



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

AUGUST 2021 ~ ISSUE #198 ~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449

How do you know if someone is having a stroke?

Think... F.A.S.T.

The Stroke Foundation recommends the F.A.S.T. test as an easy way to remember the most common signs of stroke. Using the F.A.S.T. test involves asking these simple questions:

Face Check their face. Has their mouth drooped?

Arms Can they lift both arms?

Speech Is their speech slurred? Do they understand you?

Time Is critical. If you see any of these signs call 000 straight away.

More information on Page 10

— Recognise —
STROKE
Think F.A.S.T.

F Has their **FACE** drooped?

A Can they lift both **ARMS?**

S Is their **SPEECH** slurred and do they understand you?

T Call 000, **TIME** is critical

If you see any of these symptoms **Act FAST call 000**

Stroke FOUNDATION

Turning
Milling
Welding
Repairs
Parts Made

FITTING TURNING MACHINING

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Steven Jeffries - 2 Park Street Bowraville 2449

www.fittingturningmachining.com.au

Worn Shafts
Re-Built
Aluminium
and
Stainless
Welding

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

Newsletter is also available online at:
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

DEADLINE FOR COPY FOR **THE SEPTEMBER 2021** **ISSUE IS: 4:00PM**

TUESDAY, 24TH AUGUST 2021

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

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

Bowraville 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

ADVERTORIAL and GENERAL
CONTENT ENQUIRIES to

sue.smoothy@bowraville.nsw.au

or 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

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

Do you wish you were more confident using your computer?

The Bowraville Technology Centre has a variety of free, interactive courses to improve your digital skills.

Come into the Technology Centre on either a Monday, Tuesday or Thursday at 10.30am or 1.30pm and begin adding new and interesting dimensions to your skills repertoire.

Call the Technology Centre on 6564-7420

Build your online skills

Learn at your own pace with these free courses on everything from how to access the internet, make video calls, de-mystify your mobile phone and lots more.

Free online safety presentations

Join us online to learn about the eSafety essentials. Seven engaging and interactive presentations.

Online safety for grandparents and carers

A free guide with key advice and practical tips to help you become more involved in the online world your grandchildren inhabit.



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Turning - Milling - Welding - Repairs - Parts Made
Worn Shafts Re-Built - Aluminium & Stainless Welding
2 Park Street Bowraville 2449
www.fittingturningmachining.com.au

TECHNO LESSONS OPEN TO EVERYONE

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

Absolute beginners are most welcome!



Free Techno Lessons
Bookings essential

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

For technical issues contact BTC for a booking.

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

The game of life
is a game of
boomerangs.

Our thoughts,
deeds and words
return to us
sooner or later
with
astounding
accuracy.

- Florence Scovel Shinn

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.

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.



Congratulations . . .

Bowraville now has it's very own Services Australia Agency



Australian Government
Services Australia

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.



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

Website: 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

8/11

BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE

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

1/1

Facebook or YouTube? What does your favourite social media site say about you?

Depending on who you ask "social media" are either a life-changing resource for like-minded people to find each other or a time-sapping sewer of anonymous abuse and shallow clicktivism.

It's easy to use these platforms to survey their users; what's harder is working out from a population-wide perspective just how influential each platform is or what differentiates devotees of one from those of another.

Following are the results of a nationwide survey, by Australia Talks, of 60,000 respondents which supplies a rare and intricate snapshot of who's using which platform to do what with whom.



Facebook's crown is slipping

Of Australia Talks respondents 25% reported using Facebook "very often" and 28% "somewhat often"; that's more than half the population who engage reasonably regularly. These figures are nonetheless quite a significant drop from the first Australia Talks survey in 2019 in which a staggering 42% said they used Facebook "very often".

What happened? Well, the survey was conducted in March this year right after Facebook – in a protest against the Government's plan to force social media companies to pay for news content – shut down a chunk of its Australian pages. A significantly damaging move it seems at least in the short term.

YouTube is also used "very often" by 25% of Australians and very few Aussies are unfamiliar with it; only 7% said they "never" used YouTube.

Hardly anyone's on Twitter

Twitter, the platform most regularly cited in media reporting and disparaged or invoked by Australian politicians, has a small and specialised footprint.

67% of respondents say they "never" use Twitter and another 18% say they do not use it often. Only 6% say they use it "very often" with 8% using it "somewhat often". Usage across all demographics is low but Twitter use increases slightly with take-home income (the highest Twitter use is in those earning more than \$2,500 per week) and political preference (74% of LNP voters say they "never" use Twitter but that drops to 62% among ALP voters and 53% among Greens voters).

Women are on Instagram, men are on YouTube

Instagram is the middle-ground between Facebook and Twitter. It's used "very often" by 15% of respondents; only 49% report that they "never" use the image-sharing platform. Among women 21% "very often" use Instagram; it's an enthusiasm not shared by men of whom the same can be said of only 9%.

Continued on Page 26



COVID-19 (Coronavirus) Vaccination scams

Scamwatch is warning Australians of scams relating to COVID-19 vaccinations in Australia and overseas that may attempt to gain your personal information and lead to financial loss.

How to avoid a vaccination scam

- **Don't give personal information** to someone who calls you about the vaccine.
- **Don't click on links** in unexpected emails or text messages.
- **Don't pay to get on a vaccination list** – COVID-19 vaccines will be free for everyone living in Australia.
- **Don't pay for early access to a vaccine** – you can't pay for early access.

You will not need a prescription from a GP to get vaccinated.

If you are asked for any of these by someone claiming to provide COVID-19 vaccines it is a scam.

Go to the www.scamwatch.gov.au/types-of-scams/current-covid-19-coronavirus-scams/covid-19-vaccination-scams to find out how to avoid and protect yourself from these and other potential scams relating to COVID-19 vaccines.

- www.scamwatch.gov.au/types-of-scams/current-covid-19-coronavirus-scams/covid-19-vaccination-scams



Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .

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



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

FREE POOL Everyday

8/11

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

MacksvilleBowra Hospital Auxiliary

With more COVID cases in NSW it was decided to postpone our August meeting until Friday 4th September. In accordance with Central Executive decisions all positions will roll over till 2121. Main interest will resolve around the Hospital Café which has been opened since mid-June, financial reports and other business. Due to various health restrictions we are looking for more volunteers to fill the gaps left by those ineligible volunteers.



Bowraville Garden Club

As COVID concerns increased our July meeting was cancelled. We hope to get underway again in August. Members will be informed.



Bowraville Recreation Club

Both Women's and Men's golf competitions continue in their usual format. Our volunteers continue to maintain the golf course and bowling greens. However, beware on the golf greens as they seem much faster than usual. Since the change to the handicap system scores are averaging 32 to 34 stableford points and 36 means you have played to your handicap. Bowls consistency comp is nearing completion and both A and B grade championships are being organized. The Club is available for meetings as up to 30 people can be present with all the health rules applying.



Bowraville Seniors

Our small group of members was happy to get together for the July meeting and we welcomed new member Rhonda. As our biggest Morning Tea was cancelled and bus trips are out, we have decided to change our routine - as from our August meeting we will commence the meeting at 11 am and continue on with luncheon at the Coach House Inn. If you are a new resident of Bowraville or a long time local and would like to join this social group you would be very welcome. Contact Isabelle on 6564-7179 or pop into the Folk Museum and Gail will give you all the info. Macksville Seniors has closed and Nambucca Heads is in danger of the same - we want to keep our club viable - so get in touch.

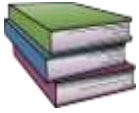


Uses for everyday items you probably didn't know

Pot Handles

Holes in the handles of pans and pots exist so that you can hang pots and pans after washing them. They will dry completely if you do this. Also, when you cook, the pot and pan handles can serve as a holder for the ladle or stirring spoon. You can simply insert the utensil in the hole to keep it sanitary! What's more, you won't have to spend time trying to remember where you placed the ladle.

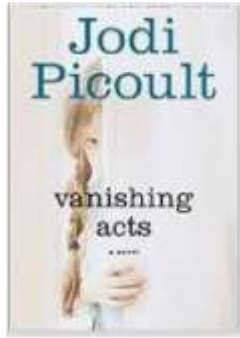




BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Vanishing Acts

by Jodi Piccoult



As you know I am a Jodi Piccoult fan as her novels usually have an ethical/moral issue and I enjoy that, for me, this encourages some deep thought. *Vanishing Acts* fits the bill of course.

The story is revolves around a woman, Delia, in her later twenties who is engaged, has a young daughter and an intelligent bloodhound with whom she works as a Search and Rescue team. She lives in the same town as her father, Andrew, who is a widow and with whom she shares a close and loving relationship. Andrew is a well-liked, highly respected person who is very active in the local community, particularly with elderly people.

Delia is full of happy childhood memories which nearly all include her two best friends, Fitz and Eric (she is engaged to Eric who is an alcoholic but has been dry for many years) but she begins to have flashbacks to incidents that seem to have no place in her life. As she tries to learn what these mean hidden truths about her past start to arise.

Vanishing Acts explores what can happen when a past that a person has been

running from catches up. She looks at love and trust and the decisions we have to make in the course of our lives.

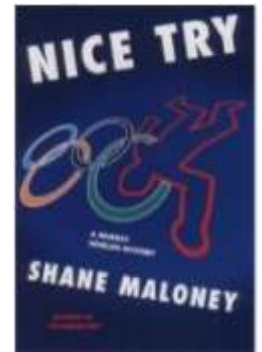
What would you have done in the same circumstances?

I hope you enjoy it.

- This book read and reviewed by Volunteer Raewyn

Nice Try

by Shane Maloney



When the Lords of Five Rings-the IOC-come to town to choose a site for the summer Olympic Games you know the money will fly and the ambitions boil.

Murray, advisor to the minister for Water Supply and the Arts, would just as soon steer clear of the frenzy and confront his inner beanbag on an exercise bike. But the future of the government depends on its bid and Murray is recruited to help.

When a young athlete is found dead, Murray learns that murder is a contact sport.

He is soon mixing it up with a wily Aboriginal activist, a body-building psychopath, a gorgeous aerobics instructor and the enigmatic Dr. Phillipa Verstak.

- 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.

STROKE WEEK 2nd-8th AUGUST

Think F.A.S.T., act FAST

A stroke is always a medical emergency.

The longer a stroke remains untreated, the greater the chance of stroke-related brain damage.



Recognise STROKE Think F.A.S.T.

F
Has their **FACE** drooped?

A
Can they lift both **ARMS?**

S
Is their **SPEECH** slurred and do they understand you?

T
Call **000**, **TIME** is critical

Stroke FOUNDATION

If you see any of these symptoms
Act FAST
call 000

Other signs of stroke

Facial weakness, arm weakness and difficulty with speech are the most common symptoms or signs of stroke but they are not the only signs.

The following signs of stroke may occur alone or in combination:

- Weakness or numbness or paralysis of the face, arm or leg on either or both sides of the body
- Difficulty speaking or understanding
- Dizziness, loss of balance or an unexplained fall
- Loss of vision, sudden blurring or decreased vision in one or both eyes
- Headache, usually severe and abrupt onset or unexplained change in the pattern of headaches
- Difficulty swallowing

Sometimes the signs disappear within a short time such as a few minutes. When this happens it may be a transient ischaemic attack (TIA). After a TIA your risk of stroke is higher. Stroke can lead to death or disability. A TIA is a warning that you may have a stroke and an opportunity to prevent this from happening.

If you or someone else experiences the signs of stroke, no matter how long they last, call 000 immediately.

- strokefoundation.org.au

BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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



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Atrial Fibrillation screening with

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AF helps stroke
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The blood pressure monitor with Atrial Fibrillation detection.

Makes screening AF at home easier, faster
and more comfortable, and helps to prevent
up to 68% of AF related strokes when
treated in consultation with health
care professional.¹⁻³



B3 AFIB Advanced

Blood pressure monitor



AFIBsens™ Advanced
Atrial Fibrillation
detection for stroke
prevention



SmartMAM technology
Accurate average of
consecutive readings



PAD technology
Early alerts for possible
heart arrhythmias

References

- 1 Gamm AJ, Lip GY, Da Costa R, Sevelius L, Aziz D, Hochmair SM et al. 2012 focused update of the ESC Guidelines for the management of atrial fibrillation: an update of the 2010 ESC Guidelines for the management of atrial fibrillation—developed with the special contribution of the European Heart Rhythm Association. *Europace* 2012; 14:1355-1413.
- 2 Hart RG, Benavente O, McBride R, Pearce LA. Antithrombotic therapy to prevent stroke in patients with atrial fibrillation: a meta-analysis. *Ann Intern Med* 1999; 131:492-501.
- 3 Ruff CT, Giugliano RP, Braunholtz E, Holtzman EB, Devereux RB, Ezekowitz MG et al. Comparison of the efficacy and safety of new oral anticoagulants with warfarin in patients with atrial fibrillation: a meta-analysis of randomised trials. *Lancet* 2014; 385:955-62.

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'Third eye' invented to stop 'smartphone zombies' from bumping into things

The "satirical solution" is intended to make people "recognise the severity" of their smartphone addictions the creator says.

A "third eye" has been created to prevent "smartphone zombies" from walking into things while focused on their screens.

South Korean industrial designer Paeng Min-wook, 28, says the robotic eyeball can be strapped to a person's forehead allowing them to browse injury-free.

He said the device was a "satirical solution" which he hoped would make people "recognise the severity of their gadget addiction and look back at themselves".

The device - called The Third Eye - senses when the user's head has been lowered to look at the phone and it then opens its translucent eyelid.

When the person comes within one or two metres of an obstacle the third eye beeps to warn them of danger.

Mr Paeng said: "This is the look of future mankind with three eyes.

"As we cannot take our eyes off from smartphones the extra eye will be needed in future."



Mr Paeng, a postgraduate student in innovation design at the Royal College of Art and Imperial College London, has trialled the device around Seoul.

Among those who saw it was resident Lee Ok-jo, who said: "I thought he looked like an alien with an eye on his forehead.

The Third Eye uses a gyro sensor to measure the angle of the user's neck and an ultrasonic sensor to calculate the distance between the robotic eye and obstacles.

The sensors are both linked to an open-source single-board microcontroller with a battery pack.

- news.sky.com

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

President:
Damien Robbins

Secretary:
Mark Scott



8/11



Email:

bowraville@lionsdistrict201N1.org.au

PO Box 23 Bowraville NSW 2449

BOWRAVILLE DENTAL SURGERY

Vic Bird B.D.S.

"Your local dentist"

Caring for YOUR dental wants and needs.

No hard sell.

3/11

58 HIGH STREET
BOWRAVILLE

6564-7246

Phoenix School of Arts

The PHOENIX SCHOOL OF ARTS at Bowraville offers a wide range of arts courses taught by professional artists and qualified adult educators. The OPEN ARTS PROGRAMS are for all members of the community while the ABILITY ARTS COURSES are disability focused, providing NDIS options. Enjoy the benefits of arts practice and choose the course that is right for you. Courses currently available are Ceramics, Painting, Drawing, Felting, Basket weaving and Botanical Fabric dyeing with plants.

Contact INFO@NVP.ORG.AU
02 6501 0021



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
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Pharmacist
KERRIE SAVINS



6/11

CRAIG BELLAMY@realty

YOUR NAMBUCCA VALLEY SPECIALIST

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

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

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NARELLE HARPER 0435 054 625
www.atrealty.com.au

8/11

What's the difference . . .

Between

'Viruses' and 'Bacteria'



The key differences between two common pathogens

What to Know

While both can cause disease *viruses* are not living organisms whereas *bacteria* are. Viruses are only "active" within host cells which they need to reproduce while bacteria are single-celled organisms that produce their own energy and can reproduce on their own. Bacteria serve many vital roles in nature outside of being infectious.



The two most common causative agents of infectious disease are the virus and bacterium. Both of these pathogens are invisible to the naked eye allowing for their stealthy transfer from person to person during an outbreak of a contagious disease. While they rightly share a nasty reputation as disease agents their properties apart from the harm they cause are quite dissimilar.

So, what is the Difference between Viruses and Bacteria?

Living or Not

Viruses are not living organisms, bacteria are. Viruses only grow and reproduce inside of the host cells they infect. When found outside of these living cells viruses are dormant. Their "life" therefore requires the hijacking of the biochemical activities of a living cell. Bacteria, on the other hand, are living organisms that consist of single cell that can generate energy, make its own food, move and reproduce (typically by binary fission). This allows bacteria to live in many places - oil, water, plants and the human body - and serve many purposes. They serve many vital roles in nature by decomposing organic matter (maybe not that vital to anyone who's forgotten leftovers in the back of the fridge) and by converting nitrogen through nitrogen fixation to chemicals usable by plants. Bacteria even know how to work as a team through something called quorum sensing.

Size

Bacteria are giants when compared to viruses. The smallest bacteria are about 0.4 micron (one millionth of a meter) in diameter while viruses range in size from 0.02 to 0.25 micron. This makes most viruses sub-microscopic, unable to be seen in an ordinary light microscope. They are typically studied with an electron microscope.

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Bowraville Lions Club Inc

News Bulletin

AUGUST 2021



The Lions Club of Bowraville have various fundraising projects during the year including pub raffles and BBQs Proceeds from these projects goes to local schools, sports clubs, families in need plus a range of Lions Clubs national projects.

Australian Lions Childhood Cancer Research Foundation

Funds donated by local Lions clubs and the public to ALCCRF go to the best childhood cancer research conducted right across Australia which specifically targets improved survival rates.



Australian Lions Children's Mobility Foundation

The Australian Lions Children's Mobility Foundation works with State Cerebral Palsy Associations and Local Clubs to assist children who are affected by Cerebral Palsy with mobility devices to allow children to stand and walk to the best of their ability.



Camp Getaway

Camp Getaway is a project of Lions District 201N1. The aim of Camp Getaway is to provide a holiday for children aged 11 to 13 who would not normally have access to such an experience.



Hearing Dogs

Lions Hearing Dogs is a project of the Lions Australia providing dogs for the deaf and hearing impaired at no cost to the recipient.



Lions NSW/ACT Save & Health

Lions NSW-ACT Sight & Health is the business name of Lions Clubs NSW-ACT Save Sight and Health Care Limited which acts as Trustee for both Lions NSW-ACT Save Sight Foundation Charitable Trust and Lions Clubs NSW-ACT Public Health Care Foundation.



Nurses Scholarships

The mission of the Lions NSW/ACT Nurses Scholarship Foundation is to provide the opportunity for nurses in NSW & ACT to continue their professional development.



Youth Exchange

The Lions International Youth Exchange Program was established to give youth an opportunity to travel to exciting international destinations for up to 6 weeks. The Lions Youth Exchange Program caters for both inbound and outbound youth exchanges.



Youth of the Year

Offers an unequalled opportunity for young people to experience an interview situation – in a friendly atmosphere – and a chance to practice public speaking skills.





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 & NRCF
 (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
- Early Links 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

Build confidence to achieve your goals

Early Links Mission:
 "Every child, every opportunity"

Early Links Vision:
 "Communities where every child participates and every family is respected"

Develop your existing support networks and create new networks

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





**Saltwater
Freshwater
Arts Alliance**

2021 NAIDOC Exhibition Heal Country, Heal our Nation

Featuring artworks from Gumbaynggirr artists of the Nambucca Valley community and a selection of works from the Saltwater Freshwater collection

**EXHIBITION OPEN ALL OF AUGUST
at PHOENIX GALLERY AND CAFÉ
8am - 2pm Tuesday to Saturday**

Exhibition curated by community curator
Jasmine Stadhams

This exhibition is proudly supported by
Aboriginal Affairs NSW and our gallery partner
the Nambucca Valley Phoenix.



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Affairs



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8/11

Aloe Vera – it's the Best Indoor Plant you can have!

This spiny succulent may be a popular decorative houseplant but it also offers plenty of benefits that make it one of the most practical plants you can keep in your home.



What Is Aloe Vera?

Aloe vera is a spiny-leaved succulent that typically grows in dry, tropical climates. While it is usually referred to by its scientific name, *Aloe Vera*, its more exotic monikers include the “lily of the desert” and “elephant’s gall.”

Humans have been using aloe vera for many different purposes for at least 4,000 years. One of the earliest recorded mentions of the plant comes from a Sumerian clay tablet dated to 2,100 BC!

Today we still use aloe vera in several ways most notably as a topical treatment for burns.

What Are The Benefits Of Aloe Vera?

Aloe vera offers a variety of benefits depending on how you use it. Aloe vera can be used externally and also has many benefits from internal use.

External Benefits Of Aloe Vera

You're probably already familiar with aloe vera gel which is the most popular aloe vera product. Commercial aloe vera gel is a filtered and processed version of the

Continued on Page 20

How to better communicate while wearing a mask

Wearing a mask has quickly become a routine part of daily life—and will continue to be for the foreseeable future. Masking is an important and effective way to slow the spread of COVID-19, but a mask can also make it challenging to communicate clearly. Masks can cause speech to become muffled or distorted, making it difficult to understand what is being said.



Communication happens both verbally and nonverbally. While you are listening to someone speak, your brain is also picking up on their facial expressions and body language to help you understand what is being said. Wearing a mask eliminates facial expressions from this equation, which can make it more challenging to interpret the meaning behind what someone is saying.

Tips to better communicate while masked

Talk slowly, enunciate and repeat yourself to make sure the other person clearly understands. We have a tendency to rush speech, especially when we're busy. Taking extra time to speak slowly and deliberately can help overcome communication challenges.

Use gestures, hand signals or nonverbal cues to help demonstrate your point. Waving to greet someone, smiling with your eyes as you speak or giving a thumbs up are examples of nonverbal communication.

Continued on Page 21

Bowra Laundromat

Corner of High & Belmore Streets

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Commercial Washers and Dryers

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8/11

Frank Partridge VC Military Museum

*Named in honour of Frank Partridge -
the youngest and last Australian recipient of the
Victoria Cross in WW2.*

The museum houses a fantastic collection of military memorabilia and artefacts including uniforms, medals, weapons, vehicles and much more.

This museum is a 'must see'.

Open Monday - Friday 10am to 3pm
Saturday & Sunday 10am - 12 noon
or by appointment.

Admission by Gold Coin Donation.

29 High Street, Bowraville 6564-7056
enquiries@militarymuseum.org.au

6/11

~ GARDENS & GARDENING ~

From Page 18

gooey stuff contained in the centre of the plant's spiny leaves.

Bottled aloe vera gels are convenient for external applications but you can also just cut open a leaf from the actual plant, squeeze the contents out and use that the same way.



External Benefits Of Aloe Vera

1. Treats minor burns like sunburns as well as minor wounds like cuts and scrapes
2. Soothes skin conditions like dermatitis, eczema, psoriasis, acne and cold sores
3. Reduces signs of inflammation like puffy eyes and redness
4. Treats scalp conditions like dryness and dandruff

Internal Use Of Aloe Vera

In addition to aloe vera gels many stores also offer aloe vera juice as an option. The solid and fibrous bits of the plant are filtered out during processing but the remaining digestible juice retains plenty of beneficial vitamins and minerals like vitamins A, C and E, folic acid, iron, calcium and potassium.

You can find bottled aloe vera juice in many health food stores - just look for 100% pure aloe vera juice that is intended for consumption. If you'd prefer not to drink it you can also find aloe vera in capsule form.

Internal Benefits Of Aloe Vera

1. Balances stomach acid
2. Curbs indigestion and heartburn
3. Boosts the immune system
4. Reduces inflammation
5. Supports joint health

- www.onegoodthingbyjillee.com

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 ~

6/11

FOOD HUB

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St James'
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Hall**



St James' Anglican Church - Bowraville

**Friday, Saturday
and Monday
9.30 till 11.00**

Everyone welcome

N/C

How to better communicate while wearing a mask

Continued from page 19

Write information down. Whether you're trying to communicate with your health care provider during an appointment, are giving directions or simply communicating in a noisy space, writing information down can help to eliminate confusion.

Use descriptive language. Masks make it difficult to read emotions on a person's face. We need to speak our emotions rather than relying on facial expressions.

Avoid loud, busy environments. Background noise can further muffle speech. If possible, find a quiet area to have a discussion.

Ask questions if you don't understand what is being said to you. If you are communicating, confirm that the other person understands what you are saying before you end a conversation.

Patience is important, now more than ever. We are all adjusting to wearing masks. It's important to be patient with others, and yourself, as we all adapt to a new normal.

One thing NOT to do? Forego your mask completely. We all know that face coverings can be uncomfortable or make daily life a little trickier, but not wearing one can put you and others at risk for COVID-19.

Lastly, remember that wearing a face mask doesn't mean you are immune from catching the virus. Where possible, practice physical distancing in the same way you would if you weren't wearing masks.



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1/1

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.

Just accept that Compliment

Understanding how and why we automatically react to compliments can help us learn better ways of accepting our ultimate greatness.

It's disappointing that while we seem to have no problem giving heartfelt compliments, getting one in return makes us feel as if we'd rather be sucked into a black hole. You may already be a pro at accepting kind remarks but if you're like the majority of us who struggle accepting a thoughtful compliment you may find the following helpful.



Deflecting

We deflect compliments by brushing them off claiming that it was just luck or that a colleague did a much better job. We may do this because of the high expectations we've set for ourselves. Maybe we know we missed a line in our speech and feel we could have performed better and so we genuinely believe we don't deserve the compliment.

Questioning

We may question the person's opinion on the compliment not quite believing the validity. Seeking their reassurance by saying things like, "Do you really think so?" or "Are you sure?" can often be a sign of low self-esteem. We struggle to believe what the other person said because it conflicts with the image we have of ourselves in our own head.

Downgrading

We downgrade compliments we receive by saying things such as, "it could have been cooked more" or "Oh, this old thing". You may be afraid of seeming arrogant if you don't justify or downplay a compliment. You may believe you'll be seen as humble, and it will be more acceptable, if you downgrade the compliment. This downgrading of acknowledgement can come from early childhood experiences where praise may not have been given freely or those who projected their successes were deemed as 'being full of themselves' or 'having tickets on themselves'.

How we can change our reaction to compliments

Simply responding with a 'thank you' to a compliment is the first step to challenging your decades-long aversion to accepting compliments. You don't need to justify or expand on the compliment; you have every right to graciously accept it without fuss. This can be hard to do at first; you're working against your initial reaction that you've probably been having since you were a child.

There is an art to accepting a compliment graciously and genuinely without worrying whether you seem pompous or arrogant. It may take more than a few tries for the process to sink in. But by simply saying thank you you'll not only gain more self-confidence but you'll show others that it's okay to fully lean into accepting a compliment.

- Health Check Magazine-Autumn

Manage your stroke risk

Living a healthy lifestyle can help prevent you from having a stroke.

More than 80% of strokes can be prevented.

There are some stroke risk factors that you cannot do anything about such as older age, being male, family history or already having a prior stroke. But for most Australians you can reduce your risk and help prevent stroke by taking some simple steps:

Make time for a health check

See your doctor or pharmacist about these stroke risk factors . . .

High Blood Pressure - Type 2 Diabetes
High Cholesterol - Atrial Fibrillation or irregular pulse

Take charge of your own health

Make these healthy changes part of your daily life . . .

Stay Active

Walk – Substitute a car journey for a walk or go for a bushwalk. Pick up your pace to a faster rate than usual.

Sign up for a weekly class – Dancing, aerobics, crossfit.

Get moving outdoors – Whether it's a bike ride, a swim or working up a sweat in the garden enjoy the great outdoors.



Eat Well

Balance your diet – Mix it up with vegetables, fruit and grain, lean meats, poultry and fish, reduced fat milk and yoghurt.

Substitute your snacks – Swap sweets for nuts or fresh fruit.

Go fresh – Buy from markets or shop around the outside aisles of the supermarket. Drop the salt by checking the sodium content on packaged foods.

Steer clear of sugary drinks – Drink plenty of water.



Quit Smoking

It is never too late to stop smoking. Talk to your doctor about quitting.

There are programs to help you quit smoking:

National Quitline 13 78 48 (13 QUIT)



Continued on Page 24

Manage your stroke risk

Living a healthy lifestyle can help prevent you from having a stroke.

Continued from page 23

www.quitnow.gov.au and download 'My QuitBuddy'. My QuitBuddy is a mobile phone app that is designed to support and encourage you on your journey to becoming smoke free.


Cancer Council Australia website www.cancer.org.au/preventing-cancer/smoking-and-tobacco

Drink Alcohol in Moderation

Think before you drink – Drinking large amounts of alcohol increases your risk of stroke through increased blood pressure, type 2 diabetes, obesity and irregular heartbeat (atrial fibrillation).

Two or less – Drink no more than two standard alcoholic drinks on any day to reduce harm from alcohol-related disease or injury.

Check the label on cans and bottles – See how many standard drinks you are actually consuming.



Regular heavy drinking can increase blood pressure, the biggest risk factor for stroke.

- strokefoundation.org.au

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



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

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

Phone: 6568 9029

email: nambuccaanglicans@tpg.com.au

6/11

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.

6/11

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



Although we have been brightening the airwaves with our usual level of variety and great fun it has also been a sad time for Nambucca Valley Radio. On 12th of July 21 we lost a much loved member of our 2NVR family as John 'Simmo' Simpson passed away. For many years Simmo delighted listeners with his skill as a broadcaster and he was well known for his generosity with his time and expertise when it came to new members of the station. The whole valley will miss you Simmo.

Unfortunately, COVID forced the cancelation of our July Studio 3 performance by Kailey Pallas however Donna Collins was able to put together a compilation broadcast that showcased some of the best Studio 3 performances over the last few years.



We have our fingers crossed that on 20th of August we will be able to bring you Studio 3 with the multi-talented Freedom Summers gracing our airwaves live from 6:00 pm. Freedom Summers is a lifestyle creative, multi-disciplined in music and art. Her music is easy listening folk reggae instilled with a deep sense of soul in personal lived experiences. Her songwriting highlights a raw honesty, she has songs to light the smile and tap the foot, others are poetic in the beauty of nature and nearly all are filled with gratitude. The outcome of the Freedom Summers experience is delightfully stress free and uplifting.

Stay tuned to 2NVR and visit our Facebook page to monitor our ability to bring this performance to you as it will be dependent on COVID restrictions.

We are still looking for volunteers to get involved with community radio either being a presenter or getting involved behind the scenes in the office, on our tech gear or even gardening and lawns. Experience would be preferred, please call 0419 707 874.

To Market, to market . . .

Nambucca Plaza Lions Market- 2nd Sunday every month.

Nambucca Plaza, Nambucca Heads 6 a.m. to 1 p.m. Enquiries 6568 5447

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

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

Bowra Country Markets - 2nd Saturday every month Pioneer

Community Centre. Relax and enjoy our café and browse our local stalls 70 High Street Bowraville 9 a.m. to 1 pm Enquiries 0401481501 Stalls are available.

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

Bellingen Growers Market is held from 7.30 to 11.30 a.m. at the Bellingen Showground every Saturday except the third Saturday of the month.

What does your favourite social media site say about you? *Continued from Page 6*

If you're looking for the men check YouTube; 35% of men say they use the video-sharing platform "very often, compared with only 16% of women.

We are changing our minds about what phones are for

Once upon a time a phone was only used for making voice calls but the more we use them for social media the more reluctant we become to use them for verbal communication.

Across Australia Talks respondents 30% agreed that talking on the phone made them feel anxious. Twitter users were more anxious (39 %) as were Instagram users (37%). But by far the most pronounced pattern here was about age. More than half of those aged 18-24 reported that they felt anxious about making or receiving voice calls. But only 28% of 40-49-year-olds felt the same way while only 15% of over-75s felt nervous about phone calls.

Instagrammers are show-offs

We all know the feeling of looking at another person's posts on social media and reflecting that our own hair is not as perfect, our own children not as presentable, our own homes not as stylishly maintained.

When asked directly about what they choose to post online 41% of Australia Talks respondents admitted that they only share the positive aspects of their lives on social media.

Instagram users did this more than average: 55% of them confessed to presenting an idealised account of their lives online. Half of Facebook users – 50% – concurred as did 49% of Twitter users.

As a result, 22% of Australians feel worse about ourselves when viewing the social media posts of other people. Young people felt this the most deeply with 45% of 18-24-year-olds and 43% of 25-29-year-olds agreeing. Across all age groups on Instagram, 29% felt worse looking at others' posts as did 28% of Twitter users.

Twitter users more likely to report offensive content

We've all encountered offensive content online. But only about half of us say we've reported or flagged it; 48%, according to the Australia Talks survey.

Women are more likely to flag offensive content (possibly because they may be more likely to receive it); 54% of female respondents said they'd done so compared with 41 % of men. Twitter users were also more likely to report offensive content – 64%.

Twitter users were also more likely to say they'd boycotted a corporation due to misbehaviour or offensive messaging; 74% of Twitter users had done so compared with 68% of the general population. Again, women were more likely to take such action. A majority of them – 77% – said they'd boycotted companies as opposed to just 59%.

The Australia Talks National Survey asked 60,000 Australians about their lives and what keeps them up at night.

- www.abc.net.au

BOWRAVILLE CENTRAL SCHOOL

AUGUST 2021

Zahra Kete and Alexi Reynolds Successful with Early Uni entry into CSU at Port

After a recent visit to the Port Macquarie Campus of Charles Sturt University (CSU) Year 12 students, Zahra and Alexi were keen to apply for the early offer “Advantage” program.

We are thrilled to announce that Zahra was successful in gaining entry to CSU at Port in 2022 to study a Bachelor of Medical Radiation Science (Diagnostic Radiography) and Alexi gained entry into the degree to study a Bachelor of Education (K to 12).

Both students are really excited and thanks Ms Riches, BEC Head Teacher and Careers Adviser, for assisting them to complete their applications. Zahra said it really takes the pressure off the HSC exams knowing she already has accepted a spot at CSU in the course of her choice. Alexi says that while she is still working hard at school it has made her feel more confident and secure knowing she has been accepted.

Both students have applied for early schemes at UNE at Armidale and Southern Cross so hopefully some more offers will come in later this year and then some big decisions can be made.



Teacher Ms Eve Riches with students Zahra Kete and Alexi Reynolds

Things you can do with Expired Foods

Defining “Expired” Foods

There is almost always a certain amount of time between a food’s expiration date and the date when it actually goes bad and becomes unusable. That in-between time is your window of opportunity to put that food item to good use!

So how do you know when a food has gone from “old but still usable” to downright rotten? Trust your senses of sight and smell! If the colour or texture has changed dramatically go ahead and throw it out. Likewise if it smells bad or dramatically different from how it used to smell throw it out.

Okay, so now that we’re all on the same page here, let’s get to it.

Mayonnaise

Use old mayonnaise to shine up your stainless steel appliances. It sounds strange but the oil content in the mayo will really make your stainless steel sparkle!



Greek Yogurt

You can use past-its-prime Greek yogurt to make an exfoliating face mask. Greek yogurt is packed with lactic acid which helps exfoliate dead skin cells to reveal brighter skin underneath.

In a small bowl stir together 2 tablespoons of Greek yogurt and 1 tablespoon of honey. Apply the mixture to your face in an even layer, let it sit for 15 minutes then wash it off with warm water.

Ground Coffee

If your ground coffee has become stale you can still put it to good use as a face scrub! Coffee is packed with antioxidants and has an astringent effect, a combination that can help nourish and tone your skin. Just mix your stale ground coffee with enough milk to form a paste. Rub the coffee paste onto your skin for a minute or so, let it sit for about 20 minutes then rinse clean.

Milk

Have a carton of milk that’s started to go sour? Use it for baking! Add it to cakes, biscuits, waffles and pancakes for a dose of added flavour. Slightly soured milk can be used as a substitute for buttermilk in a lot of baked goods and they turn out delicious.

Brown Sugar

Use your blender to revive hard brown sugar. Just pulse the brown sugar in your blender a few times until it softens up. You may need to add a few drops of water to help break up any very hard clumps.

Bread

Stale bread isn’t very pleasant to eat but it’s great for making homemade bread crumbs. Just pulse a few pieces of stale bread in your blender or food processor, add a bit of salt and pepper or your favourite seasoning and use them in your favourite recipes for added crunch.



- www.onegoodthingbyjillee.com

What's the difference . . . between Viruses and Bacteria?

- from page 14



Mode of Infection

Their mode of infection is different. Because of their distinct biochemistry it should come as no surprise that bacteria and viruses differ in how they cause infection. Viruses infect a host cell and then multiply by the thousands leaving the host cell and infecting other cells of the body. A viral infection will therefore be systemic, spreading throughout the body. Systemic diseases caused by viral infection include influenza, measles, polio, AIDS and COVID-19. Pathogenic bacteria have a more varied operation and will often infect when the right opportunity arises so called opportunistic infection. The infection caused by pathogenic bacteria is usually confined to a part of the body described as a localised infection. These infections may be caused by the bacteria themselves or by toxins (endotoxins) they produce. Examples of bacterial disease include pneumonia, tuberculosis, tetanus and food poisoning.

How Viruses Interact with Bacteria

Viruses can infect bacteria. Bacteria are not immune to viral hijackers which are known as bacteriophages—viruses that infect bacteria. We don't want to judge but this may be one more reason to put viruses one notch higher in the nasty germs hierarchy.

- www.merriam-webster.com



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Bowraville Chamber of Commerce and Industry Inc

Bowraville Chamber of Commerce meets at:
The Bowraville Ex-Services Club at 5pm on the first Tuesday of each month.



The meeting provides an opportunity for businesspeople to introduce themselves and their business to others in the area.

Bowraville Chamber has productive relationships with Nambucca Valley Council and the Nambucca and Macksville Chambers of Commerce.

All welcome to come along, meet new people to stay informed and to have input into what is happening in our town and shire.
More info: Call Pippa 0498 639 303

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8/11

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Is it going slow?

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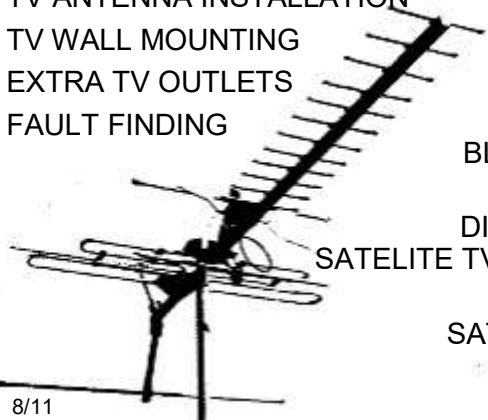
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10/11



Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2021

Studio 3 Live on the 3rd Friday of each month



| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Time |
|----------|---|---|--|--|--|--|---|----------|
| 6 AM | 2NVR Music Mix EnmaG returns next season | Drive Thru With Jackie Edmunds Mix of 60s, 70s to current music | 2NVR Music Mix Wake up with Dayna. It's gold. | Under The Stinging Tree Poppe All music, news, info... | The Big Breakfast With Jackie Edmunds A mix of community events, news and interviews along with some great music to kickstart your weekend! | Here Be Dragons Nuke or Elizabeth No-fear fire and ice music | Beat the RETREAT Sean & Pele All the beats and all the drum | 6 AM |
| 7 AM | Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s | 2NVR Music Mix | Gold at Breakfast Dayna Gold Easy Listening | Tones of Clairseense Claire Watt-Powell Crooners | Talk Of The Town Winter host: DJ Macca See what's going down! All things local | Hair Of The Dog Mick Brittes Originals, covers, wildlife, wine and wisdom | Sunday Morning Music With Phil Folk and Aussie music focus from the past few decades | 7 AM |
| 8 AM | Baby Boomers Donna Collins | Infopinion Richard Laxton, Eddie Omega & Ron Hawkins | Isn't It Romantic With Delias Dent Easy Listening | Turning Pages Elizabeth Newman Popular Ballads | Dano's Mixed Grill Daniel Gosson Where anything can happen and probably will! | Flashback With Rob Davidson | Phase Out With Faye Faye Aspects | 8 AM |
| 9 AM | The Weekley Fix Paul Weekley | Rowing with Linda Bible reflections, Gospel & Australiana | Lunch with Gazza With Gary Biden Easy Listening To Rock & Pop | Steveo's Tracks With Steven Soft rock & listener requests | Dhirendra The Time Traveller Sounds from all over the place. | Garage Noise With Sean Ambrose Alternative Music | Praise, Prayer & Pop With Michelle Lots of Aussie music old and new | 9 AM |
| 10 AM | Dyer's Loop The Dyers Music to dye for, of course | Rock On With Jimmy & the Bluebirds | Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR International Radio | Turn Up The Volume With Les McMahon Soft rock & listener requests | Wind Down for the Weekend Su & The Crew Eclectic, irreverent fun with more than a dash of insanity | Saturday Roundup With Rachel Burns | That's A Wrap Donna, Nigel, Mitch, Gary & Les Local sports results and in-depth analysis | 10 AM |
| 11 AM | Hinterland With Ben Walters | Sister Act Olivia & Sam | MC Grim Mark Seagrims Music with a wicked difference | Thursday Country Trackin'ic | Rhino On The Radio Eclectic, irreverent fun with more than a dash of insanity | Two For The Money Paul and Rachel Burns | Mel Leigh Dee's Melodies A different theme every show | 11 AM |
| Noon | Blowin' Beats With Grace 2NVR International Radio | Retro Birds Robyn Wren & Sally Swan Not out of the box radio entertainment | Tune in with Alex 2NVR Youth Radio | Nambucca Valley Roundup Retro | The Panic Room With the Voice of Panic Ear-chosen music! | Prog Rock Playlist Rhino The Best of Progressive Rock | The AnSf Radio Show With Mike Speculative Fiction | Noon |
| 1 PM | Reggae Mixtape With Fitzroy Music outside the box! 2NVR International Radio | Blues Soul Funk Matt Leberard & friends Blues, soul, funk and lively interviews. | The AMRAP Music Show Ant's Rock Anthony Garmey Solid Rock | Highway Blues With Retro When Only The BEST BLUES Will Do | 2NVR Music Mix | Wolffy Wolffy's music & requests | Imagine This Radio drama | 1 PM |
| 2 PM | Music Makers With Yen Mixed music with featured artists | 2NVR | Ant's Rock Anthony Garmey Solid Rock | Mitlife Daniel Gosson Six hours of local content from the 2NVR archives 2002 to now | Overnight Music Mix | 2NVR | 2NVR Overmight Music Mix | 2 PM |
| 3 PM | Overnight Music Mix | Overnight Music Mix | Ant's Rock Overnight | Overnight Music Mix | Overnight Music Mix | 2NVR | 2NVR Overmight Music Mix | 3 PM |
| 4 PM | Overnight Music Mix | Overnight Music Mix | Ant's Rock Overnight | Overnight Music Mix | Overnight Music Mix | 2NVR | 2NVR Overmight Music Mix | 4 PM |
| 5 PM | Overnight Music Mix | Overnight Music Mix | Ant's Rock Overnight | Overnight Music Mix | Overnight Music Mix | 2NVR | 2NVR Overmight Music Mix | 5 PM |
| 6 PM | Overnight Music Mix | Overnight Music Mix | Ant's Rock Overnight | Overnight Music Mix | Overnight Music Mix | 2NVR | 2NVR Overmight Music Mix | 6 PM |
| 7 PM | Overnight Music Mix | Overnight Music Mix | Ant's Rock Overnight | Overnight Music Mix | Overnight Music Mix | 2NVR | 2NVR Overmight Music Mix | 7 PM |
| 8 PM | Overnight Music Mix | Overnight Music Mix | Ant's Rock Overnight | Overnight Music Mix | Overnight Music Mix | 2NVR | 2NVR Overmight Music Mix | 8 PM |
| 9 PM | Overnight Music Mix | Overnight Music Mix | Ant's Rock Overnight | Overnight Music Mix | Overnight Music Mix | 2NVR | 2NVR Overmight Music Mix | 9 PM |
| 10 PM | Overnight Music Mix | Overnight Music Mix | Ant's Rock Overnight | Overnight Music Mix | Overnight Music Mix | 2NVR | 2NVR Overmight Music Mix | 10 PM |
| 11 PM | Overnight Music Mix | Overnight Music Mix | Ant's Rock Overnight | Overnight Music Mix | Overnight Music Mix | 2NVR | 2NVR Overmight Music Mix | 11 PM |
| Midnight | Overnight Music Mix | Overnight Music Mix | Ant's Rock Overnight | Overnight Music Mix | Overnight Music Mix | 2NVR | 2NVR Overmight Music Mix | Midnight |

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 Sunday live body calls may override 2pm-3pm
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