



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

FEBRUARY 2021 ~ ISSUE #192 ~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449

Bowraville Connections Project More plants + Improved Waterways = More Fish



A good news story in these challenging times: We at Nambucca Valley Landcare are extremely excited to start work on the next and largest stage of our Bowraville Connections Project with funding from the NSW Recreational Fishing Trust and the NSW Environmental Trust!

The projects will continue to address riverbank and bed erosion issues, improving instream fish habitat and the riparian condition in South Creek and Nambucca River at Bowraville.

Prior to 1994, extensive clearing of native vegetation, gravel extraction and stream bed realignment activities saw the loss of naturally occurring riffles as bed and water levels lowered across the Nambucca. This bed level lowering contributed to an over-wide channel and resulted in widespread bank erosion.

The project site is a prime example of these changes where banks are highly erosive up to 6m high, with sparse native vegetation retreating further into the floodplain and resulting in substantial soil loss, turbidity and an unstable channel.



This project is part of the broader Bowraville Connections Project, aimed at improving the health and function of the Nambucca River at Bowraville. This stage

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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

DEADLINE FOR COPY FOR

THE MARCH 2021

ISSUE IS: 4:00PM

TUESDAY, 16th FEBRUARY 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

DISCLAIMER

Bowraville Community News reserves the right to alter, omit or change classifications and advertisements —Furthermore, the Bowraville Community News does not endorse or promote products or services contained in the newsletter.

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

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services

Are available at the BTC on our computers, your laptop, tablet or smart phone. Printing is extra and cost depends on the amount of pages printed.

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

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

Facility Hire

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

"Like us on



search for "CTCBowraville"

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*



Now Open Monday to Friday

Commencing Monday, 1st February 2021 the BCU's Bowraville cashless store will be open Monday to Friday from 9.30am to 1pm.

SoulSpace

New Bowra Business

The doors may have closed on Colour Cloth Clay, but a reincarnation "SoulSpace" opened Saturday the 30th January and will open Wednesday to Saturday 9am to 3pm. Situated in the old newsagents building on the corner of High Street and Aston Lane, this new space will look to bolster community spirit by supporting local artists, artisans, crafters and providers of eco-consumables. Nelli Gallop pointed out that if the words in the name were rolled together it sounds like "soul's pace" which further helps to convey the feel of community and relaxation that all involved are looking to create.

Owner Moss, and [Nelli](#), and some new faces will offer quality pre-loved clothes, locally grown produce and products. Nelli will continue to deliver art facilitation for NDIS funded participants. SoulSpace is open Wednesday to Saturday 9am-3pm.

4C Bowra

Another New Bowra Business

A bonus for the more advanced computer users. Marley and Emilio can custom build computers to specifically meet your needs. Marley, who will generally man the store is a local, having lived in Bowraville for 40 plus years. He is available to give advice to gamers and to order in stock as required.



Gaming is their passion. They have a Driving simulator in the shop to try and chat about. Pop in and see them at 62 High St, Bowraville Tues - Fri 11am - 4.30pm or Sat 9am - 12noon. Or contact them via email: admin@4cb.com.au or phone: 0404 861 754.

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2 Park Street Bowraville 2449
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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**

*Imagination was
given to man to
compensate for
what he is not,
and a sense of
humour to console
him for what he is.*

- Anonymous

TAX GOT YOU BEAT?

Do you need assistance with your
Income Tax Return?

Each Monday at the Bowraville
Technology Centre an ATO trained
representative is there to help.

Phone 6564-7420 to make an
appointment. It's free.

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.



Art with Heart - 20/20 Vision February Exhibition at Phoenix Gallery

Kristine Reynolds, Barbara Mott and Carmel Mott are artists with disability that work tirelessly on their craft.

Every week the artists meet at their new studio "SoulSpace" at 41 High Street in Bowraville to delve into mindful art practices under the guidance of art facilitator Nelli Gallop.

We are very excited to share that they have an upcoming exhibition "Art with Heart - 20/20 Vision" at Phoenix Art Gallery, 88 High Street Bowraville for the month of February 2021.

This body of work covers the artists exploring their Visions from 2020 and raising awareness for preventable blindness. Like Fred Hollows, we're wanting a world where no person is unnecessarily blind, as over 25 million people on our planet are needlessly blind but with as little as \$25 sight can be restored and lives changed for ever.

Please support the "Art with Heart" event and these local Nambucca Valley Artists with Disability, by attending or by donating online at <https://fundraise.hollows.org/fundraisers/nelligallop/20-20-vision>

Bowraville artists Kristine Reynolds, Barbara Mott and Carmel Mott.



Coronation Kennels & Cattery

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

180 Coronation Road, Congarinni North
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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

3/11

BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 6564-7169

8/11

Get more from your iPhone ~ 9 Tips

Homework Help

The calculator app is always useful for tallying and splitting up costs, but it can also come in handy for solving more complicated equations too! With the calculator app open hold your phone in landscape mode to reveal additional buttons and functions that aren't visible in portrait mode.

Now you won't have to go digging for your old graphing calculator every time you want to help your kids or grandkids with their math homework.

Hide Photos

We all hand our phones over to a friend or family when we have a photo or video we want them to see but it can be a little worrying if your photo library also contains private photos or screenshots of sensitive information!

For a quick fix to this problem start utilising the Hidden album within your photo library. Simply scroll to a photo you want to hide, tap the Share button, then select Hide.

The photo will disappear from all folders and locations within your library but will remain safely tucked away in your Hidden folder (which you can access via the Albums tab under the Other Albums header.)

Thanks to this handy feature you can hand over your phone without worrying about accidental photo swipe mishaps.

Regulate Your Sleep Pattern

Could you use some help setting and sticking to a normal sleep schedule?

There's a handy feature in the Clock app called Bedtime that is designed to do just that!

Just tap the Bedtime tab at the bottom of the Clock app then hit the Set Up button to get started.

You'll tell the app when you want to wake up, when you'd like to go to bed, what type of alarm you want to wake up to and which days of the week you want to follow your new schedule.

Once it's up and running your phone will notify you when it's time for bed and automatically enable the Do Not Disturb function for you. And over time, Bedtime will also let you know how well you're doing at hitting your sleep targets.



Flash Notifications

There are now more options than ever for choosing how to receive notifications from your iPhone. In addition to the standard options of audio alerts and vibrating notifications you also have the option to receive visual notifications in the form of an LED flash from your phone's light.

Continued on Page 14

BOWRAVILLE THEATRE

An update on what is happening at Bowraville Theatre



The theatre building is owned by Council, and leased to the Bowraville Arts Council, This is a voluntary incorporated association, run by its members. Membership is open to everyone and membership fees help considerably with the upkeep and running of the theatre. All members are volunteers, and all volunteers must be members for insurance purposes. There are no paid staff except for the cleaner.

The Arts Council is responsible for the maintenance and insurances of everything except the building shell - including projectors, sound, lighting, cafe etc.

The Management Committee is elected at an AGM which is open to everyone. No AGM was held in 2020 due to Covid and the difficulty of having a public meeting. All existing memberships have been extended until June 2021.

The Theatre is now registered as a Covid safe business and the Committee is working to reopen the theatre.

While the theatre has been closed the present Committee has been working to improve the building. A successful grant application for \$25,000 has allowed replacement and improvement of auditorium lighting, improved front of stage lighting with a new retractable lighting bar, and new curtains on the stage surrounds will be installed shortly. A cashless card system will also shortly be installed. A grant application from Create NSW \$5000 was also successful, which has stopped the coffers from diminishing as bills still have to be paid.

The Theatre website (shut down to save costs while the theatre is closed) should be back up and running in the next few weeks, and a call for memberships and volunteers will be made.

Continued on Page 31



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 \$4.50
from 5pm to 7pm daily

FREE POOL Everyday

3/11

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 3/11

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

33 HIGH STREET, BOWRAVILLE
Ph.6564 7041 bowrahotel@bigpond.com

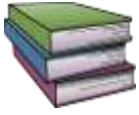


St. Jimmy's Christmas Lunch 2020

St Jimmy's Community Christmas Lunch was held at Bowraville Central School on Christmas Day. Around 50 people attended and all seemed to delight in the activities of the day which included Christmas Carols with Sharon Coleman and later on it was easy listening music with Sue Smoothy.

Tony Fuller and Jeff Mott provided their usual humorous banter to the quiz and raffle draw. Other wonderful volunteers were assisted by Bowraville IGA who cooked the meats and vegetables for the delicious baked dinner. An array of mouth-watering desserts was also on offer.





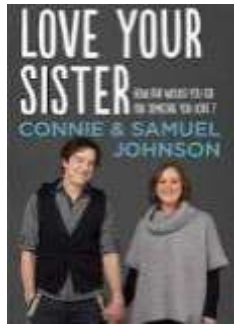
BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Love Your Sister

by *Connie and Samuel Johnson*

If either of these names sound familiar to you but you can't quite place them they're Australians.

Samuel Johnson is a well-known actor and his sister Connie came into the public eye after she was diagnosed with terminal cancer and challenged Sam to unicycle around Australia on an awareness and fundraising mission for Breast Cancer, hopefully to achieve that before she passed away.



Connie and Sam tell this story, and their individual ones, together. They are very open about their childhood and the way their father (an extraordinary man) raised them after the death of their mother when Connie was 3. Connie first had a diagnosis of cancer at age 12 and Sam became "the brother of the girl who has cancer" so you get both sides of the story here.

This is a lovely read in terms of family relationships and the bond between the two siblings. It is hard to believe that any person could have 3 cancers in their life but unfortunately for Connie, she did, but she had supportive and caring people with her all the way.

It's an interesting read in terms of what Sam and his 'team' actually achieved in the 12 months it took to unicycle around the country spreading their awareness message; the physical and mental endurance required by all involved, let alone the actual feat of it being 3 years in the planning and executing of such a bizarre mind challenge.

Love Your Sister is a definite read even if, like me, you "don't normally read this sort of thing".

- This book reviewed by BTC Volunteer Raewyn.

Heroes Next Door

by *Samuel Johnson*

When Samuel Johnson unicycled around Australia, he met some awesome people. And before we had to lock down, he and his other sister, Hilde, were travelling the country talking at schools, community groups and at the side of busy streets to spread their message about how to kick cancer in the face. But in the process they listened as people shared their own stories - not just about how cancer impacted them, but about love, fighting fires, making families out of choice not blood, knitting, being there and being surprised by life and finding solace from strangers. They decided those stories should be shared and the idea for *Heroes Next Door* was born.

- www.amazon.com.au

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.

~ TINNITUS AWARENESS ~

Do you sometimes, or often, hear a buzzing, whistling or ringing sound inside your ears which lasts a few minutes? Don't think it's just in your head because you're not alone. About 20% of Australia's population experiences this condition called tinnitus, which can be caused by an ear infection or an underlying health condition.

Tinnitus can be mild or severe, depending on its frequency, duration and level of discomfort and may be an indication of a serious health condition and lead to hearing loss.



What is Tinnitus?

Tinnitus is a condition where you hear noises inside your ears that do not come from any external source. The annoying noises can last for a few minutes, but for some it can last for a lot longer, causing them stress, irritability, fatigue, poor concentration and anxiety.

Tinnitus can be subjective or objective. The first is more common than the second, wherein the noises are only audible to the affected person. An objective tinnitus can be heard by both the affected person and the person examining them with a stethoscope.

What Causes Tinnitus?

Damaged cells in the inner ear may result in tinnitus, but there are other contributing factors that shouldn't be discounted. According to the Australian Journal of General Practice of the Royal Australian College of General Practitioners, tinnitus may also be caused by a vascular condition, nasopharynx cancer or stapedial myoclonus, which results from the involuntary jerking of the stapedius muscle in the middle ear.

Studies show that the most common causes of tinnitus include - Ageing, Exposure to loud noises, Prescription medications, Meniere's disease, Vertigo and Head or Neck injury.

What are Common Treatments for Tinnitus?

During an examination for tinnitus, the health practitioner will identify the root cause of the patient's tinnitus to be able to prescribe the appropriate treatment. No two conditions are ever the same. Although two people may manifest the same symptoms, the condition of one may be due to inner ear damage, while the other one may be a result of an underlying health condition that is not directly linked to the ears.

Depending on the diagnosis of the physician after conducting an auditory assessment, the patient may be advised to use hearing aids, certain medications to prevent complications, or undergo a white noise therapy, which employs machines that simulate sounds in the environment in a subdued manner to mask the noises in the ears.

Can Complimentary Medicine Treat Tinnitus?

Tinnitus is linked to stress, so learning to manage your stressors will make the condition more manageable. Several holistic healing modalities can help reduce not only the inner noises but the negative feelings associated with it as well, such as anxiety, depression, irritability, fear and uncertainty. Some types of complementary medicine that can help silence the noise in one's ears and induce relaxation are - Cognitive behavioural therapy (CBT), Meditation, Hypnosis, Acupuncture and Sound therapy.

- www.naturaltherapypages.com.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



February Specials



Come in to **Bowraville Pharmacy** where you can get 10% off our fabulous KOORINGAL Hats for the month of February.

Mention this Ad and get a further 5% off!!



20% off our TASTY Bio Fermented Probiotic and Superfood Concentrates.

Get an extra 5% off when you mention this Ad!!

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31 HIGH STREET, BOWRAVILLE

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CoronaVirus Craziiness

Woman 'walked' husband on a dog leash to avoid COVID restrictions

A Canada couple have been fined after they were stopped by police as the woman was 'walking' her husband on a dog lead.

The couple tried to argue with police that they were not breaking coronavirus rules as it is permitted to break curfew in order to walk your dog.

"One of them had the other on a leash and she said she was taking her dog, pointing to her partner, out on a walk as allowed under the exceptions provided by Quebec's premier under its curfew law," said a spokesperson for the local police department.

The province of Quebec introduced an overnight curfew from 8pm until 5am. During that time locals are only allowed out of their homes for limited reasons such as going to hospital or walking their dog within 1km of their home.

The couple were stopped by police just one hour after the curfew was first introduced. The pair were fined CA\$1,546 (AU\$1,565) each for the violation.



- *kaleistyleguide.com*

Bowra Country Markets

Bowraville Community Centre
70 High Street, Bowraville

Saturday 13th February
from 9am to 1pm

The market is on again this month creating a welcoming space for people to gather, meet friends and relax, as well as enjoy some café classics and browse some local stalls.

We have recently purchased a coffee machine so a range of barista style coffees will now be available to enjoy with a delicious homemade treat on the covered back deck. Or we have a range of teas or cold drinks if that is more to your taste.

If you would like to join our group of friendly stall holders and come along with produce or goods to sell, please contact Phillida on 0401 481 501.

COME RAIN OR COME SHINE -
THE BOWRA COUNTRY MARKETS
IS A GREAT PLACE TO CONNECT
WITH YOUR COMMUNITY...

SEE YOU THERE

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

PRESIDENT

Mark Scott
M: 0428527545

SECRETARY

Lisa Matters



3/11



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.

9/11

58 HIGH STREET
BOWRAVILLE

6564-7246

Bowra Pioneer Community Centre needs YOU!

Our hall is in desperate need of repairs for leaks due to all the recent rains. We would love some corporate sponsors to come on board and help with our fundraising to get the much needed repairs done as soon as possible.

Maybe you can offer materials for the project or have suitable qualifications for the labour involved, any help is greatly appreciated. Sponsorship packages in conjunction with 2NVR Community Radio are an option.

We have our monthly country markets, have recently had a Book Fair and Raffle and will have other on-going activities to help raise the money needed. Look forward to a Trivia Night in the near future.

The hall is used for the Country Markets and Cafe on the 2nd Saturday of each month, line dancing on Tuesday nights, pop-up shops and craft activities.

The hall is available, with kitchen if required, if you have a small event or you would like to rent it on a casual or regular basis for meetings, craft workshops, yoga etc. There is also a private upstairs office space and a small storage area available for rent on a casual or permanent basis. Wi-Fi is available in the building.

Our whole purpose is to have the hall available for the community to get together, socialise, learn, have a cuppa and chat and inspire each other to love our little town and surrounding areas.

Donations can be made to BCU BSB: 533 000 ACCOUNT : 32855529

Name: BCDAL (Bowraville Community Development Association Inc)

For any extra information regarding Hall Bookings or Corporate Sponsorship please call Kim Deane, Hall Manager on 0413 888 780 or Marion Syrratt, Secretary BCDAL on 0400 828 471.



BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE
PH: 6564 7925
FAX: 6564 7364

*Monday to Friday 8.45am - 5.30pm
Saturday 8.45am - 12 noon*

Prescriptions and Professional Advice
Moo Goo Natural Skincare
Designer Brand make-up range

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1/11

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

CRAIG BELLAMY 0412 080 287
NARELLE HARPER 0435 054 625
www.atrealty.com.au

3/11

Get more from your iPhone - *Continued from page 6*

To use flash notifications, go to Settings > Accessibility > Audio/Visual. Next to LED Flash for Alerts, toggle the switch to turn it on.

Pump Up the Volume

Want to play some music, but the volume from your iPhone's speakers just isn't cutting it? Go to Settings > Music > EQ, then select the "Late Night" option.

This option adjusts the playback settings in a way that enhances the way the music sounds coming out of your speakers at high volumes. It's a great option to have for playing music at an outdoor event if no one thought to bring a bluetooth speaker along.

Fine Tune Your Flashlight

You probably already know you can use your phone as a flashlight by swiping up and tapping the flashlight icon. But you may not know that the brightness of the flashlight function is fully adjustable!

Instead of tapping on the flashlight icon press down and hold it to bring up the brightness slider.

If you frequently use your phone's flashlight to navigate around your bedroom during the night you will be pleased to know how to dim the flashlight to avoid blinding yourself!

Close Multiple Apps

To close apps you aren't currently using access the App Switcher by double clicking the Home button and then swiping up on the apps you want to close.

For models from iPhone X and later - access the App Switcher by dragging up from the bottom of the screen.

But if you have a *lot* of apps open that you want to close that can be a lot of swiping! You can make the process faster by using multiple fingers to swipe up on multiple apps to close them at the same time.

App Finder

If you have a lot of apps on your phone or use a lot of different folders to stay organised, it can sometimes take a while to find the app you're looking for!



If you're in a hurry and you need that app *now* (say, to Shazam a song that's about to end) using the search function can be a lifesaver.

From your home screen, swipe down to bring up the search bar. Start typing the app name and it will pop right up! Use this search bar to find contacts, messages, emails, and more.

Custom Emoji Shortcuts

One of the recent iOS updates introduced emoji suggestions to the keyboard experience - where it suggests emojis to use based on the text you're writing.

If Apple's emoji choices aren't reflective of your own unique emoji language you can set up your own custom emoji shortcuts!

To create one, go to Settings > General > Keyboard > Text Replacement. Enter the emoji(s) into the "Phrase" field, and set a trigger word into "Shortcut" field. (For example, you could type "ugh" to trigger the eye-rolling emoji, etc.)

- www.onegoodthingbyjillie.com



Bowraville Lions Club Inc News Bulletin

FEBRUARY 2021



The Lions Club of Bowraville have various fundraising project during the year including pub raffles and BBQ's 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 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 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"

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- 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
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 - Identify concerns, set goals and development plans for the future
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Early Links Mission:

"Every child, every opportunity"

Early Links Vision:

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- Build confidence to achieve your goals
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Create a Memory Garden

A memory garden is a tribute to someone who has passed away. It can serve as a quiet, reflective place where you can go to be comforted and inspired. A memory garden can enrich your life by allowing you to have somewhere to feel at peace as you remember your loved one's life.



Plan your memory garden. Use a place connected to the memory of your loved one, if possible. A corner of your deck or patio could serve as a small memory garden if you don't have a lot of space. Consider how much privacy you would like to have and select a location to suit. The commemorative garden can be large or small, depending upon the size of your yard or designated space and the amount of work you want to put into it.

Create boundaries for your space. Set boundary markers for the garden such as a ring of small stones or a fence. You can even use personal items of the loved one to denote boundaries. This will make the garden feel more secluded and special.

Add atmosphere for your garden. Add a soothing water feature and wind chimes to your memorial garden for a relaxing atmosphere. Garden features such as statues, large or small urns, tubs and pots or boulders can be included.

Select colours for your garden. If you want a quiet place where you can



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2/11

Continued on Page 20

2NVR 105.9 fm Nambucca Valley Radio, *Your Voice in the Valley*



Happy New Year to you from the team of volunteers at 2NVR Community Radio. At the end of, 'that year that we would rather not mention', 2NVR elected a new Committee of Management, some of whom have years of experience and others who are fresh faced and brimming with ideas, a perfect combination!

2NVR also has an Emergency Broadcasting Committee, which was formed following the Bush Fires, as it became clear that people needed reliable local information before, during and after an emergency. Several of the presenters now have the ability to broadcast from home so transmission can continue at all times, this has also proved useful during COVID restrictions.

The 2NVR crew looks forward to meeting you at The Australia Day celebrations at Unkya Reserve and various events during the year.

2NVR has resumed monthly live music at 'Studio 3 Live' on the 3rd Friday of every month, 6-8 pm. You are invited to be part of the studio audience, BYO drinks and free nibbles - family friendly at 834 Rodeo Drive, Tewinga.

On February 19th we will welcome a newly formed duo, 'Splash' with well known local musicians, Julie Kovendy and Ethan Frankle, combining Julie's mesmerising voice with Ethan's skilful musicianship.

2NVR will be running a Presenter Training program in Feb/March. If you would like to be part of this great organisation, email admin@2nvr.org.au You can also stream 2NVR via www.2nvr.org.au, or any streaming platform.



L-R Mick Birtles, Michelle Walker, Gary Biden, Ceri Wrobel-Publicity. Front row Ian Bailey, Donna Collins- President, Ion Newcombe-Vice President, Tech Support & Training.

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or by appointment.

Admission by Gold Coin Donation.

29 High Street, Bowraville 6564-7056
enquiries@militarymuseum.org.au 1/11

~ GARDENS & GARDENING ~

From Page 18

meditate or find peace, use soft colours such as light blues, yellows and pinks. You might instead want your memory garden to be a place of inspiration and hope, incorporating brighter colours such as red and orange – you could also add playful statuary.

Encourage wildlife to visit. Provide water to attract birds, bees and dragon flies and plant flowers to attract butterflies.

Provide a place to sit. Whether you want to invite others into your garden or simply want to spend time there alone, place a seat or bench for moments of reflection.

Personalise the garden. Dedicate your garden to your loved one by considering their personality traits, special interests, and accomplishments, using these to inspire decorations. Add statuary and features that represent your loved one's interests.

Incorporate personal effects. To make the space symbolic you can inscribe your loved one's favourite quote on a stone or plaque. A photograph sealed in a weather-proofed frame or an original piece of art could also be a meaningful addition.

Plant your loved one's favourite flowers. If you do not know their favourite plant use flowers that bloom in the person's favourite colours. You can also choose to plant flowers that have symbolic meanings such as forget-me-nots for 'memory' and lilies for 'purity'.

Consider using seasonal plants. If your loved one enjoyed a certain season of the year more than the others, plant flowers or trees that bloom during that time of year. Plant bulbs and a spring-flowering shrub if the person loved springtime, for instance.

Choose plants based on location. Be sure that the location you choose will support the types of plants you want to grow.

- www.wikihow.com/Create-a-Memory-Garden

Bowraville Folk Museum

High Street, Bowraville

Phone/Fax: 6564-8200

MONDAY-FRIDAY 10am-3pm

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email: bowravillefolkmuseum@gmail.com
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~ Groups by appointment ~

1/11

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Chinese New Year 2021 Year of the Ox



The Ox is the second of all zodiac animals. According to one myth the Jade Emperor said the order of the zodiac signs would be decided by the order in which the animals arrived to his party. The Ox was about to be the first to arrive but Rat tricked Ox into giving him a ride. Then, just as they arrived, Rat jumped down and landed ahead of Ox. Thus, Ox became the second animal.

Oxen are the hard workers in the background, intelligent and reliable, but never demanding praise. In Chinese culture the Ox is a valued animal. Because of its role in agriculture, positive characteristics, such as being hard-working and honest, are attributed to it.

Men born in the Ox year are reliable and trustworthy. They put their entire heart into everything they do. They feel great responsibility towards their family as well. However, due to their confidence (almost arrogance), they don't allow anyone to go against their rules. They hold high expectations of their children even though it may be unrealistic.

Women born in the Ox year are calm and gentle. They will never surrender to fate and rarely think of choosing an alternative. This no doubt leads to a life of struggles. But no matter what, they will walk down the road they choose until the end. Despite this stubbornness they think and react quickly.

What will the year of the Ox bring?

The Ox year of 2021 is under the influence of the metal element just like the Year of the Rat 2020. The year of the Metal Ox brings career advancement, success in business, prosperity and wellness for all zodiac signs. This year predicts new career opportunities so don't let anxiety or negative thinking affect you.

- *Chinesenewyear.net*



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

What's the difference . . . ?

Instant Coffee vs. Ground Coffee

Coffee is one of the healthiest drinks you can have, it's full of antioxidants, boosts your mental alertness and cognitive functions and is low in calories too! However, when it comes to making a choice between ground coffee and instant coffee, the jury is still divided.



It's not an easy choice to make. If you listen to the baristas they will tell you that instant coffee is anathema - the devil's brew masquerading as coffee. The list of defenders for instant coffee tends to be shorter.

For the record: instant coffee IS coffee! It's coffee that has been brewed into a concentrate. The factory process can involve a quick drying process, or freeze drying to create powdered coffee extract.

There are fundamental differences, however, between both types of coffee. The raw materials used (type of beans) are different, different skills are used to make either type, and, of course, there are differences in flavour and cost.

Time and simplicity

Making instant coffee is simplicity itself. Measure the granules, add hot water and you're done! The whole operation takes a few seconds. If you're in a hurry to get to work instant coffee can save the day by giving you the caffeine boost you crave.

You just can't do that with ground coffee. Whether you start with whole beans that must be ground, or you have ready ground coffee, preparation will take a few minutes at the very least – even without cleaning the equipment.



And though some ways are quicker than others when preparing fresh coffee, they still can't beat instant coffee when it comes to speed. A loaded coffee filter is also very quick but will still take a couple of minutes as the water drips into your cup.

With instant coffee, there's no complicated learning curve. Anyone can add hot water to a cup. But, when it comes to ground coffee you need to choose the right equipment. Will you use a French press, mokka pot or espresso machine? Each is different than the next, each will give a different coffee experience and each demands a different grind.

Waste

Manufacturing aside there are no by-products to instant coffee - unlike ground coffee where you need to get rid of the used coffee grounds and clean the equipment.

Flavour

Fresh brewed coffee keeps all its essential oils and other chemical constituents intact giving it a fuller more subtle taste than most instant coffees. There's more flavour variety in fresh coffee.

The main reason for the difference in taste however is the composition of the raw material used in making instant coffee. Instant coffee manufacturers tend to use the cheaper Robusta beans, which can have a bitter edge, rather than the more aromatic Arabica beans preferred by people who brew their coffee fresh.

Health benefits

In spite of the difference in flavour the antioxidant count is pretty much

Continued on Page 28

United Hospital Auxiliary

It was with great sadness to all members to hear of the death of our hard working secretary of several years Margaret Mottley. Her January Memorial Service has been postponed to a later date due to Covid concerns. Our first meeting for 2021 will be held at the Bowra Recreation Club on Friday 5th February commencing 10am. This is an important meeting as we have many points on the agenda to discuss. The Hospital Café has traded very successfully and the hospital has presented us with their latest wish list however, as one of their special pieces of equipment crashed we were asked to make an emergency replacement. So a big thankyou to those volunteers who man the Café. As many members are ineligible to work at the Café and business has doubled since transferring to the new site we urgently need more volunteers. Contact Heather on 0403 800 262



Bowraville Garden Club



Our garden social club will recommence on February 13th. We usually start the year with a meeting and luncheon and an email will give you details. Contact Barbara on 6564-7039.

Bowraville Recreation Club

Due to the wet weather both bowls and golf were disrupted over the festive weeks. However social bowls and golf are now underway. The new course layout is moving along with new greens and tees appearing so the added water features, bumps and humps present an extra challenge. Bowls Championships have also recommenced and Women's Golf



Competition commences in March. Nine Hole Comp is underway on Thursday but arrange your own time and partner as some early birds get out at the crack of dawn. Pennant games are being programmed and Bowra has requested that we be placed last in the draw, hoping the new course will be completed. Due to Covid restrictions there could be changes. The Rec Club is a great place for meetings, parties and other gatherings. Covid safe plans apply. Contact 6564-7349.



Bowraville Seniors

Our first meeting for 2021 will be held at the Coach House Inn on Monday 15th February with a 10.30 start. This will commence with our AGM as we need either a new Secretary or President due to the death of former President Geoff Chittick late last year. We especially welcome new residents as most of our members are longtime residents and can fill you in on Bowra's yesterdays. For this small group to continue we need more support from Bowra's seniors. Most of our activities are Bowraville based and last year we introduced a later start time followed by a luncheon at one of our eateries so all is up for discussion and change is needed. Contact Isabelle on 6564-7179.



Bowraville Community Garden

Our little Community Garden needs more helpers to maintain this unique community asset. Garden Guru John is indisposed at the moment due to health problems. Come along with some new ideas or just your weeding tools. Monday and Friday mornings or when it suits you.



Bowraville's Intergenerational Multi-purpose Sport & Recreational Hub *Amazing changes underway on the freeway*

The recent, more than regular, humming of heavy machinery on the golf course, is an indicator that something major is underway at the Sport, Recreational and Well-being Precinct. Close inspection shows a number of new golf greens and water features with a signature 9th hole combining both. It also indicates that the funding our community has been patiently waiting for has arrived and put to use. Nambucca Valley Connected Sharing Sport Throughout the Region Inc. have the responsibility to administer the funding and oversee the project.

To recap, overall funding for the project will be utilised to reconfigure the Golf Course, revitalise the Cross Country Track, construct two synthetic bowling greens (one covered), redesign Hennessey/Tape Oval and build a central Hub and associated infrastructure for meeting, social interaction and coordination of the precinct.

The D.A. for the works has now been approved, a Project Management Team has been appointed and preparation is underway

to put the Hub works out to tender. This is expected to occur very shortly and by April the area should be a height of activity.

To take advantage of the growing season, Office of Sport's initial advance of funding became available in May, 2020 and has been allocated to the Golf Course Reconfiguration.

Once complete, the new complex will be inclusive of all user groups of the precinct. These Groups are currently represented on Nambucca Valley Connected Sharing Sport Throughout the Region Inc.

For more info on the project, please contact one of the executive members of the group, Mary Dal Santo, David Taylor, Paul Le Cerf, Perry McNally or Craig Doolan.



COVID-19 clinics in the Nambucca Valley

Nambucca Heads Laverty Pathology
2-6 Willunga Avenue
Heads NSW 2448
9am-12pm Mon to Fri.

No booking required.
For further information, please Nambucca refer to Laverty Pathology.
If you were tested at this clinic and have not received your results after 48 hours, please call (02) 9005 7077.

Nambucca Heads
Sullivan Nicolaides Pathology
Shop 14, Seascape Mall
38 Ridge Street,
Nambucca Heads NSW 2448
7.30am-11.30am & 12pm-2pm Mon to Fri.

No booking required.
For further information, please refer to Sullivan Nicolaides Pathology.
If you were tested at this clinic and have not received your results after 48 hours, please call (07) 3377 8756.

Macksville Hospital Drive-through Clinic
Old Macksville Hospital
Boundary Street,
Macksville NSW 2447
9am-1pm Mon to Fri. Closed public holidays.

No booking required.
Children under the age of 6 years will not be tested at this facility and should attend the Emergency Department.

Natural Tea Treatments for Common Ailments

You can treat many common ailments with simple, natural ingredients that don't have the risks of over-the-counter and prescription medicines.

Types of Tea

There are many varieties of tea but below is some information on the most common types:

Green tea has been used medicinally for thousands of years! It's packed with antioxidants, has a powerful influence on cancer cells, helps to regulate blood sugar, promotes faster metabolism, is good for teeth and gums, can ease the symptoms of allergies and can soothe arthritis pain.

Black tea has quite a few of the same benefits (antioxidants, regulating blood sugar, healthy digestion...) and the taste is much richer and darker. It's a great replacement for morning coffee!

Herbal teas vary quite a bit, because each type of herbal tea is a different blend of flowers, fruits and herbs! While green and black teas have a lot of general health benefits, you can pinpoint specific ailments with herbal teas.

Check the Ingredients

When you're picking out a tea you can choose loose leaf tea or sachets. Sachets are popular because they are measured and the blend has been crafted often with a specific purpose. Be sure to choose a good brand of tea, especially if you're drinking it for health benefits. Check the ingredients to make sure that you are just getting tea leaves, flowers and herbs.

Brewing Tea

If you choose a loose leaf tea, measure out one teaspoon of dried tea per cup. You can use a tea pot, a special mug, an infuser, or you can make your own tea packets! Each type of tea requires a different brewing time, so check the label or do your own experiments.

If you prefer iced tea, brew your tea in about 1/3 cup of water, allow it to steep and then pour the strong tea over a glass of ice. Add a lemon slice, some fresh mint, and enjoy!



Treating Specific Ailments

For an upset stomach or nausea reach for ginger or peppermint.

For stronger bones go with dandelion tea.

For menstrual pain choose raspberry leaf tea.

For stress, insomnia or anxiety - relax with lavender or chamomile.

For a stronger immune system look for a tea with rosehips.

Keep some tea bags in your purse or backpack for a mini medicine cabinet that goes wherever you go. You need only add boiling water to access their healing powers!

www.onegoodthingbyjillie.com

New Boxing Day Test “Man of the Match Medal” honours 1868 Indigenous Cricket Team Leader

There is a new award for the man of the match in the Boxing Day Test and it honours an Indigenous Australian with statistics hardly conceivable. Cricket Australia announced the best player of the Melbourne Test match will receive the Mullagh Medal, named after Johnny Mullagh.

Johnny Mullagh was the best player from the 1868 Aboriginal team that became the very first Australian sporting team to tour internationally.



Who was Johnny Mullagh and what was the 1868 tour?

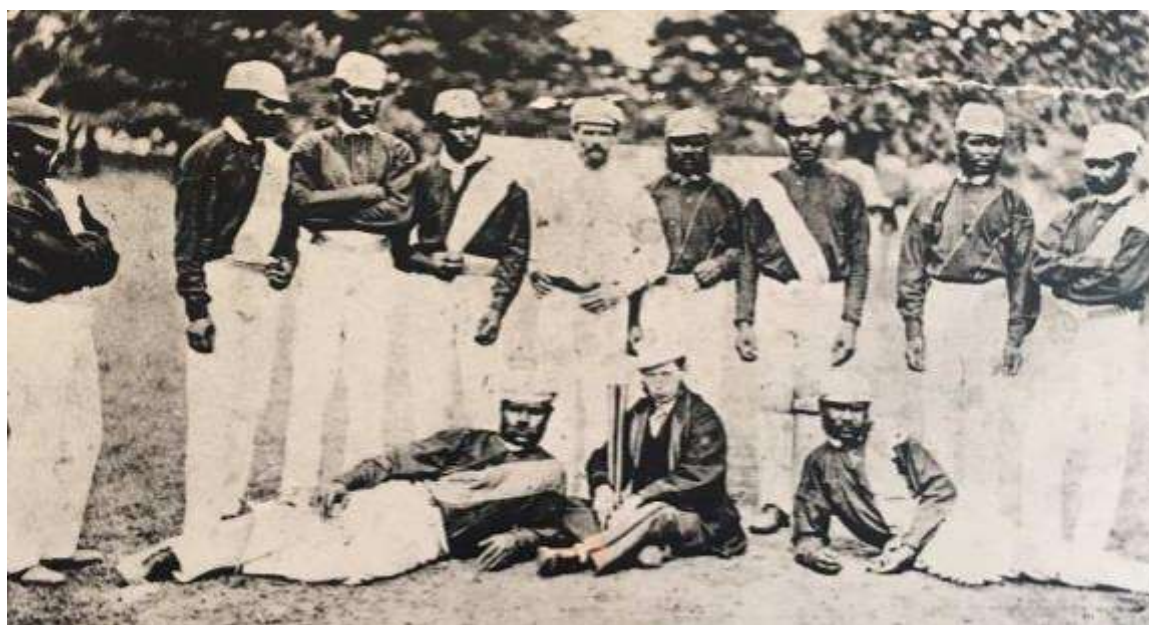
Three decades before Australian federation and almost a century before Indigenous Australians were recognised by the Government as citizens, an all-Indigenous cricket team became the first sporting team from our shores to tour overseas.

Johnny Mullagh was the star of the Indigenous side that toured England in 1868. He learnt to play cricket with a red gum bat at Pine Hill Station in the west Wimmera region of Victoria. He travelled 400 kilometres from western Victoria to Melbourne where he and the rest of his teammates were smuggled onto a ship to England. The players spent three months at sea.

Once in England, Mullagh played 47 matches with statistics that are simply staggering. He scored 1,698 runs and took 245 wickets on tour. He bowled a total of 1877 overs - 831 of those were maidens. He even spent a few matches as wicketkeeper, taking four stumpings.

Prior to the tour, Mullagh played in a Boxing Day match in 1866, he also worked for the Melbourne Cricket Ground, earning 1 pound per week. It is this connection to the MCG that made Mullagh the perfect candidate for the memorial medal.

- www.abc.net.au



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What's the difference . . . ?

Instant Coffee vs. Ground Coffee - *from page 22*



the same for both drinks. There's only a difference in caffeine content where instant coffee has about half the caffeine of fresh coffee.

While people can be downright rude about the flavour of instant coffee things are changing - instant coffee is updating its game and new varieties using higher quality beans are becoming available.

Ritual

One of the 'disadvantages' of ground coffee is considered part of its charm by aficionados. Brewing your coffee can become a relaxing ritual adding to the coffee experience. You just don't get the same performance with businesslike instant coffee.



Cost

Instant coffee is cheaper – a logical outcome of its simplicity – since you don't have to buy any specialised equipment and the beans chosen for instant coffee are bought wholesale by the manufacturer.

When it comes to making a choice between instant coffee and fresh coffee, it comes down to a choice between convenience and ritual, cost and flavour. It's also a matter of lifestyle. Health wise both are equally good for you.

How much you are willing to invest in your coffee experience is entirely up to you.

- cafealtura.com

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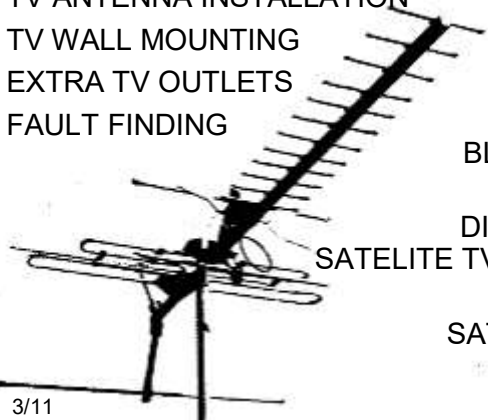
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Cicada symphony: The Aussie summer soundtrack



A screeching cacophony of cicadas has filled the air, drowning out human voices and almost all but the most determined of bird calls.

On a hot day, if the season is right, their call is deafening. You can hear them in the bush, in parks, in suburban backyards and along the track to your favourite beach.

And it's all about mate attraction - male cicadas are the only ones that make the sound and they do this to attract females. More than 300 species have been formally identified in Australia but scientists believe there could be up to 1,000.

It is the soundtrack of this time of year - even more so this season, with the insects having what University of Sydney expert David Emery calls a "wonderful, bumper season", in part thanks to rainfall that has eased the impacts of drought and bushfire.

"It's turned everything around - the place is looking a picture and the cicadas have decided: 'Right, it's time to come out', and so they have," Professor Emery said.

Professor Emery said it would be high temperatures which would likely see the cicadas turn down their volume.

"Generally our greengrocers, a common breed of cicada, start to die off if there's no breeze, 43, 44 degrees celsius tends to cook them," he said.

"They haven't evolved for surviving temperatures like that so any prolonged heat of that magnitude will kill them off and reduce their numbers.

Professor Emery encouraged citizen scientists to join online databases to help build the knowledge and understanding of the estimated 800 species of Australian cicada.

"It all helps the science and the preservation and the appreciation of the biodiversity we have of the cicada fauna," he said.

- www.abc.net.au

N/C

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

Preparing for a bush fire is easier than you think.

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bush fire
season.



3. KNOW
the bush
fire alert
levels.



4. KEEP
all the bush fire
information numbers,
websites & the smart
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WHAT'S HAPPENING IN BOWRA

NAMBUCCA VALLEY LANDCARE Bowraville

Connections Project *Continued from Front Page*



will focus on preventing further erosion of this reach through installing rock revetment, groynes and rock bed controls, weed control and native plantings across the area.

These actions will improve the water quality by reducing sediment and nutrients from entering the system, making it healthier for native fish and people who enjoy the water.

Nambucca Valley Landcare are looking for volunteers to come along to a community planting day in Bowraville at the end of February. To register, email admin@nvlandcare.org.au or phone 6564 7838.

Bowraville Theatre Update

Continued from Page 7

Recent meetings have seen a great group of people come forward, and social media feedback has been very positive. An AGM/Open Day in which a new Committee will be elected, and volunteers for the running of the theatre signed up will be held in the near future. Dates will be finalised shortly.

Many volunteers are required to run the theatre successfully. So please - join as a member (\$25 per year) and volunteer for one of the many jobs - ushers, cafe workers, box office staff, sound and lighting technicians, projector operators, handymen and women.... the list goes on.

Please contact Dale Hawkins 0402 867137 - or email the theatre bowravilletheatre@bigpond.com me if you need more info or would like to join.
Dale Hawkins, Secretary, Bowraville Theatre.



Nambucca Valley Phoenix is open for business

After a successful relaunch late in 2020, community owned & operated not-for-profit Nambucca Valley Phoenix is open for business in 2021 – Together We Rise!!

The Bank Gallery & Café

Set in the heritage listed “old bank” amongst picturesque gardens, The Bank Gallery & Café is located at 88 High Street, in the beautiful, veranda-post town of Bowraville. The café is now open Wednesdays to Fridays from 8am to 2pm.

“Come along and try our fresh, healthy food, including gluten-free and vegan options, freshly squeezed juices, smoothies and of course Artisti barista coffee. Or feast your eyes in the gallery with locally made art, craft and giftware for sale and beautiful art on exhibition. There is something for everyone.

The café caters for dine-in and takeaway and can be contacted on 0490 350 241 for bookings, orders and enquiries.

Phoenix School of Arts

The Phoenix School of Arts has four classes starting in the first week of February 2021. Fundamentals in Ceramics, Advanced Ceramics and Sculpture, The Art of Drawing and Painting and Develop Felt Art Skills - are four week courses. The ceramics, sculpture and felting courses will be conducted by **Aisha Tai** (Tai Chiu Mei) while the drawing course will be conducted by **Paul Miller**.

Nambucca Valley Phoenix is a social enterprise focused on creating opportunities for people living with a disability or experiencing other disadvantages. Phoenix is located at 88 High Street, Bowraville.

For more information contact 02 6501 0021, email info@nvp.org.au or check out our Facebook page @NambuccaValleyPhoenix.

For further information regarding the Phoenix School of Arts, please contact the Phoenix Arts Coordinator on 0421 154 207 or at arts@nvp.org.au

For further information regarding The Bank Gallery & Café, please contact the Phoenix Café Coordinator on 0490 350 241 or at cafe@nvp.org.au

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Summer 2020-21

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Music for a Monday Morning EmmsG Energise your week with the EmmsG Music Show.	Drive Thru With Jackie Edmunds Mix of 60s, 70s to current music	2NVR Music Mix Gold at Breakfast Deyna Gold Wake up with Deyna. It's gold.	Under The Singing Tree Poppa 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-fee fire and ice music and comedy	2NVR Music Mix	6 AM
7 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Dyer's Loop With The Dyers Music to dye for, of course	Gold at Breakfast Deyna Gold Wake up with Deyna. It's gold.	Tones of Clairseense Claire Watt-Powell	Talk Of The Town Ceri Whobell See what's going down! All things local	Hair Of The Dog Nick Bertles Rock, Pop, Covers and Music Trivia	Sunday Morning Music With Phil	7 AM
8 AM	Baby Boomers Dorcas Collins Great Rock 'n' Roll 1950s-2010s	Infopinion Richard Laxton, Eddie Omega & Ron Hawkins	Isn't It Romantic With Delias Dertl Crooners Easy Listening Popular Ballads	Turning Pages Elizabeth Newman	Dano's Mixed Grill Daniel Gosson Where anything can happen and probably will	Flashback With Rob Davidson	Phase Out With Faye Faye Aspiotis	8 AM
9 AM	The Weekley Fix Paul Weekley	Rock On With Jimmy & the Bluebirds	Lunch with Gazza With Gary Biden Easy Listening To Rock & Pop	Turn Up The Volume With Les McLachlan	Jacinta's Easy Listening Jacinta Sunderland Music to your ears...	Garage Noise With Sean Ambrose Alternative Music	Folk and Aussie music focus from the past few decades	9 AM
10 AM	Macca on a Monday Les McLachlan Playing Rock n Roll from the '60s, '70s & '80s	Roving with Bubble 'n' Squeak Michelle & Linda Bible reflections, Gospel & Australiana	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Thursday Country Trickin'	Wind Down for the Weekend Stu & The Crew Music to your ears...	Saturday Magazine With Rachel Burns	Folk and Aussie music focus from the past few decades	10 AM
11 AM	Bowra Beats Ben Walters 2NVR Youth Radio with Grace	Sister Act Olivia & Sam	MC Grim Mark Seagrims Music with a wicked difference	Nambucca Valley Roundup Retro	Rhino On The Radio Eclectic, irreverent fun with more than a dash of insanity	Two For The Money Paul and Rachel Burns	That's A Wrap Donna Nigel Match Cary & Les Local sports results and in-depth analysis	11 AM
Noon	Reggae Mixtape With Fitzroy Music outside the usual 2NVR Multicultural Radio	Melina Sunshine & the Blue Wren Not out of the bar radio entertainment	Tune in with Alex 2NVR Youth Radio	Highway Blues With Retro 66 When Only The BEST BLUES Will Do	Sat Night Gold on Friday Allan Quinn	In a Funktional World Anga Parish Funk & World, new to old, with huge smatterings of indigenous Aus music...tunes for groovin'	The AntSF Radio Show Speculative fiction	12 PM
1 PM	Music Makers With Yen Mixed music with featured artists	Soul Into Rhythme Just get rapped with Matt	Ant's Rock Anthony Garnsey Solid Rock	Jeff's Junk Jeff Mills	2NVR Music Mix	Prog Rock Playlist Rusho The best of Progressive Rock	Imagine This Radio drama	1 PM
2 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2 PM
3 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	3 PM
4 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	4 PM
5 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	5 PM
6 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	6 PM
7 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	7 PM
8 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	8 PM
9 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	9 PM
10 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	10 PM
11 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	11 PM
Midnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Midnight

National Radio News is broadcast each weekday at 6am, 7am, 8am, 9am, Noon, and 6pm. 2NVR — Multiple Award Winner The Best Little Station In The Nation
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