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 2024 ~ ISSUE #225 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

FIRE + RESCUE

WE'RE LOOKING FOR ON-CALL FIREFIGHTERS IN BOWRAVILLE

Join the team who are prepared for anything

Comprehensive training is provided for all on-call firefighters, covering all aspects of the work involved to keep your community safe. You'll need to:

- Hold a current NSW driver's licence.
- Be an Australian or New Zealand citizen, or a permanent resident of Australia.
- Live or work within a reasonable distance from your local fire station.
- Have daytime availability to respond to emergencies.

NSW GOVERNMENT

For more information or to apply, visit **fire.nsw.gov.au/on-call** or call **1800 347 437**

All past and current Bowraville Community News are available online at www.bowraville.nsw.au/newsletters

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

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

Computer Usage

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

Printing and copying

B&W and colour printing on A4, A3 and other formats.
Specialised folding and stapling service available for brochures, booklets etc.
Large print jobs - discounts are available - ask for a quote.

Other services

Hire of data projector + Portable screen - $10 day
Shredding - ask for a quote
Computer repairs - $25 minimum
Laminating A4 and A3 **Binding & Guillotining**

We now take credit card payments!

ALL ADVERTISING ENQUIRIES to
admin@bctc.com.au

ADVERTORIAL and GENERAL CONTENT ENQUIRIES to
wendy@bowraville.nsw.au

Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420
Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

■ Services Australia Agent
■ Computer Training ■ Internet Access
■ Equipment Hire ■ Media Sales
■ Photocopying ■ Laminating ■ Photo Printing
■ Music Conversion to CD Format
Volunteers Welcome

Bowraville Community News

CIRCULATION = 300 COPIES

Newsletter is also available online at:
www.bowraville.nsw.au/newsletter/

2023 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.
Annual subscription includes 11 issues.

62 x 62 (1/6 pg) - $12 issue or $120 year
62 x 130 (1/3 pg) - $22 issue or $220 year
90 x 130 (1/2 pg) - $32 ea or $320.00 year
185 x 130 (1 page) - $43 issue or $430 year
Front Cover (1 issue) - $60 issue

DEADLINE FOR COPY FOR THE MARCH 2024 ISSUE IS: 4:00PM TUESDAY, 20th FEBRUARY 2024

All contributions and advertisements for the next issue of the Bowraville Community News can be delivered either via e-mail or by hand at the front counter of the:

BOWRAVILLE TECHNOLOGY CENTRE
39 High Street, Bowraville NSW 2449
Telephone: 6564 7420
e-mail: admin@bctc.com.au

DISCLAIMER

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

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

Bowraville Technology Centre (BTC) Needs Your HELP!

The BTC is a community and technology based not for profit providing a range of services to local people and businesses. It provides assisted access to Service Australia (Centrelink and Medicare) facilities, hosts a BCU ATM, publishes this newsletter and maintains the bowraville.nsw.au website. It is involved in the Tidy Towns awards submissions and represents the area at the annual awards. The centre is managed and run by a small group of local volunteers. It has been in operation for over 20 years from its owned premises at 39 High St.

The BTC was initially funded by government. Government funding stopped in 2004 and since then the centre has remained financial by offering inexpensive services to the community. It has modern computers which are well maintained and regularly updated, high speed printing and copying services and the best internet connection available in the area – fibre to the premises. The centre income is put back into maintaining its premises, updating equipment, and meeting all the costs of running a viable not for profit.

Why does the BTC need HELP??

It needs more people to run the centre and provide the services!

The BTC is dependent on volunteers as the cost of employing full-time staff is not feasible given its limited income. If the BTC is unable to get more volunteer assistance it will most probably need to reduce its opening days/times. We know the confusion this would cause.

What we offer volunteers, how do volunteers benefit, what volunteering means for the community?

Working at the BTC means you have a modern office environment with full air conditioning (*yes, it is cool in summer and warm in winter*), off street parking, user friendly hours (*we open 9:30 to 4 Monday to Friday*), the use of modern equipment and software, a friendly team. You can volunteer for a day, or more and we maintain a secure, flexible roster.

Volunteers benefit by being able to learn new skills in technology, use of retail style operations, getting out of the house and socialising during customer interactions. People may have obligations to fulfill with Centrelink. The BTC is registered with Services Australia for people to meet those obligations. This can be attractive to people who find other work opportunities too demanding.

The services the BTC provides is rare for a rural community. This why it was originally funded! There were 95 small NSW towns funded in 2002, the BTC is one of a handful remaining! Need those big documents scanned and emailed, some high quality A3 laminated colour prints, someone to sort out a problem with your mobile phone, tablet or PC, on a slow internet connection and need to get your devices quickly updated, need help with that difficult Centrelink transaction. Then make sure the BTC remains able to service these and many other needs of the modern world.

Come in and talk to us at 39 High St, send an email to admin@bctc.com.au or call 6564 7420.

Join us and make a difference in your community!

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.

centrelink

medicare

Australian Government
Services Australia

Have you checked out the Bowraville Community Website?

www.bowraville.nsw.au

It's the place to go
to find out what's happening and where . . .
in our town.

You can get the monthly Bowra Community News, the weather, upcoming events and much more . . .

PHOENIX AFTER HOUR ARTS PROGRAM is back!

This is a welcoming and inclusive space to get creative, learn life skills, meet new people, share ideas and bring them to life!

The program runs Tuesday to Thursday 3:30pm to 5:30pm at Phoenix School of Arts, Adam Lane, Yurt 1.

- Tues -Theatre w/ Hannah ~ Wed - Digital Arts w/ Kyle ~ Thur - Ceramics w/ Monique

FREE PROGRAM FOR PEOPLE AGES 12-24. Contact youth@nvp.org.au for more info.

- -

BOWRAVILLE THEATRE

Saturday, 3 February 2024 - Joey Leigh Wagtail and Zac Gunthorpe

A sincere artist with timeless quality, intricately weaving heavy sentimental lyrics into an eclectic musical tapestry. Joey Leigh Wagtail has created a seemingly effortless sound that tears at your heartstrings then stitches them back together again.

Doors open 7pm - Tickets Adults $25 / kids $10 (14yrs)
online +bkg fee - @ trybooking or $30 door sales if available

Saturday, 10th February 2024 - Patrick James

Australia's Patrick James has firmly established himself as a prominent figure in the global music scene. In 2022, Patrick released his latest album 'I'll Take Care of Myself, If You Take Care Of Yourself,' a stunning collection of tracks that showcase his exceptional songwriting abilities and his passion for storytelling.

Doors open 7pm - Tickets Adults $25 - online +bkg fee - @ trybooking or at door if available.

APOLOGY

In the December issue of the Bowraville Community News, on page 19, we published an article headed "Residents Say NO to Antimony Mining in our Valley" which was copied from the Nambucca Valley News of the Area (November 20th, 2023).

We omitted to acknowledge the source of the article or obtain permission to copy the article and apologise to the News of the Area for that oversight.

Does your computer need servicing?

Is it going slow?

Do you suspect a virus?

Or it just won't work the way you want it to?

Come into the
BOWRAVILLE TECHNOLOGY CENTRE
39 High Street, Bowraville
6564-7420
admin@bctc.com.au

BOWRAVILLE GIFT SHOP

LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE
Monday to Friday: 9am - 5pm
PH: 02 6564-7169
9/11

TECHNO LESSONS
OPEN TO EVERYONE

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

Absolute beginners are most welcome!

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

Counter Assistance for small fixes $2 per 5 minutes

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

For technical issues *contact BTC for a booking.*

You can ring the Bowraville Technology Centre on

6564-7420

"If January is the month of change, February is the month of lasting change.

January is for dreamers. February is for doers."

- Marc Parent

Would you like to volunteer or maybe you're required to volunteer . . .

Whichever, here at the Bowraville Technology Centre we're always looking for more volunteers to join the dedicated crew we have on board already.

You can improve your computer skills and assist others at the same time.

Call Cynthia on 6564 7420 for more information.

For your convenience, when paying at the Bowra Technology Centre, we now have

eftpos

Bowra's Christmas Festival

Read about this event on page 16

1 in 3 people are lonely. Will AI help, or make things worse?

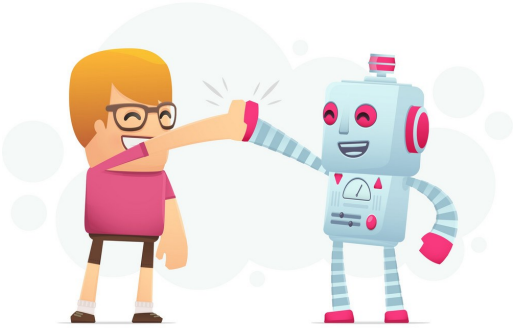
Can you make friends with a robot?

As far back as the popularisation of the internet, scholars have been discussing how AI might serve to replace or supplement human relationships.

When social media became popular about a decade later, interest in this space exploded. The 2021 Nobel Prize-winning book Klara and the Sun explores how humans and life-like machines might form meaningful relationships.

And with increasing interest came increasing concern, borne of evidence that belonging (and therefore loneliness) can be impacted by technology use. In some studies, the overuse of technology (gaming, internet, mobile and social media) has been linked to higher social anxiety and loneliness. But other research suggests the effects depend greatly on who is using the technology and how often they use it.

Research has also found some online roleplaying game players seem to experience less loneliness online than in the real world – and that people who feel a sense of belonging on a gaming platform are more likely to continue to use it.



All of this suggests technology use can have a positive impact on loneliness, that it does have the potential to replace human support, and that the more an individual uses it the more tempting it becomes.

Then again, this evidence is from tools designed with a specific purpose (for instance, a game's purpose is to entertain) and not tools designed to support human connection (such as AI "therapy" tools).

The rise of robot companions

As researchers in the fields of technology, leadership and psychology, we (the authors, Cowling, Crawford and Allen) wanted to investigate how ChatGPT might influence people's feelings of loneliness and supportedness. Importantly, does it have a net positive benefit for users' wellbeing and belonging?

To study this, we asked 387 participants about their usage of AI, as well as their general experience of social connection and support. We found that:

- participants who used AI more tended to feel more supported by their AI compared to people whose support came mainly from close friends
- the more a participant used AI, the higher their feeling of social support from the AI was
- the more a participant felt socially supported by AI, the lower their feeling of support was from close friends and family although not true across the board, on average human social support was the largest predictor of lower loneliness.

AI friends are okay, but you still need people

Overall, our results indicate that social support can come from either humans or AI – and that working with AI can indeed help people.

But since human social support was the largest predictor of lower loneliness, it seems likely

Continued on Page 10

WHAT'S HAPPENING IN BOWRA

Blokes Brekky
1st Saturday of the month
at St James - ring Tony to
book on 0487 090 886

Womens' Brekkie
3rd Saturday of the month
from 7am for 7.30 start
Bowraville Anglican Church Hall

Bowra Country Markets
2nd Saturday of Month
Pioneer Community Centre
9am to 1pm

St Jimmy's Kitchen
3rd Thursday of Month
6pm at St James Church Hall

St Jimmy's Food Hub
Monday, Friday & Saturday
9am until 11am
Must hold a Centrelink card.

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 6/11

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

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

Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .
TAB - KENO - BINGO
RAFFLES - Wednesdays & Friday
MEMBERS' DRAW min $1500
KITCHEN Wednesday to Saturday
Lunch 12-2pm - *Dinner 6-8pm*

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

8/11 **FREE POOL Everyday**

Bowraville Folk Museum
High Street, Bowraville
Phone/Fax: 6564-8200

MONDAY-FRIDAY 10am-3pm
WEEKENDS 10am-1pm
PUBLIC HOLIDAYS 10am-3pm

email: bowravillefolkmuseum@gmail.com
twitter.com/bowravillefolk
~ Groups by appointment ~
7/11

NAMBUCCA RIVER REALTY
YOUR **NAMBUCCA VALLEY** SPECIALIST

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

We can offer competitive fees, creative marketing and the backing of one of the fastest growing nationwide agencies being backed by real estate specialists.

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

To see what our clients think of **Nambucca River Realty** go to ratemyagent.com.au

CRAIG BELLAMY 0412 080 287
NARELLE HARPER 0435 054 625
www.nambuccariverrealty.com.au
9/11

1 in 3 people are lonely. Will AI help, or make things worse? *Continued from page 8*

that underlying feelings of loneliness can only be addressed by human connection. In simple terms, entirely replacing in-person friendships with robot friendships could actually lead to greater loneliness.

Having said that, we also found participants who felt socially supported by AI seemed to experience similar effects on their wellbeing as those supported by humans. This is consistent with the previous research into online gaming mentioned above. So, while making friends with AI may not combat loneliness, it can still help us feel connected, which is better than nothing.

The takeaway

Our research suggests social support from AI can be positive, but it doesn't provide all the benefits of social support from other people – especially when it comes to loneliness.

When used in moderation, a relationship with an AI bot could provide positive functional and emotional benefits. But the key is understanding that although it might make you feel supported, it's unlikely to help you build enough of a sense of belonging to stop you from feeling lonely.

So, make sure to also get out and make real human connections. These provide an innate sense of belonging that (for now) even the most advanced AI can't match.

- By **Michael Cowling,** Associate Professor – Information & Communication Technology (ICT), CQUniversity Australia. **Joseph Crawford,** Senior Lecturer, Management, University of Tasmania. **Kelly-Ann Allen** Associate Professor, School of Educational Psychology and Counselling, Faculty of Education, Monash University.

A*cknowledgement: the authors would like to acknowledge Bianca Pani for her contributions to the research discussed in this article.*

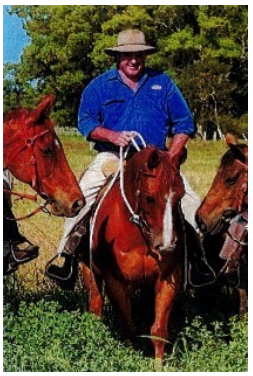
- theconversation.com

BARNEY TOWNLEY 0428 647 340

Barney Townley is a local farmer well known for his knowledge of the Nambucca Valley farming community.

Barney has a great understanding of what is being sold and can identify the unique features of your rural property, helping interested buyers find what they are looking for.

If you're looking to sell your farm or find the right rural property to suit your needs, give a trusted local, Barney Townley a call.



5/11

RURAL SALES

NAMBUCCA VALLEY & SURROUNDS

www.ruralsales.com.au

125 years Celebrated at St. James' Anglican Church Bowraville

The 7th January 2024 was a great day for Bowraville as we gathered with locals and visitors who returned for the special celebrations of the 125th anniversary of the first service held in the Church building.

Many people were seated outside once the Church was filled but no one seemed to mind.

Following the Service of Thanksgiving presided at by Archdeacon Peter Shayler-Webb, a special celebratory cake was cut by our eldest member present Mrs. Lola Crossingham. Ros Johnson assisted with this. The cake was made and beautifully decorated by Allana Grace and featured an image of the first Church building.

At the Church Hall Pat Conaghan MP, Mayor Rhonda Hoban OAM and Ros Johnson cut a ribbon leading from the hall to the extensions of a deck which was funded by the BSBR grant. This grant had also funded air conditioners and curtains, a phase 3 electricity connection, solar panels, new fire doors, a range hood for the kitchen as well as a fantastic mural depicting aboriginal imagery of a 'meeting place'. This was done by Rebecca Stadhams and is truly a beautiful mural.

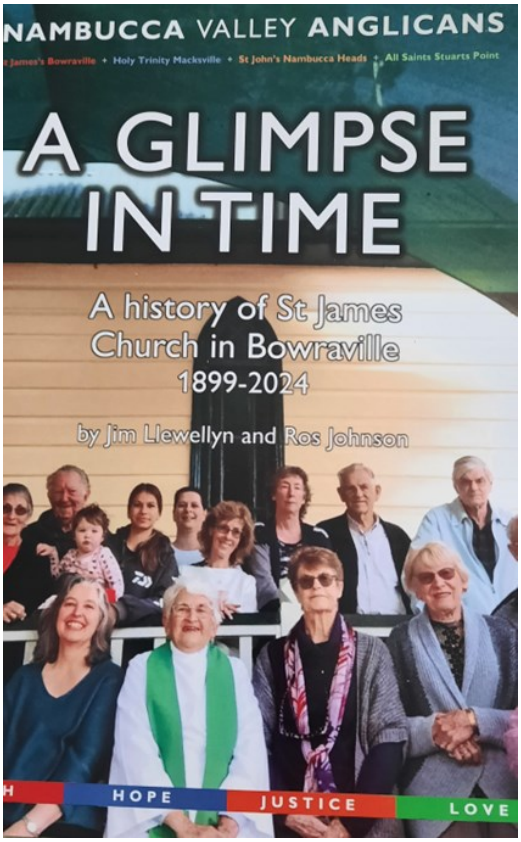
The deck was dedicated to the late Dr. Paul Weekley as he had overseen this extension build, but sadly had died before witnessing its completion. This dedication was responded to by his wife, Mrs. Anne Weekley who paid tribute to Paul and his many gifts.

The Federal Government was acknowledged with a plague declaring that funds were received from the government of the day, and all the upgrades to the hall were dedicated to the glory of God.

Many people need to be acknowledged for their contributions to the day with special thanks to Pat Conaghan MP, Mayor Rhonda Hoban OAM, Bernard Laverty's (Ken Southan) for sound system and seating as well as the floral contributions for the Church; to Allana Grace for the cake as well as a lot of organising for the delicious lunch that was served; to our volunteer kitchen workers; to Jenny Weier and Trish Byron for work with amending our history book and most of all to everyone who came and made the day such a success. I apologise for any I have missed because there were so many who contributed to the day.

Pat Conaghan, Ros Johnson and Mayor Rhonda Hoban cut the ribbon

People gathered outside St. James'



NVA "A Glimpse in Time" History Book

REDFEB 2024 - Simple Steps to a Healthy Heart

Prevention is the best medicine.

8 in 10 cases of premature heart disease and stroke are preventable through healthy lifestyle behaviours.

Cardiologist Dr Edward Barin has established a wonderful new approach to keeping your heart healthy. He calls it the 4-M approach.

Move

Keep moving at any age and at any level of fitness.

Exercise has many benefits beyond simple fitness and flexibility. It stimulates the body's immune system, reduces blood thickening so it clots less easily, improves brain function and lowers blood pressure. Exercise can even prevent some forms of cancer.

Research in older patients with age-related muscle wasting (also called sarcopenia) has shown that strength training was found to prevent disability, slow down dementia and reduce the risk of accidental falls.

Independence and good health in later life are closely related to physical fitness.

Meals

Eat intelligently.

Good nutrition extends beyond just controlling your intake of cholesterol, calories and chocolate. There is also great benefit in understanding, for example, the important effects of trans fats (bad for you), polyunsaturated and monounsaturated fats (good for you). How the body metabolises different carbohydrates (sugars) and the impact this has on weight, diabetes and body fat deposits.

Research consistently shows that the right balance between food intake and exercise is vital for optimum weight, fitness and health.

Improved nutritional knowledge truly leads to improved health.

Continued on Page 28

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
6/11

SUMMER ESSENTIALS @BOWRA PHARMACY

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

6/11

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

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

Call in to Norco and speak with one of our friendly staff.

They will be happy to assist you choose the correct products for your garden.

For the home garden or big acre farming . . .

SEEDS

POTTING MIXES

COMPOST

FERTILISERS

SOIL & WATER CONDITIONERS

MULCHES

ORGANIC GARDENING SUPPLIES

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

Norco Rural

51 CARBIN STREET

BOWRAVILLE

6564 8648

6/11

Growing Veggies in the heat of Summer

Growing vegetables at any time can be a challenge but the Summer months can be extra difficult.

Because it is warmer than summers 10 years ago, you might need to change what you normally do in your garden. Maybe in February in your patch some of your summer crop is having a little bit of a last hoorah, you may find the tomatoes, eggplant and capsicum are still chugging along. In any case, it's time to start thinking about preparing your garden for autumn planting.

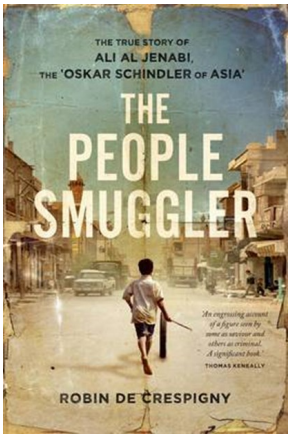
Following are some tips and ideas of what to do NOW that will ensure your patch is ready to go. Wait until the heat of the day is off and then spend some restorative time in the garden.

A hot summer tip is to mulch after watering the patch, to a depth of about 7cm. Keep mulch clear of plant stems, especially young seedlings. Choose sustainable, low environmental impact mulch (this means different things in different areas), one that will enrich your soil as it breaks down.

Water smarter at this time of year and always first thing in the morning. A nice, deep drink a couple of *Continued on Page 16*

The People Smuggler

by Robin De Crespigny



This true story won the 2012 Queensland Literary Award and was shortlisted for the Walkley Book Award.

This is Ali Al Jenabi's story of growing up under Saddam Hussein's rule, enduring the torture chambers of Abu Ghraib, having to flee to save his own life but leave his entire family behind in a very dangerous Iraq.

It's a terribly sad story yet one of endurance due to his love of family and freedom. He is driven to a life he would never have contemplated – one full of betrayal, small triumphs and repeated misfortune.

The book jacket reads "…..a story of heroism, bringing to life the forces that drive people to put their lives in unscrupulous hands. It is an utterly gripping portrait of a man cut loose from the protections of civilisation, attempting to retain his dignity and humanity while taking whatever path he can out of an impossible position".

That sums it up perfectly!!

You could not begin to imagine a story like this.

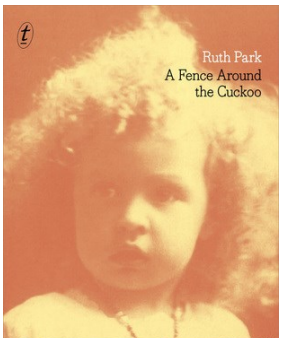
I think this book should be compulsory reading in our high schools – definitely a must read.

Please do.

- Read and reviewed by Volunteer Raewyn

A Fence Around the Cuckoo

by Ruth Park



A Fence Around the Cuckoo is the first of two volumes which make up Ruth Park's autobiography; the telling of her childhood in New Zealand through harsh and devastating poverty, the Great Depression and the intense and devoted love of her parents and extended family, with aunts, uncles and cousins there to help out in every way they could.

Ruth always wanted to become a writer and although there were no books to be had, she read the newspapers and anything she could lay her hands on.

Her memories of the Irish grandmother, of her love of the bush around where they lived, her wonder of the stars in the dark of night – also her convent education where she was encouraged by particularly helpful nuns in her writing; all had a bearing on her future. Her storytelling is at times amusing, other times grim, but always a joy to read.

- www.goodreads.com

BOOK NOOK NOTICE

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

Christmas Festival a Great Success thanks to the coming together of many groups

In the past Bowra townspeople have come together to enjoy films at the theatre, carols at Phoenix, the Lantern Parade or even going back a bit . . . the lighting up of the Christmas decorations on the big pine tree at Bowraville Central School.

In mid 2023 Kerrie Savins of the Bowraville Pharmacy envisioned Carols for the Community at the school which morphed into the Bowraville Christmas Festival with stalls and activities for kids and an appearance by Santa. Life intervened for Kerrie and a tireless Tammy Truscott, Phillida Hartley, Karin Woods and others stepped in to bring the envisioned event into reality.

The Festival was auspiced by the Bowra Lions and bought together by Bowra Chamber of Commerce, the BCDAI, the Military Museum, the BLALC and Durri AMS and a host of others.

The festival started with road closure and stalls and included pony rides and other activities provided by Durri.

Following the Bowra Theatre Singers local Elders Ann Edwards and Sandra Buchanan graciously gave a Welcome to Country and Mayor Rhonda Hoban opened the event.

Fortunately Uncle Martin Ballangarry was able to stand in for Santa and our wonderful Firies transported him down to distribute treats to the large crowds of children - and adults!

A range of performers sang carols and more on the steps of the Military Museum whilst others gathered on chairs on the street to watch and relax.

A good night was had by all - a coming together of different groups and entities for a combined and shared enjoyable outcome.

~ GARDENS & GARDENING ~

Growing Veggies in the heat of Summer *from page 14*

times a week is far more beneficial than frequent, short watering.

Consider a green manure crop to add some life and love to an overworked patch. At this time of year try lablab, cow pea, mung bean, soy bean and millet. This will improve your soil incredibly and, for a bit of forward planning, you'll find it well worth the effort!

On non-gardening days, why not head out to the shed and construct a couple of shade cloth tents. They don't have to be elaborate, just a simple, moveable structure that you can pop over the top of sensitive veggies (like eggplant, capsicum and others) as the heat becomes more intense. Pop these around where required, especially on high UV days, windy days, and during your holidays.

The recent heat in the warm areas may have caused a bit of grief to many plants in the garden, with some foliage looking less than fancy. Don't be too tempted to tidy these guys just yet – cruddy looking leaves will protect the new, young, sensitive shoots underneath from a serious case of sunburn. Wait until the evenings cool down in about a month or so to get your secateurs working on your scorched shrubs.

Plan ahead - Think about what wonders you will put into your patch come April. Preparing garden beds now means that when autumn planting time rolls around, your garden will be ready and waiting.

Removing spent plants, clearing areas of weeds and topping up organic matter is an excellent February job. A nail rake, some good organic compost and sustainable mulch is the perfect recipe for productive patches of the future.

- *www.sgaonline.org.au*

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

Happy New Year to all our listeners, we hope 2024 brings you lots of love and happiness.

In early December we did an Outside Broadcast for the Nambucca Heads Railway Centenary. What a wonderful day it was, lots of displays and things to do, and everyone got into the spirit of the day. Congratulations to all those involved.

We also participate in the Valla Carols on Friday December 8. Plenty of things for the kids and it was wonderful to see families getting involved in the carol singing and dancing.

We held another training course in December and welcome 3 new presenters into the ranks. If you think you would like to become a presenter or perhaps work behind the scenes, please contact admin2nvr@gmail.com

On the 3rd Friday of each month we have a FREE concert at the station, 834 Rodeo Drive, Tewinga. It starts at 6pm and goes to 8pm. Bring your own drinks and nibbles. In warmer weather we will hold the concerts out the back of the studios, so bring a chair or a blanket, just in case.

2NVR is committed to keeping our community informed during emergency situations. Should the circumstances require, 2NVR will revert to emergency broadcasting between the hours of 7am to 7pm.

- Donna Collins

BOWRAVILLE PHARMACY

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6/11

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

Join the Bowraville Lions Club and Make a Difference!

Are you ready to make a positive impact in your community? Join the Bowraville Lions Club today and become part of a passionate group of individuals dedicated to serving others.

Contact Us at 0439704510
or bowraville@lionsdistrict201n1.org.au

Jamie Hutton, President

Lions Club Bowraville

9/11

Bowra Laundromat

Corner of High & Belmore Streets

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Enquiries: ph 6564 7401

9/11

Christmas Lunch 2023

More pics on Page 20

Chinese Zodiac 2024:

Soar to success in the Year of the Dragon

The Chinese zodiac, with its twelve mythical creatures, glides us through life using wisdom and wonder. In 2024, the spotlight is on the powerful Dragon, promising a year filled with opportunities and challenges.

But why is 2024 the Dragon's year? Chinese astrology cycles through twelve animals, assigning each year a specific creature. This year is the mighty Dragon's turn, representing qualities like power, ambition, passion, and creativity.

In Chinese culture, the Dragon isn't just a monster; it's a revered being symbolising auspiciousness, good fortune and strong energy. Emperors used it as a symbol of authority and stories tell of heroes riding Dragons on celestial journeys.

To sum it up, 2024, the Year of the Dragon, encourages us to be ambitious, creative, and strong in facing challenges. By setting big goals, being imaginative, staying resilient, building good connections, and balancing our efforts, we can make this year successful. Let's embrace the spirit of the Dragon, face the future with courage and make 2024 a year of inspiration and personal achievements.

- timesofindia.indiatimes.com

AUSTRALIA POST

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Australia Post provides the following services
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- balance enquiries.

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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.

Christmas Lunch 2023

BOWRAVILLE CENTRAL SCHOOL NEWS

Tasman Keith returns as artist-in-residence to Bowraville Central School

During Term 4 2023, we had the privilege of hosting distinguished Bowraville Central School alumnus Tasman Keith as our artist-in-residence. Taz is a Gumbaynggirr man, and popular Australian rapper and singer-songwriter, who continues to contribute hugely to the Australian and international music scene.

This was his second time with us as artist-in-residence, and during his stay Taz worked composing and recording some innovative songs with our primary and secondary students. Together they produced some truly awesome tunes!

Well done kids, your music skills are fabulous and are getting better every day! A huge shoutout to Tasman Keith for his generosity in working with our students, not only is Taz an awesome musician, he's also a great role model!

More School News on Page 25

Watch Out - Wild Critters About

Funnel-web Spiders

Funnel-web spiders, the most notorious members of our spider fauna, are found in eastern Australia.

There are 36 described species of Australian funnel-web spiders. They are medium to large spiders, varying from 1cm-5cm in body length. Males are more lightly built than females. Body colour can vary from black to brown but the hard carapace covering the front part of the body is always sparsely haired and glossy.

Identifying funnel-web spiders

- Shiny carapace
- Deeply curved groove (fovea)
- No obvious body pattern
- Eyes closely grouped
- Four spinnerets, largest with last segment longer than wide
- Lower lip (labium) studded with short, blunt spines
- Modified male second leg (a male trapdoor spider has the first leg modified.)
- Male second leg: an obvious, conical projection or 'spur' on the lower side of the middle segment (tibia) of the second leg (about halfway along) is characteristic of the genus Atrax, exemplified by the Sydney Funnel-web Spider, Atrax robustus. Males of all other funnel-web species either have a blunt, spine-covered tibial swelling, or a few spines only, on the second leg. Note also the mating organ on the male palp.

Not all species are known to be dangerous, but several are renowned for their highly toxic and fast acting venom. The male of Atrax robustus, the Sydney Funnel-web Spider, is probably responsible for all recorded deaths (13) and many medically serious bites. This remarkable spider has become a part of Sydney's folklore and, although no deaths have been recorded since the introduction of an antivenom in 1981, it remains an icon of fear and fascination for Sydneysiders.

Where Australian funnel-web spiders live

Funnel-web spiders live in the moist forest regions of the east coast and highlands of Australia from Tasmania to north Queensland. They are also found in the drier open forests of the Western Slopes of the Great Dividing Range and South Australia's Gulf region. Funnel-webs of the genus Atrax have a much smaller distribution than do the more diverse members of the genus Hadronyche. The Sydney Funnel-web Spider, Atrax robustus, is found from Newcastle to Nowra and west as far as Lithgow in New South Wales.

Sheltered retreats

Funnel-webs burrow in moist, cool, sheltered habitats – under rocks, in and under rotting logs, crevices, rot and borer holes in rough-barked trees. In gardens, they prefer rockeries and dense shrubberies, and are rarely found in more open situations like lawns.

Rain may flood burrows and the temporary retreats of male funnel-webs, causing an increase in their activity. Funnel-webs are very vulnerable to drying out, so high

Continued on Page 30

Four habits of happy people

By Lowri Dowthwaite-Walsh, Senior Lecturer in Psychological Interventions, University of Central Lancashire for The Conversation.

What makes you happy? Maybe it's getting up early to see the sunrise, hanging out with family and friends on a weekend, or going for a dip in the sea. But what does science say about the things happy people do?

We know that happy people tend to have strong relationships, good physical health and contribute regularly to their communities.

The reality is that there'll be times we manage to engage with happiness habits and feel positive. Then there'll be occasions when life throws a curve ball and our happiness is affected. The good news is we can improve our levels of happiness with daily practice.

Move your body

Regular physical activity and exercise are high on the list for happiness as studies consistently demonstrate a link between being physically active and increased subjective wellbeing, aka happiness.

Research shows that walking for 30 minutes a day can improve your health. But studies on happiness show that people benefit more when they engage in moderate and high-intensity exercise which increases the heart rate.

Moderate exercise is anything that makes you slightly out of breath – you can still talk but probably couldn't sing a song.

Prioritise connection

The most recent happiness research shows that our social connections are important in terms of overall wellbeing and life satisfaction. Indeed, making time to talk, listen, share and have fun with friends and family is a habit to prioritise.

Continued on Page 26

Historic St James Anglican Church
High St. Bowraville

The 10am Sunday Service has resumed.

Ros Johnston 0427 543 377

email: nambuccaanglicans@tpg.com.au

Baptisms, weddings and funerals can be arranged by phoning 6568-9029

6/11

Blokes' Breaky
1st Saturday of the month
at St James - ring Tony to book on
0487 090 886

Womens' Brekkie
3rd Saturday of the month
at St James - 7am or 7.30 start

St Jimmy's Kitchen
3rd Thursday of Month at 6.30pm.

Bowra St Jimmy's Food Hub
Monday, Friday & Saturday 9am until 11am must have a Centrelink card.

6/11

Essential apps to keep you safe this Summer

From planning a day out to knowing when to evacuate, be ready for whatever summer brings by installing these apps on your phone:

BOM Weather - The Bureau of Meteorology is the main provider of weather forecasts, warnings and observations to the Australian public.

Emergency Plus - This free app was developed by Australia's emergency services and their government and industry partners. The app uses GPS functionality built into smart phones to help a Triple Zero (000) caller provide critical location details required to mobilise emergency services**.**

Hazards Near Me - shows current information about local emergencies, including flood, bushfire and tsunamis, and advice on what to do to stay safe. The app can send you push notifications when there are new incidents or when information changes.

Live Traffic NSW - provides real-time information about roads and changed traffic conditions that affect your journey on roads throughout NSW.

BeachSafe - Access the latest information about every Australian beach on the go. Offering unrivalled coverage of the Australian coastline, Beachsafe provides detailed information from patrol status, facilities and hazards to weather, swell and tide.

AirSmart - The Australian app for air quality. AirSmart puts all the information about the air you breathe directly into the palm of your hand.

Get the free AirSmart App now and make the invisible visible. By knowing what's in the air, AirSmart can better protect your health and help you safely plan your day. Proudly an initiative of Asthma Australia.

GoodSAM - The GoodSAM Responder app saves lives by notifying registered members of the community when someone nearby requires hands-only CPR in the first minutes which are critical in cardiac arrest.

Marine Rescue NSW - The Marine Rescue NSW app makes it easier than ever for boaters to stay safe on NSW waters. It's the only app that connects you directly to Marine Rescue NSW where more than 3,000 professionally trained and equipped search and rescue experts are looking out for your safe return.

- Service NSW news@comms.service.nsw.gov.au

N/C

BOWRAVILLE COMMUNITY DEVELOPMENT ASSOCIATION INCORPORATED (BCDAI)
Pioneer Community Centre

70 High Street – in the heart of Bowraville

Monthly meetings, 2nd Saturday of each month at 1pm.

Bowra Country Market, 2nd Saturday of every month. Enquiries: 6568 3370

Donations welcomed, of saleable **books & bric-a-brac** for our fundraising table, and for our January book fair are always welcomed.

Volunteers wanted. Do you have skills to share?

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

BOWRAVILLE CENTRAL SCHOOL NEWS

Farewell Megan Cochrane and thank you for your outstanding contribution

Bowraville Central School bid the fondest of farewells to Megan Cochrane, our departing Community Liaison Officer and all-around superstar. Megan was an outstanding contributor during her incredible career with us, which has spanned nearly 30 years. From serving our students, parents, carers and community in the front office, to promoting our school so wonderfully through our various media platforms, Megan worked tirelessly with tremendous talent and commitment and achieved great things. Thank you for all you have given to our school and community Megan, we appreciate your wonderful contribution, and you will be dearly missed. All the very best in your retirement!

Dianne Smith, legend of Bowraville Central School, delivers her final lesson

Bon voyage to an absolute hero of a teacher - Dianne Smith. Di has taught at our school for 36 years and there is nothing she doesn't know about this wonderful place and the very important work that the team does here. Di demonstrated exemplary dedication to her students, and has worked tirelessly over the decades educating and guiding thousands of young Australians who have later gone on to contribute truly great things to our nation. We owe her a debt of gratitude for this towering and indispensable contribution. All the very best for your retirement Di, we will miss you dearly. Not only are you a legendary teacher, colleague, and role model, you'll always be a true friend of everyone here at Bowraville Central School. Thank you!

Bernard Laverty Funerals

24 hours 6568 1555

Monumental Masons & Florist

Speak to us about the benefits of Pre Paying

Serving the community for over 60 years

Four habits of happy people *continued from page 23*

A recent study found we generally engage more with friends and family when we feel unhappy and less so when we are happy. This may be because we naturally seek out comfort and support to feel happier and pursue other activities when our happiness is stable.

It's a question of balance - too much time alone can lead to negative emotions and so seeking out others is a natural way to alleviate this and boost our mood.

On the flip side when we feel positive and happier we are more inclined to support others and provide a shoulder to cry on. Nonetheless spending time in the company of friends and family provides both short-term and long-term happiness gains.

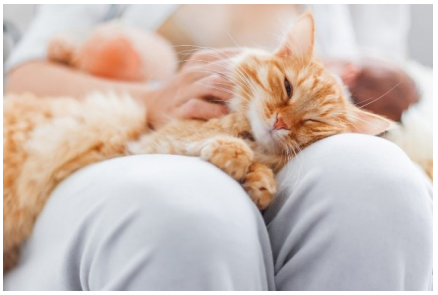
Practice gratitude

Our outlook on life and how we evaluate things also plays a huge part in our happiness levels. Studies have found that having a more optimistic mindset and practising a sense of gratitude can buffer against negative emotions and increase happiness.

Practising daily gratitude, such as counting your blessings or listing things throughout the day "I am grateful for", helps us to think more positively and feel happier.

The "three good things habit" is a quick and easy practice to adopt for increasing optimism. You simply write down three things that went well every day and reflect on what was good about these.

It's all about a gentle nudge towards positivity which the science supports. In other words, practising and cultivating an attitude of gratitude and appreciation generally works to help you feel more positive about your life. Gratitude also helps you to see the bigger picture and become more resilient in the face of adversity.



You can also practice gratitude more naturally by giving thanks – telling someone what you are grateful for that day or sending thank-you messages. Indeed, it might sound trite, but research shows daily feelings of gratitude are associated with higher levels of positive emotions and better social wellbeing.

Spending time with pets helps too

Research shows that dogs motivate their human companions to be more active and in turn, both dog and human share a pleasurable experience that boosts their happiness.

Enjoy sitting with your cat while drinking tea and reading a book? Studies have found that family pets provide many benefits towards health and happiness as they not only provide companionship but also reduce incidents of depression and anxiety while helping to boost our happiness and self-esteem levels.

The main ingredients for happiness and what the research boils down to are social connections and activity – of both the mind and body. And finding a flow to life through our daily habits and intentions can lead to happier, more fulfilling lives.

- www.mindfood.com

How to Safely Recycle those Batteries

Batteries power many parts of our everyday life but not everyone knows what to do with them once they're used. They don't belong in household or commercial kerbside bins so read this easy guide on what to do with them instead.

Many people think batteries can go in household wheelie bins but the hazardous chemicals within a battery can create a fire if the battery gets damaged, such as when compacted in a garbage truck.

Batteries don't belong in waste or recycling bins

Batteries contain a range of metals including lead, mercury and lithium which can be hazardous to the environment when disposed of incorrectly.

They should never be thrown into household bins because they contain chemicals that contaminate our waste streams, pollute the environment and can cause catastrophic fires.

For commercial quantities of batteries, contact a hazardous waste service provider to dispose of them lawfully and safely.

What to do with old batteries

When disposed of correctly, 95 per cent of battery components can be recycled into new products. Here's what you can recycle and where.

- Small household batteries

The EPA has partnered with B-cycle, the national product stewardship scheme for batteries, to establish B-cycle drop off points at all Community Recycling Centres and Household Chemical Clean Out events. With B-cycle drop off points also available at major retail outlets, you can now drop off small household batteries at over 1,000 B-cycle locations across NSW for recycling. Accepted batteries include AA, AAA, C, D, 9V, 6V, watch and button batteries.

Tape both ends of the battery terminal and drop them off at:

- Community Recycling Centres
- Household Chemical CleanOut events
- Officeworks, Woolworths, Aldi, IGA and Bunnings

The B-cycle search tool provides a comprehensive list of drop off points in your area.

- Batteries over 5 kilograms

Some larger batteries, for example, batteries from electric bikes and scooters, and car batteries, can be dropped off at a Community Recycling Centre or Household Chemical Clean Out event. Embedded batteries, solar panels and large energy storage batteries are not accepted.

- Lithium batteries

Lithium batteries are often contained in phones, tablets, power banks, computers, toys, appliances and tools, as well as mobility equipment such as electric bikes and scooters.

Continued on Page 29

REDFEB 2024 - Simple Steps to a Healthy Heart

Prevention is the best medicine

- Continued from page 12

Measurement

Keep track of your health measurements.

This includes cholesterol levels, blood pressure, weight, sugar levels, waist circumference and exercise capacity.

For years health workers have understood the value of monitoring blood pressure, cholesterol levels, sugar level and body weight. To this we can now add the importance of measuring heart pump function (ejection fraction), exercise capacity (6-minute walk test), waist circumference, and kidney function, among many others.

A close relationship between the family doctor and subject will optimise the way good health is measured and monitored.

Managing health without measurements is like ocean racing without a compass.

Mental Approach

Stay optimistic.

Many studies show your state of mind can protect, as well as damage heart health. Important risk factors that may lead to heart disease include stress, anger and depression.

They can be as damaging as high cholesterol levels in causing heart disease. Unaccustomed stress such as the loss of a family member can trigger heart attacks in an otherwise well individual. Conversely, a positive state of mind, a supportive community and personal happiness may help reduce the risk of a bad cardiovascular event.

In Summary

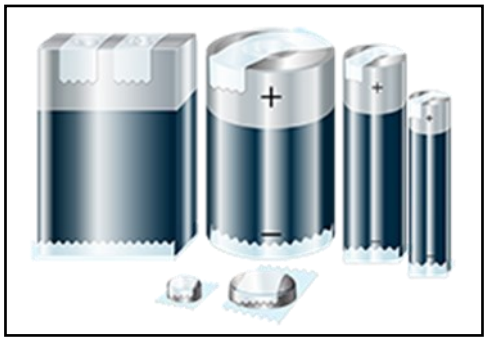
Movement and exercise, intelligent choice of Meals, Measurement of health indicators and maintaining an optimistic Mental attitude (the 4-M approach) form a concise and effective approach to achieving heart health before and after serious illness, at any age.

- www.heartresearch.com.au/heart-disease/simple-steps/

Recycling those Batteries Safely *Continued from page 27*

Lithium-ion batteries can be cylindrical, flat, rectangular, pouch, and device specific. If the battery is rechargeable and has “Li” or “Lithium” printed on it, you can safely assume that it is a lithium-ion battery.

When lithium-ion batteries are damaged they can produce violent bursting of battery cells, hissing and release of toxic, flammable and explosive gases, and an intense, self-sustaining fire that can be difficult to extinguish.



Tape both ends of battery terminals before dropping them off at a designated collection site.

Recycling

If you can safely remove the lithium battery from the product by hand, tape the terminals using a non-conductive tape like clear sticky tape.

Taped handheld lithium batteries can be returned to Officeworks, Woolworths, Aldi, IGA and Bunnings.

If the battery cannot be easily removed by hand or is embedded into a product, please do not attempt to remove it. Instead, leave it as is and recycle through your local e-waste collection services.

E-cigarettes and vapes

E-cigarettes and disposable vapes are also potentially very dangerous in general waste as they contain a heating element as well as a lithium battery, which can readily ignite.

While vapes are more complex to recycle, there are some councils that will accept disposable vapes as part of their e-waste drops-offs.

Vapes are an emerging waste but we’re working with the Commonwealth and will look at other disposal options for NSW to make it easier.

What to do if a battery catches fire

If the device or battery starts to smoke or emit flames:

- evacuate the area and close doors if safe to do so to slow the spread of fire ensuring no one goes back inside the building for any reason. The vented battery gases, vapour and smoke are highly toxic and flammable and must not be inhaled.
- call Triple Zero (000) and wait in a safe location for firefighters to arrive.

If anyone has been exposed to spilled electrolyte, flying debris, smoke or vapours, or flames, seek urgent medical assistance. Burns should be immediately treated with cool running water for 20 minutes. Burns larger than a 20-cent piece require emergency care. Treat with cool running water immediately, call Triple Zero (000), and follow the advice of the operator.

- www.epa.nsw.gov.au

Funnel-Webs About - *from page 22*

humidity is more favourable to activity outside the burrow than dry conditions. Most activity is nocturnal. Gardeners and people digging in soil may encounter funnel-webs in burrows at any time of the year.

First aid for funnel-web spider bites – why and how

Despite the availability of an effective antivenom, correct and immediate first aid is still an essential requirement for any Funnel-web Spider (or mouse spider) envenomation. The recommended first aid technique is pressure/immobilisation (as for snake bite) and this must be done as quickly as possible. The pressure/immobilisation technique compresses surface tissue, reduces muscle movement, greatly slowing lymphatic flow.

Spider bites usually take place on a limb. A pressure bandage should be applied as soon as possible after a bite has occurred. This should be applied as tightly as for a sprained ankle, starting from the bitten area and binding the entire limb above the bite. A rigid splint should be bound onto the limb to prevent limb movement. The patient should be kept as quiet as possible and medical attention must always be sought even if symptoms are not immediately apparent. Severe envenomation is always a medical emergency. If safe to do so, keep the spider for positive identification.

Funnel-web spider FAQs

Can funnel-webs jump? Despite some popular beliefs, funnel-webs can't jump. However, they can move quickly, and they will rear up when feeling threatened and make sudden lunges when striking. Householders have been surprised by the agility of male funnel-webs, and their sometimes quick escapes from smooth-sided containers (e.g. when the tips of their long legs are able to reach the rim!)

Can funnel-webs swim? Wandering funnel-webs spiders often fall into backyard swimming pools and they can stay alive for at least 30 hours underwater. They can't swim but they can trap a small bubble of air in hairs around the abdomen, which aids both breathing and floating. As they gradually get waterlogged, their buoyancy decreases and they sink. Eventually they drown - but it should never be assumed that a non-moving spider at the bottom of a pool is dead - as they often recover.

- australian.museum/learn/animals/spiders/funnel-web-spiders-group

N/C

To Market, to market . . .

Nambucca Plaza Lions Market- 2nd Sunday every month. Nambucca Plaza, Nambucca Heads from 8am. Enq. 6568 5447

Funkya @ Unkya Markets Last Sun even months (not Dec) Eungai Reserve Pacific Highway Eungai 8am-1pm Enq. 0425 205 737

Bowra Country Markets - 2nd Saturday each month Pioneer Community Ctr - 70 High St. Bowraville 9am to 1pm. 0401481501

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

Bellingen Growers Market from 7.30 to 11.30am at the Bellingen Showground every 2nd and 4th Saturday of the month.

Support Bowra's Tradies by keeping it local.

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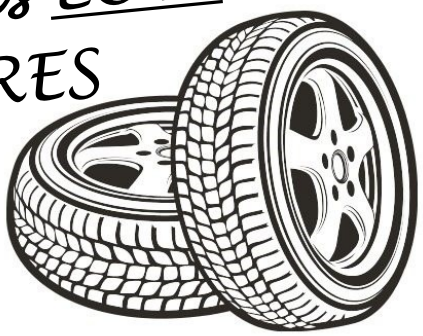

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Agent for Penrite Quality Oils

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Spring 2023

Studio 3 Live on the 3rd Friday of each month 6-8pm

C = Community Radio Network

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	**Green Eggs On Toast** Lawrie Medbury *Markets info, news, movies, local news. Nude.*	**The Bohemian Beat** With Riddhi C	**Aussie Grown Across the Nation** *Aussie Christian grassroots to charts.*	**Tones of Clairessense** Claire Watt *Get that musical clairessence!*	**TGIF** Bettina Goodwin *News, tunes and interviews Great music to start your day*	**Rise N Shine** Ron Hawkins "Saltwater People" at 7:30 am "It's Only Words" at 8:30 am *Random ravings in a musical mix, news, and views to kick-start your weekend*	**Sunday Morning Soul Sound** With Clairessense	6 AM
7 AM		**The Sixties in Australia** Rob Davidson	**Blues, Roots, n Boots** Presented by Jonny Dee C					7 AM
8 AM		**From Then To Now** With Paul Burns	**A Breath of Fresh Air** With Sandy Kaye C					8 AM
9 AM	**Classic Hits & Jukebox** Paul Rowe *Great Rock 'n' Roll*		**Smoko with Gazza** With Gary Biden *Easy Listening To Rock & Pop*	**FlipSide** With Phill *Specially-selected, usually-oz*	**Talk Of The Town** Ceri Wrobel *See what's going down!*	**Down Memory Lane** With Streamer C	**Anything Goes** With Phil *Music from anywhere/everywhere*	9 AM
10 AM		**Bach to Beethoven** With Rachel Burns				**Australian Music is Bloody Great & Real World Gardener** C		10 AM
11 AM	**Baby Boomers** Donna Collins	**Infopinion** Richard Laxton, Eddie Orrego, Dale Hawkins	**Mystical Music & Musings** With Luise	**Turning Pages** Elizabeth Newman	**Peter's Pops** With Peter K	**The AMRAP Music Show** C	**Jazz Made in Australia** Paula Langlands C	11 AM
Noon				**Flashback** With Rob Davidson 60's to 90's with a weekly featured artist	**Classical Tunes & Melodies** With Peter K	**Fine Music Live** *On stage* C	**NIMA Chart Show** Matty J C	Noon
1 PM	**The Weekley Fix** Paul Weekley	**Life Words with Linda** *Bible reflections, Gospel & Australiana*	**Mick in the Middle** With Mick Birtles *Interviews with fascinating folks, beautiful music & what's happening in our slice of paradise*			**Garage Noise** With Sean Ambrose *Alternative Music*	**Diffusion & Lost in Science** C	1 PM
2 PM				**Tewinga Tunes** With Ralph *Guaranteed ear candy*	**Weekend Surge** With Chrisso *Sublime music, surf and footy reports, pumping you up for the weekend*		**That's A Wrap** Donna, Nigel, Mitch, Gary & Les	2 PM
3 PM	**A Country Tea Time** With DJ Tina Sipping and spinning it all!	**Rock On** With Jimmy & the Bluebirds	**MC Grim** Mark Seagrim *Music with a wicked difference*	**Thursday Country** Trickivic	**Jammin' With Gin** *Gin's terrific tracks!*	**Afternoon Concert** With Peter K *Classical music at its best!*	*Local sports calls and in-depth analysis*	3 PM
4 PM		**Sister Act** Olivia & Sam						4 PM
5 PM	Bowra Beats With Grace Walters	**Retro Birds** Robyn Wren & Sally Swan *Not out of the box radio entertainment*	**The Curious World of Lisa Z**		**Turn Up The Volume** With Macca *Three hours of soft rock & listener requests.* ***School's In** from 5pm and **Studio 3** from 6-8pm on the 3rd Friday of each month.*	**Phase Out With Faye** Faye Aspiotis *Lots of Aussie music old and new*	**Praise, Prayer & Pop** With Michelle	5 PM
6 PM	**Hinterland** With Ben Walters		**The Sit Down** With Clint Waaka *Interviews, music, history, culture and good times!*	**Hit Singles From Your Past** With Macca				6 PM
7 PM	**Reggae Mixtape** With Fitzroy *Music outside the usual* 2NVR Multicultural Radio	**Blues Soul Funk** *Featuring **Aussies on NBA*** Matt Leibrandt & friends	**Ant's Rock** Anthony Garnsey *Solid Rock Aussie Focus*	**Cinemascape & The Assignment (BBC)** C	**Fish's Favourites** With Dave P *Tunes to angle by...*	**Saturday Date** With Stu *Save the date every Saturday!*	**The AntiSF Radio Show** With Nuke + **Imagine This** *Radio drama & stories*	7 PM
8 PM				**Tim Unsupervised** Tim Hood *Late night humour, music, interviews and more...*				8 PM
9 PM	**Music Makers** With Yen *Mixed music with featured artists*	**Drëam-Cræft** By Dowatfeelsgood ***Post-Punk & Electronic Excursions***			**Saturday Night Gold On Friday**	**Wolfy** *Wolfy's music & requests*	**Prog Rock Playlist** Rhino *The best of Progressive Rock*	9 PM
10 PM								10 PM
11 PM		**2NVR Music Mix**	**Ant's Rock Overnight**	**2NVR Music Mix**				11 PM
Midnight	2NVR **Overnight Music Mix**					2NVR **Overnight Music Mix**	2NVR **Overnight Music Mix**	Midnight

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