam, there are different ways to go about reporting it.

Scamwatch is still a good resource to report to, but the ACCC can't help you recover any money you've lost, nor will it help you track down a scammer.

It's important to report the scam to police, which can be done through the Australian government's ReportCyber program - cyber.gov.au/report-and-recover/report.

The program is a joint initiative between a range of state and federal bodies, including the AFP and all the state and territory police forces.

To report a scam, go to the ReportCyber website and follow the prompts.

The process should take about ten minutes.

You can also contact the Australian Cyber Security Hotline on 1300 292 371.

In addition to reporting the crime, you should also immediately contact your bank or financial institution if you fear you've fallen victim to a scam as, like the ACCC, police won't be able to recover any money you've lost.



Continued on Page 20

WHAT'S HAPPENING IN BOWRA

Blokes Brekky

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.

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 ~

9/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

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

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
 Lunch 12-2pm - Dinner 6-8pm

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

FREE POOL Everyday

10/11

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

11/11

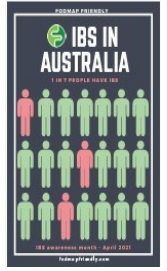
Irritable Bowel Syndrome (IBS) Awareness

What is irritable bowel syndrome (IBS)?

Irritable bowel syndrome (IBS) is a common condition where you experience symptoms related to your digestive system. This is sometimes linked to certain foods, lifestyle habits and stress levels or mood. IBS affects around 3 out of every 10 people. Females are more likely than males to be affected.

In IBS, medical investigations such as blood tests endoscopy and imaging tests don't show any abnormalities. IBS is a different disease from inflammatory bowel disease (IBD, including Crohn's disease and ulcerative colitis).

IBS symptoms can have a huge impact on your quality of life.



What are the symptoms of irritable bowel syndrome?

Some key symptoms of IBS include:

- abdominal pain or discomfort
- stomach bloating and wind
- chronic diarrhoea or constipation, or alternating between the two.



You may feel your bowel movement was incomplete (even after a poo) and nausea.

Often your pain can be relieved by passing wind or faeces.

What causes irritable bowel syndrome?

While the exact cause of IBS is not clear, some common IBS triggers include diet, stress, infection and medicines.

You may find that some foods make your symptoms worse, but these 'trigger foods' differ from one person to the next.

Your IBS symptoms might have started after an infection such as gastroenteritis ('gastro'). Other triggers include a period of increased stress, or taking a medicine. Some antibiotics, antacids and pain medicines can affect your symptoms.

See your doctor or pharmacist to check whether these may have triggered your symptoms, and what treatment best suits your condition.

When should I see my doctor?

It is important to see your doctor if you develop symptoms. They will check for other conditions before diagnosing you with IBS.

If you have IBS you should see your doctor if:

- you are concerned about your symptoms, and if they are severe or ongoing you notice any blood in your stools
- you have unexplained or unintentional weight loss you have a fever or severe diarrhoea.

IBS does not cause these symptoms, so it is important that a health professional assess you to exclude a more serious condition.

- <https://www.healthdirect.gov.au/irritable-bowel-syndrome-ibs>

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



OFFICIAL MEDICAL ADVICE

Boost your protection against COVID-19 with a free booster vaccination.



Book your vaccination at australia.gov.au

Authorised by the Australian Government, Canberra

Protect Yourself from viruses and book in a flu shot today at *Bowraville Pharmacy* 6564-7925



**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



Redefine birth years and classifications for Millennials, Gen Z, and Gen Alpha

Whether you're an elder Millennial who identifies more with Gen X or a '90s baby who feels caught in between Gen Y and Gen Z, these new guidelines can help.

Move over, Generation Z: Generation Alpha is officially the most accurate label to describe the youth of today.

The Pew Research Centre periodically updates the age ranges it uses to define the generational groups, and that includes the Silent Generation, Baby Boomers, Generation X, and Millennials. In 2019, the organisation officially added the birth years for Gen Z. Since then, other sources have weighed in on the suggested age ranges for Gen Alpha. Check out the latest definitions for each generation below:

Generation	Time Frame	Age Now
The Silent Generation	1928-1945	79-96 years old
Baby Boomers	1946-1964	60-78 years old
Gen X	1965-1980	44-59 years old
Millennials	1981-1996	28-43 years old
Gen Z	1997-2012	12-27 years old
Gen Alpha	Early 2010s-2025	0-approx. 11 years old

When the Pew Research Centre revised its guidelines for generational classifications in 2019, Gen Z and Gen Alpha didn't appear on the list as separate categories. People born between 1997—the cutoff point for Millennials—and the present year were simply called “Post-Millennials.”

Gen Z has since grown into an economic and cultural force that's hard to ignore. The world's teens and young adults have been behind many of the biggest fashion trends, political movements, and memes of the last several years. Even though the oldest Millennials are in their early 40s, the generation has long been synonymous with young people. With Gen Z and Gen Alpha gaining more attention lately, that's finally starting to change.

While the dates are still a bit up in the air (some argue that the oldest Zoomers were born in 1995), the Pew Research Center defines members of Gen Z as anyone born between 1997 and 2012. That means the group spans ages 12 to 27 as of 2024. The organisation cites important political, economic, and technological factors that helped them determine the cutoff from Millennial to Gen Z. Most American Millennials were shaped by 9/11, the Iraq War, and the economic recession of 2008, while members of Gen Z may have little to no memory of these events. Gen Z is also notable for being the first generation to be totally immersed in the world of the internet since birth.

What About Gen Alpha?

The official birth years for Generation Alpha are still strongly up for debate, with some

Continued on Page 26



What's on in APRIL 2024

BOWRAVILLE THEATRE

Queens of Song

Sunday, 21st April 2024 - Music starts 2pm

Performed by Meg Kiddle and Mel Buchholz

Queens of Song delivers a polished show filled with epic hits, nostalgia and stories of a lifelong friendship forged through a love of music. With two carefully curated set-lists compiled from artists who are no longer with us, you can tell the songs have a deep and personal meaning and connection to these performers.

This is slick show; part personal storytelling, part education, but most importantly this is pure entertainment. Meg (vocals) and Mel (piano and all backing) are accomplished artists in their own right, but together they are a powerhouse.

Queens of Song is not to be missed, so go grab a ticket, a glass of wine and enjoy fabulous afternoon out.

Cafe will be open / EFTPOS available / Wheelchair access



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

Bowraville Chamber News *Continued from page 5*

After the initial wander we will adjourn to the pub for the remainder of business. We also have a 5 minute Soapbox for everyone and anyone to bring to the table ideas or concerns for the group to consider.

A relaxing and informative gathering to which all are invited.

And if you miss this month's meeting, be reminded that we can be contacted by email -[bchamber769@gmail](mailto:bchamber769@gmail.com), by leaving a message at the Technology Center or at the monthly meetings held at 5pm on the first Tuesday of each month (except January).

**As you may have noticed, the old Chocolate shop is undergoing big renovations and improvements. The approved plans include a covered veranda on the north side, the laundromat and hairdresser included in the building, and a new café - this adds another dimension to the centre of town.*

*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.



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

8/11

Green Manures and the benefits

Planting green manures as part of your yearly rotation in parts of your veggie garden is an outstanding way to improve veggie harvest and, as a bonus, break disease cycles in your soil.

Check out the list below of green manure benefits, compiled by Green Harvest, an ace Australian seed company:

- Increase organic matter, earthworms and beneficial microorganisms.
- Increase the soil's available nitrogen and moisture retention.
- Stabilise the soil to prevent erosion.
- Bring deep minerals to the surface and break up hardpans.
- Provide habitat, nectar and pollen for beneficial insects and reduce populations of pests.
- Improve water, root and air penetration in the soil.
- Smother persistent weeds - good choices for weed suppression include lablab, cowpea, lucerne and buckwheat.



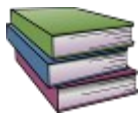
When and how to plant

If you have access to appropriate seeds, you can plant a green manure crop at any time of year (depending on your climate, obviously).

But, as a starting point, summer or winter is the best time to plant a green manure crop – for digging in the following autumn or spring.

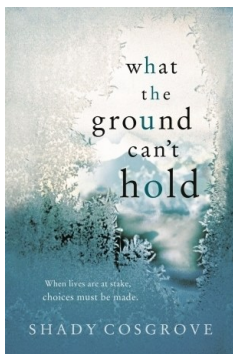
In general, it's a process that helps ensure you're moving your soil forwards, not backwards. Regeneration is the name of the game here.

Continued on Page 16



What The Ground Can't Hold

by Shady Cosgrove



We all know “you shouldn't judge a book by its cover” but this one, in my opinion, is particularly unappealing. It's totally black with the writing in white..... not the sort of thing that would make me even want to pick it up however, later editions have a more attractive cover.

However, I did and it is a good read.

The novel's setting is in a cabin in the Andes. Two Americans are presumed dead after leaving the cabin despite warnings of it not being safe. There are nine remaining people in the cabin, stranded by the unsafe travel conditions on the mountains and threat of further avalanche, running out of food and mostly stuck inside with each other.

There's a German family of 5, an Argentinian tango dancer, the cabin manager, a young Australian woman and last to arrive, Wolfe, another American. And they each have a secret.

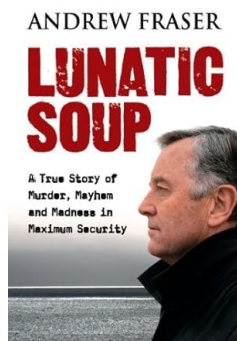
What The Ground Can't Hold is an interesting interwoven tale with five different characters telling the story that got them to the cabin, and also their current perspective, of events at the cabin. They each have something in their family past that has caught up with them, causing anguish and oddly enough, interlinks with the others.

- Read and reviewed by volunteer Raewyn.

Lunatic Soup

by Andrew Fraser

Andrew Fraser's bestselling and controversial true-crime memoirs are now being adapted into an exciting new television series titled *Killing Time*.



After being convicted and disbarred, Fraser became the confidant of one of Australia's most notorious serial killers, Peter Dupas. What he learned made him the Homicide Squad's secret weapon.

Angry at his treatment in jail and his excessive sentence, the long-time defense lawyer enjoyed the irony of his situation: the authorities who destroyed his career now needed his cooperation.

There was never any doubt that Andrew would give evidence, even though he knew that the defense would try to destroy his credibility by bringing up the past he desperately wanted to forget.

Fraser paints a vivid picture of the grim, terrifying, and futile reality of maximum security prison life and of his time spent with the murderers, psychopaths, and paedophiles.

Lunatic Soup relates his harrowing experiences of the justice system as a prisoner and on the stand as a witness in a murder trial.

- <https://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.

6 tips to protect yourself against scams

Here are some tips to help keep you and your money protected against scams:

1. If a call feels suspicious, hang up immediately and call the official phone number of the company that claimed to be calling.
2. Regularly check your bank accounts to ensure you spot unusual activity early.
3. Never share passwords and PINs. And if you're using a shared device, never save passwords.
4. Always log out of accounts when you've finished using them.
5. Regularly change your passwords and avoid using the same password or PIN across various accounts.
6. Avoid swiping your card. Tapping and inserting your card is more secure.

Need to report a suspicious call?

If you are an Optus customer, you can report the scam using Optus ScamWise. Learn more about Optus ScamWise by visiting the Optus website optus.com.au/support

If you are a Telstra customer, you can report the scam by emailing scams@telstra.com or phishing@telstra.com or by visiting the Telstra website telstra.com.au

If you are a Vodafone customer, you can report the scam using the Vodafone online form on the Vodafone website vodafone.com.au/support/notify/scams



Growing Green Manure

Continued from page 14

You might decide to plant a green manure crop to:

- Rest your land, improve the soil and create a bit of balance.
- Fix nitrogen and generate lush biomass in preparation for planting heavy-feeding veggies such as brassicas or tomatoes.
- ‘Hold the space’ back from opportunistic weeds until you have time or the right weather to plant the crop you really want.
- Provide a living understorey for growing vegetables – green manures help protect the soil, retain water and provide a host of nutrients while they grow.
- Help correct acidic soil – if your soil is less than 7, it has a low pH (this applies to most Australian soils). Adding green manure crops into your rotation with more frequency can help.
- Cultivate and loosen compacted soil in the early stages of forest establishment – green manures and other transitional ground covers can be sown between the pioneer trees and shrubs.

Plant your green manure crop by broadcasting a good-quality seed mix over the patch you want to use it on, and then raking it all in so the birds can't eat the seeds. You could put a layer of shade cloth over the area to help with this until everything's germinated well. Shade cloth is also super useful to help contain soil moisture while your green manure crop germinates.

You'll then need to keep this bed moist to ensure the seeds germinate.

For a winter green manure you'll hopefully be blessed with rain – check the weather and aim to broadcast your seeds just before a rainy spell and rake them in well. For drier weather you may need to rig up a sprinkler, irrigation or remember to water daily to keep the soil moist at least until germination happens.

And then watch as a lush green carpet develops...

Continued on Page 18

Anzac Day



We commemorate Anzac Day
on 25th April.

This date is the anniversary of the
day Australian and New Zealand
soldiers landed on the beaches of
Gallipoli in 1915 as part of the
Allies' invasion.

We recognise the more than 1.5
million men and women who have
served Australia in all conflicts,
wars and peacekeeping
operations.

It's also a time to remember some
103,000 Australians who lost their
lives while serving.

BOWRAVILLE PHARMACY

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PH: 6564 7925
FAX: 6564 7364

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Saturday 8.45am - 12 noon

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Pharmacist
KERRIE SAVINS



8/11

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 65 647 539
or bowraville@lionsdistrict201n1.org.au

Greg Lamberth



Lions Club
Bowraville

11/11

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



11/11

BOWRAVILLE CENTRAL SCHOOL NEWS

**Introducing
Esmee Lane,
Student
Support
Officer,
Working with
our
Community
to Promote Student Wellbeing**



“Hi, I’m Esmee Lane, your new Student Support Officer (SSO) at Bowraville Central School. My role involves working with the school community, including students, parents, and school staff, as well as community organisations and the wider community, to support student well-being.

My goal as an SSO is to work alongside students to promote safety, resilience and pro-social behaviours, as well as being a point of call for students to seek advice, guidance, and support. It comprises working with student’s one on one, and in small groups.

Students can self-refer and may be referred by the Learning Support Team/Wellbeing team, Year Advisers, Head Teachers, Deputy Principal and Principal. A student might be referred to me for support in areas such as bullying, developing self-esteem, resilience, conflict resolution and coping skills, peer mediation, or to be connected to local external support and youth services. I look forward to working with our school community.”

More School News on page 22

~ GARDENS & GARDENING ~

Growing Green Manures

Continued from page 16

When and how to dig in

While planting green manures is pretty easy, a bit of future planning is also important here – you need to ensure you leave enough time for the green manure seed to germinate, grow and (maybe) begin to flower, to make the most of it.

At that point, your green manure crop is ready to be chopped down or dug in, where it will start to decompose. (Tip: cut down the green manure crop *before* it starts fully flowering, otherwise it will start using nutrients from the soil.)

Green Harvest provides this timeframe as a guide: “Generally allow a minimum of 8 weeks for the green manure to grow and 6 weeks for it to decompose.”

There are a couple ways to chop and incorporate your green manure, depending on how big your patch is and how quickly you need to plant into it.

On a small scale – say a veggie bed or two, you can simply hack it all down with a rice knife or similar, lay it down on the bed, wait a week for it to start decomposing a bit, and then plant seedlings directly into your lovely pre-mulched bed. Or you can run a mower over the bed, making sure you empty the mushed green manure biomass back onto that bed, and maybe dig it in. Wait a few weeks, and plant into that.

You can also ‘tarp’ the beds after chopping-and-dropping the green manure crop (tarping is literally putting a plastic tarp on the bed and holding it down with a brick in each corner) and leave for 4 weeks before prepping for the next rotation.

Tarping holds the moisture in, speeds up the decomposition of the green manure biomass, the worms in your soil have a party, and four weeks later, that bed will be pretty much ready to either plant into (if you’re doing no-dig) or prep for your next crop.

*Edited from
www.milkwood.net/2021/03/12/how-to-grow-*

BOWRAVILLE RSL-SUB BRANCH ANZAC Day Thu 25 April 2024

ANZAC Day is a day of remembrance and gratitude. It symbolises the spirit of mateship, sacrifice, and resilience ingrained in the ANZAC legacy.

The day also serves as a poignant reminder of the sacrifices made by the brave men, women and families of those who have served in conflicts, fostering a sense of national pride and unity while fostering reflection on the true cost of war.

Lest We Forget.

The Bowra RSL Sub-Branch aims to support veterans and their families in our community. The Bowra Sub-Branch also coordinates commemorations, memorials and other activities such as ANZAC Day. We welcome volunteers to assist with help in setting up for the main ceremony from 8am and in 'tearing down' afterwards would be greatly appreciated.

If you feel called to help please contact: Todd Vercoe - **0438 225 390** or email twvercoe@gmail.com.

Membership to the Sub-Branch is open to either Returned Service Men and Women or non-veterans can join as affiliate members.

ANZAC Day Program Thursday 25th April 2024

- 05:25am** Silent March
Ex-Services - Cenotaph
- 05:30am** Dawn Service
Bowra Cenotaph
- O/C Dawn Service**
Gunfire Breakfast
Bottom Pub
- 06:00am** Hot Breakfast
Bowra Ex-Services Club
(\$12 Adults, \$8 Children under 12)
- 10:00am** Main Ex-Service
Bowra Cenotaph
- O/C March Main Service - Cenotaph**
- 12:00** Lunch - Bowra Ex-Services
(\$25 Adults)
- 02:00** Two-Up - Bowra Ex-Services



Bringing banking to your Community.

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- deposits
- balance enquiries.

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

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

How to report scams in Australia *Continued from page 8*

Other things you should do if scammed include stopping talking or communicating with the scammer and noting down any information about the scam that could help authorities with an investigation.

How to spot scams

With scammers continuously finding new and innovative ways to exploit Australians, it can be tricky to spot the latest cons doing the rounds.

However, there are some general principles that will help you spot a scam.

First up, never click on a suspicious link or hand out personal information to someone you think might be a scammer.



"Don't click on links, open any attachments or reply to requests," the Australian Cyber Security Sector (ACSC) says.

"Scam messages may try and trick you into giving out your personal information.

"A scammer might ask for your bank account details, passwords or credit card numbers.

"They may also ask you to download files, software, or allow remote access to your computer."

It's worth staying familiar with the common types of scams, including dating and investment scams and phishing attempts through email and text.

Scamwatch publishes information about recent scam activity in Australia, while the ACSC <https://www.cyber.gov.au/learn-basics/watch-out-threats/types-scams> also has a page outlining the types of schemes to be aware of.

As scammers will often try to impersonate people or institutions you trust, you should always go directly to those people if you're worried someone might be trying to scam you.

For example, if someone reaches out to you saying they're your son or daughter using a new number, you should always try contacting them using their old number or a different contact detail to see if they really have changed their number.

Similarly, if someone claiming to be from your bank contacts you, it's worth contacting the bank directly yourself using their main phone number on their official website.

"Check what the official source says about what details they might request from you," the ACSC says.

"Often companies or government agencies will say what they will and will not ask you online or over the phone.

"For example, the bank may tell you that they will never ask for your password.

"If someone claiming to be from the bank then asks you for your password, you know it is likely a scam."

- <https://www.9news.com.au/national/scams-australia-what-to-do-how-to-report-explained>

Heard about Swedish Death Cleaning???

It may have a morbid name, but there are plenty of practical reasons to start the practice of Swedish Death Cleaning!

Thinking about our own mortality is never fun, but the fact of the matter is that we're all going to die someday. The practice of Swedish death cleaning can help you feel more prepared for that eventuality, and knowing that your family will have an easier time dealing with your possessions after you go can give you peace of mind as well!

Here are a few basic tips for getting started with Swedish Death Cleaning.

The Guiding Question - According to Margareta Magnusson, the author of the book *The Gentle Art of Swedish Death Cleaning*, there's one simple question that should guide you as you sort through your things: "*Will anyone be happier if I save this?*" It will help keep you on track as you start to make decisions about what is worth keeping and what you could toss out.

Don't Start With Photos - Photos are a minefield of emotions and memories, and you're likely to get side-tracked. Stick to less emotional territory at first.

Tackle Your Closet - Sort through your clothes and set aside anything you don't wear regularly. Then bag those clothes up and donate them if possible. Make sure to repeat this process on a semi-regular basis so unworn clothes don't pile up again.

Consider Re-Gifting - A lot of us have plenty of books, knick-knacks, and other items we don't necessarily need. Giving those things away can be an easy way to cut back on clutter! For example, giving a cherished book to a friend can make a really meaningful gift, and help you downsize at the same time.

Make Memories Manageable - When you're ready to tackle photos, journals, and other items, find ways to downsize. There are plenty of services that can help you digitize old photos and videos!

Make It a Party - Invite friends and family over to go through your unwanted stuff to see if there's anything they'd like to have before you donate or toss it.

Involve Others - An important part of Swedish death cleaning is communicating your wishes to your friends or family. Let at least one person know where you want your treasured items to go. It's also a good idea to inform someone of your login details for banks and utilities, which can be notoriously hard to find once someone has passed.

Start Early - 65 is a good age to start Swedish death cleaning, but you can start thinking about it earlier than that. If you have hoarder-type tendencies, try to get those in check well before you start the actual death cleaning process.

Keep at it - Swedish death cleaning should be seen as a process, not a 'one and done' purge. You'll need to continually keep tabs on yourself to make sure you're not accumulating more stuff as time goes on.

Mark your personal Treasures - Some items are going to be important to you and only you. Mark those personal items with a small out-of-sight sticker to be tossed it out after you've passed. This is a good idea for things like ornaments, travel keepsakes and other items your children may not want to keep.

- adapted from www.onegoodthingbyjillee.com

BOWRAVILLE CENTRAL SCHOOL NEWS

Inaugural Cattle Camp Success at Bowraville Central School!

Bowraville Central School recently hosted its first-ever Cattle Camp at the school farm, and what an unforgettable experience it was! With 28 enthusiastic students in attendance, it was a resounding success from start to finish.

Throughout the camp, students eagerly participated in a range of hands-on activities aimed at developing teamwork and honing their livestock handling skills. These activities were especially valuable as the students prepared for the upcoming show season, gaining practical experience that will serve them well in all their future agricultural endeavours.

As the sun set on the first day, the camp took on a cozy atmosphere as the students pitched their swags and gathered around the campfire to tend the camp-ovens, before enjoying a delicious meal. The evening concluded with an outdoor movie under the stars, accompanied by marshmallows roasted on the fire for dessert - a perfect way to unwind after a day of hard work and learning.

At their 5:30 am wake-up call, the students wasted no time in preparing their team of animals for a full day of junior parading and judging. Despite the early rise, their dedication and commitment shone through as they worked together in the pre-dawn darkness.

Thanks to all the wonderful people who contributed to the event, the inaugural Cattle Camp at Bowraville Central School was a tremendous success! It was a truly enriching experience that provided invaluable lessons and memories that will last a lifetime.

We look forward to many more successful camps in the future as we continue to nurture the next generation of agricultural leaders at Bowraville Central School!



Nambucca Valley Landcare at Work

Nambucca Valley Landcare have recently completed riverbank restoration works at Congarinni North. The works involved installing rock and timber fillets to protect the bank from erosion and to provide habitat to improve mangrove recruitment. Over 2500 plants have been planted with the help of a community planting day and was funded by DPI Fisheries as part of their Habitat Action Grants.

We have also been working closely with Jaanyмили Bawwrunnga to plant koala food and habitat trees on Bollanolla Farm as part of the Nambucca Valley Landcare Koala Conservation Project which is funded by the Australian Government.

The next community planting day will be 10th April at Valla Rural to continue the installation of a large koala habitat planting as part of the Koala Conservation Project.

Call or text 0456 372 931 to RSVP or email
coordinator@nvlandcare.org.au

All are welcome to attend – morning tea provided.



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



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

Ros Johnston 0427 543 377

email: nambuccaanglicans@tpg.com.au

*Baptisms, weddings and funerals
can be arranged*

by phoning 6568-9029

8/11

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.

8/11

TALLOWOOD STEINER SCHOOL STUDENT STORIES

Hello, my name is Tessa. I live on a property about ten minutes out of Bowraville in lower Buckrabendinni. We moved there about a year ago from Congarinni. I love looking out over the neighbour's massive dam and all the mountains in the distance. I really enjoy all the after-school activities Bowraville has to offer like Girl Guides and Drama. I've been at school since kindergarten and it's a really good school. If I could change one thing about school, it would be getting a pool. I really enjoy living near Bowraville.



Hi I'm Reuben. My family has lived near Bowraville for 15 years. The things that are good about Bowraville are that it has a good river with nice people, and it has a good culture. The school that I go to is Tallowood Steiner School. It's a great school. I like the kids that go to this school and the teachers are great. I have been at this school for 8 years and I'm in Year 6.

My name is Arianna. I am ten years old. I moved here about a year ago from Perth. I had been home-schooled all my life but when we moved here my dad wanted me to go to a proper school. I actually don't live in Bowraville town, I live in Missabotti, a little suburb outside Bowraville. Anyway, when Mum was trying to find a good school for me and my little sister she came across Tallowood Steiner School. She told us about it and I said that we had driven past Tallowood on our way to the new house and that it was only two or so minutes away. We decided to go to that school. We went for the interview at the school and the first thing we all said when we got back in the car after the interview was "It is beautiful" and it was. There were flowers of all colours, trees of all varieties, bamboo and loads of birds. I absolutely love my school!



**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, Every 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

Senior Volunteers Recognised with Award

Bowraville Technology Centre and volunteer Michael McGinley received a NSW State Senior Volunteer Award presented by Michael Kemp, our local Member, at a celebration in Kempsey to recognise the active volunteers that we have in this part of NSW.



In recognition of the work volunteers and organisations do in our communities a morning tea was held at the Kempsey RSL CLUB

for all the senior volunteers and the time and effort they put into making their community a better place to live.

The Wauchope Historical Society won the overall Award and will compete against other winners in NSW.

Congratulations to all Volunteers.



Submit your EOI Women in Art exhibition 2024

27 April - 18 May 2024
Matilda Street Gallery
Macksville.

Expressions of interest to exhibit close 25 March
<https://bit.ly/eoi-art24>

Narrabri Valley



Bernard Laverty Funerals

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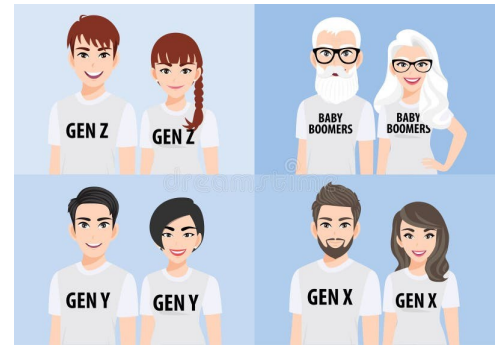


Serving the community for over 60 years

Birth years and Classifications - *continued from page 12*

contending that they start in 2010 (syncing up with when the first iPad was released) and end in 2025, while other sources cite 2012 (or just the early 2010s) as the jumping off point for this group.

The Pew Research Center, citing concerns that generational research has become “a crowded arena” influenced by marketing, will refrain from such analysis until there’s enough historical data to support comparisons between generations at similar stages of life. The debate over Gen Alpha’s official birth years will surely persist.



What *is* clear is that any babies born right now definitely belong to Generation Glass, a nickname they’ve gotten thanks to how omnipresent technology has been in their formative years. Another huge factor in shaping these youngsters will be COVID-19—kids born at the start of the pandemic in 2020 will be turning 4 this year and will have no memories of life before COVID19 hit and the influence quarantining had on most of the population.

As they gain influence, you can expect to hear a lot more about Gen Z and Gen Alpha, plus the industries they may or may not be *blamed for “killing” into the 2020s and beyond.

**Millennials have been blamed for a lot!*

These days, failing to win over Millennials can mean the difference between growth and death for an industry.

Millennials are growing up, moving out of their parents' homes, and having kids of their own. But, their tastes still don't necessarily line up with those of the generations that came before in some key ways.

Millennial consumers are more attracted than their elders to cooking at home, ordering delivery from restaurants, and eating quickly, in fast-casual or quick-serve restaurants.

From napkins to motorcycles, from beer to mayonnaise, from weddings to first home purchase many industries have been seriously affected by the life choices of Millennials.

- from articles in the Business Insider by Kate Taylor - www.businessinsider.com/millennials-hurt-industries-sales and Mental Floss by Michele Debczak - www.mentalfloss.com/article/609811/age-ranges-millennials-and-generation-z

To Market, to market . . .

N/C

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 - Every 2nd Saturday of the 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 2nd and 4th Saturday of the month.

Support
Bowra's
Tradies
by keeping
it local.



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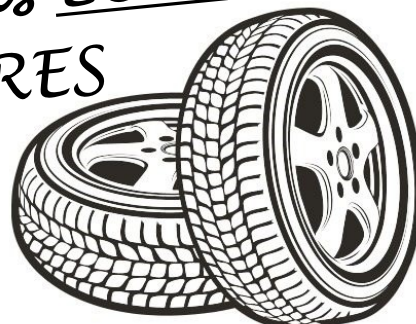
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Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2024							Studio 3 Live on the 3rd Friday of each month 6-8pm		Community Radio Network
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time	
6 AM	Green Eggs On Toast Lawrie Medbury	The Bohemian Beat With Riddhi	Aussie Grown Across the Nation Aussie Christian grassroots to charts	Tones of Clairresence Claire Watt	TGIF Bettina Goodwin	Rise N Shine Ron Hawkins	Tiki Lounge Remix With Seth Jordan	6 AM	
7 AM	NIMA Chart Show Matty J	NIMA Chart Show Matty J	Blues, Roots, n Boots Presented by Jonny Dee	FlipSide 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	Global Village Garry Havrilly	7 AM	
8 AM	From Then To Now With Paul Burns	From Then To Now With Paul Burns	A Breath of Fresh Air With Sandy Kaye	Specialty-selected, usually-oz	Talk Of The Town Carl Wrobel	Around the Traps With Beverly	Anything Goes With Phill	8 AM	
9 AM	Classic Hits & Jukebox Paul Rowe	Back to Beethoven With Rachel Burns	Smoko with Gazza With Gary Biden	Turning Pages Elizabeth Newman	Peter's Pops &	Australian Music is Bloody Great & Real World Gardener	Music from anywhere/everwhere	9 AM	
10 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton, Eddie Orrego, Dale Hawkins	Mystical Music & Musings With Luise	The AMRAP Music Show	Classical Tunes & Melodies With Peter K	Noisy Neighbours Trenck de Groot	The Sixties in Australia Rob Davidson	10 AM	
11 AM	Flashback With Rob Davidson	Life Words with Linda	Mick in the Middle With Mick Bertles	Continental Drift Habib Massad	Weekend Surge With Chrissie	Garage Noise With Sean Ambrose	That's A Wrap Donna, Nigel, Mitch, Gary & Les	11 AM	
Noon	A Country Tea Time With DJ Tina	Rock On With Jimmy & the Bluebirds	Hot Sweet & Jazzy Fun jazz and chat	Tewing Tunes With Ralph	MHS Radio From Macksville High	Afternoon Concert With Peter K	Local sports calls and in-depth sporting analysis	Noon	
1 PM	Sister Act Olivia & Sam	Retro Birds Robyn Wren & Sally Swan	Chimes With Paul Cough	Thursdays Country Trickwiv	Turn Up The Volume With Macca	Music with a Message Geoff Stone	Praise, Prayer & Pop With Michelle	1 PM	
2 PM	Bowra Beats With Grace Walters	Blues Soul Funk Featuring Aussies on NBA	The Curious World of Lisa Z	Hit Singles From Your Past With Macca	Three hours of soft rock & listener requests.	Wolfy Wolfy's music & requests	The AntiSF Radio Show With Nuke	2 PM	
3 PM	Hinterland With Ben Walters	Space Nuts Lost in Science	The Sit Down With Clint Waaka	Live Delay Live music from Aus-wide	School's In from 5pm and Studio 3 from 6-8pm on the 3rd Friday of each month.	Saturday Date With Stu	Imagine This Radio drama & stories	3 PM	
4 PM	Reggae Mixtape With Fitzroy	Zed Games & Diffusion	Ant's Rock Anthony Garmsey	Tim Unsupervised Tim Hood	Fish's Favourites With Dave P	Saturday Night Gold On Friday	Prog Rock Playlist Rhino	4 PM	
5 PM	Music Makers With Yen	2NVR Music Mix	Solid Rock Aussie Focus	Late night humour, music, interviews and more...	Tunes to angle by...	2NVR Music Mix	The best of Progressive Rock	5 PM	
6 PM	Mixed music with featured artists	2NVR Music Mix	Ant's Rock Overnight		Saturday Night Gold On Friday	2NVR Music Mix	Don't forget to keep your date!	6 PM	
7 PM	2NVR Overnight Music Mix							7 PM	
8 PM								8 PM	
9 PM								9 PM	
10 PM								10 PM	
11 PM								11 PM	
Midnight								Midnight	

AIR News weekdays 6, 7, 8, 9am, noon & 6pm, weekends 6, 7, 8 & 9am 2NVR — Multiple Award Winner Sports Calls Live: 2nvr.org.au/sports-channel Studio & Office: 02 6564 7777 -admin@2nvr.org.au > The Best Little Station in the Nation