



Bowraville Community News is produced by the Bowraville Technology Centre.
39 High Street, Bowraville 2449. Tel: 6564-7420
admin@bctc.com.au www.bowraville.nsw.au



JULY 2020 ~ ISSUE #186~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449

bcu to re-open as Cashless Service Hub

Many of you know that our Bowraville bcu store was closed temporarily earlier this year, in direct response to an escalating number of security incidents, including verbal abuse and threats of physical violence directed at bcu staff in store and in the community.

Over the past few months we have completed a detailed evaluation of a wide range of options that would enable the store to re-open and are pleased to confirm the store will be re-opening and will operate as a Cashless Service Hub. Our only other option was to permanently close the store which we wanted to avoid given the important role that bcu plays in the Bowraville community particularly as the last bank operating within the town.



bcu members are able to use Australia Post's Bank@Post services to complete the great majority of cash and cheque transactions previously done in-store. All Bank@Post fees for transactions completed at the Bowraville Post Office will be waived by bcu making this service free for our Bowraville members. A concierge service will also be provided where possible to members at the bcu Cashless Service Hub to assist with the transition to Bank@Post services.

Between the transactions that members can do at no cost at the Bowraville Post Office and the services we will continue to offer through our Bowraville Cashless Service Hub 95% of services previously on offer as a full service store, remain on offer to our members.

We have made this commitment to our members and the broader community with the very best intentions of continuing to serve our valued members while maintaining a duty of care for our staff.

Further upgrades to the existing security of the current premises will be undertaken before re-opening as the Cashless Service Hub and members will be advised once we have a confirmed date for the re-opening.

- Mike Ribbens, General Manager, bcu



PSN Bank and bcu are both divisions of Police & Nurses Limited

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

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

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Annual subscriptions includes 11 issues.

90 x 90 (1/6 pg) - \$12 issue or \$120 year

90 x 180 (1/3 pg) - \$22 issue or \$220 year

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190 x 265 (1 page) - \$43 issue or \$430 year

Front Cover (1 issue) - \$60 issue

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THE AUGUST 2020

ISSUE IS: 4:00PM

TUESDAY, 21st JULY 2020

All contributions and advertisements for the next issue of the Bowraville Community News are due:

by e-mail, fax or hand in at the front counter at:

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

e-mail: admin@bctc.com.au

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Bowraville Chamber of Commerce News

Despite the Covid-19 restrictions and limits on meetings over the last couple of months, the Bowraville Chamber of Commerce and Industry has been busier than ever. The Chamber along with the Businesses of Bowraville had a part to play in the reopening of the BCU Bowraville Branch. The Chamber would like to thank all those who attended the meeting on February 4th. We were heard and we were felt as a community.

We have also been busy liaising with council and others regarding the Hill Top Store and the community's wish to save the premises and have the decisions on functional ways we can preserve its history.

Representatives of the Chamber met representatives of the Nambucca Valley Council on Monday 21st June (practising social distancing) to collaborate on the McKay Park project. The beautification of the park is well under way with talks of tree planting, Lions Club playground project, parking and the refurbishment of the toilet. Council is very keen to work with the Chamber to ensure that the community of Bowraville is happy with the resulting outcomes.

A Strategic Master Plan for the town of Bowraville is also in progress. The Chamber hopes to collaborate and utilise the talents of community members (artists, ideas-persons, funding opportunities etc) to realise and put this vision in place.

Businesses interested in joining the Bowraville Chamber of Commerce are invited to email their intention to join at: chamber@bowraville.nsw.au

- Lisa Matters - Public Officer for the Bowraville Chamber of Commerce.

NAIDOC Week 2020 Postponed

The National NAIDOC Committee has decided to postpone NAIDOC Week 2020 (5 July - 12 July) in the interest of safety for our communities.

We all believe that an escalating COVID-19 (Coronavirus) crisis as we head into winter, would have disastrous impacts on our mob - especially for our elders and those in our communities with chronic health issues.

We are in the process of finalising a new date for NAIDOC Week 2020 - towards the end of the year - and we'll continue to work closely with the National Indigenous Australians Agency and our partners for NAIDOC Week 2020.

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4/11

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Absolute beginners are most welcome!



Free Techno Lessons
Bookings essential

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

For technical issues contact BTC for a booking.

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Special offer to community groups

Save on paper and ink!

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Your poster will remain on the big screen until your event or promotion has finished.

WHAT'S HAPPENING IN BOWRA

Bowra Country Markets

Our Country Markets have been closed due to the virus and the decision has been reached to not reopen yet - there will be no Bowra Market in July. We look forward to seeing all our friends again later in the year with delicious foods, stalls to browse over and time to relax and re-connect.

MacksvilleBowra Hospital Auxiliary

Since the hospital café closure in March the Coffee Shop Committee has been very busy now the new café is complete. The trolley room and old café were emptied and items sorted and those to keep transferred. Purchases were made for new crockery and other fittings. The committee then spent time organising cupboards and familiarising themselves with equipment. With permission from the Health Department and Central Committee of the UHA and under strict guidelines we are finally back in operation. Only those volunteers who are eligible under the restrictions will be rostered at this time. The trolley service does not meet these restrictions. Should you wish to become part of this team phone Heather on 0403 800 262. At this stage our AGM planned for Friday 7th August will depend on restrictions at that time.

Bowraville Garden Club

We have missed our planned outings but have spent time in our own gardens instead. We reassemble on 11th July at 10.30am at Nambucca Heads Golf Club for a short meeting and lunch. Depending on restrictions we will plan the remainder of the year. We will have a raffle. Bring along plants to admire, problems, projects planned or in operation, new ideas and especially yourself. We are all looking forward to seeing old friends.

Bowraville Seniors

Our small group of Bowraville Seniors have had to enjoy their coffee at home so

WHAT'S HAPPENING IN BOWRA

we are all looking forward to renewing friendships when we meet at the Coach House Inn on Monday, 20th July at 10.30am. Come and join us as we plan the activities for the rest of the year.

Bowraville Recreation Club

Members and staff are once more enjoying the Club facilities. During the shut-down golf has been extremely popular with 7 new memberships. Renewals are due by June 30th and to those renewing, as a special thank you, members will receive a special gift. Ask Lyn! Bowls was off limits although a few lone bowlers had roll ups. As greens can now accommodate up to 20 bowlers, competitions and social bowls is up and running again. No definite date yet has been set for the big changes planned for the Club but hopefully this will commence soon.

Macksville/Bowraville Uniting Church

It is a pleasure to tell you that our church services have been able to start again. Last Sunday we conducted our combined service in the Uniting Church in Bowraville and it was well attended. We are required to have the legal social distancing, hand sanitising and names and phone numbers recorded which will only be used in a coronavirus outbreak. Next Sunday our service will be in the Macksville church at 10.30am and all are welcome.

Uniting Church Op Shop

The Op Shop is planning to re-open on Tuesday, 7th July and a meeting of volunteers will be held on 1st July at 2pm to organise a roster of those volunteers willing to work and depending on our numbers we will decide if the shop will be able to work on its previous timetable. If you would like to volunteer to help in the Op Shop please attend the meeting which will be held in the church building in George Street, Bowraville. Contact: Mavis Ward on 6568 2451.

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8/11

Technology is playing a crucial role in the COVID-19 pandemic

The COVID-19 pandemic has accelerated many technology trends including digital payments, telehealth and robotics.

Following are some of the technology trends that can help build a resilient society, as well as considerations about their effects on how we do business, how we trade, how we work, how we produce goods, how we learn, how we seek medical services and how we entertain ourselves.



Online Shopping and Robot Deliveries

COVID-19 has transformed online shopping from a nice-to-have to a must-have around the world.

In-person delivery is not virus-proof.

Many delivery companies and restaurants in the US and China are launching contactless delivery services where goods are picked up and dropped off at a designated location instead of from or into the hands of a person. Chinese e-commerce giants are also ramping up their development of robot deliveries.

However, before robot delivery services become prevalent, delivery companies need to establish clear protocols to safeguard the sanitary condition of delivered goods.

Digital and Contactless Payments

Cash might carry the virus so central banks in China, US and South Korea have implemented various measures to ensure banknotes are clean before they go into circulation.

Contactless digital payments, either in the form of cards or e-wallets, are now the recommended payment method to avoid the spread of COVID-19.

Digital payments enable people to make online purchases and payments of goods, services and even utility payments as well as to receive stimulus funds faster.

However, according to the World Bank, there are more than 1.7 billion unbanked people who may not have easy access to digital payments. The availability of digital payments also

relies on internet availability, devices and a network to convert cash into a digitalised format.

Remote Work

Many companies have asked employees to work from home.

Remote work is enabled by technologies including virtual private networks (VPNs), voice over internet protocols (VoIPs), virtual meetings, cloud technology, work collaboration tools and even facial recognition technologies that enable a person to appear before a virtual background to preserve the privacy of the home. In addition to preventing the spread of viruses remote work saves commute time and provides more flexibility.

Remote work also imposes challenges to employers and employees. Information security, privacy and timely tech support can be big issues.

Remote work can also complicate labour law issues such as those associated with providing a safe work environment and income tax issues.

Employees may experience loneliness and lack of work-life balance.

Laws and regulations must be updated to accommodate remote work – and further psychological studies need to be conducted to understand the effect of remote work on people.

Further, not all jobs can be done from home which creates disparity. Some professions, such as medical services and manufacturing, may not have the option at all.

Distance Learning

As of mid-April many countries announced or implemented school and university closures which impacted one and a half billion students. Many educational institutions started offering courses online to ensure education was not disrupted by quarantine measures.

Technologies involved in distant learning are similar to those for remote work and also include virtual reality, augmented reality, 3D printing and artificial-intelligence-enabled robot teachers.



- www.weforum.org



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Why do some songs get stuck in our heads?

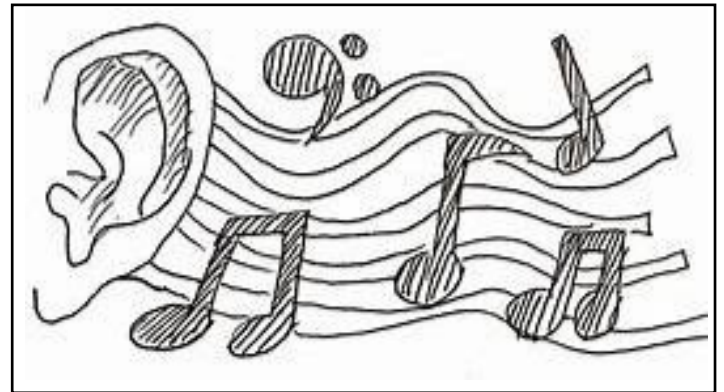
Experts say the culprits are **earworms**. No, they're not parasites that crawl into your ear and lay musical eggs in your brain, but they are parasitic in the sense that they get lodged in your head.

There are many theories about why songs get stuck in our heads. Some researchers say stuck songs are like thoughts we're trying to suppress. The harder we try not to think about them the more we can't help it. Other experts claim that earworms are simply a way to keep the brain busy when it's idling. Just as there are many theories, there are many names for the phenomenon. It's been called everything from "repetunitis" to "melodymania."

So why do some songs get stuck in our heads and not others?

Researchers aren't sure why some songs are more likely to get stuck in our heads than others but everyone has their own tunes that drive them crazy. Often the songs have a simple, upbeat melody; catchy, repetitive lyrics; and a surprise such as an extra beat or unusual rhythm -- the same factors that made the songs or jingles popular in the first place - like a certain toilet tissue ad from quite a few years ago now.

Contrary to popular belief we don't just repeat the songs we hate. In one study, done by researchers at Bucknell University, more than half of students who had songs stuck in their heads rated them as pleasant and 30% were neutral. Only 15% of the songs were considered unpleasant.



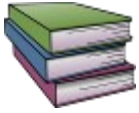
Unfortunately, there's no tried and true way to get songs out of your head once they're stuck in there. They can stick in your brain for anywhere from a few minutes to several days -- long enough to drive even the sanest person batty. Most earworms though eventually "crawl out" on their own,

Don't worry if you keep getting songs stuck in your head -- it doesn't mean there's anything wrong with you. However, if you actually hear music that isn't there (instead of just thinking about it), see a psychologist or other mental health professional. It could be a sign of **endomusia** -- an obsessive condition in which people hear music that isn't really playing.

Mozart's Earworms

Earworms aren't just a modern phenomenon. Back in the 1700s Mozart's children would drive him crazy by starting a melody on the piano and leaving it hanging. He would then need to rush downstairs to finish the tune.

- science.howstuffworks.com



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

The Lost Man by Jane Harper

This is a great novel.

Jane Harper's story begins with a body in the Australian outback - the middle one of three brothers who farm cattle on huge properties in a difficult environment with a harsh climate. It's a place of exaggeration – the heat, the dryness, the distances, the behaviours of men, strength of characters, the lack of services that are taken for granted in less remote places, the toughness of life.

The two remaining brothers, Nathan and Bub, live on neighbouring properties. Bub residing on the farm of the dead brother, Cameron, with their mother, Cameron's wife and children and the leading farmhand/manager who has been with the farm and their family since before they were born.

Nathan lives a solitary existence (not 'a life') over the fence on a piece of land given to him by his father-in-law (who hated him) upon his marriage. The marriage is long over and the land remains as unfertile, barren and unprofitable since before it was his. He is outcast in the community.

Nathan's son, a teenager, is visiting from Brisbane for a while. Cameron's daughters are yet to reach their teens.

The district abounds in folk lore and legends about a stockman's grave, which is central to

this tale, and where Cameron's life ended.

The family is not what it first appears and with the death of Cameron the small cracks widen and truths come out.

The Lost Man is a sad tale. It's about life and its realities. It's about loss of childhood, loss of life; relationships; hard work; community.....

I think this novel is fantastic! The characters are real, their stories captivating; the harsh environment and lifestyle dragged me in – I've been in the outback and loved it but not in a way that allowed me to live with people whose entire lives and livelihood are there. This novel has been described as "both brutal and breathtaking" and despite that (or maybe because of it) it makes me feel I want to experience it beyond "passing through".

If you are a fan of Australian stories then this is for you. If not or you're unsure I would give this one a go – it's a powerful story.

- This book read and reviewed by volunteer Raewyn.

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National Pain Week – 22nd - 28th July

Understanding pain can be key to learning how to manage it.

Understanding Chronic Pain

Most of us think of pain as a result of an injury or disease. We expect it will go away once we have medical treatment or the injury heals. For many people this is the case. However, for others, the pain doesn't go away. In some cases you can have pain even without an injury or obvious body damage. This ongoing type of pain is called chronic pain. It is estimated that one in three Australians live with chronic pain.

Acute or chronic pain - what's the difference?

Acute pain is usually short-term. It tends to be more associated with damage to the body, and will usually go away after healing. Acute pain is a very important alarm system – it alerts us that some action is needed.

Chronic pain lasts longer, beyond the time you would expect an injury to heal. Chronic pain often does not indicate ongoing damage in our body – it's like the alarm has been left on and someone's turned the volume up. The pain is less to do with an injury to body tissue and more to do with what's happening in our nervous system. Our nervous system can become sensitised and overactive, so that we continue to feel pain, even without any ongoing tissue damage.

Everyone's experience of pain is different. Two people with the same injury, such as a sprained ankle, can have a very different pain experience.



This is because pain is complex – how we perceive pain involves an interaction between our mind and our body. This interaction involves the nervous system and other factors such as genetics, culture, thoughts, previous pain experiences, stress and what was happening in our lives when the pain started.

Because chronic pain is complex there is no 'one size fits all' way of treating it. To be successful pain managers we may have to use a combination of things such as medications, exercise, diet, relaxation, thinking strategies and more.

Over time you can turn down the volume of your pain.

More information to help you understand pain is available on the National Pain Week website.

Remember:

Chronic pain can be overwhelming and affect all aspects of your life. However, with time, perseverance and support from others you can turn down the volume of your pain and get back to a full and enjoyable life.

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Weird things your brain does

The human brain is a weird thing. It has incredible processing power and storage capacity, it can handle a huge amount of sensory input at once, and it not only makes us who we are but it keeps us going, too.

Unfortunately, it's not entirely perfect; it's full of technical glitches, storage issues and not a little bit of confusion.

That can lead to some very weird stuff — some of it so weird we haven't even wanted to admit it's happening for a long, long time.

Here is a sample of the oddball things your wonderful weirdo brain does.

Autonomous Sensory Meridian Response



Autonomous sensory meridian response, better known as ASMR, is something that only certain people experience. For these lucky people certain triggers create what they describe as a sort of overwhelmingly pleasant, tingling sensation that settles into the back of their head or neck.

What causes it? No clue. A 2018 study found ASMR can produce some mental and physical health benefits but didn't find any smoking guns. There hasn't been much research done on the phenomenon and one of the only real scientific studies out there is from Swansea University examining the experiences of 500 people sensitive to ASMR. While they didn't even start to get into what's going on as far as brain activity in ASMR-sensitive people, they did find that for most of the people surveyed, it was whispering that really did the trick and kick-started the head tingles.

We don't know a whole lot about ASMR — there wasn't even a term for it until 2010. That's not entirely surprising, after all, because even now those who experience it have a tough time explaining it to those that don't - why listening to someone whispering to you can create what a lot of people call "head orgasms."

- <https://www.grunge.com>

CRAZY CORONAVIRUS STORY

Monkeys steal Coronavirus blood samples



It sounds bananas but authorities in India say a troop of monkeys attacked a medical official and stole blood samples belonging to patients who had tested positive for the coronavirus.

Earlier this week a lab technician at a state-run medical college in Meerut was walking across campus when some rhesus macaques converged on him.

The monkeys snatched away blood samples the lab tech was carrying which had come from four COVID-19 patients who are undergoing treatment.

Eyewitnesses reported seeing a monkey chewing on one of the sample collection kits while sitting at the top of a tree.

In addition the monkeys left parts of the stolen kits scattered on the ground concerning local officials.

Dr. S. K. Garg, an official at the college where the monkey attack occurred, said he wasn't sure if the monkeys might contract the coronavirus if they have come into contact with infected blood.

SkyNews reported that since lockdown measures were imposed, monkeys have been congregating in places normally crowded with humans.

However, some observers believe that many of the primates are struggling because the human food they normally consume has been severely reduced.

www.huffingtonpost.com.au



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New Bus Numbers and Routes from 6th July

Current Number	New Number	New Route Name
MORNING SERVICES		
12	S251	Macksville to St. Patrick's Primary via Bowraville
14	S260	Macksville PS to St. Patrick's Primary via Bowraville
15	S263	Wirrimbi to Nambucca Heads PS via Bowraville
31	S250	Nambucca Heads to Macksville
AFTERNOON SERVICES		
12	S323	Bowraville to Nambucca Heads via Macksville
14	S327	Bowraville to Macksville PS
15	S311	Nambucca Heads PS to Wirrimbi via Bowraville

Current	New		
357R	351	Bowraville to Macksville via Rodeo Drive	Macksville to Bowraville via Rodeo Drive
357W	352	Bowraville to Macksville via Wilson Road	Macksville to Bowraville via Wilson Road
359B	357	Repton to Bellingen via Mylestom	Bellingen to Repton via Mylestom
360	369	Macksville to Coffs Harbour via Nambucca Heads and Toormina	Coffs Harbour to Macksville via Toormina and Nambucca Heads
360M	360	Coffs Harbour Health Campus to Park Beach	Park Beach Plaza to Coffs Harbour Health Campus

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8/11

Can you fill in the missing names?



Kindergarten 1950

Teacher: Miss McLaughlan

BACK ROW: 1 2 , 3 Pam Ahearn, Robin Lee, 6 7 Billy Edwards (?)

3RD ROW: Ruth Short, Ruth Walker, June Allan, Helen Pickett (Turton), 5 , Marian Reynolds, Paula Russell, Roselyn Usher, Janette Eather

2ND ROW: Barry Hall, x , Kaye Ballard, Faye Turner, Judith Brown, Rodney Ryan, x , Brian Byrnes

If you can identify any of the missing children's names please contact **Marion Syratt** by phone 02 6564 7908 or mobile 0400 828 471 or write to PO Box 67, BOWRAVILLE NSW 2449.

Bowraville Bus Timetable

Departs

Bowraville Post Office	7.13am
Bowraville IGA	8.13am & 9.13am

Returns

Macksville to Bowraville	2.35pm
	3.35pm
	4.35pm
<i>Last bus</i>	5.25pm

Red Ticket — \$2.50 per day

Eligibility: Pension Card

busways Telephone: 6568-3012

N/C

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SUPPORTING OUR COMMUNITY

PRESIDENT

Mark Scott

M: 0428527545

SECRETARY

Lisa Matters



8/11



Email:

bowraville@lionsdistrict201n1.org.au

PO Box 23 Bowraville NSW 2449



Ngambaga Bindarray Girrwa Community Services Aboriginal Corporation

ABN:19746606729

"Empowering Aboriginal and Torres Strait Islander communities to gain independence and inclusion through the deliver and support of culturally appropriate community services"

Ph: 02-6564 7559, Hrs: Mon to Fri 8:00am to 4:00pm,

Address: 1/53 High St, Bowraville,

Web: nbgscommunityservices.com.au

Email: admin@nbgs.com.au



CHSP & NRCP

(In the Nambucca Valley)

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- Carer Referrals
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- Carers Week Activities
- Relaxation Days

The Coordinator will work with you and/or your Carer to a Care Plan to ensure that your care and support needs are met.

It's not uncommon for Carers to become exhausted and overwhelmed. That's why it's so important to take a break – called 'respite'. By taking time off you get a chance to look after your own physical and emotional needs.

Early Linker Program, Mid North Coast

(Kempsey to Red Rock, Coffs Harbour)

- Early Links is for:**
- People with a disability aged 0-8 yrs and who are generally not accessing any specialist disability service
 - Carers and families of people with a disability
 - The community
 - People wanting assistance to accessing community and mainstream services, knowledge, resources and opportunities in their communities
- Early Links Mission:**
- "Every child, every opportunity"
- Early Links Vision:**
- "Communities where every child participates and every family is respected"
- An Early Linker will assist with:**
- General development concerns
 - Information and support for families to find out about their children's disability needs
 - Identify concerns, set goals and development plans for the future
 - Connecting with other parents, community and service providers
 - Build confidence to achieve your goals
 - Develop your existing support networks and create new networks
 - Look at ways you can participate and be a part of your community.



Logging begins in unburnt Nambucca State Forest

Road building, ahead of logging, has begun in the unburnt southern section of Nambucca State Forest. There is a plan to log most of the remaining forest this year.

Nambucca Valley Conservation Association (NVCA) spokesperson Lyn Orrego said the community was against logging of this coastal public forest.

“It begins just as the Nambucca State Forest is recovering from the drought and after most of it avoided last summer’s devastating bushfires. This forest is valued by residents for recreation and is a refuge for wildlife”, she said.

Species that were threatened even before the bushfires include the sooty owl, masked owl, powerful owl, grey-headed flying fox, koala, little bentwing bat and yellow-bellied glider. The forest contains high quality koala habitat and glossy black cockatoo feed trees.

Threatened plants including the slender marsdenia, a moist area forest vine, have been recorded in the forest which is slated to be logged. Another rare plant, the scrub turpentine, was also found.

“Some patches of rainforest, old growth, rare forest, and swamp sclerophyll forest which is a threatened ecological community, are protected but will become exposed islands with logging all around them.

“The New South Wales state government is continuing to authorise the degradation and destruction of the environment.

“Public forests should be for the public good. Keeping our native forests and letting them grow old would also reduce as much as a third of our greenhouse gas emissions.”

The NVCA is urging people to write to Nationals MP Melinda Pavey and NSW Environment Minister Matt Kean asking them to protect the Nambucca State Forest.

- www.greenleft.org.au

Gumbaynggirr custodians stop work in Nambucca State Forest

Gumbaynggirr custodians are claiming a hard-fought victory by stopping the NSW Forestry Corporation logging cultural sites in the Nambucca State forest.

Lawyer for the Forestry Corporation of NSW David Giles advised that it would cease its work until June 10. This is the first time logging has been stopped since the NSW regional forestry agreement came into force more than 20 years ago.

The legal action is aimed at stopping logging within the Nambucca State Forest where sites that hold significant cultural value to the local Gumbaynggirr Nation are being threatened.

Sandy Greenwood, Gumbaynggirr custodian and spokesperson said they were concerned about the Forestry Corporation's “lack of transparency” because it had “avoided the Gumbaynggirr community consultation processes and ignored contact and questions from the community”.

“This has been the first positive response from the Forestry Corporation since the protest embassy was set up and the forest blockaded three weeks ago,” Greenwood said.

The camp, which is being led by the Gumbaynggirr community, is being supported by locals and various environmental groups.

“There is wide concern among all participating protestors that the forest is one of the few remaining endangered Koala habitats of its kind in the area,” said a Nambucca forest campaigner.

“This is the first positive step towards a victory, it is a strong motivation to continue the campaign to protect Nambucca State Forest.”

- www.greenleft.org.au

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Surprising things you didn't
know about your garden

*There are many secrets hiding among
your petals, leaves, and dirt.*

Gardening is hardly a straightforward
practice - goodness knows it takes
skill, dedication and more than a little
luck to grow flowers and veggies. But
while certain facts about gardens are
perplexing, some are just plain fun and
because we love all things gardening
we couldn't help but share this random
assortment:

A sunflower is not just one flower.

Both the fuzzy brown centre and the
large classic yellow petals are actually
1,000 - 2,000 individual flowers held
together on a single stalk.

**There are more microorganisms in
one teaspoon of soil than there are
people on earth.**

It's aliiiiive! That fact might make you
itchy but microbes are important for
keeping your soil full of nutrients.

Plants really do respond to sound.

Talking to plants to help them grow is a
well-known old wives' tale but studies
have shown vibration (like music or
even the sound of your voice) can
affect plant growth. Plus, the Myth
Busters (in a not-so-scientific study),
compared a silent greenhouse to one
where they piped in a voice
soundtrack and found that plants in the
latter grew more.

**Butterflies might be more attracted
to your weeds than your flowers.**

Colourful blooms aren't the chief
reason these insects love your garden
- it's more about the fragrance and
nectar. According to the Smithsonian
Institute new cultivars of popular



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8/11

More on Page 20

Five foods that will boost your brain and memory

The foods you eat play a role in keeping your brain healthy and can improve specific mental tasks such as memory and concentration.

1. Omega-3

When people talk about brain foods, fatty fish is often at the top of the list. This type of fish includes salmon, trout and sardines which are all rich sources of omega-3 fatty acids. About 60% of your brain is made up of fat and half of that fat is the omega-3 kind. For vegetarians and vegans omega-3 can be sourced from nuts and seeds. Flaxseeds contain a decent amount of omega-3 fatty acid making it the prime candidate for the best omega-3 alternative source for vegetarians. Other seeds that are packed with omega-3 are hemp seeds and chia seeds.

2. Broccoli

Broccoli is one of the best brain foods. Its high levels of vitamin K and choline will help keep your memory sharp. It's also loaded with vitamin C - in fact just one cup provides you with 150% of your recommended daily intake.

3. Beetroot

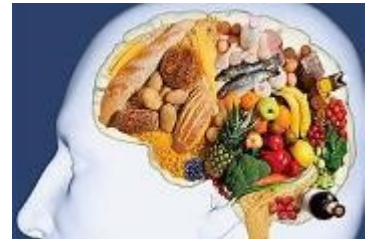
These root vegetables are some of the most nutritious plants you can eat. Beetroots reduce inflammation, are high in cancer-protecting antioxidants and help rid your blood of toxins. The natural nitrates in beets actually boost blood flow to the brain, helping with mental performance.

4. Water

The largest component in your body is water so you need to consume enough clean, uncontaminated water to keep your body and brain well hydrated.

5. Coffee

Two main components in coffee - caffeine and antioxidants - help your brain. The caffeine in coffee has a number of positive effects on the brain. Drinking coffee over the long term is also linked to a reduced risk of neurological diseases such as Parkinson's and Alzheimer's.



- www.mindfood.com

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Frank Partridge VC Military Museum

Named in honour of Frank Partridge -
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Victoria Cross in WW2.

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

This museum is a 'must see'.

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

Admission by Gold Coin Donation.

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

11/11

~ GARDENS & GARDENING ~

From Page 18

flowers have been bred for enhanced
colour and size but have often lost their
fragrance in the process. So everyday
weeds, like dandelions and clovers,
might actually be the most appealing
things in your garden to butterflies.
Choosing heirloom flower seeds is one
way you can encourage bees to fly your
way.

A little baking soda can help you grow sweeter tomatoes.

A regular sprinkling of this kitchen staple
into your plant's soil can help reduce
acidity which sweetens up your crop.

Some of your favourite fruits are actually in the rose family.

Apples, pears, peaches, cherries,
raspberries, strawberries and more are
rosaceae making them cousins to the
long-stemmed Valentine's Day rose.

The right orchid combination can smell like your favourite dessert.

Did you know that the vanilla bean
comes from an orchid varietal? And it's
not the only sweet-smelling kind: An
oncidium hybrid called Sharry Baby
smells like chocolate, it's 'baking cookie'
aroma has made it a winner. And that's
not all: The cymbidium Golden Elf smells
lemony and the phalaenopsis violacea
has a cinnamon scent. You can combine
orchids to create a garden that smells
like a dessert buffet.

You don't need to be a dedicated composter to reap similar benefits.

Call it cheating but applying used coffee
grounds, eggshells, chopped-up banana
peels and other organic matter directly
to your soil (no composting required)
can offer plants nutrients as they
decompose. For already-growing beds
scatter and bury the items within the first
few inches of soil.

- www.goodhousekeeping.com

Bowraville Folk Museum

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MONDAY-FRIDAY 10am-3pm
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~ Groups by appointment ~

7/11

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7 Easy Ways To Improve Your Memory

Whether you struggle to remember names, important dates, or why you went into the kitchen just now these memory tricks are sure to help!

1. Visualize Your Purpose

There seems to be something about moving into a different space that resets our short-term memory but we can guard against a memory reset by practicing visualisation!

Before you leave the room you're in stop for a moment and picture whatever your purpose is in your mind. Imagine yourself picking up that item or doing that thing you don't want to forget to do. Having a clear mental image of your purpose will make it much harder to forget once you leave the room.



2. Use Musical Memory

Names, numbers, dates and other pieces of information are easy to forget. Yet we seem to have no trouble remembering songs and nursery rhymes from our childhoods so what gives? It's the musicality of rhymes and songs that makes them easy to remember. You can use this to your advantage by making up a song about something you want to remember.

3. Get to Know Somebody

There are a lot of situations where forgetting something can be annoying but few of them are as awkward as forgetting someone's name! The trick is to make a memorable connection between the name and the person.

Try looking at the person while repeating their name over and over in your head. Another approach is to introduce that person to someone else which forces you to repeat their name out loud. And when the conversation with a new person is ending repeat their name while saying goodbye.

4. Create Reminder Images

When you need to remember something important try creating a rich visual image of that thing. The more senses you can involve the better! For instance, say you need to remember to call your someone by 10am. Picture the time on your phone and imagine the sound of the alarm going off. This rich visual cue will make it much easier to remember that 10am target!

5. Use Mnemonic Devices

Creating memorable mnemonic devices can help us remember all sorts of important information! A common example is the name Roy G. Biv makes a handy mnemonic device for remembering the colours of the rainbow (red, orange, yellow, green, blue, indigo and violet.)

6. Summarize It

Summarising can be useful if you're reading an important document and finding it hard to retain the information. Pausing after each paragraph and jotting down a

Continued on Page 23

From the burbs to the bush, animals are reclaiming and exploring the world during coronavirus

The coronavirus pandemic which has caused the human race largely to retreat inside their homes has created a new world for animals . . . and they're making the most of their new-found freedom.

Dolphins spotted in Istanbul

The most populous city in Turkey has welcomed dolphins back into its waterways. Marine pollution and traffic usually dissuade the dolphins from travelling up the Bosphorus, a narrow waterway that runs past Istanbul.

Elephants move in when traffic moves out

Elephants are grazing near what was once a busy road in India. With traffic now all but ceased due to the coronavirus lockdown wild elephants are moving closer to human habitations than they have in a very long time.

Deer in search for food in Japan

In the Japanese city of Nara the main food sources for its deer population is human visitors who come to hand-feed them. So, the proactive deer have been seen roaming the inner-city streets looking for people who will give them food.

Marlie treks Taronga Zoo

Marlie the sea lion has taken advantage of the peace and quiet at Taronga Zoo to leave her enclosure. Accompanied by a keeper, she moved surprisingly fast during a stroll on land for an animal more at home in the water.

Beautiful Venice is beautiful again

Seemingly one of the biggest winners of the lockdown is the marine life of one of Italy's most famous cities. The canals of Venice have hosted renewed marine life since the usual clusters of ships and boats stopped.

Afoot and light-hearted

In the north of Wales a herd of goats has claimed the empty streets as their own. The Great Orme Kashmiri goats live on a nearby hill overlooking the town and rarely head into it but recently, the wandering herd, has been grazing on people's hedges and gardens.



Taking to the open road

A pride of more than 15 lions was seen napping in the middle of an empty paved road in South Africa's Kruger National Park - on any typical day the area would be packed with tourists on safari excursions.

All they needed was some alone time

Maybe the most popular animal story to come out of coronavirus has been the successful mating of Ying Ying and Le Le. The pandas have been in Hong Kong since 2007 and several attempts have been made since 2010 to have them naturally mate. It seems all the couple needed for nature to take its course was for everyone else to leave the room.

- www.abc.net.au

7 Easy Ways To Improve Your Memory *from page 21*

short summary in the margin or in a separate notebook will give you a much better chance of remembering what you read.

7. Make It Interesting

We're all better at remember things that we are interested in. So if you need to remember something that just isn't that interesting to you you'll likely have a harder time.

So get creative and search your brain for any possible connections you can make between the information you want to remember and something that actually interests you.

Bonus Tips for Keeping Your Memory Sharp!

Exercise Regularly. Aerobic exercise and physical activities that require hand-eye coordination are both great for your brain. Anything that gets your blood pumping can help reenergize your brain!

Sleep Well. Your brain can't operate at its best when you're sleepy! Make sure to stick to a regular sleep schedule and cut back on caffeine if that's an issue for you.

Meditate. Mindfulness meditation is the practice of building awareness of one's thoughts, feelings and body. A recent study found that just 4 days of practicing mindfulness meditation improved participants' attention and working memory even when the participants had no previous experience with meditation!

- www.onegoodthingbyjillee.com



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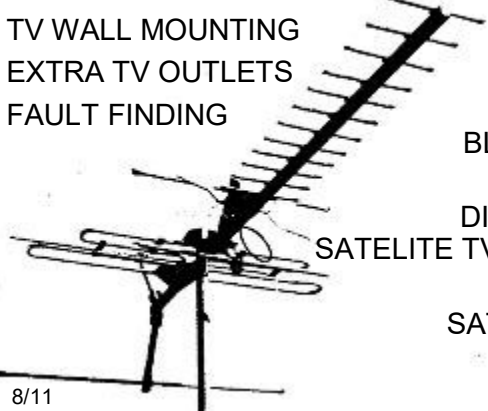
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**Historic
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**The 10am Sunday Service
has resumed.**

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

Phone: 6568 9029

email: nambuccaanglicans@tpg.com.au

5/11



Please join us for an opportunity to get together to work on a project you may have started and put to one side, get some advice, swap ideas and inspiration, learn a new craft or just sit and talk with like-minded people. The Circle is your space.

We are keen to encourage sustainable practices and promote the up-styling, recycling and reusing of clothes and materials.

So if this looks like you join us for our first get together on Thursday 2 July 2020, from 10am to 3pm in the Pioneer Community Centre, 70 High Street, Bowraville. Stay for as long or little as you like. Morning tea will be provided but bring your own lunch. Due to COVID 19 rules could you also bring your own mug, eating utensils and hand sanitiser.

A \$5.00 donation would be great to help offset the use of electricity at the Hall but just give what you can. Look forward to seeing you there.

If you'd like more information phone Jenny on 6564-4168.

Unfortunately with the Covid19 restrictions
St Jimmy's Kitchen & Blokes' Breaky
will not be able to resume this month.

Bowra St Jimmy's Food Hub
is open Monday, Friday and Saturday from 9am until 11am for all people who hold a Centrelink card.

5/11

**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.



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.

BOWRAVILLE SCHOOL NEWS

JULY 2020

Senior students' artwork for new hospital



The recently opened Macksville Hospital has incorporated design elements that reflect the unique needs of Aboriginal patients with signage in both English and Gumbaynggirr and a central artwork created by local Aboriginal high school students including Jayminya Duckett, O'Shay Tyerman, Chenai Jarrett-Duroux and Jada Taylor-Flanders from Bowraville Central School.



Jayminya, O'Shay and Chenai (Jada absent from photo).

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Music for a Monday Morning EmmaG Energise your week with the EmmaG Music Show.	Drive Thru With Jackie Edmunds Mix of 60s, 70s to current music.	2NVR Music Mix Gold at Breakfast Dayne Gold Wake up with Dayne. It's gold.	Under The Stinging Tree Poppa Alt music, news, info...	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	6 AM
7 AM						The Weird Desk With Michael Morgan When the going gets weird, the weird turn pro.		7 AM
8 AM							Sunday Morning Music With Phil Folk and Aussie music focus from the past few decades.	8 AM
9 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Dyer's Loop With The Dyers Music to dye for, of course	Isn't It Romantic With Dallas Dent Crooners Easy Listening Pop/Rock Ballads	Tones of Claressence Claire Watt Powell Pop	Talk Of The Town Carl Vrobel See what's going down! All things local	Hair Of The Dog Mick Birtles Rock, Pop Covers and Music Trivia		9 AM
10 AM								10 AM
11 AM	Baby Boomers Donna Collins	Infopinion Richard Loxton An eclectic time with Richard	Lunch with Gazza With Gary Biden Easy Listening To Rock & Pop	Turning Pages Elizabeth Newman	Dano's Mixed Grill Darral Gibson Where anything can happen and probably will	Flashback With Rob Davidson Pop & Rock	Classical Corner Make the most of our week... Revisiting weekly with The Lively Arie Music & spoken word from the TV, theatre & radio. Noel Robertson	11 AM
Noon								Noon
1 PM	The Weekly Fix Paul Weekley	Rock On With Jimmy & the Bluebirds	Just For You Carola J. Simmons renewed by Karola's Beatrice Missi Standic 2NVR's Irish/Scottish Real 3	Turn Up The Volume With Les McMahon	Jacinta's Easy Listening Jacinta Sunderland Music to your ears...	Garage Noise With Sean Ambrose Alternative Music	2NVR Music Mix	1 PM
2 PM								2 PM
3 PM	BKE Show Bernard Kelly-Edwards Cultural Unity with Poetry, Community Yarns & Music 2NVR Multicultural Radio	Rob's Roving Robbie & Linda Bible reflections, Gospel & Australiana	MC Grim Mark Seagram Music with a wicked difference	Thursdays Country Soft rock & school's report	Wind Down for the Weekend Shu & The Crew Retro On The Radio	Saturday Magazine With Rachel Burns	Praise, Prayer & Pop With Linda & Michelle	3 PM
4 PM								4 PM
5 PM	Bowra Beats Radio with Grace	Sister Act Olivia & Sam	Tune In with Alex 2NVR Youth Radio	Trickivic Nambucca Valley Roundup Radio	Retro On The Radio	Two For The Money Music, chat and a touch of banter with Paul and Rachel	That's A Wrap Donna Nigel Mitch Gary & Les Local sports recaps and in-depth analysis.	5 PM
6 PM	Hinterland Ben Walters	Melina Sunshine & the Blue Wren Not out of the box, extraordinary radio entertainment	After Hours With Fred Settlers	Highway Blues With Radio 66 When Only The BEST BLUES Will Do	The Friday Night Rock Show with Todd Willis Eclectic, irreverent fun with more than a dash of insanity	Saturday Night Lounge With Donna Local artists perform live in concert from their lounge-rooms into yours.	The AntSF Radio Show Speculative fiction Imagine This Old time radio drama	6 PM
7 PM	Reggae Mixtape With Filroy Music outside the usual 2NVR Multicultural Radio	2NVR Music Mix	Ant's Rock Anthony Gansley Solid Rock	Jeff's Junk Jeff Mills Jeff's Junk BEST BLUES Will Do	The Friday Night Rock Show with Todd Willis		Prog Rock Playlist Rhino The best of Progressive Rock	7 PM
8 PM								8 PM
9 PM	Music Makers With Yen Mixed music with featured artists	Soul Into Rhyme Matt Leibbrand Whack up the bass and cop a wicked mix of hip hop and July sick tracks	Ant's Rock Overnight	2NVR Music Mix				9 PM
10 PM								10 PM
11 PM								11 PM
Midnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Overnight	2NVR Music Mix	Continues overnight	2NVR Music Mix	2NVR Overnight Music Mix	Midnight

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