

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 2026 ~ ISSUE #247 ~ FREE ~ CIRCULATION 350 ~ POSTCODE 2449



Bowra GP Clinic welcomes new clinical staff team members.

Our practice continues to grow in its commitment to delivering high-quality, culturally safe healthcare, with a strong focus on supporting Aboriginal health and wellbeing.

We are dedicated to providing care that is respectful, inclusive, and centred around the needs of our community.

We are delighted to welcome three new staff members to our practice:



Dr Patricia Collie
General Practitioner



Dr Ellie Brown
General Practitioner
(Registrar)



Vicki Keenan
Practice Nurse

Their knowledge, experience, and compassion will be a wonderful addition to our team and the care we provide.

Please call for an appointment
02 6691 1125

More information on Page 3

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.

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BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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2025 ADVERTISING CHARGES:

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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 2026
ISSUE IS: 4:00PM

TUESDAY, 17th FEBRUARY 2026

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

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Bowra GP Clinic opens books to new patients

By Ned COWIE

Bowraville's Health One medical clinic in High Street has appointed several new staff and will open their books to new patients in a large step forward for medical services in the historic town.

"Our practice continues to grow in its commitment to delivering high-quality, culturally safe healthcare, with a strong focus on supporting Aboriginal health and wellbeing," a spokesperson for the centre said.

For several years now, and with a doctor shortage affecting the entire Valley, new Bowraville residents have had to receive medical services out of the town with some travelling as far as Coffs Harbour to find a General Practitioner (GP) of their own.

Until the books are full, all new locally residing patients will be welcome to register at the practice. However, those seeking urgent medical care will be directed to Macksville Hospital.

New arrivals, Dr Patricia Collie, Dr Ellie Brown and Practice Nurse Vicki Keenan will join existing medical staff, Doctor Jayne Schofield and medical student Madelyn Johnson.

"Their (new team members) knowledge, experience, and compassion will be wonderful additions to our team and the care we provide," the spokesperson said.

The Ongoing Team

New arrivals will join existing staff, who continue to support the practice with their dedication and expertise including Dr Jayne Schofield – Clinic Lead, Clint Mitchley – Practice Manager, Suzanne Howell – Administration Support Officer, Felicity O'Neill – Administration Support Officer and Madelyn Johnson – Medical Student.

The new team members:

Dr Patricia (Trish) Collie

Dr Patricia (Trish) Collie is an experienced General Practitioner and Addiction Medicine Physician with a strong commitment to improving health outcomes for Aboriginal communities. Her work as a GP and addiction medicine clinician at Bulgarr Ngaru Aboriginal Medical Service in Grafton, along with extensive public service across regional and rural NSW, reflects her deep understanding of culturally safe, community-centred care. She brings broad clinical experience spanning general practice, addiction medicine, virtual care, chronic disease management, hepatitis treatment, and women's health, complemented by leadership roles as an educator, supervisor, and accreditation surveyor. Through her clinical practice, research collaborations, and longstanding involvement in Aboriginal health services, she has developed specialist skills in delivering holistic, trauma-informed care and supporting vulnerable and marginalised populations. She is very much looking forward to working with the team at Bowra GP clinic next year, 2 days a week.

Continued on Page 7

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, Wednesdays and Fridays between 10am and 3pm. 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.



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 . . .***

Bowraville Masterplan - view and discuss at the Bowraville Community Centre

Sunday 1st February from 2 to 4pm

If you would like to learn more . . . come along.

OR view a copy at the Bowra Tech Centre at 39 High Street, Bowra.

See more information on page 11

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Bowraville Chamber of Commerce

Next meeting will be at **5pm, Tuesday, 3rd February** at the Bowra Hotel.

See more information on page 12

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Nambucca Environment Network Inc (NEN)

Invites you to a gathering on Monday 16th February at 6pm at
Macksville Ex Services Club.

See more information on page 13

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Radio Nambucca 2NVR - Studio 3 Live 20th February 2026.

Come along to 2NVR at 834 Rodeo Drive Tewinga for the show
featuring **2AM Moment**

it's from 6 to 8pm. Ceri Wroble hosts Studio 3 Live every 3rd Friday.

See more information on page 25

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

Preparing for a bush fire is easier than you think.

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

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



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



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



3. KNOW
the bush
fire alert
levels.



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

N/C

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!



**Counter Assistance
is available
for small fixes**

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

*“What the new
year brings to
you will depend
a great deal
on what you
bring to the
new year.”*

- Vern McLellan

*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 Karin on 6564 7420
for more information.

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

eftpos

Dr. Ellie Brown

"I'm a proud Yuin woman raised on Darkinjung Country of the Central Coast of New South Wales. I graduated from Newcastle University in 2020 with a Bachelor of Medicine and have been living and working on Gumbaynggirr Country for the past few years in Emergency Medicine. I started my training as a General Practice Registrar in 2025 and will be commencing at Bowra GP Clinic in February 2026. I have a strong belief in preventative medicine and community engagement, and I look forward to having the opportunity to support the Bowra community in meeting their health needs."

Vicki Keenan

"I am a proud Gumbaynggirr woman who has recently moved to Bowraville with my husband in 2024 after purchasing our home. I was raised in the Campbelltown area of South Western Sydney on Dharawal Country but frequently visited my mother's family (Bryant's) in Coffs Harbour and Nambucca Heads.

I graduated from the University of Western Sydney in 2008 with a Bachelor of Nursing and worked at Campbelltown Hospital and the local Aboriginal Medical Centre (Tharawal) as a Practice Nurse before moving onto various other nursing positions throughout my nursing career. I moved to Coffs Harbour in 2017 and worked at the Base Hospital as a Cardiac Theatre Nurse in the Angioplasty Unit and engaged with Aboriginal Community through a casual position at Galambila Aboriginal Medical Centre as a Practice Nurse until moving to Tamworth for 4 years. During that time, I completed a Postgraduate course in Child and Family Health Care Nursing and practiced for 2 years in Tamworth Community Health with NSW Health before moving to Bowraville and securing a casual position as a Child and Family Health Nurse with Tresillian Family Unit (Sleep and Settling) at Macksville Hospital."

Please call for an appointment
02 6691 1125

BOWRAVILLE GIFT SHOP

LOCATED AT BOWRAVILLE POST OFFICE
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7/10/11

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FAX: 6564 7364

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Saturday 8.45am - 12 noon

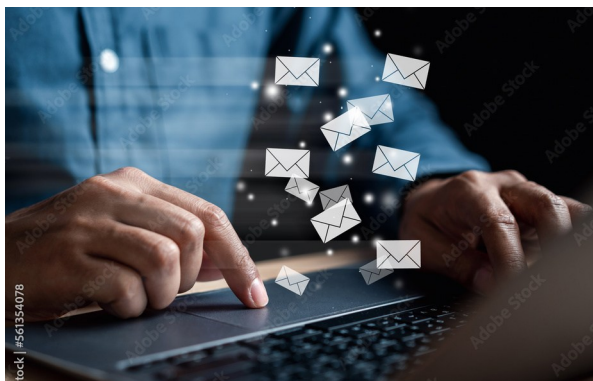
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7/10/11

What actually happens when you send an email?



Ever typed out an email, hit send, and then just stared at your screen wondering where does it actually go? At first glance, it seems instant like magic. One moment it's on your device, the next it's sitting in someone else's inbox. But behind that simplicity lies a fascinating digital journey full of hidden steps, security checks, and invisible pathways.

Every email you send travels through a complex network of servers, protocols, and data packets, all

working together in a carefully orchestrated process that most of us never notice.

Here we're going to explore this hidden adventure from start to finish and by the end you'll understand what happens when you send an email and why it's far more than just pressing a button.

Composing the Email

Sending an email starts with you typing it out. But there's more going on than just writing a message. When you hit send, your email isn't just text floating through cyberspace. It's converted into a digital package called a message packet.

This packet contains your message, the recipient's email address, subject line, attachments, and some hidden information called metadata, like the time it was sent, and the path it will take.

Think of it like a letter in a mailbox. But this letter comes with instructions on exactly how it should travel.

Even before leaving your device, your email client, whether it's Gmail, Outlook, or Apple Mail, prepares it for its journey. It checks that everything is in order, the email address is valid, attachments aren't too big, and formatting is correct. If something is off, it'll stop you and let you fix it.

So, the moment you press send, your email is already on the path to becoming a digital traveller.

How SMTP Sends Your Message

Once your email is ready, it doesn't just fly straight to your recipient. It first goes through a server using a protocol called SMTP, which stands for simple mail transfer protocol. You can think of SMTP as the post office of the digital world. It receives your email, figures out where it needs to go, and starts moving it along.

The SMTP server checks the domain of the recipient's address. For example, if you're sending an email to someone at gmail.com, it recognises it needs to go through Gmail's servers. Then your email is packaged into smaller units called data packets, which are sent across the internet. These packets can take different routes, hopping from server to server, just like a road trip with multiple stops along the way. This process happens incredibly fast, usually in just a few seconds.

Traveling Through the Internet

Here's where it gets interesting. Your email travels across the internet, hopping between servers in what's called store and forward technology.

Each server stores your email temporarily and forwards it closer to its

Continued on Page 18

WHAT'S HAPPENING IN BOWRA

Blokes Brekkie

1st Saturday of the month
at St James - ring Jeff to
book on 0428 578 394

Cuppa and Chat

3rd Saturday of the month
10am — Free
All welcome - St James Hall

Bowra Country Markets

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

St Jimmy's Kitchen

3rd Thurs of Month
5.30pm at St James Church Hall

St Jimmy's Food Hub

Friday 9-11am

Must hold a current Centrelink card.
For more info call office on 6568-9029

Bowraville Folk Museum

High Street, Bowraville
Phone/Fax: 6564-8200

New Opening Times

Closed Monday and Tuesdays
OPEN

Wednesday to Sunday 10am -1pm

email: bowravillefolkmuseum@gmail.com

~ Groups by appointment ~

25/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

210/11

TUESDAY to SATURDAY

11:30am-2:00pm and 5.30 - 8pm

SUNDAY

11:30am-2:00pm & 5.30 - 8pm

WOOD-FIRED PIZZA

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Bowraville & District Ex-Services Club 6564-7304


What we have to offer . . .

TAB - KENO

RAFFLES - Wednesdays & Friday

MEMBERS' DRAW min \$1500

KITCHEN Wednesday to Saturday

 Lunch 12-2pm - Dinner 6-8pm

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from 4pm to 6pm daily

210/11

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27/11

A Month of Transformation and Truth

February 2026 arrives as one of the most transformative months of the year, guiding every zodiac sign through emotional breakthroughs, spiritual clarity, and powerful moments of truth. With Aquarius awareness, and Pisces bringing month blends logic with heart-dynamic period where hidden and personal growth accelerates. or new beginnings, the astrology of into a more authentic version of



setting the tone for honesty and emotional depth and intuition, this driven insight. February becomes a truths rise, relationships evolve, Whether you seek change, clarity, this month encourages you to step yourself.

Relationship Evolution and Honest Conversations

February is a significant month for relationships, thanks to the influence of Aquarius honesty and Pisces vulnerability. The beginning of the month encourages open communication, revealing truths that may have been hidden or ignored. Many signs confront emotional realities that require clarity or change. As the Sun enters Pisces, relationships shift toward deeper connection, empathy, and healing. This is a month where relationship breakthroughs feel inevitable. Whether strengthening a bond or making a difficult decision, February supports authenticity and emotional honesty.

Truth Revealed in Personal and Professional Life

The theme of truth runs strong throughout February 2026. Aquarius energy exposes reality in relationships, friendships, work, and personal choices. Pisces energy encourages acceptance and emotional healing. Together, they create a powerful month for uncovering deeper truths that shape your life direction. You may gain clarity about your career path, your emotional needs, or your long-term goals. Breakthroughs are possible when you align your actions with your authentic values. February asks you to face the truth and use it as a catalyst for growth.

A Powerful Month for Growth and Self-Reflection

February's blend of intellectual clarity and emotional insight makes it one of the most transformative months of the year. This is a time to release what no longer belongs in your life and step into a new chapter with wisdom and confidence. Self-reflection becomes essential, helping you understand your motivations, desires, and emotional patterns. Whether through journaling, meditation, or quiet introspection, February supports inner growth and spiritual reconnection.

A Turning Point for Every Zodiac Sign

February 2026 is a transformative month filled with emotional healing, clarity, and truth. The early weeks challenge you to see your life honestly, while the later weeks encourage you to feel deeply and act with intention. Relationships evolve, personal breakthroughs occur, and intuition becomes a guiding light. This is a month where truth becomes your greatest teacher, guiding you toward a future aligned with emotional authenticity and personal transformation. Moving through February, trust that every shift is leading you closer to your most empowered and awakened self.

- www.zodiachelps.com/2025/12/22/february-2026-astrology-horoscope-a-month-of-transformation-truth/

Improving our town centre

For all of this century concerns have been expressed about the long-term viability of our town centre - it becomes so hot in summer and there is a lack of places to relax and connect in comfort in town . . . so why stop and shop? IGA staff even have to resort to sitting on the steps of the theatre for shade!

In 2004 there was an extensive exploration of possible improvements, and this report was used in the 2021 Nambucca Valley Council (NVC) supported Bowraville Masterplan.

Funding for this was sought but not forthcoming and no action has been taken.

This year the NVC budget included \$25,000 for a review of the Masterplan, but the Council staff recommended this be carried over for the future.

At the December public forum Phillida Hartley from Bowraville expressed passionately that this money should be spent this year on some simple improvements which were suggested in the accepted masterplan.



At the subsequent council meeting councilors voted unanimously “That Council re-allocate the \$25,000 in this year’s budget to carry out some works identified in the masterplan including shade options, greenery and additional seating.’

Ms Hartley’s suggestions included a widening of the median strip at the cedar grove/bullock wagon and/or the creation of ‘pocket parks’ on the corners outside IGA and the old chocolate shop – both would enable

Continued on Page 14

Light Up Bowra '25

You may have noticed the decorative solar lights on and near Lanes Bridge, the Clock Tower and the trunks of the palm trees in the town centre.

These are an initiative of Lisa Matters with the Bowraville Chamber of Commerce to celebrate the festive season in our town. The funding was provided by the Nambucca Valley Council after an application from the Bowraville Technology Centre (BTC). Most of the lights were installed by Lisa and Brett Goodwin, with fantastic support from the local Firies for the clock.



The BTC also made available a selection of Christmas lights for shop front use in town, and Lisa put up other decorations. A local electrician offered to wire in lights on the clock – these would be brighter than the solar lights but could not be arranged at short notice - Next Year!?

Unfortunately, the lights which were placed on the Bullock Wagon were deliberately destroyed and had to be removed. Up again next year.

It has been decided to keep the lights up until the end of the holidays and some will be reconnected for special events.

We are already looking to expanding this seasonal celebration for next December and would love your ideas and help with the project. You can contact the Bowraville Chamber at bchamber769@gmail.com or by leaving a message at the Bowraville Technology Centre.



Bowraville Chamber of Commerce News

OUR COMMITMENT

To promote, encourage, support and assist in any matter or manner actions that will assist in the growth and development of the economy of Bowraville.

Next meeting will be on Tuesday 3 February at 5pm at the Bowra Hotel – everyone with an interest in our town is invited to attend.

A major topic this time will be a discussion of the possible shading and creation of seating in the town center. As discussed earlier in this newsletter there are possibilities of some simple changes being initiated this year after Council has allocated \$25,000 towards possible action this year.

An issue of concern which has been raised with the Chamber is the lack of venues open for food in town over the Christmas break, seeking ideas for the future.

Also to be discussed are the rubbish bins in the town centre, the Lions toilet at Grassy Park, and the incorporation of the Chamber of Commerce.

Preparation of an appropriate tourism brochure for our town in the coming year is also a priority.

HOPE TO SEE YOU ON TUESDAY

Nambucca Environment Network Inc (NEN)

Invites you to a gathering on Monday 16th February at 6pm at Macksville Ex Services Club.

It's been some time since you have heard from this group, whose main concern is the effect of industrial horticulture farming on human health and impacts on the environment.

NEN lobbied Nambucca Council for changes to the NVLEP (Nambucca Valley Local Environment Plan) – mostly for DAs for berry farms and buffer distances from neighbouring properties - and would like to inform you of the current status of the LEP Amendment.



An updated information sheet, with contact details for relevant government regulatory bodies, will be available.

Cate Faehrmann, MP, and Dr Matthew Landos will be guest speakers. Director of Future Fisheries Veterinary Service Pty Ltd, Dr Matt Landos' work takes him all over Australia so in the event that he is unable to attend in person he has provided his expertise via a pre-recorded presentation. He's a delightful presenter.

If you have an interest in the future health of our valley, including the Nambucca River, this will be an informative hour or two.

New faces, residents or visitors, are welcome.

The Nambucca Environment Network are a passionate group of residents in the Nambucca Valley who are committed to preserving, advocating and protecting our local community and environment.



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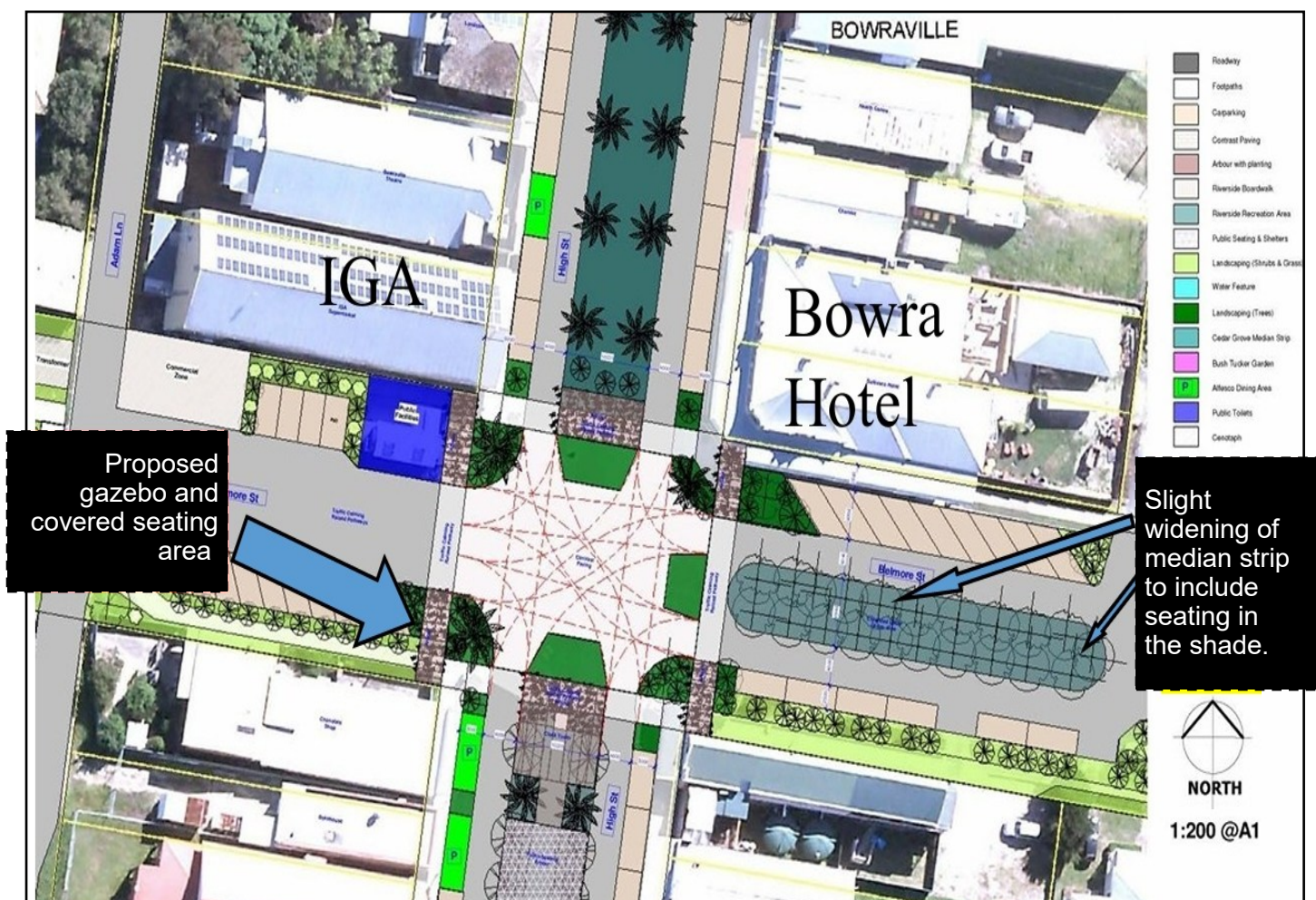
Improving our town centre

plantings with seating and shade - with she said “MINIMUM INVESTMENT and MAXIMUM OUTCOME...and this can be done NOW. Including benches which are not blue plastic but created from the bridge timbers that Bowraville Chamber of Commerce were promised so many years ago. Perhaps even replacing the plastic blue ones in place now.”

The Bowraville Technology Centre provided an excellent handout to show the areas of possible action, and this was reproduced in the 16 January News of the Area article ‘Bid to fast-track greenery and shade in Bowraville’s main street’.

If you would like to learn more there is a display in the Bowra Community Centre window and you are invited to come along from 2pm to 4pm on the afternoon of Sunday 1 February to look at and discuss the plans.

There is also a copy of the Bowraville Masterplan which can be looked at in air-conditioned comfort at the Bowraville Technology Centre at 39 High Street!



Drawing supplied by Ms Hartley shows suggested improvements to seating and shading in Bowraville's town centre.

5 Resolutions for a Happier 2026

Making resolutions stick is a task that many approach with caution. Bold statements, big plans and endless possibilities are the markers of optimistic lists that often fail to make it past the planning stage.

But what if lists were less about dramatic changes and more about self-appreciation and what you can do to make the world a better place?

Instead of making your resolutions about comparing yourself to others, or idyllic situations that are less than achievable, really take some time to focus on *why* you want those things for yourself.

Is one of your goals to lose weight? You may want to start by asking yourself *why*? Is it because you are unhappy with yourself? Or because you are comparing yourself to others? Before you begin your journey it might be worth focusing on the root of why you feel that way. By transforming your goal into one that is focussed on self-appreciation and reinstating a sense of self worth, you are addressing a larger issue that will benefit you in the long run.

Here are 5 ideas to get you going for the new year.

1. Practice gratitude.
2. Be more accepting. Let go and don't hold onto negativity.
3. Rename your dreams as "plans".
4. Embrace change. Know that there are some things you just can't control and make peace with this.
5. Trust your instinct – Learn to listen to your gut.

- www.mindfood.com/article/new-year-resolutions-that-everyone-should-make



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?11/11

Is Your Heart Facing a 'Warning Light'?

The Silent Danger of High Blood Pressure

By Bridgette Byrnes, Pharmacist

Many of us consider a "minor" rise in blood pressure to be a normal part of aging or a temporary side effect of a busy week. However, hypertension - commonly known as high blood pressure - is a "silent" condition that significantly increases your risk of life-altering events like stroke and heart attack.

The Hidden Danger

Hypertension occurs when the force of blood against your artery walls is consistently too high. Over time, this pressure damages the arteries, making them harder and narrower.

The danger lies in its subtlety; you can feel perfectly fine while your cardiovascular system is working dangerously hard. You don't "feel" the difference when your blood pressure is 150 mmHg versus the target 120 mmHg, but the physical toll on your body is massive.

The Engine Analogy: Ignoring the Warning Light

To understand the toll of hypertension, think about the work your heart performs. At an average of 60 beats per minute, your heart beats 3,600 times an hour - totaling roughly **80,000 heartbeats every 24 hours**.

If your blood pressure is sitting at 150 mmHg (about 25% over a healthy 120 mmHg target), you are forcing your heart to push 25% harder against your artery walls with every single one of those 80,000 beats. In an engine analogy, if your car's **warning light** was flashing because the system was 25% over its safety limit every hour of the day, you would expect to see your mechanic much more often.

The parts would be under extreme stress and friction. Eventually, the constant pressure would cause a hose to snap or a gasket to blow. In the human body, when those blood vessels in the brain can no longer withstand the pressure and they clog or burst, a **stroke** occurs.

Releasing the Pressure

The most important takeaway from medical experts is that hypertension is one of the most manageable risk factors we have. When we achieve optimal control of blood pressure—bringing it back down to 120 mmHg—we aren't just changing a number. We are effectively "releasing the handbrake" on our internal engine.

To protect your heart, focus on a few key daily habits:

- **Move Regularly:** Start by moving for 30 minutes a day to strengthen your heart muscle.
- **Fuel Wisely:** Eat a Mediterranean-style diet rich in vegetables, lean proteins, and healthy fats.
- **Ditch the Salt:** Prevent fluid buildup that spikes pressure.
- **Lighten the Load:** Keep a healthy weight to reduce the physical load on your "engine."
- **Rest:** Prioritize quality sleep and manage stress to allow your heart rate to drop into a safe resting zone.

Continued on facing page

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

23/11



Why These Activities Matter

Using our engine analogy, these activities are like preventative maintenance:

- **Exercise** tunes the engine.
- **Low salt** ensures the fuel lines aren't under too much pressure.
- **Healthy weight** ensures the engine isn't trying to pull a trailer that is too heavy for its frame.
- **Checking your blood pressure is your dashboard:** Since you can't feel hypertension, checking your numbers is just like looking down at the dash to see if your engine has a **warning light** on.

The Bottom Line: You wouldn't ignore a flashing warning light in your car. Don't ignore one in your chest. Since you can't feel the strain of hypertension, the only way to know your risk is to check the dashboard.

Come and visit us for a FREE BLOOD PRESSURE CHECK this week.



*We stock home blood pressure monitors starting from \$79.95
Come and ask for a demo today.*



BOWRAVILLE PHARMACY

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What actually happens when you send an email?

destination. This ensures that if one path is blocked or a server is busy, your email can take a detour and still reach its destination safely.

During this journey, your email also goes through various security checks. Servers may scan for viruses, malware, or spam-like behaviour. Think of it like airport security for your email. It ensures that your digital message is safe for your recipient.

At this point, even though your email seems instant, there's a complex system of routing, checks, and transfers happening behind the scenes.

Reaching the Recipient's Server

Finally, your email reaches the recipient's email server. Here, protocols like POP 3 or IMAP take over. POP 3 *post office protocol* downloads the email to the recipient's device removing it from the server while IMAP *internet message access protocol* keeps it stored on the server so it can be accessed from multiple devices.

This is the stage where your email waits in the recipient's inbox ready to be opened. The server organises it, flags it as important if necessary, and places it alongside other emails. Meanwhile, spam filters might check it again, deciding whether it belongs in the inbox or the dreaded spam folder.

Even though it looks simple on the surface, just a message waiting to be read, it's the result of multiple coordinated systems working seamlessly together.

How emails are displayed

When your recipient finally opens the email, the magic of rendering happens. Their email client reads the message packets, decodes them, and displays the email in a readable format, complete with text, images, and attachments. This decoding ensures that your carefully formatted email looks the same on their screen as it did on yours. If the email contains images hosted on external servers, the client fetches those separately.

Attachments are downloaded from the server, not embedded directly in the email, which is why large files can sometimes take longer to open.

Every time your recipient opens your email, the email client might send a tiny signal back to the server letting it know the message has been read.

So even opening an email is more than just clicking. It's part of a hidden digital handshake happening behind the scenes.

Why emails sometimes fail

Of course, not every email reaches its destination. Sometimes emails bounce back due to incorrect addresses, server errors, or spam filters rejecting the message. This is called a bounce-back or a failed delivery notice. Other times, emails may get delayed if servers are busy or experiencing issues. In rare cases, a poorly configured server or network outage can cause emails to get lost in cyberspace temporarily.

Despite the complexity, modern email systems are remarkably reliable. Millions of emails travel this intricate path every second, often unnoticed by users. Understanding the journey helps explain why patience is required when a message doesn't arrive instantly.

So, the next time you hit send, remember your email isn't just disappearing into the void. It's carefully packaged, checked, and routed across multiple servers, following protocols, security checks, and digital highways through the invisible infrastructure of the internet to reach your recipient safely.

- History of Simple Things (Transcript from YouTube Video)



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Glenn's COO-EE Honey 100% pure raw honey

I started my journey with bees as a hobby with just one hive - inspired by my father, as he has been beekeeping since he was 14 years old. Dad's father and his father before him were also beekeepers.



As I grew up and matured, when Dad needed help with the bees, catching swarms or honey extraction I was there to help. It was good - not just the bee work but the quality father and son time together was cherished by us both.

I moved from Sydney to Warrell Creek for a more relaxing lifestyle and here's where beekeeping started for me. I signed up for a TAFE beekeeping course for beginners to learn more about bees and to meet like-minded people.

The course was great. I learnt so much about beekeeping. Even with all my father's experience I was able to teach him a few things about bees which made me feel good inside.

Now I have 16 hives in my apiary. I extract the honey in my shed and start by collecting the honey frames, uncapping the frames (uncapping is cutting the wax from the honeycomb), to spinning the honey from the frames, to straining honey ready to put into bottles and containers – this is always a sticky job - then comes the clean up!

At the end of the day, it's not just about the bees or the honey it's about the people you meet on the way and the shared knowledge.

I have mentored a few people, it feels good to be able to pass my knowledge onto others.

I sell my honey at the Lions Club Markets as well Rose's Cafe on River Street, Macksville. I also make creamed honey, beeswax candles and, coming soon, are honey almonds as well as cinnamon and lemon myrtle creamed honey.



- Glenn Mitchell - 0450288621



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6/11

The most dire warning from the Doomsday Clock yet

While it may sound like something out of a science fiction movie, there is a device known as the Doomsday Clock that experts from the Bulletin of the Atomic Scientists use to create a visual representation of humanity's slow march towards self-destruction using tools of our own making.



Each year, experts issue an update of the time on the clock, giving us an idea of how close we are to the point of no return. The clock's concept has existed since 1947, and in 2026, it received a new update.

Experts are now warning about what the Doomsday Clock's 2026 prediction means for humankind, and what people need to know about the updated timestamp, as well as what can (or can't) still be done to mitigate the risks facing Earth and the creatures and humans who live here. The Bulletin's president even held a press conference to explain the changes, asking for international cooperation and for bigger governments to step up. Here's what she asked for, and what people are doing in response.

Is the Doomsday Clock real?

While the Doomsday Clock is a representation of an analogue watch face, it's more of a metaphor for the quality of life on the planet. Created by Martyl Langsdorf, who was the wife of one of the Manhattan Project's physicists, the image was meant to serve as a visual to teach the world about the dangers that nuclear threats posed to the world.

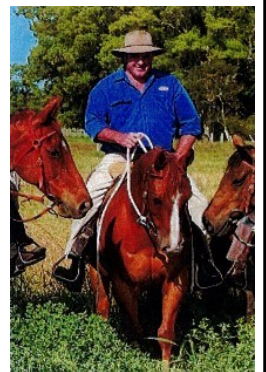
Continued on Page 30

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How to Care for Your Garden in the February Heat

February in Australia brings with it the full force of summer, with soaring temperatures, dry conditions, and blazing sun. While this time of year is perfect for outdoor barbecues and beach days, it can be a challenging period for your garden. Caring for your garden during this time not only keeps your plants thriving but also provides an opportunity to connect with nature and practice mindfulness.

Keep Your Plants Hydrated

Water is your garden's lifeline during the summer heat. The key is to water deeply and consistently. Early mornings or late afternoons are the best times to water, as cooler temperatures reduce evaporation and allow your plants to absorb moisture more effectively. Focus on the roots, not the leaves, as this is where the plant absorbs water.

If you're watering a vegetable patch or potted plants, consider installing a drip irrigation system for a steady, efficient supply of water. Mulching is also essential—apply a layer of organic mulch like straw, bark, or sugarcane to help retain moisture, keep the soil cool, and suppress weeds.

Provide Shade for Vulnerable Plants

Intense sun can scorch delicate plants and seedlings. Protect them by creating shaded areas with shade cloth, umbrellas, or even old sheets. Move potted plants to shadier spots, if possible, particularly during the hottest part of the day. For garden beds, consider temporary structures like bamboo screens or lightweight tarps to filter the sunlight without blocking it entirely.



Native Australian plants, which are adapted to the local climate, often require less protection, but it's always good to monitor them for signs of stress.

Check Your Soil

Healthy soil is the foundation of a resilient garden. During February, the heat can dry out the topsoil quickly, so it's essential to keep an eye on moisture levels. Dig a small hole to check if the soil is still damp beneath the surface. If it's dry, give it a deep watering.

Adding compost or organic matter to your soil can improve its ability to retain water and nutrients, helping your plants withstand the summer conditions.

Prune and Deadhead

February is an excellent time to tidy up your garden by pruning and deadheading. Trimming back plants also reduces their water needs and helps improve air circulation, reducing the risk of pests and diseases.

However, avoid heavy pruning of trees and shrubs during extreme heat, as this can expose previously shaded parts of the plant to sunburn.

Keep an Eye Out for Heat Stress

Even the hardiest plants can show signs of stress during February's heat. Look for symptoms like wilting leaves, browning edges, or yellowing foliage. If you notice these signs, act quickly by providing water and, if necessary, temporary shade.

Continued on Page 23

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.

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21/11



For potted plants, overheating can be a common issue. Double-potting—placing the plant's pot inside a slightly larger pot—can help insulate roots from the heat.

Encourage Pollinators and Wildlife

Heat affects not only your plants but also the wildlife that visits your garden. Provide shallow dishes of water for birds, bees, and pollinators, placing them in shaded areas and refilling them regularly.



Make Time for Mindful Gardening

The simple act of watering or tending to a garden bed can become a meditative moment when done with intention. Focus on the sights, sounds, and scents of your garden, allowing the experience to ground you in the present moment.



Let Your Garden Thrive in the Heat

February may test your garden, but with a little extra care and attention, it can continue to flourish even under the harsh Australian sun. By keeping your plants hydrated, shaded, and healthy, you're not just maintaining a beautiful outdoor space—you're also embracing the restorative benefits of nature for yourself.

Every moment spent nurturing your garden is a moment spent nurturing your own well-being. Let's make this February a time of resilience and growth for both your plants and you. Stay cool, stay connected, and happy gardening!

- plantfulness.org.au/wellbeing/how-to-care-for-your-plant-friends-over-the-holiday-break



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Women's Health Nurse
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N/C

February DATES '26

1st to 28th February

Feel Good February is an initiative encouraging people to initiate acts of kindness. This can promote positive relationships and enhance wellbeing.

i4GiveDay – is a day when you forgive someone or ask for forgiveness. Parents Daniel and Leila Abdallah created i4Give Day in memory of their four angels, tragically lost on the 1st of February 2020.

10th February

Extraterrestrial Culture Day is an opportunity to learn more about the universe and the search for extraterrestrial life. There are numerous documentaries and books available that delve into these topics. Share this knowledge with others to raise awareness and foster a greater appreciation for our place in the cosmos.

13th February

Anniversary of Apology to Australia's Indigenous peoples in the House of Representatives on 13 February 2008 by former Prime Minister, Kevin Rudd. Apologies were for past laws, policies and practices that have impacted on Australia's First Nations Peoples.

14th February

Valentine's Day is a widely celebrated day focusing on love, lovers, and charitable acts of love. Valentine's Day can be either a fun or meaningful day for many. Valentine's Day traditions include giving a romantic lover, spouse or special friend flowers, chocolates, personal gifts, or a Valentine's Day card.

17th February

Random Acts of Kindness Day is a global initiative to encourage individuals to perform acts of kindness, no matter how big or small. The day aims to spread positivity, altruism and goodwill, fostering a culture of kindness within communities.

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



Hi Folks,

The year has started at high speed for us at 2NVR. Summer mowing and trimming provided by our volunteers Trenck and Ben is keeping the lawns looking good and we have had our first Studio Three Live for 2026 on the 3rd Friday of this month. (16th Jan)

We are pleased to announce that Ceri Wrobel has been shortlisted for an award at the Nambucca Valley Community Awards on Sunday 25th January at 4pm. These will be held at Macksville Ex-Services Club.

Ceri has found the February performers for Studio 3 Live and they are '2AM Moment'. The next Studio 3 Live will be held on February 20th from 6pm to 8. Bring your own snacks and drinks but the show is free as always. Or you can tune in to 105.9 FM on radio or the internet at 2nvr.org.au

Ion Newcombe will hold our next Presenter Training in March so if you would like your voice and your show on radio please contact Ion on 0408696184.

Wishing you a happy, healthy and peaceful 2026.

- Luise Pearson-Bernoth

Radio Nambucca 2NVR
Studio 3 Live
20th February 2026.

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A Dream of Something More

By Jane Carter

When her life collapses, Robbie trades a big sky for a bigger horizon.

In the small community of Farrow, Robbie is seen as the perfect daughter, wife and mother: conscientious, dependable, and devoted to her family. But when her marriage falls apart after her husband Brian has an affair with a girl barely out of her teens, she makes a choice that will change the course of her life in a way she could never have imagined.

She decides to become a teacher, a dream she abandoned for the sake of her marriage. And to finish her studies, she must entrust her beloved daughter Allie to the care of Brian and her own mother Elaine. Only Elaine knows the real reason Robbie divorced Brian. To the rest of the townspeople she has become a scarlet woman - deserting her husband and daughter to selfishly pursue her career.

Finding her feet as a student in Sydney is a daunting task for country born-and-bred Robbie. And the very last thing she expects is to fall for her young, drop-dead gorgeous neighbour Nick. For Robbie is in Sydney on borrowed time and is convinced there can be no place for a new man in her life once she returns home ...

- www.goodreads.com



Family Baggage

By Monica McInerney

Harriet Turner knows all about journeys. After all, she's arranged hundreds of them for the travel agency her family runs in the Australian coastal town of Merryn Bay.

But when her work colleague and foster sister Lara disappears on the eve of a big overseas trip, Harriet finds herself in uncharted territory.

Left alone in England with a coachload of eccentric tourists on a themed tour of locations from the Willoughby TV detective series, Harriet has her hands full.

But as the bus trundles through the picturesque Cornwall countryside, the tour becomes another kind of journey for her. She finds herself facing big questions about her family and her childhood; about her feelings for the guest of honour on the tour, star of Willoughby, Patrick Shawcross – and the biggest puzzle of all: what has happened to Lara?

- monicamcinerney.com/book/family-baggage/

An endearing and humane story about a family and its sticky web of secrets and misunderstandings... This is one of those rare books you could recommend to anyone and know that they'll love it"

– *Australian Women's Weekly*



BOOK NOOK NOTICE

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

Julie Kovendy - guitar, flute and vocal performer

By Ned COWIE

One Sunday afternoon in January, Bowraville Community News was at Tayors Arm's historic "Pub with no Beer" to hear music veteran Julie Kovendy perform crowd pleasing favourites from artists such as Joni Mitchell and Cyndi Lauper.

The summer's day was warm, but the atmosphere was warmer as the guests ate, drank and made merry to Julie's heartfelt and varied solo guitar and vocals.

"I'll try anything," she told BCN later in a sit-down-interview, "and we'll soon find out if I can pull it off," she laughed.

"My repertoire is across many genres. I try to put something in there for everyone," she added.

Her collection includes folk, jazz, country and pop covers in a mellow, laid-back style which easily fills the space between comfortable conversations pub and event settings.

A long-time local of the Nambucca Valley and the Bowraville area, she performs mostly covers but slips in the occasional original piece.

"I've got several new singles and some of them are already available on Spotify," she said. Currently the artist is working on the fourth of these singles, making multiple trips to a recording studio in Bellingen to get it exactly right.

"I listen to what I've recorded and decide how I want it to sound. For example, if I want to add backing vocals or something else, I do that later," she explained.

Although Julie has been playing music since she was eight years old, she took a break from all music to raise a family and rarely picked up an instrument for two decades.

Roughly ten years ago, however, she returned to the scene, participating in duos and trios achieving some success in the jazz trio "Splash", but only making the transition to becoming a soloist a year ago - "Now I'm busier than ever," she said.

Attributing her popularity with clubs and pubs to being more affordable since she is only one person. "Most places can't afford to pay a band anymore," she said.

Julie has been performing close to once a week in venues from Coffs Harbour to South West Rocks although the Nambucca Valley is where she is based.

In her spare time, the busy mother claims to have only two hobbies, music and gardening.

"I used to cook a lot but I'm a bit sick of that at the moment," she jokingly told BCN with her characteristic honesty.

Her advice to young musicians is to try a variety of styles and genres, avoiding typecasting themselves as just one kind of artist - "Think about who you want to be as a performer".

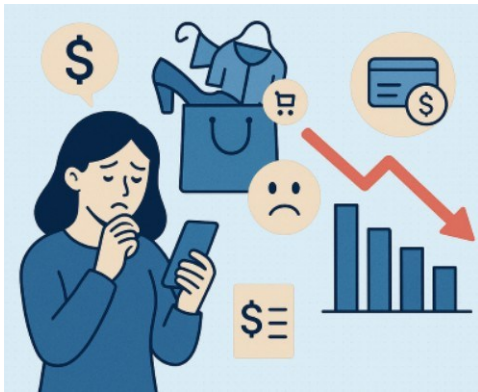
"Challenge yourself constantly - I will give anything a go and mostly I just do whatever takes my fancy but I like to play stuff that audiences want to hear too."

23 February Julie will perform at the Riverside Tavern at South West Rocks from 1-4 pm but a more updated schedule of her events is available at <https://www.juliekovendymusic.com.au>

Her music is available on all major streaming platforms.



Are you doom spending?



If you've ever reached for your credit card after a bad day at work and immediately felt better, you're not alone. There's a science behind it.

The reason we get a high from swiping our debit card is the dopamine rush it offers. This neurotransmitter is involved in helping us feel pleasure as part of the brain's reward system. Many things can cause a dopamine release, providing pleasure and positive reinforcement: sex, chocolate, alcohol and, yes, shopping.

Understanding how to harness the dopamine hit without sacrificing your bank balance can help. When feeling the urge to buy, pause, note the item (or add it to your online cart) and wait at least 24 hours before acting, allowing time for the dopamine's effect to flow through the body. You may find that after the effect wears off; you don't have the urge to buy.

The dopamine doesn't turn up in the acquisition or achievement of something; the dopamine occurs in the impulse or the motivation to "go forth and hunt." In other words, it's the trying on of the perfect shoes, the planning of the lavish holiday, or the test drive of the new car, rather than the actual buying.

Instead of shopping, find other ways to get this dopamine fix by doing things you enjoy. Perhaps that's exercising, meditating, listening to your favourite song, playing with a pet or taking a walk in the sunshine.

Perhaps your long-term goal of buying a house isn't attainable yet, but could you celebrate a small win by putting aside paying off part of your credit card bill each month? Hitting your goal in a saving or "no-spend" challenge with friends? Or putting aside a set figure each month to save for a holiday or weekend away?

Debt stress

With doom spending on the rise and living costs creeping up, Aussies' credit cards aren't getting much downtime. According to money.com.au, which analysed data from the Reserve Bank of Australia, credit card usage in Australia has never been higher. The average credit cardholder in Australia has a monthly balance of \$3076 and credit card spending is now 25 per cent higher than it was pre-pandemic.

Johanna Badenhorst, a developmental psychologist and director of a Brisbane-based psychology practice, says mindless spending (beyond the essentials) can result in an array of wellbeing issues. "There could be preoccupation about money, having to now figure out how to pay bills. Or being avoidant, leading to low mood and depressive feelings, or an anxious preoccupation. It could also create more insomnia at night-time, lying awake, trying to figure that stuff out".

Technology and online shopping has offered convenience and opened the door for us to mindlessly consume. Actively taking steps to avoid temptation and to increase the effort required to spend can create a more mindful shopping experience.

Unsubscribe from newsletters that bombard you with special offers, unlink your

Continued on Page 29

Are you doom spending?

PayPal or saved credit card details in online accounts, take cash when shopping so that you physically see where your money is going and how much is left at the end.

Dopamine chasing

Where retail therapy is a short-lived response, “doom spending” or “stress spending” can be a longer-term issue, and sometimes a sign of something more serious. Doom spending can put you at risk of debt or financial stress. This raises cortisol levels, increases anxiety and could negatively impact your mental health.

Doom spending is particularly prevalent among gen Z (35 per cent) and millennials (43 per cent), according to the Intuit Credit Karma report. Yet the report also found that they are also the demographics most likely to report feelings of financial anxiety. Several finance experts have suggested that young people might be doom spending on little luxuries due to disillusionment about their financial future and not being able to afford the more significant commitments like home ownership.

Money mindfulness

Being mindful with money doesn't have to mean being “boring” or avoiding spending on little things that bring you joy. Little splurges and “treat yourself” moments can be a great way to bring happiness if they are controlled and done so in a mindful way.

According to Badenhorst, having a separate account or allocated funds for “splurge” purchases, and keeping a limit on how much to spend from these can create a more mindful approach to spending, rather than one that's impulsive and stress motivated. Doing this alongside a partner, friend or family member can also add an accountability element to ensure you stay within your limits.

Approaching doom spending with self-kindness is essential, according to Badenhorst. Adopt self-compassion - be really kind to yourself when slip-ups happen as opposed to being self-critical is crucial.

- From an article by Jo Jukes – wellbeing.com.au

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ST. JAMES CHURCH HALL

Over the years, the clock hands have been moved to represent increasing threats to the world, beginning in 1949 after the Soviet Union used a nuke.



In the years since then, the clock has been updated to reach closer to midnight to show increased threats, like in 1953 when the U.S. detonated its first thermonuclear device, according to the Bulletin's website. This event prompted the clock to sit at two minutes to midnight.

What happens when the Doomsday Clock hits midnight?

As time marches on and the clock hands grow closer to midnight, experts warn that the world has grown indifferent to the complexities of geopolitical relationships and has instead put a focus on nationalism instead. At **85 seconds to midnight**, the clock (and the world) stands the closest it has ever been to the ultimate destruction, which those who run the Bulletin say will make the planet uninhabitable due to things like nuclear risk, climate change, biological threats, and disruptive technology.

While all of this is understandably upsetting, experts do say there is still time to do something — whether that means working to repair damaged political relationships or working to regulate AI — humanity still has time to turn things around... if the powers that be choose to do the right thing.

<https://www.greenmatters.com/news/doomsday-clock-2026-prediction>



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<div>  Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Summer 2025 </div> <div>  Studio 3 Live — 3rd Friday each Month </div>									
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time	
6 AM	Cinemascope All the Best Overdrive Wellbeing	Continental Drift With Garry Havillay	Aussie Grown Across the Nation Aussie Christian grassroots to charts.	Tones of Clairiessence Claire Watt	The Fourth Estate +Cyberbeat	Rise N Shine Ron Hawkins	Sunday Morning Soul Sound	6 AM	
7 AM		Real World Gardener + The Assignment	A Country Tea Time With DJ Tina	FlipSide With Phill	Life in the Valley Beverly Gibbs	Random ravings in a musical mix with: Heavens Above: 6:30 Saltwater People: 7:30 It's Only Words: 8:30	With Claressence	7 AM	
8 AM	Urban Meltdown With Brett Costello	From Then To Now With Paul & Rachel Burns	Smoko with Gazza With Gary Biden	Turning Pages Elizabeth Newman	Talk Of The Town Ceri Wrobel	Local News of the Area Beverly, Linda, Phill, & Celeste	Scoob's Smorgasbord With Scoobs	8 AM	
9 AM	Classic Hits & Jukebox Paul Rowe		Mystical Music & Musings Luise gives us her favourite music and musings on the great mystery of Life	FlipSide With Phill	See what's going down!	Maidensong With Dianna Galbraith	Haunting ballads to electrifying beats with a dash of the unknown!	9 AM	
10 AM			Hot, Sweet & Jazzy From "The Pulse"	Environmental Matters with Elizabeth + Earth Matters	Peter's Pops & Classical Tunes & Melodies With Peter K	Noisy Neighbours Trenck de Groot	Brunch Bops Celeste, with a pinch of empowerment	10 AM	
11 AM	Baby Boomers Donna Collins	Infopinion With Richard & Eddie	A Breath of Fresh Air With Sandy Kaye	Fine Music Live Aus Fine Music Network	Robertson's Rollercoaster With Tom	Garage Noise With Sean Ambrose	FlipSide Again With Phill	11 AM	
Noon	Flashback With Rob Davidson	Mixed Grill With Macca	DJ Casey DJ Casey's selected music	Global Village With Habib Massad	Top of the Pops With Kim Robson (BBC)	Soul Quench With Lizzie	More all Aussie artists More all recent releases	Noon	
1 PM		Rock On With Jimmy & the Bluebirds	The Sixties in Australia Rob Davidson	Blues Roots n Boots With Johnny D	The Wire Weekly + Aussie Music is BG		That's A Wrap Donna, Nigel, Gary & Les Local sports calls and in-depth sporting analysis	1 PM	
2 PM	33 Blues With Lizzie	Sister Act Olivia & Sam	The Curious World of Lisa Z	Spotlight With Kevin Walsh	The Local Source All Aussie Music	Saturday Date With Stu	Local News of the Area Beverly, Linda, Phill & Celeste	2 PM	
3 PM		Retro Birds Robyn Wren & Sally Swan	45 RPM From the Pulse	Hit Singles From Your Past With Macca	Meet Me @ The Movies Narrative about Narratives	Don't forget to keep your date!	Praise, Prayer & Pop With Michelle	3 PM	
4 PM	Bowra Beats With Grace Walters	On the Flipside With CJ	Ant's Rock Anthony Garnsey	Tim Unsupervised Tim Hood	Fish's Favourites With Dave P		The AntSF Radio Show With Nuke	4 PM	
5 PM	Hinterland With Ben Walters	Space Nuts Lost in Science, Zed Games, & Diffusion	Solid Rock Aussie Focus	Late night humour, music, interviews and more...	Dark Side of the Moon My Generation	Wolffy Wolffy's music & requests	Imagine This Radio drama & stories	5 PM	
6 PM	Tikki Lounge Remix With Seth Jordan	Local News of the Area Beverly, Linda, Phill & Celeste	Ant's Rock Overnight	Local News of the Area Beverly, Linda, Phill & Celeste	Sounds of the Seventies Overnight entertainment plus +	2NVR Music Mix	Prog Rock Playlist Rhino	6 PM	
7 PM								7 PM	
8 PM								8 PM	
9 PM								9 PM	
10 PM								10 PM	
11 PM								11 PM	
Midnight								Midnight	