



# 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

**DECEMBER 2021 ~ ISSUE #202 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449**



BOWRAVILLE  
*Mini Christmas  
Markets*

***Saturday, 11th December 2021  
70 High Street, Bowraville  
9am - 1pm  
Santa from 9am - 11am***

***~ HOMETGROWN ~ HANDMADE ~***

***AROUND 25 STALLS INCLUDING BUT NOT LIMITED TO  
PLANTS, CANDLES, SOAPS, GREETING CARDS,  
JEWELLERY, FRESH PRODUCE, GLUTEN FREE  
CAKES, TOYS, CEBU CHEW/STREET FOOD,  
PAULA IN THE KITCHEN***

***PLUS THE NEW AND EXCITING BOWRAVILLE  
TEA TOWELS AND SO MUCH MORE . . . .***

# 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 DECEMBER 2021** **ISSUE IS: 4:00PM**

**TUESDAY, 23rd NOVEMBER 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](mailto:admin@bctc.com.au)

### **DISCLAIMER**

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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](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**

Simple joys,  
litte pleasures,  
Laughter and smiles  
in big measures.  
Friends, family,  
**togetherness, love ...**  
The choicest blessings  
from above.  
Peace, prosperity  
**and happiness too ...**  
All these and more  
are our wishes for you!

*Merry Christmas from  
Bowraville Technology  
Centre Team.*

*Mark, Robynne, Michael,  
Raewyn, Wendy, Karin,  
Cherie and Cynthia.*

### *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.

*St. Jimmy's Kitchen invites you to*  
**Bowraville Christmas Day  
Lunch**

**December 25**

Arrive at 12 noon for 12.30 Lunch

**At Bowraville Central School**

(Entry at the Cook Street gates)

*EVERYONE* is welcome at this  
*FREE* community event for  
*FUN, FRIVOLITY & CHRISTMAS CHEER*

RSVP: Appreciated but not essential to  
Bowraville Pharmacy 02 6564-7925  
OR Tony 0487 090 886

**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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# Technology and the environment

Technology and the environment play an integral role in each other's existence. The environment influences technology. People are affected by technology. The question is, how technology and the environment affect each other and how they will continue to affect each other in the future.



Technology and the environment cannot be separated. Both affect each other and each must be maintained in order for the other to be successful. People need to be able to use technology to their advantage this will allow them to progress and prosper. In order for technology to be successful there must be technological advancements that benefit society as a whole. A harmonious relationship between technology and the environment is essential in maintaining a technological society.

Technology and the environment complement each other. They work together in order for technology to thrive. Humans cannot survive without the earth. It provides food, air and shelter. All of these are provided through various forms of environmental quality.

Pollution affects the environment negatively. Industrialisation and increasing levels of population have led to an increase in pollution due to the increased use of technology in everyday life. The pollutants produced during the process of technological advances can pollute the environment permanently if not removed. This is one of the reasons environmental history has become so important in understanding the impact of technology on the environment today.

Global warming is another possible effect of technology and the environment. A major cause of global warming is carbon emissions. Carbon emissions are the result of a technological advance such as the combustion engine. Other forms of pollution that can be attributed to technology include nitrogen oxide from the burning of fossil fuels and methane and chlorofluorocarbons from the manufacture of refrigerators and gas bottles. Automobile emissions rank high in this category although there are efforts being made by automobile producers to reduce this problem.

Another effect of technology on the environment comes through the creation of environment plans or strategies. The objectives of an environment plan for human sustainability are many. One of these objectives is to reduce the rate at which new sites for technological advancements are being developed. This objective also supports the creation of renewable land use. In addition the reduction of the generation of harmful greenhouse gases and the encouragement of a sustainable development of the land use economy support this objective.

*Continued on Page 24*

## WHAT'S HAPPENING IN BOWRA

### Bowraville Lions Club

**Weekly Pub Raffles  
are back starting on  
Thursday 2nd December.**

**Tickets \$2.00 each**

**Cash Prizes of \$50**

**Special prize draws  
New Years  
Eve**



## FOR SALE

Macramé pot plant  
hangers for sale.

Ideal Xmas gift.

Prices range \$10 - \$15.

Colours may vary.

Ph: 0423 132 275

I can send photos.

## 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](mailto:bowravillefolkmuseum@gmail.com)

[twitter.com/bowravillefolk](https://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

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

33 HIGH STREET, BOWRAVILLE  
Ph.6564 7041 [bowrahotel@bigpond.com](mailto:bowrahotel@bigpond.com)



### Bowraville & District Ex-Services Club 6564-7304

*What we have to offer . . .*

**TAB - KENO - 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*

11/11

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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# The Origins of Christmas in Australia

*When the English colonists arrived in January of 1788 they would have been shocked at how warm it was. Starting from their very first Christmas it was clear things were going to be different.*

*Many Christmas traditions such as pine trees, reindeer and snow were not available so they had to improvise with what they could find in the Aussie bush.*

*The Aussie Christmas traditions of today took years to develop. However the British roots of early settlers and government continue to be a strong influence to this day.*

## Australia's First Christmas

According to historical records the first Christmas in Australia was celebrated in December of 1788, almost one full year after their arrival at Sydney Cove. Reverend Johnson conducted services for Governor Arthur Phillips and his officers before they enjoyed Christmas supper. Unfortunately for the convicts they only had their daily rations of bread and water. But the prison guards did lessen the sentence for one unlucky fellow named Michael Dennison who had stolen a bag of flour. He only got 150 lashings by the whip instead of the usual 200.

## Australian Christmas Plants

In Britain the practice of decorating with evergreen plants such as holly and mistletoe during the winter holidays had been common since the days of the Celtic Druids. By the mid-1800s putting up Christmas trees and sending Christmas cards had come into fashion. It was not practical for the settlers in Australia to import live fir trees but they continued their traditions using the native plants found in the area. They gathered tree ferns, palm fronds, eucalyptus boughs, Christmas bells, Christmas orchids and Christmas bushes from the forest.

## Traditional Meals and Dishes

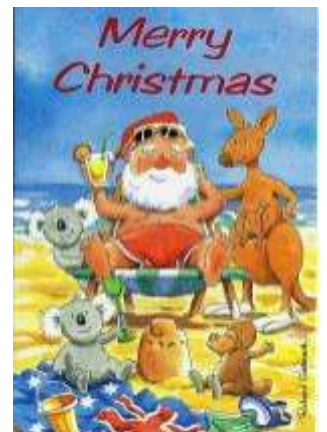
The British influence on Australian culture can be seen in the traditional Christmas dinner which still includes fare such as roast meats and vegetable with fruit mince pies and plum pudding for dessert. In more recent decades, serving an array of cold ham, turkey and other cold meats has come into favour, as it is considered more appropriate for hot weather. There is also barbeques of local seafood as well as cold salads and other traditional side dishes. Christmas dinner is very important. Basically everyone in Australia eats as much as they possibly can to celebrate Christmas.

## When Father Christmas Visits Australia

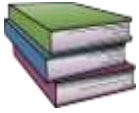
Santa's reindeer cannot legally enter the island of Australia due to issues of quarantine. But the image of Santa's sleigh being pulled by kangaroos appears on Australia's earliest Christmas cards. Santa still comes down the chimney, leaves presents and has a drink or a piece of cake.

To learn more about the early history of Christmas in Australia, watch classic films such as *Bush Christmas* (1947), *Prince and the Great Race* (1987) and the 1987 tele-series *Bushfire Moon* (*Miracle Down Under*).

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





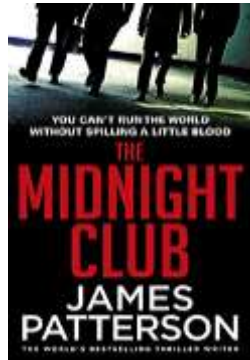


# BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

## The Midnight Club

by James Patterson

From the bestselling author of *Along Came a Spider* and *Cat and Mouse*, a mesmerising tale of non-stop action and suspense.



Nobody knows the underbelly of the city like New York cop John Stefanovitch. He's out to get Alexandre St-Germain, the most powerful member of the Midnight Club -- a secret international society of ruthless crime czars, all of whom are 'respectable' businessmen.

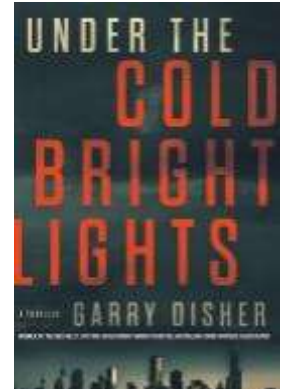
And Stef's the ideal man for the job -- until he's levelled by a blast from St-Germain's shotgun and left for dead. Now, Stef is back, wheelchair-bound, yet sworn to destroy St-Germain.

With the help of a beautiful journalist and a Harlem cop, Stef is determined to crack the Midnight Club. And he's up against odds that are as unknown as they are deadly!

## Under the Cold Bright Lights

By Garry Disher

The young detectives call Alan Auhl a retread, but that doesn't faze him. He does things his own way and gets results.



He still lives with his ex-wife, off and on, in a big house full of random boarders and hard-luck stories. And he's still a cop, even though he retired from Homicide some years ago.

He works cold cases now. Like the death of John Elphick - his daughters still convinced he was murdered but the coroner not so sure. Or the skeleton that's just been found under a concrete slab. Or the doctor who killed two wives and a girlfriend, and left no evidence at all.

Auhl will stick with these cases until justice is done. One way or another.



### 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.*

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# Christmas Self Care

*Christmas can be a stressful time, especially after the ups and downs of COVID19 and especially if someone in your family lives with mental illness. So, following are some tips for taking the stress out Christmas.*

## **Make sure you fill your cup!**

As Christmas approaches, many of us feel stressed by all the things we think we 'have to do', but it's just as important to incorporate self-care during these busy times – because you can't pour from an empty cup. Some handy tips:

- It's ok to say no and only participate in activities that are significant to you
- Attend a meditation class or download a free relaxation app
- Make a Christmas budget and stick to it
- Listen to calming music or watch your favourite movie
- Go to bed early and get a full 8-hours sleep (every night!)
- Eat and drink in moderation and plan healthy meals for when you're not celebrating
- Don't forget to move! Walk, run, swim, cycle, roller-skate, dance – aim to be active for 30 minutes everyday
- Find gratitude for small and simple things
- Acknowledge that the festive season isn't a happy time for everyone – Christmas might be an upsetting or difficult time for yourself or someone close to you, and that's okay
- Visit the HelpingMinds<sup>®</sup> website and find a support group

Self-care is not selfish! Make it a priority this Christmas.

## **Start a new tradition**

Often, we get stuck doing the same thing over and over. If Christmas in its current form is a stressful event for you mix it up and start a new tradition.

Try a family outing such as a trip to the beach or a bushwalk. Get out of the house and enjoy a relaxed picnic or BBQ outdoors. Perhaps you could do something crafty together or make music. Is there a local event you could attend or somewhere you could volunteer? Think outside the box and see if this year you can start a new tradition that brings you joy.

## **Make a safety plan.**

Having a safety plan in place can bring ease of mind and can make you feel confident about what to do if things aren't going as smoothly as you had hoped.

What is your plan B if something unexpected happens? Who will you call? Check what services are open over Christmas and make sure you have another option if

*Continued on Page 20*

**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

9/11





*HOP IN NOW*



*AND LAY-BY FOR  
CHRISTMAS*

***Come in and view our extensive  
range of Giftware.***

***We are sure to have something for all  
the family.***



**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***



# *What's the difference . . .* between Christmas and Xmas

*Key difference:*

*Christmas is the Christian holiday for commemorating the birth of Christ as celebrated on December 25 annually.*

*'Xmas' is a common abbreviation of the word Christmas, in use for over a thousand years.*



**Christmas** is the Christian holiday for commemorating the birth of Christ. It is celebrated worldwide on December 25 by billions of people. Christmas is a civil holiday in many of the world's nations it is also celebrated increasingly by non-Christians.

Christmas is the holiday of gift giving, Christmas music and caroling, an exchange of Christmas cards, church celebrations, a special meal, and the display of various Christmas decorations, including Christmas trees, Christmas lights, nativity scenes, garlands, wreaths, mistletoe, and holly. It is also when Santa Claus, Father Christmas, Saint Nicholas or Christkind bring gifts to children during Christmas who have been good throughout the year. In addition to a religious holiday, Christmas has become a heightened economic activity among both Christians and non-Christians, due to all of the gift-giving.

The word 'Christmas' originated as 'Christ's Mass'. It is derived from the Middle English Cristemasse, which was originally Crīstesmæsse in Old English. The phrase was first recorded in 1038. 'Xmas' is a common abbreviation of the word Christmas. Contrary to popular belief, the word has actually been in use for millennia. The word originated as X comes from the Greek letter Chi, which is the first letter of the Greek word for Christ. The word X was often substituted for Christ in the Greek version of the New Testament. So, logically, Christ's Mass was also shortened to X-Mass and eventually Xmas for Christmas.



A common misconception today is that Xmas is a secular attempt to remove the religious tradition from Christmas by taking the 'Christ' out of 'Christmas'. However, they fail to realize that X is actually an abbreviation for Christ, one that has been in use for over a thousand years. Xmas has just gotten a lot of recent popularity as it is shorter to write, and is often used by youngsters and by advertisements targeting youngsters.

Still, it is considered informal to use Xmas instead of Christmas and many Christians find it rude. In the 1948 Vogue's Book of Etiquette, Millicent Fenwick stated that "'Xmas' should never be used" in greeting cards. Furthermore, The Christian Writer's Manual of Style, while acknowledging the ancient and respectful use of 'Xmas', states the spelling should never be used in formal writing.

*mentalfloss.com*



# Bowraville Lions Club Inc News Bulletin

DECEMBER 2021



**Bowraville Lions Club**  
**Christmas Raffle**  
**Tickets \$1.00**  
**Drawn**  
**Thursday 23rd December 12 noon**  
**Outside Bowra Pharmacy**  
**Winners notified by phone**  
**Tickets available in High St throughout December**

## Letters to Santa

Once again Santa's elves are helping Santa to reply to all the letters sent to him.

You can find the special letter box outside the  
Bowraville Post Office.

*Please remember to include a name and address to  
receive a reply from Santa.*



*The Bowraville Lions Club wishes everyone a  
Merry Christmas and a Happy New Year*

**Don't forget to buy your Lions Christmas Cakes and  
Puddings from the BTC or the Pharmacy in High Street.**

**We also have 2022 Australian Lions Hearing Dog Calendars  
available at the BTC.**



## Ngambaga Bindarray 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

**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.



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## COUNCIL ELECTIONS ON 4 DECEMBER

After a delay of over a year due to covid concerns it is almost time to elect our Nambucca Valley Mayor and Councillors for the next 4 years.

There are a total of 13 candidates. One will be elected as Mayor and eight Councillors will be chosen, therefore four of the candidates will not be on the upcoming Council.

At the election there are two candidates for Mayor - Rhonda Hoban, the current Mayor, and Susan Jenvey, currently a councillor. Both candidates are also on the ballot to select councillors.

The candidates for councillor positions are

Rhonda Hoban	Independent	Newee Creek
James Angel	Independent	Tewinga
Troy Vance	Independent	Macksville
Barry Clow	Independent	Scotts Head
John Wilson	Independent	Nambucca Heads
David Jones	Independent	Nambucca Heads
Trevor Ballangarry	Independent	Yarranbella
Susan Jenvey	Labor	Bowraville
Peter Sobey	Independent	Valla rural
David Hall	Independent	Eungai Creek
Michael Scafidi	Independent	Gumma
Ricky Buchanan	Independent	Bowraville
Martin Ballangarry	Independent	Bowraville

From the information provided to the NSW electoral commission and available on their website none of the candidates are developers.

Locals were invited to learn more about the candidates at the Meet the Candidates event on Thursday 18 November at Macksville Showgrounds. Unfortunately Troy Vance, Michael Scafidi and Barry Clow were unable to attend.

Rhonda Hoban, John Wilson, David Jones, Susan Jenvey, and Martin Ballangarry are currently on the NVC.

At the election itself How to Vote cards will not be given due to the pandemic.

For your vote to be valid you must number at least 1, 2, 3 and 4. But numbering beyond this still gives your choices some power under our complex quota and distribution rules, so give every one of the candidates you would like to see elected a consecutive number.

**DON'T FORGET TO VOTE – DEMOCRACY DEPENDS ON IT**

*Compiled by the Bowraville Chamber of Commerce*

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requirements of the soil and the  
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as well as the form and contents  
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*For the home garden  
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6564 8648**

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## Christmas gardening tasks

Being able to enjoy the outdoors over the holiday period is one of the greatest things about an Aussie Christmas.

If you're planning on hosting family and friends at your place this year get your backyard looking spic and span.

### Green up your lawn

A well-kept lawn provides a green place for playing and lounging. Give it a good mow and tidy up the edges. Do it in the early morning or late afternoon so you're not outside in the heat and humidity in the middle of the day.

Use a hose-on fertiliser for a quick boost and green up. Continue giving the grass a good watering as often as you can between now and Christmas. This will make a big difference. If your lawn has disappeared, cover the area with some form of mulch, such as bark or gravel.

### Tidy up

You've probably got gardening stuff that 'might be useful one day' but really haven't been used in years. Chuck it out or move it to the shed. If your kids have grown out of that bike or the baby swing then it's the perfect time to pass them on to someone else ... or take them to the tip.

### Clean up furniture

Clean up paving, peeling paint or faded woodwork, re-stain the deck and clean the barbecue. Outdoor plastic furniture comes up well with a bit of a wipe or scrub down.



Timber furniture can be quickly cleaned and refreshed with furniture wipes which you can get at the hardware store. For an instant lift, buy new outdoor cushions or a festive tablecloth.

### Tidy up your plants

Go around with secateurs and snip off dead leaves, flowers and anything that's been badly heat affected. Cut back annuals or perennials that have flowered as they may come good and re-flower.

Continued on Page 19



# BOOK FAIR



## BOWRAVILLE PIONEER COMMUNITY CENTRE

Annual fundraiser  
for the hall

70 High Street, Bowraville

Saturday, January 8th 2022  
from 9am to 2pm

## BOWRAVILLE PHARMACY

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## 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**

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# Beware of Online Scams this Christmas

*Scammers will pretend to be genuine online sellers, either with a fake website or fake ad on social media to catch unsuspecting shoppers. It is important to be aware of the risks of shopping online and take steps to safeguard your personal and financial information.*



## How to spot an online scam

Fake retail websites, online auction and classified websites are the three major channels for scammers to access victim's money and personal information.

Fraudulent websites are designed to capture your information and take your money and run. They use stolen logos or a false ABN to gain trust of consumers.

Each time you provide your details such as an email address or a credit card, your information becomes prey for cyber criminals.

## Online Shopping Tips

- Ensure the website is secure – look for https:// (s is for secure)
- Be wary of unprofessional looking sites
- Use a secure payment option such as PayPal, BPay or your credit card
- Use a secure computer and a secure network to protect your money and personal information when shopping online, avoid public computers and networks
- Beware of a site asking for more personal information than they need
- Avoid storing your credit card details on websites for future shopping; this may leave it open to a compromise
- Before purchasing check the retailer's return or refund policy and complaints handling policies
- Always conduct transactions within the website and avoid private contact or payment directly with buyers or sellers
- Always print and keep a copy of the transaction or records of any communications with the retailer
- Check your debit and credit card statements regularly and ensure you call us immediately if you notice any unauthorised activity on 138 001
- Always install antivirus software and ensure you keep it and your browser up-to-date

## When shopping goes wrong

- Contact your financial institution immediately
- Your state's Fair Trading or Consumer Affairs Office
- Report it to the ACCC's Scamwatch

### **Spread mulch everywhere**

Mulch covers up a multitude of sins and adds a finishing touch to garden beds. Sugar cane, lucerne, bark chip and tea tree mulch are all great choices.

### **Add a little colour**

If there's no time to plant seedlings you're going to have to go for potted flowering plants. Petunias, asters, daisies, orange Gaillardia and marigolds are great choices for sunny spots; try impatiens or begonias in the shade. Look for lots of buds rather than fully opened flowers, as they will open over the next couple of weeks.

### **Grow your own salads**

Keep planting seedlings of salad greens such as lettuce, rocket and spinach every couple of weeks so you always have fresh salad at hand no matter how many people drop in.

### **Grow green gifts**

Gardeners and plant lovers love presents they can plant, decorate or use in their garden and, for many gardeners, the more practical the better. Take a visit to the nursery – you're sure to get lots of ideas for every member of your family. Buy a punnet of seedlings or a small potted perennial then plant it into an attractive container as the perfect growing gift.

### **Plant up pots**

To enliven dull spots, pot up flowering gardenias, hydrangeas, geraniums or agapanthus and place them strategically so they can be seen by guests. If you prefer native plants, Christmas bush, grevilleas and kangaroo paws are all looking amazing at the moment and do very well in sunny spots. You can buy ready-planted hanging baskets or pots that are overflowing with flowers. It's worth spending that little bit extra and buying a couple. Position them either side of your front or back door to really make a statement.

### **Last minute tidy up**

A day or two before Christmas, do a last-minute clean-up - trim edges, mow and sweep everything including all paths and paving. Look up, too, and get rid of all the spider webs. And, don't forget to fill the gas bottle if you're barbecuing.

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



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- deposits
- balance enquiries.

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

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.

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# Christmas Self Care — *Continued from page 10*

your go-to service is closed. Ensure you have medication and other necessities. Plan for various scenarios to ensure you won't feel alone or unprepared.

## **Write it down.**

Get your notebook out in the lead up to Christmas and just write. Write down everything you think and feel or everything you 'have to' do and worry about. Don't write it for anyone to read. Just write to get it out of your head and onto the paper.

This simple practice can help you in the lead up to Christmas. With a clear head it's much easier to decide what is a priority and what needs to be done.

## **Practise self-compassion**

COVID-19 may have affected your Christmas plans. You may not be able to spend it with some, or all, of your loved ones or you may not have been able to travel to your preferred destination.

Acknowledge if this year has been a difficult one for you. It can be helpful to remind yourself of the things that have gone well particularly when times are difficult. What are some of the things you are grateful for this year?

If you are away from loved ones this doesn't mean you can't connect at Christmas. A phone call or a good old-fashioned Christmas card are good ways to keep in touch with people you care about.

If you need to talk to someone during the Christmas period, we recommend you call a confidential helpline such as Crisis Care 1800 199 008. There will be people with a listening ear who can help you cope if you feel overwhelmed.

## **Stop comparing yourself to others.**

You are unique – your story is unique – your personality is unique – your family is unique. Don't compare yourself to others and the Christmas they are having or talking about on social media. Family situations can be complicated especially when someone in your family is living with mental health challenges or you are struggling yourself. Accept YOU as you are. Accept your family as they are. Set boundaries and take action towards creating the Christmas you would like to have by communicating this to the people around you. Then, let it go and take Christmas as it comes. Without expectations. Without judgement. With acceptance.

## **What matters most?**

Although Christmas means different things to different people for most people it's an opportunity to connect with family and friends or to take a break. It can be a time to be together, to relax and celebrate. It may also be a time to honour your religion and faith.

Have a think about what it means to you and what your intention is this year and keep that in mind during the Christmas festivities. It will also help you to stay centred if things don't go to plan.

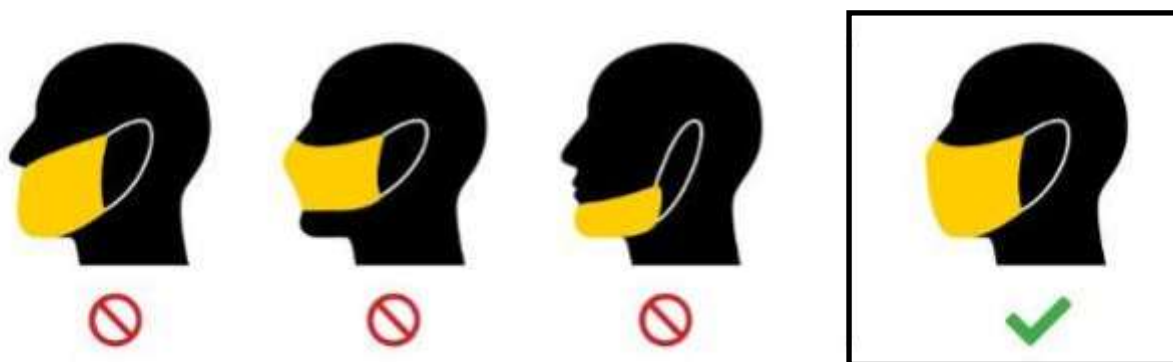
**Crisis Care 1800 199 008    Rurallink 1800 552 002**

**Lifeline 13 11 14    Mental Health Emergency 1800 676 822**

- [helpingminds.org.au/christmas-selfcare/](https://helpingminds.org.au/christmas-selfcare/)

# How to wear and use a mask properly during COVID-19?

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



### The proper procedure for wearing a face mask during COVID-19?

- ♦ wash or sanitise your hands before putting your mask on or taking it off
- ♦ make sure your mask covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face
- ♦ do not touch the front of your mask while wearing or removing it
- ♦ **do not allow the mask to hang around your neck or under your nose**
- ♦ do not reuse single use masks
- ♦ wash and dry reusable masks after use and store in a clean dry place.

- [www.health.gov.au](http://www.health.gov.au)

# Clocktower facelift complete thanks to local efforts

With a grant from the Nambucca Valley Council and the efforts of volunteers from our local community and Bowraville Lions Club our beloved clock tower has been restored to its former glory.



The original clock tower was built in 1987 but the original time piece was unreliable so in 2007 the Bowraville Lions Club started a fundraiser to update the clock and raised over \$12000 which included a grant from council for \$5000.

Since then there has been some upgrades and repairs to the clock faces in 2017

but the recent repair work has been the most signification to make the structure safe again.

Former Lion Chris DÉlboux and current Lion Greg Lamberth replaced the rotting timber and gave the clock tower a fresh coat of paint.

Former Lion Alan Boyd built and painted the Wagon Wheel and Wayne Noble used the lifter of his truck to put the wagon wheel into place.

Thanks to these awesome locals and to our local council.



**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](mailto:nambuccaanglicans@tpg.com.au)

10/11

**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.**

10/11

# Save our native wildlife from drowning



Summer is coming and with this season comes a range of difficulties for our native animals, thirst and drowning are two common problems they face every year. With hot days and little rain more natives will be searching for a water source as our creeks dry out. Some of us will be getting our pools ready, taking off the pool cover preparing for hours of enjoyment. Sadly, our pools are a regular danger to our native wildlife but there is a simple solution you can use to remedy the danger. You can make a DIY pool ramp for native animals to escape drowning when they fall in, and this ramp may even save your pet too. Echidnas, bandicoots, frogs and antechinus are often found needing rescue, sometimes it's too late but let's give them a chance; yes some of these animals can swim but not for hours, they become exhausted and drown. Items you probably have around your home can be turned into a nifty pool ramp, a rubber door mat and rope will make a good ramp you can drape over the edge of the pool, secured to your pool fence to hold it for their hasty escape.

Another danger is the simple bucket of water that you might be saving for the garden or the rain has filled it. Put a long stick into the bucket, so that sticks out above the water then any frogs, birds or lizards that fall in can escape. We all love our beautiful colourful native birdlife and often will put out containers to help them during summer, put a rock or stick in so no little creatures drown, or if you are on the land/ acreage think about your water troughs having a good size stick available for escapes when animals get into strife. No-one wants to find native wildlife drowned.



**If you do find a sick, injured or orphaned native animal call WIRES Wildlife Rescue 1300 094 737**

## **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.

## Technology and the environment - *From page 6*

One way to achieve sustainable development of the environment is through technology implementation. There are many programs and projects supported by the environment plan for sustainable development. These projects involve the use of technology in the areas of waste water management, community forestry, and carbon dioxide removal from the atmosphere. Through technology implementation, environmental problems can be addressed. It also helps to create a cleaner earth.



Today's world faces a variety of environmental problems. Many of these problems face the poor in the developing world, those who live in rural regions, and those with little access to electricity or clean water. It is true that technology has helped to relieve these problems in some cases. However, the type of technology used is not limited to clean energy, water purification, and improved forestry practices. There are more environmental benefits to incorporating technology into society as it pertains to technology and the environment.

Environmental advocates applaud the increased use of clean energy, water conservation, and technology implementation. They claim that technologies can and should be developed to help with the environmental problems that face society today. While technology may not solve all environmental problems, technologies developed specifically to combat specific environmental issues such as air pollution, water pollution and pesticides can potentially save the environment.

As indicated earlier, the environment has been affected by technology since the dawn of man. One can trace the impact technology had on the environment back to the Stone Age. Technology has continued to impact the environment in new ways as well. Technological developments in areas such as telecommunications have created new environmental implications. A telephone network is an enormous amount of electricity generated over a very long time. The energy produced by a phone network has implications for the environment that go beyond the impact it has on the individual who owns the equipment.

Technological change and its environmental impacts must be considered in today's society. The key to a sound environmental policy is to recognize and determine the sources of technological change, and the societal responses to those changes. It is essential that the key questions are asked, and adequate research done to evaluate the impact of technological progress on the environment.

Effective environmental policy requires flexibility and a willingness to work closely with citizens, local governments, and nongovernmental organisations to build and manage an environmental policy that advances the goals of environmental protection while protecting the environment and the sources of natural resources.

- [www.techbusinessnews.com.au/technology-and-the-environment/](http://www.techbusinessnews.com.au/technology-and-the-environment/)



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



2NVR seems to be going from strength to strength. The station has been nominated for the CBAA's Outstanding Small Station Award. This may well prove again that 2NVR is indeed the best little station in the nation!

We have new presenters who will start training soon and it will be exciting to hear some new voices and new shows in the New Year. Why don't you join our team? Please call 0419 707 874 if you are keen.

Our live Studio 3 sessions have been wonderful and our offering on 17 December will be one of the best! Studio 3 Live will present 'The Wild Women of Anywhere Beach'. They are two revolutionary older women who have been delighting audiences for over 30 years, singing their way through numerous political upheavals, social revolutions and just plain standing up against injustice! Cathy (Fast Fingers) Welsford and Angie (Random Chords) Smith write original songs and fearlessly adapt others to their own unique style.



You can come to the studio and be a part of our live audience, please bring your own refreshments and a chair. 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 17 December 21.

Our Facebook page is great for keeping up to date with what's happening at 2NVR.



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# Citizen scientists can help explain why Christmas beetles seem fewer in number

For many, Christmas means Mariah Carey songs on repeat, hot weather and flashes of green and yellow insects in our gardens.

But in recent years Christmas beetle sightings appear to be dwindling.

A new online study is hoping to recruit community scientists and budding entomologists to help track and count the beetles.

Tanya Latty, an entomologist from the School of Life and Environmental Science at the University of Sydney said there had never been a dedicated long-term study in the decline of Christmas beetles.



"While everybody feels like numbers are going down and people claim that we don't see them in the numbers that we used to we don't have that data," she said.

"There is reasonable anecdotal evidence to suggest that there has been a decline in Christmas beetle numbers. This is why we have launched the Christmas beetle count through the iNaturalist website in the hope of getting some good numbers on what is happening with Christmas beetles."

Associate Professor Latty said the possible decline could be due to several factors including the increased use of broad-spectrum insecticides and pesticides in gardens. "Applying any sort of curl grub killer or insecticides to the soil is generally not a good idea for any gardener," she said.

"Most of those chemicals are broad-spectrum which means they will affect a large range of insects and it also mucks up the soil ecosystem."

Scientists believe other reasons for the decline could be habitat change as a lot of the native bushland and grassland the beetles would spend time in as larvae have disappeared or been destroyed.

"Things like climate change can also mess around with when the insects come out," Associate Professor Latty said.

"We don't have enough data to point us in the direction of what is the major factor in the decline in numbers."

"Drought is probably a principal reason why we haven't seen as many over the past few years. If the ground is too dry the adults can't emerge from the soil. There have also been changes in the urban environment and the expansion of urban areas."

Associate Professor Latty said a big entomological study would traditionally take a lot of time and money with trained people outside collecting data.

"What's changed is websites like iNaturalist can harness the power of citizens and community members to go out and get the data and post it online for us enabling us to receive data from across the county in real time and at almost no cost," she said.

By contributing to this project you will be helping determine whether Christmas Beetles are declining and, if so, what might be causing that decline.

"Christmas beetle is a general name; their scientific name is *Anoplognathus*, in which there's about 36 species," says Chris Reid, a principal research scientist at the Australian Museum.

**To participate go to  
<https://www.inaturalists.org/projects/christmas-beetles>**

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

# Bowraville Central School News

## Financial Wizz Kids

Year 4/5/6G have been learning financial literacy this year, using a free program called 'Banqer'. They each received virtual bank accounts - an everyday and a savings. They learned about budgeting and had to rent their desk, tote tray and laptops from their teacher, Mrs Lane. They were given some pocket money each week to cover these expenses.

In Term 2, the students wrote job applications to apply for various jobs in the classroom. These jobs came with an income, which helped them to save. They learned that keeping their money in a savings account attracted interest. Students were also able to purchase assets (bikes and cars) which were then leased out to earn them more income.

Last week, their total net worth was converted into 'Banqer' dollars for them to spend at the fair organised for their class. Groups of students collaborated to decide on the nature of their stall, resource requirements and the design of their sign.

Mrs Lane said she was so proud of all the class. 'They were impeccably behaved and I saw some natural sales people rise up, trying to sell their remaining wares.'

*Congratulations 4/5/6G!*





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

70 High Street, Bowraville  
~ *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

A special Xmas Market on Saturday 11 December

Seeking donations for our BOOK FAIR in January (used books  
and raffle items)

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.*

# New Exhibition at Phoenix Gallery & Cafe

## RESILIENCE: Advancing Despite Adversity Exhibition

Celebrating individual and collective resilience in our region



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Follow us on socials @NambuccaValleyPhoenix

**9AM - 2PM WED TO FRI**  
**88 High Street Bowraville NSW 2449**



# Know Your Herbs & SPICES

*Following is a list of spices every home cook should have in their kitchens along with descriptions of their flavours, aromas and how they're typically used.*

## Hot Spices

### Red Pepper Flakes

Red pepper flakes make it easy to add a spicy kick to any dish without changing the overall flavour profile or adding additional moisture. You can incorporate them early in the cooking process or sprinkle some on top as a garnish before serving.



### Paprika

The flavour and aroma of paprika can vary widely from warm and delicate to hot and smoky. It's great on most meats, vegetables and legumes.

### Cayenne

Cayenne is the most common ground chili worldwide beloved for its slightly smoky flavour and heat-boosting abilities. It's a staple in many chili powders, curry powders, seasonings and other spice blends.

### Chili Powder

Chili powder is typically just a blend of popular spices used in Latin-American cooking like ground ancho chili, paprika, cumin, coriander and cayenne. Great in chili, enchiladas and many other recipes.

- jill@byjillee.com

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*Do you suspect a virus?*

*Or it just won't work the way  
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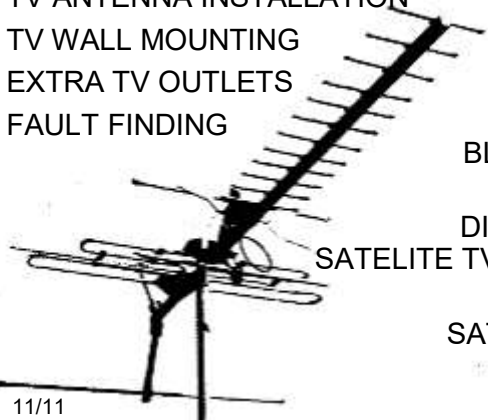
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# Radio Nambucca — 2NVR — 105.9 FM — Summer 2021 — Program Guide — Studio 3 Live on the 3rd Friday of each month 5-6pm

## Radio Nambucca — 2NVR — 105.9 FM — Summer 2021 — Program Guide — Studio 3 Live on the 3rd Friday of each month 5-6pm



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	<b>Music for a Monday Morning</b> ErmsG Energise your week with the ErmsG Music Show.	<b>Drive Thru</b> With Jackie Edmunds Mix of 60s, 70s to current music.	<b>Aussie Grown Across the Nation</b> Aussie Christmas precursors to charts.	<b>Tones of Clairresence</b> Claire Watt-Powell Get that musical vibes!	<b>The Big Breakfast</b> With Jackie Edmunds A mix of community events, news and interviews along with some great music to kickstart your weekend.	<b>Here Be Dragons</b> Mike or Elizabeth No-fear fire and ice music.	<b>Paint Ya Wagons Red</b> Sean & Tim All the beats and all the other.	6 AM
7 AM	<b>Classic Hits &amp; Jukebox</b> Paul Rowe Great Rock n' Roll 1950s-2010s	<b>DJ Macca's Muse</b> DJ Macca Emascasomix, indie artists, Aussie, international, LGBT aware, diverse musical genres	<b>Gold at Breakfast</b> Dayna Gold Wake up with Dayna. It's gold.	<b>2NVR Music Mix</b>	<b>Talk Of The Town</b> Ceri Whobel See what's going down! All things local	<b>Hair Of The Dog</b> Mick Britles Originals, covers, white and wisdom	<b>Sunday Morning Music</b> With Phil	7 AM
8 AM	<b>Baby Boomers</b> Donna Collins	<b>Infopinion</b> Richard Lawton, Eddie Ormego & Ron Hawkins	<b>Isn't It Romantic</b> With Dallas Dent Crooners Easy Listening Popular Ballads	<b>Turning Pages</b> Elizabeth Newman ETP Valley Views & Voices With Elizabeth Newman	<b>Dano's Mixed Grill</b> Daniel Gosson Where anything can happen and probably will	<b>Flashback</b> With Rob Davidson	<b>Phase Out With Faye</b> Faye Aspiotis	8 AM
9 AM	<b>The Weekley Fix</b> Paul Webley	<b>Roving with Linda</b> Bible reflections, Gospel & Australiana	<b>Lunch with Gazza</b> With Gary Biden Easy Listening To Rock & Pop	<b>A Mix Up with Stovo</b> Selected great music	<b>Dhirendra</b> Sounds from all over the place	<b>Garage Noise</b> With Sean Ambrose Alternative Music	<b>Praise, Prayer &amp; Pop</b> With Michelle	9 AM
10 AM	<b>Dyer's Loop</b> Paul Dyer Music to dye for, of course	<b>Rock On</b> With Jimmy & the Bluebirds	<b>Just For You</b> Carols J. Simmons Followed by Karol's Deutsche Musik Stunde 2NVR Multicultural Focus	<b>Dano's Archive</b> Daniel Gosson's 2NVR sound archives	<b>The Time Traveller</b> Sounds from all over the place	<b>Saturday Roundup</b> With Rachel Burns	<b>Michelle's Music Mix</b> A different theme weekly	10 AM
11 AM	<b>Sister Act</b> Olivia & Sam	<b>Retro Birds</b> Robyn Wren & Sally Swan Not out of the box radio entertainment	<b>MC Grim</b> Mark Seagrims Music with a wicked difference	<b>Thursday Country</b> Tricknific	<b>Wind Down for the Weekend</b> Sui & The Crew	<b>Two For The Money</b> Paul and Rachel Burns	<b>That's A Wrap</b> Donna, Nigel, Mitch, Gary & Les Local sports results and in-depth analysis	11 AM
Noon	<b>Blues Soul Funk</b> Matt Lebonard & friends	<b>Blues, soul, funk and Evelyn</b> interviews.	<b>Wednesday Spotlight</b> With Mecca A bright musical feast	<b>Nambucca Valley Roundup</b> Retro	<b>Turn Up The Volume</b> With Mecca Three hours of soft rock & Auster requests.	<b>Aussie Music Weekly</b> With Nobby	<b>The AnSf Radio Show</b> Speculative fiction	Noon
1 PM	<b>Music Makers</b> With Yen Mixed music with featured artists	<b>2NVR</b>	<b>The AMRAP Music Show</b> Anthony Garmsey Solid Rock	<b>Highway Blues</b> With Retro When Only The BEST BLUES Will Do	<b>The Panic Room</b> With the Voice of Panic Ear-chosen music!	<b>Wolfy</b> Wolfy's music & requests	<b>Imagine This</b> Radio drama	1 PM
2 PM	<b>Overnight Music Mix</b>	<b>Overnight Music Mix</b>	<b>Ant's Rock</b> Anthony Garmsey Solid Rock	<b>Jeff's Junk</b> Jeff Mills 2NVR Music Mix	<b>2NVR</b>	<b>2NVR Overnight Music Mix</b>	<b>Prog Rock Playlist</b> Rhino The best of Progressive Rock	2 PM
3 PM	<b>Overnight Music Mix</b>	<b>Overnight Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>2NVR Music Mix</b>	<b>Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	3 PM
4 PM	<b>Overnight Music Mix</b>	<b>Overnight Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>2NVR Music Mix</b>	<b>Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	4 PM
5 PM	<b>Overnight Music Mix</b>	<b>Overnight Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>2NVR Music Mix</b>	<b>Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	5 PM
6 PM	<b>Overnight Music Mix</b>	<b>Overnight Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>2NVR Music Mix</b>	<b>Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	6 PM
7 PM	<b>Overnight Music Mix</b>	<b>Overnight Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>2NVR Music Mix</b>	<b>Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	7 PM
8 PM	<b>Overnight Music Mix</b>	<b>Overnight Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>2NVR Music Mix</b>	<b>Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	8 PM
9 PM	<b>Overnight Music Mix</b>	<b>Overnight Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>2NVR Music Mix</b>	<b>Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	9 PM
10 PM	<b>Overnight Music Mix</b>	<b>Overnight Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>2NVR Music Mix</b>	<b>Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	10 PM
11 PM	<b>Overnight Music Mix</b>	<b>Overnight Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>2NVR Music Mix</b>	<b>Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	11 PM
Midnight	<b>Overnight Music Mix</b>	<b>Overnight Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>2NVR Music Mix</b>	<b>Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	Midnight

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