

# 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 2022 ~ ISSUE #205 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449



BOWRAVILLE HOTEL BALCONY

Saturday 9th April - 7.30pm

Drag Show and Music by DJs

Ian Yates and Christian Diez

Nibbles supplied

In-house dining available

and Drinks at the Bar

PRIZE FOR THE BEST COSTUME

Tickets at the door \$25

To register go to ... [www.facebook.com/bowravilletheatre/](http://www.facebook.com/bowravilletheatre/)

Enquiries to Rocky 0474 025 803 or Dale 0402 867 137

A Bowraville Theatre Fundraiser

Hotel COVID Rules Apply.

# BOWRAVILLE COMMUNITY NEWS

**CIRCULATION = 400 COPIES**

Newsletter is also available online at:  
[www.bowraville.nsw.au/newsletter/](http://www.bowraville.nsw.au/newsletter/)

## **2020 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

**ALL ADVERTISING ENQUIRIES TO**  
[cherieodonohue@bowraville.nsw.au](mailto:cherieodonohue@bowraville.nsw.au)

## **DEADLINE FOR COPY FOR**

**THE MAY 2022**

**ISSUE IS: 4:00PM**

**TUESDAY, 19th April 2022**

All contributions and advertisements for the next issue of the Bowraville Community News are due:

by e-mail, fax or hand in at the front counter at:

**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.

# ***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.

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

**Photocopying Services** — We are now able to photocopy/print in A3 colour & print large banners.

## **Facility Hire**

**Main Computer Room** — Up to 8 computers plus trainer's computer or access port for laptop or another PC. Data projector (if required) - connected to trainer's PC. Whiteboard (if required). High speed internet access -14mb ADSL. Full HD TV connected to network.

Per hour - \$20.00. Half day (4 hours) - \$60.00

Full day up to 8 hours - \$100.00

Tea/Coffee \$2.50 - per person/day or part thereof.

**Small office or Computer Room** — Includes high speed internet access and access to up to 2 computers.

Per hour - \$7.50. Half day (4 hours) - \$25.00.

Full day - up to 8 hours \$40.00.

**Other costs** — As per standard rates for printing - 30c per A4 page black and white, other options available.

**ALL ADVERTISING ENQUIRIES to**

[cherieodonohue@bowraville.nsw.au](mailto:cherieodonohue@bowraville.nsw.au)

**ADVERTORIAL and GENERAL**

**CONTENT ENQUIRIES to**

[sue.smoothy@bowraville.nsw.au](mailto:sue.smoothy@bowraville.nsw.au)

or [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)**

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

# 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.



**FITTING TURNING MACHINING**

**0408 964 433**

Steven Jeffries

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

2 Park Street Bowraville 2449

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

The advertisement features two large grey wrenches, one on the left and one on the right, framing the main text. Below each wrench is a branch of eucalyptus with green leaves and a red flower.

## TECHNO LESSONS OPEN TO EVERYONE

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

**Absolute beginners are most welcome!**



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

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

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

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

### **Special offer to community groups**

Save on paper and ink!

Email your poster and we will place it on our big screen TV for only \$1.00.

Your poster will remain on the big screen until your event or promotion has finished.



## Autumn Rainbows

*As days grow cooler, deciduous trees  
change their colours then lose their  
leaves.*

*Before they fall, green chlorophyll's  
no longer made in autumn's chill.*

*So we can see those leaves unclad,  
revealing what they've always had.*

*Rich-red raincoats misty-glossed,  
pumpkin patchwork veins criss-crossed,*

*Flapping honey leather soles,  
and dying, dowdy paper scrolls.*

*This autumn rainbow's  
red - gold - brown.*

*Confetti falling all around.*

*- by Celia Berrell*



## Check out the Bowraville Technology Centre's DVD Library

The DVD Library operates on the same basis as our very popular Book Nook,

ie: an honesty system - and if borrowers would like to make a donation of \$1 each time they borrow it would be appreciated.



*A limit of 2 DVDs per borrower.*

## **Daylight Saving Ends Sunday 3rd April at 2am**

### Rio Carnival

Saturday 9th April from 7.30pm  
on the Balcony of the Bowraville Hotel  
Drag Show, Music and Nibbles  
In-house dining available and Drinks at the Bar  
Tickets at the door \$25

## **2NVR Celebrates its 30th Birthday**

**On Sunday 5 June 2022 from 12:30pm till 5pm**

Celebrations will be held at our Tewinga Studios, 834 Rodeo Drive

The Best Little Station in the Nation is celebrating and you are all invited!

It will be an afternoon of live music with food available for purchase and you can bring along your own favourite beverages to keep hydrated.

2NVR is your station so please come along and celebrate 30 years of keeping the community entertained and informed. Save the Date!

*Has anyone got amazing photos they would like to share,  
or stories about the past, present and future that would interest  
visitors to our town?*

*If you have please contact us at: [hello@visitbowraville.com](mailto:hello@visitbowraville.com)*

### **Coronation Kennels & Cattery**

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

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

**PHONE: 02 6568-2018**

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

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

*We provide the following services:*

**Day Care** - Check in 8am check out 4-6pm \$10 p/d

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

#### **Long Term Budget -**

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

Not available during school holidays



#### **Short-term Accommodation**

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

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### **BOWRAVILLE GIFT SHOP**



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

**Monday to Friday: 9am - 5pm**

**PH: 02 6564-7169**

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## Smart Thinker: The Mind Lab's Frances Valentine

*With the onset of the fourth industrial revolution, our lives are becoming more entwined with new technologies than ever before. Founder of The Mind Lab, Frances Valentine, explains how we can welcome the changes on the horizon.*



A world where physical, digital and biological realms converge might feel like science fiction to many of us, but according to the founder of The Mind Lab, Frances Valentine, we're already on the cusp of the fourth industrial revolution.

"Change is already taking place," says Valentine.

Just think back to the last time you stepped inside a bank, switched on free-to-air television or used a compact disc. "When you talk to everyday people, most of them are saying 'Yes, I have Netflix; I have Spotify and I have a subscription to Microsoft – I don't pay for a physical compact disc anymore'," she says.

But because we don't often connect the dots until, say, our local banking branch or post office closes, we fail to realise how the digitisation of the industries that we interact with on a day-to-day basis is impacting on us.

"When you take a shift in isolation, it feels like it's just a little thing," says Valentine. "But I think we all have a personal responsibility to stop and think, 'All of this stuff has changed my behaviour – so how is it affecting the behaviour of other people?' We need to ask ourself questions: 'Do I need to think about my community differently? Do I need to think about my customers?'"

Whilst we might cling onto some of our analogue ways of life, Valentine says the bottom line is that there's no turning back. "We can't say, well some parts of the world or some people from certain communities will stay analogue – because actually, the more analogue you become, the more disconnected you become," Valentine explains.

A return to analogue, or an unwillingness to let analogue go could, in fact, hinder our relationships and prevent us from accessing services we need on a day-to-day basis.

With tech giants including Google announcing their own banking services; Facebook launching its own cryptocurrency, Libra; and CRISPR, the gene-editing tool, being used in human trials, should we fear the unknown? Should we feel nervous about the immense changes on the horizon?

"I think the difficulty is, most people when they don't understand the technology, they see it as a negative," says Valentine. "We have to ask, 'Why is that negative feeling coming with something we don't know?'"

We have the choice to face change with an open, inquisitive mind. "Above the line thinking is something I believe in strongly, in terms of our mindset

*Continued on Page 30*

## WHAT'S HAPPENING IN BOWRA

### Bowra Country Markets

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

### Bowra Community Café

Every Saturday  
Pioneer Community Centre  
from 9am to 1pm

### Blokes Breaky

1st Saturday of the month  
at St James—ring Tony to  
book on 0456 257 757

### St Jimmy's Kitchen

3rd Wednesday of Month  
at 6pm

### Bowra St Jimmy's Food Hub

Monday, Friday and 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 ~

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## 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 2/11

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 \$1000**

**KITCHEN Wednesday to Saturday**

 Lunch 12-2pm - Dinner 6-8pm

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

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FREE POOL Everyday

## CRAIG BELLAMY@realty

YOUR NAMBUCCA VALLEY SPECIALIST

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

We can offer competitive fees, creative marketing and the backing of one of the fastest growing nationwide agencies being @atrealty Real Estate.

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

See what our clients think of @atrealty go to [ratemyagent.com.au](http://ratemyagent.com.au)

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

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## Pioneer Community Centre B.C.D.A.I.

*~ In the heart of Bowraville ~*

Every Saturday - Saturday Café - 9am to 1pm

Every Saturday - Sewing Circle - 10am to 2pm

Every Saturday - Painting of the front of the building - 2pm to 4pm

Every Tuesday evening - Line Dancing with Rhonda

Every Thursday - 3 classes, morning, afternoon and evening -  
Watercolour classes with Hanh

Every Saturday - Watercolour classes with Hanh, 3pm to 5pm

2nd Saturday of the month - **Bowra Country Markets** - 9am - 1pm

Seeking a volunteer Markets Manager, volunteer Hall Manager,  
volunteer Grants writer and volunteer Secretary and, last, but not least -  
Seeking contact with all NFPs / community organisations in Bowraville  
for discussion regarding how your group can work and share with  
BCDAI for the benefit of the whole community.

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

## **BOWRA COMMUNITY CAFÉ**

**Pioneer Community Hall, High Street**

**Open Every Saturday from 9am til 1pm**

Drop in for a Tea or Coffee and a Treat or light Brunch/Lunch

Homemade light meals,  
Scones with Jam and Cream  
Biscuits and Cakes.

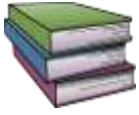


*A different menu each week and generous prices.*

**Protect yourself and  
others by wearing a  
face covering correctly.**



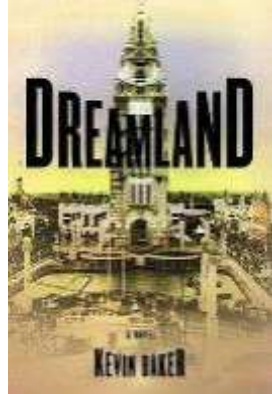




# BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

## Dreamland

by Kevin Baker



*Dreamland* is the kind of novel that begins with a two-page list of characters and ends with a nine-page glossary. In between, this vast, sprawling carnival of a book takes in Coney Island and the Lower East Side, midgets and gangsters, Bowery bars and opium dens, even Sigmund Freud and Carl Jung.

It is, in short, a novel as big, lively and ambitious as Gotham itself and if you can stomach some of the more garish local colour it's every bit as much fun.

Set at the turn of the century in a New York as polyglot as any city on earth *Dreamland* opens with an act of misplaced and very stupid compassion.

Eastern European immigrant Kid Twist intervenes when villainous gangster Gyp the Blood is on the verge of murdering a young newsboy for sport. But surprise: that's no street urchin - that's Trick the Dwarf, self-proclaimed Mayor of Little City and a Coney Island tout who

dresses up as a boy, he says, as "a way I had of leaving myself behind."

Trick hides Kid Twist in the hind parts of the Tin Elephant Hotel; Kid Twist meets Esther Abramowitz, impoverished seamstress and labor agitator, then falls in love; Trick woos Mad Carlotta, a three-foot beauty who thinks she's the Empress of Mexico; and Freud and Jung sail for America.

There are also a few subplots involving police corruption, Tammany Hall and the Triangle Shirtwaist Fire - but who's counting? Suffice to say that it all really does come together in the end and you won't be bored for one step of the way.

Baker served as chief historical researcher for Harold Evans's *The American Century* and it's clear that he put his time there to good use; *Dreamland* is full of vivid historical detail from Lower East Side slang to the lyrics of popular songs.

If this is middlebrow entertainment, it's middlebrow in the same way as Dickens: extravagantly plotted, elegantly written, and compassionate to the core.

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

### BOOK NOOK NOTICE

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

### Now at the BTC A DVD Library

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

# Irritable Bowel Syndrome (IBS) Awareness

## Living with IBS

Irritable bowel syndrome (IBS) is a chronic and unpredictable condition. Symptoms that change over time and are hard to talk about add to the challenge of living with it.

IBS affects not only each of us who suffers, but also many others – family, friends, employers, students, teachers, patients, doctors, customers, constituents – everyone whose lives intersect with our own.

Having IBS gives you something in common with literally millions of other people who live with their disorder every day. There is no cure, yet, but there are ways to manage though not always simple or straight forward. It may take some detective work by you and your doctor before you find what works best.

Managing your own health is obviously important. Research shows that supportive relationships are also important. Here are some tips to help you and those close to you live with IBS.

## Guidelines for Living with IBS

Don't spend time and worry about what your symptoms may or may not mean. Start by getting a definite diagnosis from your doctor.

Take an active role in your own health care. Learn all you can about IBS so you understand the nature of the disorder and different management and treatment options.

Use the [aboutibs.org](http://aboutibs.org) website to keep up to date with changes in understanding IBS and treatment advances.

Try to identify things that seem to make your symptoms worse and work on reducing their impact.

Investigate non-medication treatments that may help reduce symptoms, like diet, relaxation training or hypnosis.

Use medications to relieve or avoid symptoms. You may only need them now and then if your symptoms are infrequent or mild. Or your doctor may suggest or prescribe a medicine for regular use.

Be sure to tell your doctor about anything you take to treat your IBS. Find a health care provider who will work with you over the long term to help you manage and treat your IBS.

- [/aboutibs.org/living-with-ibs](http://aboutibs.org/living-with-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



## Wind, pain and undesirable loo habits?

Do you suffer from medically diagnosed Irritable Bowel Syndrome (IBS)? **If so, you're not alone as this condition affects 1 in 5 Australians.** While the underlying cause of IBS is unknown, it can be triggered by various factors, including stress, infection, certain medications and food intolerances. The probiotic strain *Lactobacillus plantarum* 299v has been shown to help reduce the symptoms of medically diagnosed IBS. Inner Health IBS Support features this strain and may be taken at a 1 a day dose to help maintain normal bowel function, promote healthy digestion and, of course, help reduce symptoms of medically diagnosed IBS. For more severe symptoms it can be taken twice a day.



## A Dose of good bacteria everyday

Your gut bacteria support functions of your gut, including helping with digestion and nutrient absorption. This said, it is important to **maintain a healthy balance of 'good' and 'bad' bacteria in the gut for optimal wellbeing.**

Probiotics containing two scientifically studied strains, *Lactobacillus acidophilus* (NCFM®) and *Bifidobacterium lactis* (Bi-07) at a researched dose, when taken daily may maintain the balance of good bacteria, support digestive function, a healthy immune system and general wellbeing.

**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





## Ngambaga Bindarry Girrwa Community Services Aboriginal Corporation

ABN:19746606729

*"Empowering Aboriginal and Torres Strait Islander communities to gain independence and inclusion through the deliver and support of culturally appropriate community services"*

Ph: 02-6564 7559, Hrs: Mon to Fri 8:00am to 4:00pm,

Address: 1/53 High St, Bowraville,

Web: nbgscommunityservices.com.au

Email: admin@nbgs.com.au



## CHSP & NRCP (In the Nambucca Valley)

- Outings & day trips
- Group Activities
- Meal Assistance
- Friendly telephone calls & visits
- Letter writing and other correspondence
- Assisted Transport
- Advocacy
- Communication with Carers
- Peer Support
- Referrals to other Agencies
- Respite for Carers
- Carer support – group day trips
- Young Carer
- Carer Information
- Carer Referrals
- Carer Counselling/Advocacy
- Transport
- Individual Carer Support/Plans
- Carers Week Activities
- Relaxation Days

The Coordinator will work with you and/or your Carer to a Care Plan to ensure that your care and support needs are met.

It's not uncommon for Carers to become exhausted and overwhelmed. That's why it's so important to take a break – called 'respite'. By taking time off you get a chance to look after your own physical and emotional needs.

## Early Linker Program, Mid North Coast (Kempsey to Red Rock, Coffs Harbour)

Early Links is for:

- People with a disability aged 0-8 yrs and who are generally not accessing any specialist disability service
- Carers and families of people with a disability
- The community
- People wanting assistance to accessing community and mainstream services, knowledge, resources and opportunities in their communities

An Early Linker will assist with:

- General development concerns
- Information and support for families to find out about their children's disability needs
- Identify concerns, set goals and development plans for the future
- Connecting with other parents, community and service providers

**Early Links Mission:**

*"Every child, every opportunity"*

**Early Links Vision:**

*"Communities where every child participates and every family is respected"*

Build confidence to achieve your goals

Develop your existing support networks and create new networks

Look at ways you can participate and be a part of your community.





**Bowraville Lions Club Inc**  
**News Bulletin**  
APRIL 2022



## Easter Prawn Pub Raffles



Thursday 14th April

**Bowra Pub**



Tickets on sale from 5pm

Drawn 7.30pm

Proceeds go to the  
Australian Lions Foundation  
Flood Appeal



**SUPPORT  
IN ACTION**

**National Disaster  
Appeal : Queensland &  
New South Wales**

“Helping Lions Help Their Community”

## Easter Street Raffle

Drawn Thursday 14th April

12 noon

\$1.00 a ticket



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

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

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

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

**SEEDS**

**POTTING MIXES**

**COMPOST**

**FERTILISERS**

**SOIL & WATER  
CONDITIONERS**

**MULCHES**

**ORGANIC GARDENING  
SUPPLIES**

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



**51 CARBIN  
STREET  
BOWRAVILLE  
6564 8648**

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## April in the Garden

Autumn is an enjoyable time to be in the garden. The weather is cooling down, you don't have to water so much and it's not so hot while planting. Here's some great ideas for what to do in your garden during April.

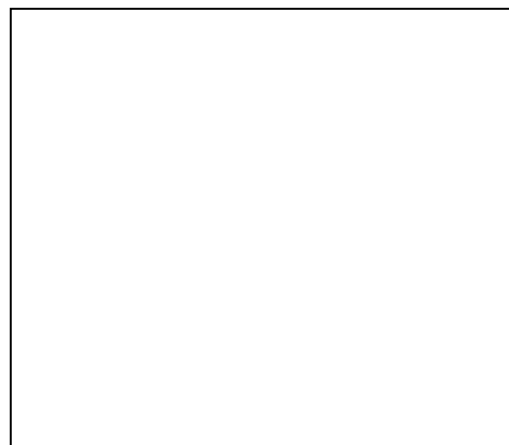
This is a good month to plant citrus and there are many different varieties. Think about mandarins, limes and oranges. Not only do they provide delicious fruit – they look fantastic and the blossom smells great too. Most citrus will grow well in a pot. Be sure to use a quality potting mix.

Position citrus in full sun and well-drained, fertile soil to reap the best rewards. For good results, protect from strong winds. Citrus are heavy feeders, so add some fertiliser at least every season.

### What else to plant

Add some new shrubs to spice up your garden. Brightly coloured hibiscus, camellias and Australian natives such as banksias are ready for planting. These thrive in full sun and well-drained soil.

For a blaze of colour try perennials such as daisies, as well as annuals including pansies and lobelia. These are hardy and create a great show in the garden or in pots.



*Continued on Page 18*

# Silent Walk for Climate Action

with The Mid North Coast Quakers  
(Religious Society of Friends)

Sunday 10<sup>th</sup> April 2022 –  
Palm Sunday  
10am for 10.30am start

Walk in silence to listen to and reflect  
on what our planet is saying to us.

*Meeting Point:* Coffs Harbour foreshores –  
southern end of Jetty Beach

*Reflection:* Circular paving at the start of  
the jetty

*Finish:* Park Beach Reserve.

All are invited to join us on our walk.

Queries to Moira 0417 522 295 or  
Elisabeth 0400 579 416

*Car pooling and use of public transport is  
encouraged.*



## 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



1/11

## LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

President:  
**Greg Lamberth**

Secretary:  
**Mark Scott**



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Email:  
[bowraville@lionsdistrict201N1.org.au](mailto:bowraville@lionsdistrict201N1.org.au)  
**PO Box 23 Bowraville NSW 2449**

# Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing  
Machines & Dryers.

Tokens available at the Pub and IGA

Commercial Washers and Dryers

Enquiries: ph 6564 7401



3/11

## What does Events Delivered do?

Event design, funding and production – all under one roof, or shade cloth :-)

Events Delivered manages a diverse portfolio of events and projects designed to assist clients in achieving community and economic development objectives, while enriching people's lives and promoting well-being.



## Services

Specialising in the arts, performance and community-strengthening initiatives, Events Delivered has expertise in... event design and production, fundraising and sponsorship strategies, policy development and strategic planning, marketing, campaign PR and advertising.

## Clients

Events Delivered collaborates with community groups, not-for-profits and charities, local and state government departments and private enterprise to design and produce memorable, immersive experiences that convey your core values and strengthen your brand.

## How can we work together?

Every fruitful working relationship begins with understanding your journey up to this point and where you think you want to go or what you wish to achieve next.

If you're in the process of identifying specific needs or the right blend of services required to achieve your marketing goals, to help secure financial sustainability for your not-for-profit, or to produce your next event, get in touch for a chat.

## How much will it cost?

Talking is free, so there's nothing to pay at the outset. Only once we agree where the value is in our partnership, will I begin charging for my time.

## About me...

Events Delivered is the trading name of Phil Nicholas, a professional event producer with 20 years' experience in the industry, encompassing venue-based concert and spoken word productions, outdoor community festivals and markets.

I lived and worked in the UK until 2010, at which point I relocated to Australia, where I split my time between the Mid-North Coast and Northern Rivers regions of New South Wales.

Early experiences spurred me on to explore the world of events as a profession and before long I was running gigs and tours for the likes of London's top jazz promoter Serious, cutting edge independent music promoter Eat Your Own Ears and a consortium of regional venue programmers - Music Beyond Mainstream - who collaborated to engineer artistically ambitious tours by exciting musicians from across the globe.

As a counterpoint to the intricacies of planning, funding and the crescendo that characterises the build up to events, I cherish spending time in nature, as this allows space for inspiration to work its magic on the development of new ideas.





## STORYLAND Festival

*The Story of a Thousand Stories*

**Saturday 23 April 12.30pm –10.30pm**

**Park Beach Reserve, Coffs Harbour**

The Screenwave International Film Festival presents STORYLAND: A one day playground for grownups of music, art, food, and film, featuring · Courtney Barnett · Hiatus Kaiyote · Hachiku · Rolling Blackouts Coastal Fever · Ngaiire · Emma Donovan · Horns of Leroy.

With so much happening in the world, we invite you to leave it behind for a day and travel to the land of stories. For thousands of years, humans have constructed narratives to try and make sense of the world. It is a fundamental part of being us. These stories are expressed in art - from music and dance to sculpture and film - and encourage us to gather and share and create an emotional connection to each other.

From the moment the gates are thrown open, you will be farewelled from Gumbayngirr Country to enter STORYLAND; a world built by light and sound that will immerse you in the mythology of stories and take you back to the place where stories were created. You will discover worlds within worlds; immersive and kinetic sculptures and installations that will surprise and delight.

Tickets are \$139. Head to <https://swiff.com.au/storyland/> or use the QR code to get your passport to this new world. Come, be part of the story.

*Welcome to STORYLAND.*



From Page 14

## De-stress Bath Bombs



### Ingredients

- 2 cups baking soda
- 2 teaspoons dried chamomile leaves or chamomile tea
- 1 teaspoon dried lavender flowers
- 0.5 cup water (more if necessary)
- essential oil (cedar, bergamot, rosemary, lemon, lavender, peppermint, eucalyptus)

### How to Make

Using a spice mortar or a coffee grinder, grind lavender and chamomile leaves into fine crumbs. Mix with baking soda. Add enough water to make a paste, not a liquid mass. Distribute into small molds.

Heat the oven to 430 F (220 C) and bake the molds for 15–20 minutes. Take them out of the oven and leave to cool down. Once the bombs are completely cooled, leave them to dry. Pour essential oils over the bombs and leave until completely absorbed. Put them into small jars and store until use.

*Alternatively, you can mix lavender, chamomile, and baking soda. Mix with 10–20 drops of each essential oil. Do not add water. Place into an airtight jar. Before use, put 1–2 teaspoons of the mixture under a hot water jet in the bath.*

- bellatory.com

Bulbs also make a great spring show, mass planted or in pots. Select from anemones, bluebells, Dutch iris, daffodils and jonquils.

Consider growing some edibles too. Even a small space works and broccoli, cabbage, cauliflower, celery, onion, peas, rocket and spinach are great options.

Broad-beans are easy to grow, but they will need support on a fence or trellis.

### Maintenance

The leaves are falling so get raking, they make great compost, so add them to your heap or bin.

Cut back any shrubs or native grasses that need it. Remove dead wood and any spent flowers.

If you already have vegies growing, it's a good time to give them a fertiliser boost.

Nourish shrubs and plants with a seaweed solution. This builds resilience against frosts over the coming months.

With autumn rains also comes weeds. Deal with these right away and pull them out while they're young and before they have a chance to set seed and spread.

### Harvest

A time to reap what you've sown - harvest tomatoes, chillies, cucumbers, zucchinis carrots, eggplants and lettuce.

Get out into the garden sometime soon. Fresh air and exercise will make you feel great and your garden will look fantastic.

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



# Feath's Mobile Coffee



This new, locally owned business is run by Heather Stuart.

The focus of *Feath's* is on hot beverages with the inclusion of some sweet treats and baked goods. On request grazing boxes including savoury, Devonshire Tea and mini pavlovas are available.



Feath's Mobile Coffee trailer is trading from Bowraville Norco every

Tuesday and Wednesday morning from 8am.

Feath's is also available for markets, sporting events as well as private functions.

Heather can be contacted on 0432 336 966 as well as **Faith's Mobile Coffee** Facebook page.



Heather looks forward to catching up with everyone for a cuppa!



# 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.

3/11

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.

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# Wearing shoes in the house is just plain gross

## *- the verdict from scientists who study indoor contaminants*

You probably clean your shoes if you step in something muddy or disgusting (please pick up after your dog!). But when you get home, do you always de-shoe at the door?



Plenty of Australians don't. For many, what you drag in on the bottom of your shoes is the last thing on the mind as one gets home.

We are environmental chemists who have spent a decade examining the indoor environment and the contaminants people are exposed to in their own homes.

Although our examination of the indoor environment, via our DustSafe program, is far from complete, on the question of whether to shoe or de-shoe in the home, the science leans toward the latter.

It is best to leave your filth outside the door.

### What contaminants are in your home, and how did they get there?

People spend up to 90% of their time indoors so the question of whether or not to wear shoes in the house is not a trivial one.

The policy focus is typically on the outdoor environment for soil, air quality and environmental public health risks. However, there is growing regulatory interest in the question of indoor air quality.

The matter building up inside your home includes not just dust and dirt from people and pets shedding hair and skin.

About a third of it is from outside either blown in or tramped in on those offensive shoe bottoms.

Some of the microorganisms present on shoes and floors are drug-resistant pathogens including hospital-associated infectious agents (germs) that are very difficult to treat.

Add cancer-causing toxins from asphalt road residue and endocrine-disrupting lawn chemicals and you might view the filth on your shoes in a new light.

### A roll-call of indoor nasties

Our work has involved the measurement and assessment of exposure to a wide range of harmful substances found inside homes including:

- antibiotic-resistant genes (genes that make bacteria resistant to antibiotics)
- disinfectant chemicals in the home environment
- microplastics
- the perfluorinated chemicals (also known as PFAS or “forever chemicals” because of their tendency to remain in the body and not break down) used ubiquitously in a multitude of industrial, domestic and food packaging products
- radioactive elements.

*Continued on Page 22*

## Forgiveness - the beginning of the healing process

### Types of forgiveness

In his research, clinical psychologist Professor Worthington makes the distinction between two different types of forgiveness — decisional and emotional.

"Decisional forgiveness is to make a decision not to seek revenge but to treat the person as a valued and valuable person," he says.

Emotional forgiveness involves replacing negative unforgiving emotions like resentment, bitterness, hate, anger, and fear with positive emotions such as empathy for the person who hurt them.

Professor Worthington says it is something that happens gradually.

"First the person feels less and less negative emotion toward the offender until finally neutrality is reached," he says.

"When it is a stranger who has hurt us or a person that we don't want to continue to interact with we usually treat neutrality as full forgiveness.

"However, if this person who hurt us is a valued loved one such as a spouse, we are usually not content with stopping at neutrality but proceed on till we have a met positive feeling for the person once again."

### Health benefits

Professor Worthington says emotional forgiveness tends to have a greater benefit on people's physical health and mental health.

He says forgiveness can help people's physical and mental health, but that it's that emotional forgiveness that can have the greatest benefit.

"There's a lot of research showing that holding grudges is really bad for the physical health and letting go of those grudges and forgiving is good for the health," he says.

"Forgiveness also lowers rumination, which is playing over negative thoughts in the late show of the mind.

"Because rumination is linked to depression, anxiety, anger, obsessive-compulsive disorders, and even psychosomatic disorders, forgiveness improves people's mental health in many areas."

Professor Worthington says when we forgive, we lower our stress response, so we feel better physically immediately.

"But the real benefits happen if we can maintain a forgiving attitude. That reduces blood pressure and heart rate, which lower the chance of heart disease. It also lowers our cortisol, which at high levels negatively affects every system in the body.

"Finally, forgiveness increases our heart rate variability, which is a measure of how well we are able to calm ourselves when we are upset. That makes us more resilient to stress."



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

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# Wearing shoes in the house is just plain gross

*Continued from page 20*

A strong focus of our work has involved assessing levels of potentially toxic metals (such as arsenic, cadmium and lead) inside homes across 35 nations (including Australia).

These contaminants – and most importantly the dangerous neurotoxin lead – are odourless and colourless. So there is no way of knowing whether the dangers of lead exposure are only in your soils or your water pipes, or if they are also on your living room floor. The science suggests a very strong connection between the lead inside your home and that in your yard soil.

The most likely reason for this connection is dirt blown in from your yard or trodden in on your shoes and on the furry paws of your adorable pets.

This connection speaks to the priority of making sure matter from your outdoor environment stays exactly there.

A recent Wall Street Journal article argued shoes in the home aren't so bad. The author made the point that *E. coli* – dangerous bacteria that develop in the intestines of many mammals, including humans – is so widely distributed that it's pretty much everywhere. So it should be no surprise it can be swabbed on shoe bottoms (96% of shoe bottoms, as the article pointed out).

But let's be clear. Although it's nice to be scientific and stick with the term *E. coli*, this stuff is, put more simply, the bacteria associated with poo. Whether it is ours or Fido's it has the potential to make us very sick if we are exposed at high levels. And let's face it – it is just plain gross.

Why walk it around inside your house if you have a very simple alternative – to take your shoes off at the door?

## On balance, shoeless wins

Beyond the occasional stubbed toe, from an environmental health standpoint there aren't many downsides to having a shoe-free house. Leaving your shoes at the entry mat also leaves potentially harmful pathogens there as well.

We all know prevention is far better than treatment and taking shoes off at the door is a basic and easy prevention activity for many of us.

Need shoes for foot support? Easy – just have some “indoor shoes” that never get worn outside.

There remains the issue of the “sterile house syndrome,” which refers to increased rates of allergies among children. Some argue it's related to overly sterile households. Indeed, some dirt is probably beneficial as studies have indicated it helps develop your immune system and reduce allergy risk.

But there are better and less gross ways to do that than walking around inside with your filthy shoes on.



Get outside, go for a bushwalk, enjoy the great outdoors - just don't bring the muckier parts of it inside to build up and contaminate our homes.

- *theconversation.com*



# ShoreTrack

**'Helping young people achieve their aspirations & independence through supported pathways**

Young people at risk of disengaged from school and community can be referred to ShoreTrack.

ShoreTrack will provide the support needed for these young people to re-engage back at school, in education or training, or on pathways to employment.

This support includes providing hands on projects and activities based on local industry which help young people

- better understand **their own skills and interests** and the pathways and opportunities that may be available to them in the new world of work.
- **build trades skills**
- build **employability skills** such as teamwork, punctuality, reliability, cooperation, and problem solving
- **explore career options** that suit their abilities and interests and help them reengage back into education
- **build digital literacy skills** relevant to the modern workplace
- **understand and meet the expectations that employers** have of job applicants
- **improve job search, job application and interview skills**
- **identify and follow employment opportunities** in their local community.

Putting students at the centre of decisions around what industry or skills they focus on builds passion and engagement in the learning process



Contact Jill Ashley on 0407142293 or at [admin@shoretrack.org.au](mailto:admin@shoretrack.org.au) for more details.

# Recycling at Officeworks – Don't Bin It, Bring It

With electronic waste (e-waste) growing three times faster than other types of waste, the average Australian generates 23kg of it each per year.

There are some products you can't put in your recycling bin. That's why we're giving our customers' old technology and stationery new life, with our free, easy and secure Officeworks recycling programs.

So, don't bin it, bring it back to Officeworks!

Find out what items your local Officeworks store accepts for e-waste recycling, printer cartridge recycling, battery recycling, pen recycling and more.

## What items can you recycle at Officeworks?

At Officeworks, we're proud to be providing customers with recycling facilities for a range of materials they use at home or in the office.

### E-waste recycling

Our Bring it Back program helps our customers with their e-waste recycling. Each year we recycle more than 800 tonnes of e-waste, plastics and consumables.

#### What is e-waste?

What is e-waste? It's all your elecE-waste is anything in your home office with a cord or a plug or their related accessories is broken or no longer needed.

*We accept most forms of e-waste, including:*

- Computers and laptops
- Monitors
- Keyboards
- Printers
- Mice
- Hard drives
- Cables and chargers
- DVDs and CDs
- Computer power supplies
- Printed circuit boards
- Motherboards

Remember to save and delete any personal data or documents from your devices before you bring them in for recycling.

### Printer cartridges and ink cartridge recycling

We offer free ink and toner recycling so you can return your empty ink & toner cartridges to any Officeworks store.



*Continued on Page 28*



# BOWRAVILLE CENTRAL SCHOOL NEWS

## *Fundraiser for the Northern Rivers*

A great day of fundraising for flood victims in the Northern Rivers as part of the 'Vouch for Lismore' Campaign was held at the school on Tuesday 15<sup>th</sup> March.

The day was rainbow themed symbolising hope after the rain and or a gold coin donation staff and students embraced the rainbow colours.

Yummy sausage sandwiches and cupcakes sales boosted the total raised to \$1000.



## How to recover from a cyber attack

*When things go wrong, follow these tips to recover and get help:*

**Contact your bank** - If you've accidentally given your banking details to a scammer - it's important to contact your bank straight away. Most big banks will cover any loss if someone makes an unauthorised transaction on your account so long as you have protected your client number and passwords.

**Recover your identity** - If you think you've been the victim of identity theft, act quickly. For advice, contact IDCARE at <https://www.idcare.org> and use their free learning resources to help you work out what to do.

**Seek advice and support** - for scams that impersonate Services Australia brands like Centrelink, Child Support, Medicare and myGov. If you have given personal information to a scammer pretending to be any of these brands, reach out to **Services Australia Scams and Identity Theft** at <https://www.servicesaustralia.gov.au/individuals/subjects/scams-and-identity-theft/what-do-if-scam-has-affected-you>.

Report a scam or cyber attack:

**Report scams to Scamwatch** - Scams can be reported to the Australian Competition and Consumer Commission's **Scamwatch** at <https://www.scamwatch.gov.au>

**Report to authorities** - If you have been a victim of a cybercrime such as fraud, report it to **ReportCyber** at <https://cyber.gov.au/acsc/report>

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

Historic  
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High St. Bowraville



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

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

Phone: 6568 9029

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

1/11

**Blokes' Breaky**  
**1st Saturday of the month**  
at St James - ring Tony to  
book on 0456 257 757

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

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

1/11

# Radio Nambucca 2NVR 105.9 fm and streaming via [www.2nvr.org.au](http://www.2nvr.org.au)



The Best Little Station in the Nation is celebrating its 30th Birthday and you are all invited!

On Sunday 5 June 2022 from 12:30pm till 5pm 2NVR Birthday Celebrations will be held at our Tewinga Studios, 834 Rodeo Drive. It will be an afternoon of live music from many of your favourite local artists and bands so you can expect to dance the afternoon away. There will be food available for purchase and you can bring along your own favourite beverages to keep hydrated.

2NVR is your station so please come along and celebrate 30 years of keeping the community entertained and informed. Save the Date!

Speaking of entertainment, those who came to our March Studio 3 Live for the fabulous 'Unison' were left screaming for more and will be pleased to know we have another fabulous act lined up for April. On Friday 15 April 22 (Good Friday) Studio 3 Live presents Riverbed Bloomers. This fabulous duo hail from the Coffs Coast Hinterland and weave honeyed harmonies through poetic bush ballads, alt-country stompers, roaring sea shanties and modern Western seeped in sorrow.



You can come to the studio and be a part of our live audience and bring your own refreshments if you wish. You can also listen on 105.9 FM or stream via [www.2NVR.org.au](http://www.2NVR.org.au) from 6:00 pm on Friday 15 April 22 from 6pm till 8pm.

- Mick Birtles, Presenter 'Hair of the Dog' and 2NVR Committee Member

## **4 SIMPLE STEPS to making your Bush Fire Survival Plan**

Preparing for a bush fire is easier than you think.

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

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



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



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



**3. KNOW**  
the bush fire alert levels.



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

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# Recycling at Officeworks – Don't Bin It, Bring It

*Continued from page 24*

Since 2005 we have collected and recycled more than 10 million ink and toner cartridges through our partner Planet Ark.

## Mobile phone recycling

You can recycle your old mobile phone and any phone accessories, cables or chargers at any Officeworks store.

If you're updating a handset, it's simple to recycle your old one. We've partnered with Mobile Muster, Australia's leading mobile phone recycling program.

Simply bring your old mobile phone, phone batteries or phone accessories in store and place them in the mobile phone recycling station.

## Battery recycling

We're in the process of rolling out a national recycling scheme for batteries.

We accept domestic single use or rechargeable batteries in the following sizes:

- AA, AAA, C, D, 9V
- Laptop batteries
- Mobile phone batteries

*\*We don't accept industrial or commercial grade batteries, such as machinery batteries. Please visit our store locator to see if your local store accepts batteries for recycling.*

## Pens and markers recycling

Pens are synonymous with Officeworks – but until recently all those empty pens and markers were sent to landfill.

Not anymore!

We have recently launched pen recycling stations in selected stores and will look to roll the program out nationally over the next year to help reduce plastic waste from pens.

## Why is recycling important?

Recycling is important as it helps to reduce the amount of waste that ends up in landfill. Landfill sites produce harmful chemicals and greenhouse gasses, and recycling seeks to minimise those by taking certain types of waste and repurposing them.

When e-waste, batteries and ink cartridges are disposed of, they start to break down and release toxic chemicals like lead, mercury and arsenic into the environment. These chemicals pollute the air and soil and can even end up in local water sources.

Please help us make bigger things happen for the environment by using our free recycling services for e-waste, batteries, ink cartridges, mobile phones, pens, and markers at your local store.



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

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”

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Serving the community for over 60 years

## Smart Thinker - *Continued from Page 6*



towards new things,” says Valintine. “We have to ask, ‘What am I going to take from today?’ If I take in a negative view today because it’s a little bit scary then I’m not learning and I’m going to stay as I am.”

Valintine admits it’s easy to become entrenched in this way of thinking, however. Human beings are tribal – we tend to associate with others who share the same views. “It’s very easy to become consumed with thinking, ‘Everybody in my group is right and everybody who’s not in my group is wrong’,” says Valintine.

She says another challenge we face is the fact that most of us are too polite – which can hinder change within communities and businesses. “But the difference between confrontation and having bold conversations is enormous,” says Valintine. “If ... we want to talk about things that are happening and we want to understand the world and contribute and not feel overwhelmed by it, then we need to have conversations and ask questions and not feel like you’re going to be judged if you don’t know the answer or have a different point of view.”

In order to embrace change and learn from others to prepare for the future, we need to be open to new experiences.

“Humans are evolving all the time. It’s just that we’re evolving much faster than we ever have before.”

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

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**Radio Nambucca** — 2NVR — 105.9 FM — Autumn 2022

Studio 3 Live on the 3rd Friday of each month 6-9pm



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Aussie Grown Across the Nation Aussie Christian grassroots to share. <b>Gold at Breakfast</b> Dayna Gold Wake up with Dayna. It's gold.	Tones of Clairresence Clara West-Powell Get that musical clairresence!	Phase Out With Faye Faye Aspinos Lots of Aussie music old and new	Here Be Dragons Nuke or Elizabeth No-fear fire and ice music	Paint Ya Wagons Red Suzie & Tim All the beats and all the drum	6 AM
7 AM	Overnight Music Mix	Overnight Music Mix	<b>Isn't it Romantic</b> With Dallas Dent Cocomers Easy Listening Popular Ballads	Dano's Archive Daniel Gosson's 2NVR sound archives	Talk Of The Town Car Wrobal See what's going down! All things local!	<b>2NVR RAVE</b> with Jazzy	Sunday Morning Music With Phil	7 AM
8 AM	Overnight Music Mix	Overnight Music Mix	<b>Life Words with Linda</b> Bible reflections, Gospel & Australians	Turning Pages Elizabeth Newman	Dano's Mixed Grill Daniel Gosson Where anything can happen and probably will!	Flashback With Rob Davidson	Folk and Aussie music focus from the past few decades	8 AM
9 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	DJ Macca's Muse DJ Macca #maccasmixup indie artists Aussie, international, LGBT aware, diverse musical genres	<b>Just For You</b> Carolee J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR's Multicultural Radio	ETP Valley Views & Voices With Elizabeth Newman	Garage Noise With Sean Ambrose Alternative Music	Step Back In Time With Mark Barnes	Scoob's Smorgasbord With Scoobs	9 AM
10 AM	Overnight Music Mix	Overnight Music Mix	<b>MC Grimm</b> Mark Seagrims Music with a proven difference	Tewings Tunes With Rajyn Guaranteed ear candy	<b>Dhirendra The Time Traveller</b> Sounds from all over the place	Two For The Money Paul and Rachel Burns	You never know what you'll get It's a musical feast!	10 AM
11 AM	Baby Boomers Dorina Collins	Infopinion Richard Laxton, Eddie Omega & Ron Hawkins	<b>Lunch with Gazza</b> With Gary Brian Easy Listening To Rock & Pop	Thursday Country Trickivic	Peter's Pops With Peter K	Aussie Music Weekly With Nobby	Praise, Prayer & Pop With Michelle	11 AM
Noon	The Weekly Fix Paul Weekley	Life Words with Linda	<b>Rock On</b> With Jimmy & the Bluebirds	A Breath of Fresh Air With Sandy Kaye	Jammin' With Gin Gin's fantastic track!	Saturday Date With Stu Make a date for Stu to entertain you—yes you!	Classical Tunes & Melodies Peter K	Noon
1 PM	Overnight Music Mix	Overnight Music Mix	<b>MC Grimm</b> Mark Seagrims Music with a proven difference	Highway Blues With Robo When Only The BEST BLUES Will Do	Turn Up The Volume With Macca These hours of soft rock & listener requests.	Saturday Night Gold On Friday With Allan Quinn	That's A Wrap Donna, Nigel, Mitch, Gary & Les Local sports results and in-depth analysis	1 PM
2 PM	Overnight Music Mix	Overnight Music Mix	<b>Loudhouse</b> With Alex 2NVR Youth Radio	Jeff's Junk Jeff Mills	Saturday Roundup With Rachel Burns	Imagine This Radio drama	Classical Tunes & Melodies Peter K	2 PM
3 PM	Dyer's Loop Paul Dyer Music to dye for, of course	Rock On With Jimmy & the Bluebirds	<b>The AMRAP Music Show</b> Anthony Gamsey Solid Rock	Ant's Rock Anthony Gamsey Solid Rock	Two For The Money Paul and Rachel Burns	Prog Rock Playlist Rising The best of Progressive Rock	Classical Tunes & Melodies Peter K	3 PM
4 PM	Overnight Music Mix	Overnight Music Mix	<b>Ant's Rock</b> Anthony Gamsey Solid Rock	Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Classical Tunes & Melodies Peter K	4 PM
5 PM	Overnight Music Mix	Overnight Music Mix	<b>Ant's Rock</b> Anthony Gamsey Solid Rock	Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Classical Tunes & Melodies Peter K	5 PM
6 PM	Overnight Music Mix	Overnight Music Mix	<b>Ant's Rock</b> Anthony Gamsey Solid Rock	Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Classical Tunes & Melodies Peter K	6 PM
7 PM	Overnight Music Mix	Overnight Music Mix	<b>Ant's Rock</b> Anthony Gamsey Solid Rock	Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Classical Tunes & Melodies Peter K	7 PM
8 PM	Overnight Music Mix	Overnight Music Mix	<b>Ant's Rock</b> Anthony Gamsey Solid Rock	Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Classical Tunes & Melodies Peter K	8 PM
9 PM	Overnight Music Mix	Overnight Music Mix	<b>Ant's Rock</b> Anthony Gamsey Solid Rock	Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Classical Tunes & Melodies Peter K	9 PM
10 PM	Overnight Music Mix	Overnight Music Mix	<b>Ant's Rock</b> Anthony Gamsey Solid Rock	Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Classical Tunes & Melodies Peter K	10 PM
11 PM	Overnight Music Mix	Overnight Music Mix	<b>Ant's Rock</b> Anthony Gamsey Solid Rock	Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Classical Tunes & Melodies Peter K	11 PM
Midnight	Overnight Music Mix	Overnight Music Mix	<b>Ant's Rock</b> Anthony Gamsey Solid Rock	Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Classical Tunes & Melodies Peter K	Midnight

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