

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

JULY 2023 ~ ISSUE #219 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

See and speak to your doctor, your mum
or your lover, at the Bowra Tech Centre . . .
ZOOM in now!



The Bowra Technology Centre's Zoom Room setup provides superior audio and visual quality compared to home setups - offering a wide, high-definition screen for a crisp view of video call participants.

If you wish to use our Zoom Room for online interviews, doctor appointments, online classrooms and more, call 02 6564 7420.

See more information on page 8.

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

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

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

Computer Usage

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

Printing and copying

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

Other services

Hire of data projector + Portable screen - \$10 day

Shredding - ask for a quote

Computer repairs - \$25 minimum

Laminating A4 and A3 Binding & Guillotining

We now take credit card payments!

ALL ADVERTISING

ENQUIRIES to

admin@bctc.com.au

ADVERTORIAL

and GENERAL

CONTENT ENQUIRIES

to

wendy@bowraville.nsw.au

Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

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

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

Newsletter is also available online at:

www.bowraville.nsw.au/newsletter/

2023 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscription includes 11 issues.

62 x 62 (1/6 pg) - \$12 issue or \$120 year

62 x 130 (1/3 pg) - \$22 issue or \$220 year

90 x 130 (1/2 pg) - \$32 ea or \$320.00 year

185 x 130 (1 page) - \$43 issue or \$430 year

Front Cover (1 issue) - \$60 issue

DEADLINE FOR COPY FOR

THE AUGUST 2023

ISSUE IS: 4:00PM

TUESDAY, 18th JULY 2023

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

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

e-mail: admin@bctc.com.au

DISCLAIMER

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

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

Bowraville Services Australia Agency

At the Bowraville Technology Centre we now offer a service for the entire community providing access to Centrelink, Medicare and Child Support through computer access.

We provide free fax and email as well as the downloading and uploading of documents to most Government Departments. **Access is available from 9:30am to 3:45pm Monday to Friday.**

Also available is personal assistance from one of our trained volunteers on Mondays and Wednesdays (between 10am and 1pm) and Fridays between 10am and 2pm. Appointments are essential for this personalised service and can be made by ringing the Bowraville Technology Centre on 6564-7420.

This service is for rural communities to help reduce travel times and expense so please use this service to increase your on-line digital access to Australian Services.

Free WiFi access to this service is provided 7 days a week in the area around the Bowraville Technology Centre even when the centre is closed.



Australian Government
Services Australia

*Does your computer need servicing?
Is it going slow?
Do you suspect a virus?
Or it just won't work the way you want it to?*

**Come into the
BOWRAVILLE TECHNOLOGY
CENTRE**

**39 High Street, Bowraville
6564-7420
admin@bctc.com.au**

BOWRAVILLE GIFT SHOP



**LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE**

**Monday to Friday: 9am - 5pm
PH: 02 6564-7169**

5/11

TECHNO LESSONS OPEN TO EVERYONE

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

Absolute beginners are most welcome!



Free Techno Lessons
Bookings essential

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

For technical issues
contact BTC for a
booking.

You can ring the
Bowraville Technology Centre on
6564-7420

*The problem
with quotes
on the
internet is . .
you can never
be certain
they're authentic.*

- Abraham Lincoln

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

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

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

Call Cynthia on 6564 7420
for more information.

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

eftpos

THE VOICE EXHIBITION

and talking time — about the REFERENDUM and more

IN THE PIONEER COMMUNITY CENTRE

70 High Street, Bowraville



EXHIBITION and CAFÉ:

Opening on Sunday 2nd of July
from 2pm to 4pm

Then from Monday 3rd until
Sunday 16th July
10am to 2pm every day.

The Exhibition: Paintings by
Martin Ballangarry,
Keen Ballangarry and
Claude Teyssier.

Music and Videos from the local
band “JUMBAL DREAMING”

Come and have a coffee and a yarn about life
and the Referendum - it's all happen in 2023.

For more Information Call Margrit Rickenbach on
02 6564 7067 or send a text to 0457 159 473

See you, hear you, need you.

*The Indigenous Voice to Parliament is **an advisory body proposed by the Uluru Statement from the Heart**, which was written and endorsed by Aboriginal and Torres Strait Islander leaders in 2017 to improve the representation of Indigenous Australians.*

The Voice would be a national group of about 20 members who are Aboriginal and Torres Strait Islander people, including a Youth and Disability Advisory Group.

The Voice would advise parliament and the federal government on Indigenous policy matters, including health, education, economic disadvantage, and social matters.

*The Voice is proposed to be introduced via legislation,
without changing the Constitution.*

The Voice aims to improve the life outcomes for First Nations people in Australia.

Security Tips for Personal Devices

There are a lot of things to think about when it comes to the use of personal devices (e.g., smartphones, tablets, computers and laptops). For example, compromises of personal devices and the information they store can have significant productivity, financial and emotional impacts.



Use legitimate software and keep it up to date

It is important that personal devices are configured to automatically apply updates as updates for applications and operating systems are regularly released by vendors to resolve security problems. Further, new versions of applications and operating systems regularly include additional security features to make it more difficult for personal devices to be compromised.

When operating systems on personal devices are not supported by vendors you will no longer be able to receive updates and consideration should be made to change to a device which is currently supported. For example, many Android-based smartphones are not supported and will never receive updates.

When purchasing new personal devices, consideration should be made to select a device that is currently supported by a vendor that has a proven track record of providing timely updates. For example, while all new Apple iPhones will be supported with updates, only premium Android-based smartphones will be supported with updates, albeit to varying degrees depending on the particular vendor.

Finally, you should always use legitimate applications that you have purchased from a physical store, a trusted app store or downloaded from a reputable vendor's website. If you use pirated applications, or untrusted app stores, personal devices may become compromised or won't be supported by the vendor with updates. Additionally, care should be taken to avoid applications that ask for excessive or suspicious permissions.

Back up your important files

Save all important files to a storage device such as a USB stick, memory card, external hard drive or online storage service. Ensure storage devices are not left connected to personal devices after important files have been backed up.

If you have a problem with personal devices and they need to be reset or replaced, you will still have access to your important files if you have completed recent backups. Likewise, if personal devices are compromised by malicious software that prevents you accessing your important files until you pay a ransom, having recent backups can assist you in recovering your files.

Prepare for lost or stolen personal devices

One of the biggest risks to your information is from lost or stolen personal devices. Know where personal devices are at all times, avoid leaving them

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Blokes Breaky

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

Womens' Brekkie

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

Bowra Country Markets

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

St Jimmy's Kitchen

3rd Thursday of Month
6pm at St James Church Hall

St Jimmy's Food Hub

Monday, Friday & Saturday
9am until 11am
Must hold a Centrelink card.

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

WOOD-FIRED PIZZA Wed - Sun
LUNCH 11:30am-2:00pm Tues - Sun
DINNER 5.30pm - 8pm Tues - Sun
All menus available for takeaway
Regular Live Music
Holy Goat Coffee

2/11

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

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



Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .

TAB - KENO - BINGO
RAFFLES - Wednesdays & Friday
MEMBERS' DRAW min \$1500
KITCHEN Wednesday to Saturday
f Lunch 12-2pm - Dinner 6-8pm

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

4/11

FREE POOL Everyday

Bowraville Folk Museum

High Street, Bowraville
Phone/Fax: 6564-8200

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

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

23/11

NAMBUCCA RIVER REALTY

YOUR NAMBUCCA VALLEY SPECIALIST

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

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

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

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

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

511

WHAT'S HAPPENING AT THE BOWRAVILLE TECHNOLOGY CENTRE

Zoom in now! At the Bowra Technology Centre

Unlocking the Benefits of Zoom: Empowering Communication

In an increasingly interconnected world Zoom has emerged as a transformative platform that has revolutionised communication and collaboration with its robust features and user-friendly interface.

This article explores the advantages of the Zoom program, emphasising the facilitation of seamless virtual meetings, superior audiovisual experiences and the provision of support for users at all levels of technological proficiency.

Zoom has rapidly become the go-to solution for virtual meetings, transcending geographical barriers and fostering global connectivity. The platform streamlines communication and facilitates effective collaboration for business, education, health and social interactions.

These benefits highlight why Zoom is an indispensable tool for virtual meetings:

Zoom offers a flexible meeting format allowing participants to join remotely from anywhere, eliminating the need for physical travel, thus reducing costs and environmental impact while ensuring convenience for all involved.

Zoom's screen-sharing feature enables seamless collaboration, allowing participants to share their screens, documents or presentations. This function enhances productivity and encourages interactive discussions among attendees.

Zoom allows for meetings to be recorded preserving valuable content for future reference. This feature enables participants to revisit discussions, review key points or share the recording with absent colleagues.

The Bowraville Technology Centre offers comprehensive technical support through a dedicated support team where users can seek assistance to access Zoom features and gain understanding of the platform's functions.

The Bowra Technology Centre provides training and tutorials to empower users with the knowledge and skills required to navigate the Zoom platform effectively.

**If you wish to use our Zoom Room for online interviews,
doctor appointments, online classrooms and more
call 02 6564 7420.**



**BOWRAVILLE COMMUNITY
DEVELOPMENT ASSOCIATION
INCORPORATED (BCDAI)
Pioneer Community Centre**

N/C

70 High Street – in the heart of Bowraville

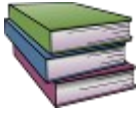
Monthly meetings, 2nd Saturday of each month at 1pm.

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

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

Volunteers wanted. Do you have skills to share?

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



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Cilka's Journey by Heather Morris

"Cilka's Journey" is the sequel to "*The Tattooist of Auschwitz*". It's not exactly a true story but it's very closely based on a true story with a lot of truths from research into the experiences of people during Hitler's reign.

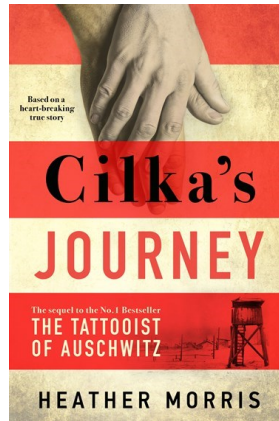
At the age of sixteen Cilka Klein, an attractive young girl, is taken to Auschwitz-Birkenau Concentration Camp. She survives that by the unfortunate/fortunate experience of having 'caught the eye' of the Commandant who separates her from the others and, basically, becomes his property to do with as he wishes. Despite being in this situation unwillingly it is exactly this which enables her to survive.

After she is liberated Cilka is charged, by the Russians, for another 'crime' and is sent to a desolate, isolated prison camp in Siberia, known as Vorkuta, for a period of 15 years. Again she is innocent but that doesn't really matter – she is there.

It's like a repeat merry-go-round of horror and trauma, starvation, impossibly hard toil, depravation, trust and mistrust etc, all in the name of survival.

Cilka is befriended by a nurse in the camp and gets a job in the 'hospital', learns to become a nurse for the ill and injured in horribly inadequate conditions with inadequate medicines and resources.

She makes friends with most of the women with whom she shares accommodation but threat and danger exists within their hut and, like all the women, she also faces a constant threat



from the men on the outside, both prisoners and guards alike.

Along the way Cilka Klein meets a man to whom she is attracted, something she thought would never be a possibility in her lifetime but this is something that gives her a tiny bit of hope.

"Cilka's Journey" was hard to put down. It was heart wrenchingly painful but at the very same time also made me wonder about the resilience of people in a situation that appeared to be beyond bearable. It's incredulous the atrocities that mankind can inflict upon others yet the small windows of hope and light that enable people to continue to want to live and to actually do so is amazing.

This novel portrays the experiences of those who ended up in concentration camps - so much loss, grief and tragedy; heinous acts by most people in power but also small acts of kindness by a small minority in positions of power; friendships and love; sacrifice; birth and death; relationships that wouldn't exist outside of such an unnatural situations; resilience and hope. It's a wonderful book but so awful that it is based on reality.

Again, Heather Morris has painted a realistic picture of a life we could never begin to imagine. As with "*The Tattooist of Auschwitz*" it will touch you deeply.

- Read and reviewed by BTC Volunteer Raewyn

BOOK NOOK NOTICE

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

Thank you.

Understanding Diabetes

What is diabetes?

Diabetes is a chronic condition marked by high levels of glucose in the blood. It is caused either by the inability to produce insulin (a hormone made by the pancreas to keep blood glucose levels in range) or by the body not being able to use insulin effectively, or both.

Diabetes increases the risk of health complications, including heart disease, stroke, kidney disease, blindness and lower limb amputation. It is frequently associated with other chronic health conditions, such as cardiovascular disease and chronic kidney disease.



Type 1 diabetes

Type 1 diabetes is a lifelong autoimmune disease that can be diagnosed at any age. The exact cause is unknown, but it is believed to be the result of an interaction of genetic and environmental factors. A person with type 1 diabetes needs insulin replacement to survive and, except in cases where a pancreatic or islet cell transplant occurs, insulin will be required every day for the rest of their life. People with type 1 diabetes must also maintain a careful balance of diet, exercise, glucose management and insulin intake.

Type 2 diabetes

Type 2 diabetes is a condition in which the body becomes resistant to the normal effects of insulin and gradually loses the capacity to produce enough insulin in the pancreas. The condition has strong genetic and family-related (non-modifiable) risk factors and is also often associated with modifiable risk factors. The exact genetic causes of type 2 diabetes are unknown. People may be able to significantly slow or even halt the progression of the condition through changes to diet and increasing the amount of physical activity they do (Diabetes Australia 2022).

Gestational diabetes

Gestational diabetes occurs when higher than optimal blood glucose is diagnosed in pregnancy. This generally occurs in the second or third trimester of pregnancy, among women who have not previously been diagnosed with other forms of diabetes, and can result in complications for mother and baby. While gestational diabetes may resolve after the baby is born, it can recur in later pregnancies and greatly increases the risk, both for the mother and the baby, of developing type 2 diabetes later in life. Some women can manage their gestational diabetes by changes to diet and physical activity, while others require oral hypoglycaemic (blood glucose lowering) medications, insulin therapy, or both.

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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

2211



SIMPLE. SAFE. CONVENIENT.

Manage multiple medications easily

‘my meds, my way’

IS ALPACA PAK FOR YOU?

Do you or a loved one take a number of different medicines once a day or multiples times throughout the day?

Do you lead a busy life and need a smarter, simpler and safer way to organise your medication?

Then Alpaca Pak is perfect for you.

Alpaca Pak:

- ◆ ensures you get the full benefits of your medications by reducing your chances of under or overdosing
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- ◆ clear instructions for a single dose, daily or weekly doses of your medications
- ◆ portable and discrete for busy people
- ◆ maintains your independence and peace of mind with one easy pack that you control



LESS STRESS

Our blister pack consumables reduce the stress associated with managing multiple medications. One less thing to worry about!

Alpaca Pak is for you if you...

- or a family member takes multiple medications
- want to ensure your meds work effectively
- have a busy social life
- have a hectic home, office and travel schedule
- want a simple, safe and convenient way to organise your meds

SIMPLE. SAFE. CONVENIENT.

Ask your pharmacist today about the benefits of Alpaca Pak blister packs.

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

?2/11



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

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

*Call in to Norco and speak to
Garry, Paul or Kirk.
They will be happy to assist you
choose the correct products
for your garden.*

*For the home garden
or big acre farming . . .*

**SEEDS
POTTING MIXES
COMPOST
FERTILISERS
SOIL & WATER
CONDITIONERS
MULCHES
ORGANIC GARDENING
SUPPLIES**

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



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

23/11

Growing mushrooms

*Mushrooms are fascinating, delicious,
nutritious, nearly foolproof to grow and a
perfect project for kids – so what are you
waiting for?*

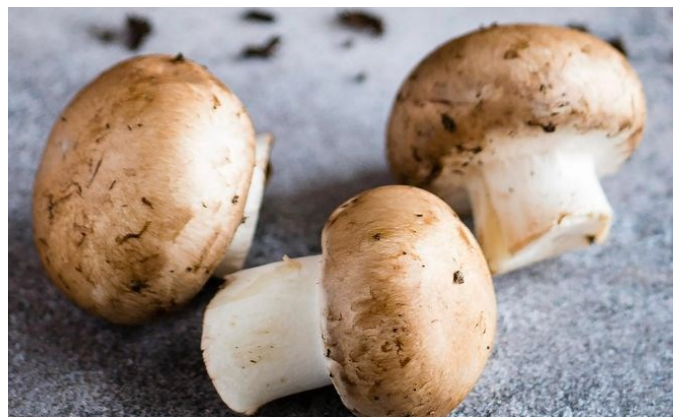
Appearance and characteristics

Mushrooms are almost indispensable in the kitchen, whether you use them raw in salads, throw them in a pot or grill them whole on the barbie. From a home-growing perspective they are actually very simple to grow as you can find them available seasonally in kits.

The kits will contain a variety that is suited to the time of year, and you'll find a temperature range stamped on the pack. Once you get your kit home it's simply a case of following the instructions and in just a few weeks you'll be harvesting your first crop.

You can grow your own without a kit, but for most home gardeners a kit is the easiest option.

Mushrooms are unusual in that we see very little of the actual organism itself. The most visible part, the mushroom, is in fact the flower and ultimately the fruiting head. The rest of the fungus exists below the ground making them a bit like nature's living icebergs.



The most common mushroom we use in the kitchen is the white agaricus mushroom, *Agaricus bisporus*. This species shows us three main growth stages. When you buy

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KNOWING THE FIRE DANGER RATINGS COULD SAVE YOUR LIFE

The Australian Fire Danger Rating System has changed, all States and Territories now have the same fire danger ratings.

Most Total Fire Bans will start at **Extreme**, meaning you cannot use machinery or start fires in these conditions on these days. States and Territories will still have their local Fire Danger Seasons and a list of rules to help you understand what you should and shouldn't do on these days.

We know that fires happen in the Australian landscape all the time but Fire Danger Ratings are designed to help you understand the risk of a fire spreading on particular days, and how to stay safe.

THE FIRE DANGER RATING LEVELS ARE:



MODERATE

Plan and prepare.
Most fires can be controlled.



HIGH

Be ready to act.
Fires can be dangerous.



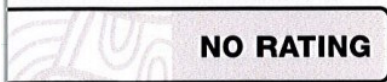
EXTREME

Take action now to protect your life and property. Fires will spread quickly and be extremely dangerous.



CATASTROPHIC

For your survival, leave bushfire risk areas. If a fire starts and takes hold, lives are likely to be lost.



NO RATING

On days where there is minimal risk, the white bar meaning 'No Rating' will be used.



Artwork by
Emma Bamblett
(Wemba Wemba,
Gunditjmara, Ngadjonji
and Taungurung)

 **AFDRS**
www.firedangerratings.com.au

BCDAI MONTHLY UPDATE

It's that time of year again when BCDAI membership fees are due. Our fees are very reasonably priced at only \$5 per year! This entitles you to be insured when you use the hall and will also give you access to what's happening with the minutes of the BCDAI monthly general meetings.

The BCDAI is a full member of the state body for Neighbourhood Centres, the LCSA. We run as an incorporated body for community development in Bowraville. BCDAI manages the Bowraville (Pioneer) Community Centre which is a 3-story heritage listed building, with a main street commercial frontage in the CBD of Bowraville.

This hall is available for members of the community to hire to meet the services the town needs and wants. The BCDAI also run a monthly Country Market and a Community Café. They offer meeting rooms, work rooms, and an exhibition space all run as a community NFP. They also lease shop space to Aunt Emily's Craft Shop which is a major tourist attraction.

As a Community Development Association, BCDAI actively campaigns on issues that affect you in Bowraville. One big campaign BCDAI was actively involved with was over the loss of the BCU and the teller banking services in Bowraville.

BCDAI continues to campaign to keep services in town. Strategically uniting with the Chamber of Commerce and the Bowraville Technology Centre, moves are afoot for residents to maintain the ability to pay their rates in person in Bowraville. We are currently in negotiations with Nambucca Valley Council over how they can offer this

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Growing Mushrooms

Continued from page 12

mushrooms you'll often see buttons, cups and big flats side by side. These are in fact the same species at different stages of growth.

The button is a newly emerged mushroom while the flat, with the "gills" clearly visible underneath, is just short of fully mature and if left longer would start to produce spores.

This raises an interesting point about fungi - they don't grow from seeds but from powdery spores.

How to grow mushrooms

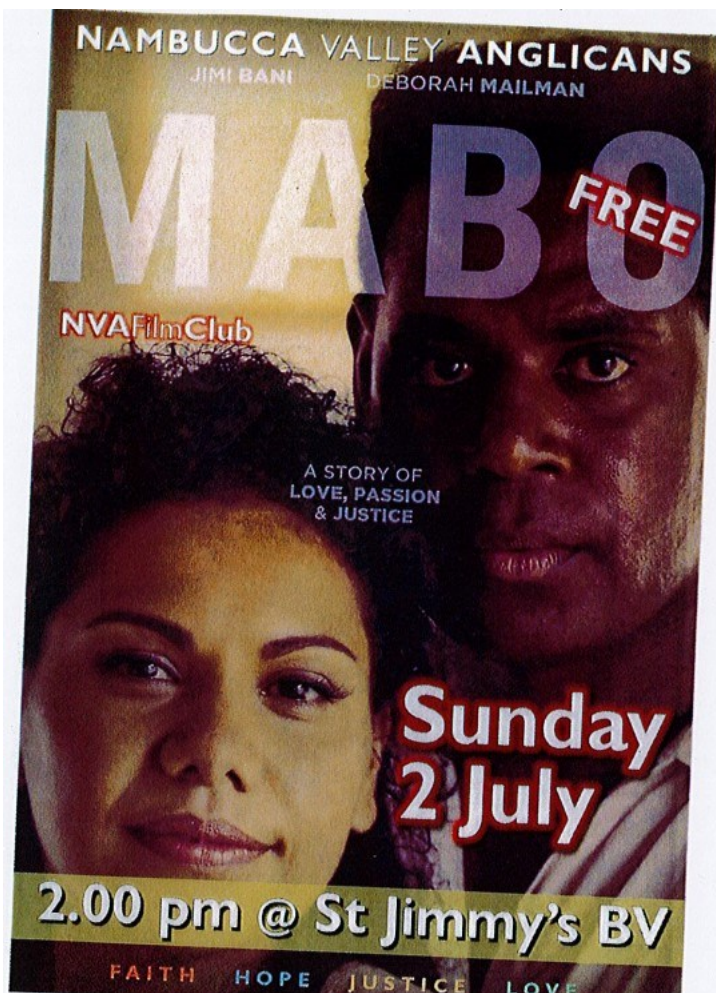
Mushrooms prefer the following conditions:

- Low light is best - total darkness is not necessary.
- Avoid direct sunlight.
- Temperature must be within the correct range. Check the pack.
- Must be kept moist and humid. Humidity is easily maintained by misting the growing media surface.

Planting tips

- When you get your kit, read the easy-to-follow instructions. They'll help you understand the mushroom kit's requirements.
- Open the kit and pull the plastic liner down to hold open the box flaps.
- The specialised compost in the kit is inoculated with fungus or mushroom spores. You should see white-coloured threads across the surface of the compost. This is the mycelium the main "body" of the fungus.
- Spread the pack of casings evenly over the surface of the compost, but don't compress it. The purpose of this material is to keep the mycelium moist and humid.
- Position your kit in an appropriate spot

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FREE MOVIE

MABO

Sunday 2nd July
2pm at St. Jimmy's
Bowraville

BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE

PH: 6564 7925

FAX: 6564 7364

Monday to Friday 8.45am - 5.30pm

Saturday 8.45am - 12 noon

Prescriptions and Professional Advice

Moo Goo Natural Skincare

Designer Brand make-up range

Pharmacist

KERRIE SAVINS



2/11

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

**Join the Bowraville Lions Club
and Make a Difference!**

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

Contact Us at 0439704510

or bowraville@lionsdistrict201n1.org.au

Jamie Hutton, President



**Lions Club
Bowraville**

5/11

Bowra Laundromat

Corner of High & Belmore Streets

**Token Operated Washing
Machines & Driers.**

Tokens available at the Pub and IGA

Commercial Washers and Dryers

Enquiries: ph 6564 7401



5/11

WHAT'S HAPPENING @ BCDAI

Continued from page 14

service, which will become even more important with the switch to quarterly Council water accounts.

The BCDAI has a big agenda and is actively planning on how it moves forward, and how it can be a place of well-being for this community, and how it can offer its services to improve the lives of others, and how this can be an expression of who we are and where we are, backed by social justice principles.

So your support and involvement in our organisation is critical, even if your only means of support is to be a member. All support is appreciated. Many thanks if you act on this.

If you wish to pay in person or join the organisation – the Community Hall will be open for the Voice Exhibition and Yarn by Margrit Rickenbach and Uncle Martin Ballangarry OAM. Not only can you see some great artworks, you can talk to the artists about The Voice, and Indigenous issues. You can speak to members of the BCDAI, who will be around during exhibition hours to not only take membership fees but can gently discuss how we understand the Voice. So please come in. The Exhibition opens at 2pm Sunday 2 July and runs daily from 10 am to 2 pm until Sunday 16 July. The Community Café will be open. See you there.

To renew your yearly membership online the details are:

**Direct Deposit or Electronic Transfer to
Banana Coast Credit Union (bcu)**

Account Name: **Bowraville Community
Development Association Inc.**

BSB: **533 000**

Account No: **32855529**

Payment Reference: **(Payee Name)**

Membership Fee **\$5.00**

- by Susan Jenvey (President)

~ GARDENS & GARDENING ~

Growing Mushrooms

Continued from page 14

where the temperature will be stable. Avoid placing it near air-con vents or drafts.

- Keep your kit moist and humid but don't overwater. Use a small, clean garden sprayer to mist the surface regularly. Don't let the surface dry out - it should feel like the surface of a damp sponge.

The first mushrooms should be ready for picking within 3 to 5 weeks. There will then be another crop every few weeks for around 12 weeks with each crop getting smaller until production drops off.

When your mushroom farm has finished don't toss the contents of the kit out. Mushroom compost is an excellent soil and compost heap additive.

Diseases and pests

Mushrooms are not prone to any diseases or pests though you may notice the following occurring:

- Towards the end of the life of a kit you may see small black flies. These do nothing beyond being a nuisance.
- Likewise, you may see various coloured moulds appearing - this is another indicator of the end of production.

Mushroom propagation

Mushrooms are propagated from spores and require very particular types of compost to grow on. You can grow your own by purchasing all the separate components, including spores, but for most of us that's too complex an exercise.

Safety tip

After applying fertiliser, delay harvesting for a few days and rinse well before cooking and eating. If using products to deal with pests, diseases or weeds, always read the label, follow the instructions and wear suitable protective equipment. Store all garden chemicals out of the reach of children and pets.

- www.bunnings.com.au

WHAT'S HAPPENING AT THE BOWRAVILLE THEATRE

Bowraville Theatre Singers in Concert

Sunday, 2nd July 2023 @ 2pm

FIVE YEARS THAT SHOOK THE WORLD – 1965 to 1969

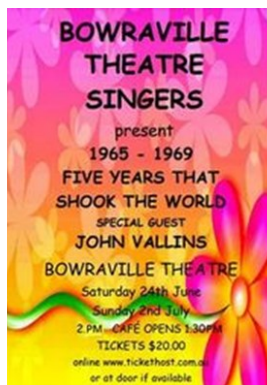
*A trip back in time
through the music of
1965-1969 - Five Years
that Shook the World
with special guest John
Vallins.*

Tickets online \$20+bkg
fee @ tickethost

Doors open 1:30pm -

Show starts 2pm

Cafe will be open - EFTPOS available.



JB Paterson supported by Joseph S Fairburn and Jumpin' Jack William

Thursday, 6th July @ 7:00pm

This is a family friendly event;
children must be supervised at all
times.

Inspired by
traditional folk and
blues music,
appropriating
traditional melodies
with a strong focus
on lyrics.

Tickets: \$15 + bkg fee
online @ trybooking

Doors open 6.30pm

Music starts 7.00pm



The Bowraville Theatre candy bar will be
open for cold drinks, popcorn, sweets and
savory snacks. EFTPOS available.

*Wheelchair spaces are available in the
theatre, please contact the organise for
more info or to reserve a space.*

Bowraville Theatre
74 High Street, Bowraville
6564-7808 ~ bowravilletheatre.com.au



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- deposits
- balance enquiries.

These services are
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Post Office with more
than 70 banks and
financial institutions.

5/11

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

Security Tips for Personal Devices *Continued from page 6*

unattended when away from your home and, if leaving them at home, store them in a secure location. If personal devices support a 'find my device' function or the ability to encrypt your device, these measures can provide additional security in the event of it being lost or stolen.



Be suspicious of unsolicited communications

Unsolicited communications in the form of phone calls, SMS, instant messages and emails are often trying to get you to do something that will benefit someone else. It might just be spam trying to get you to buy things or it might be trying to get you to access a file that will compromise your personal device; access your information (such as your online banking details); or to produce revenue for someone else via the use of premium phone numbers, advertisements or app downloads.

Do not follow instructions from someone who rings to tell you your personal device has technical problems. Further, if someone has sent you an SMS, instant message or email that you think is strange (including requests to click on a link, open attachments or to provide a password), delete it.

Use antivirus software

Use antivirus software from a reputable vendor for personal devices and keep it up-to-date. Some operating systems come with free antivirus software built-in.

Antivirus vendors ensure their software helps prevent personal devices from being compromised. If you have a current and up-to-date version, you can be assured that the software is looking out for problems and stopping them where possible.

Use a screen lock

A screen lock with a strong password that contains a combination of uppercase letters, lowercase letters, numbers and symbols (where possible) should be used for personal devices. Swipe or gesture-based passwords can be easy to guess and should not be used.

If personal devices support biometric identification (such as a fingerprint scan) this can provide a convenient way to unlock a device after a password has initially been used to unlock the device.

Use a variety of different passwords

Use different passwords for websites and apps, especially for those that store your credit card details or any personal information. If you use the same username (such as an email address) and password for a number of websites and apps, and one website or app is compromised, someone accessing that information is more likely to be able to access other websites and apps which you commonly use.

Continued on Page 20

As it is the end of the financial year membership in the Chamber is now due.

For locals or not for profits it is \$20 and for businesses it is \$40.

So why join? By becoming a member you become part of a group committed . . .

“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.”

In May we presented the signatures we had collected asking the Nambucca Valley Council to make payment of Council bills possible at the Post Office. Since the closure of the BCU in town, locals who do not feel secure in internet banking have needed to travel to Macksville for these recurring payments. The Council is considering possible actions.

We are liaising with the BCDAl and the Phoenix about creating town market days with the regular monthly market, art-and-crafts at Phoenix to coincide with exhibition openings, and maybe a trail of garage/car-boot sales as well. So start planning.

We are also working with the Council towards introducing timed (not paid) parking on High Street in the town centre to try to free up more spaces for quick shopping stops and longer visitors explorations and café breaks. A group of 7 interested business and community representatives met with the Council representative and Ranger in town on Friday, 23 June to nut out ideas for this and for the creation of another disabled parking spot in the middle of town.

And lots more – overnight free-camping options, community gym, Bowraville marketing, and security are currently on the agenda.

So come along to our meetings – open to everyone – on the first Tuesday of each month at 5pm at the Bowra Hotel. And join up if you want to get more involved.

SO COME CELEBRATE 4th JULY WITH US – 5PM AT THE PUB . . .

Popcorn supplied !

**Historic
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High St. Bowraville**



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

Roz Johnston 0427 543 377

email: nambuccaanglicans@tpg.com.au

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can be arranged*

by phoning 6568-9029

??/11

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

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

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

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

??/11

Security Tips for Personal Devices *Continued from page 18*

Some websites and apps offer the ability to use multiple steps to logon, such as a number sent via SMS to your mobile phone in addition to you using your username and password. The use of such mechanisms, even though they may be slightly inconvenient to use, offer far greater security and protection for your information.



It is also important that the email address you use for websites and apps has a unique password that has not been used elsewhere before. Someone that knows, or can easily guess, the password for your email address could use the 'password reset' functionality on websites and apps your email address is associated with to gain unauthorised access.

Finally, don't use the 'remember my password' function on your web browser. This can place your passwords at an unnecessary risk of being compromised. If you struggle to remember passwords, consider using a trusted password manager application or writing them down and storing them securely and separately to your personal devices.

Avoid free wireless networks

While the use of free wireless access may be alluring, their use with personal devices can often put your information at risk. Free wireless by its very nature is insecure; this can expose your web browsing sessions to someone looking to monitor your activities. Where possible use internet access from your telecommunications provider, or if the use of free wireless is unavoidable, avoid undertaking any sensitive activities.

Monitor your online presence

Check your privacy settings on social media platforms to make sure you know who can see your information. Privacy settings sometimes change after functionality is added to social media platforms so it is important to check them regularly.

It is best not to put personal details online. Also, consider checking the information that others put online about you. While some information might not seem important, many pieces of information can be put together to form a picture about you. Never assume that anything you do or post online will remain secret.

Many high profile websites have been compromised resulting in the release of highly sensitive information about their users. If your personal information is accessible online it can be used against you. This could range from something as simple as sending you spam emails to something as serious as accessing your accounts and stealing or deleting all your information, or even identity theft.

- www.cyber.gov.au

BOWRAVILLE CENTRAL SCHOOL NEWS

Our students look great in their 2023 NAIDOC shirts.
This year's theme is *'For Our Elders'*.



Is Australia on its way to becoming a cashless society?

What was the last thing you paid for with cash? Chances are most of your purchases are done digitally.

Most transactions in Australia are carried out electronically using tools such as tap and go, bank transfer, direct debit or credit facilities.

With cash becoming less common in everyday life, it may not be too far into the future that the question is asked if it's worth keeping cash or switching to an all-digital currency.

What's the situation in Australia?

The total value of cash payments made in Australia represented just 6 per cent of all point-of-sale transactions in 2022, according to financial tech company FIS Global.

UNSW Professor of Economics Richard Holden said that number was likely to have continued to shrink. He said other than tapping a card or mobile phone often being faster, it had also become more convenient. "It's become harder to get cash out and banks are literally taking ATMs out of service, so it's kind of an effort to go get cash," Professor Holden said.

"The other thing that's been really important is the development of the New Payments Platform (NPP) which was developed by the RBA (Reserve Bank of Australia) in 2018, this is what you might know as Osko or *PayID.

The NPP allows for instantaneous 24/7 peer-to-peer electronic money transfers.

Why countries are keen to go cashless

There were several reasons countries may be keen to go cashless. "From a business perspective doing away with cash reduced risk from theft and holdups and could have a flow-on effect on business insurance premiums but also a reduced workload. Somebody's got to count it, bundle it and take it to a night drop safe, that's staff time, it's a hassle and it's not very safe". Professor Holden said switching all payments to digital also meant there was a paper trail for transactions.

Concerns about going cashless

Professor Holden said while those opposed to moving to a cashless society often referred to the most vulnerable in society being disadvantaged, he believed once systems were in place, a cashless society would not disadvantage anyone. He admitted those who need to be taken into account as Australia moves away from the use of cash were elderly people who do not use a lot of technology. "Older Australians, who may not be familiar with technology and have less access to technology, who still want to and need to transact - that's an important dimension to be concerned about," Professor Holden said.

Looking to the future of cash in Australia

Professor Holden said a switch to digital currency alone could net Australia a big increase in tax revenue.

"Whether it's babysitters, nannies, tradies, even people buying cars, it's this sort of cash-only transaction recorded off the books kind of stuff that leads to a real loss of tax revenue," he said.

"That might be in the order of six to eight billion dollars in tax revenue."

Continued on Page 26

How to Thrive in Flu Season

What is the Flu?

The flu, which is also referred to as influenza, is a viral respiratory illness. It is often confused with the common cold however, flu symptoms also include fever, cold sweats, exhaustion, aches throughout the body and headache and even some gastrointestinal symptoms, for example diarrhoea and vomiting.

It is important to become aware of your own symptoms as the flu is highly contagious and adults are able to spread the virus one day prior to the appearance of symptoms and also up to seven days after the symptoms have started.



How to prevent getting the Flu

In preparing for the flu season it is important to practice healthy habits. Receiving a flu vaccine protects you from viruses that are common for this year and you can receive more information about vaccinations from your doctor or local pharmacy. However, to take care of the rest of winter's germs there are some ways to prevent the flu in your everyday life:

Wash your hands or use a hand-sanitiser: It is important to regularly, and preferably, wash your hand or use an alcohol-based hand-sanitizer. If done correctly this will get rid of bacteria and associated viruses that cause the flu.

Avoid touching your nose, eyes or mouth with unwashed hands: Touching a contaminated object leaves germs on your hands which can increase the chance of the flu. When you do need to touch your face, wash your hands first.

Eat well, stay active and a good night's sleep: Will help you fight off winter illnesses and keep your immune system healthy. Also, managing stress will improve your immune function.

Stay away from people who are sick: The symptoms of the flu are easily spread and therefore, it is important to stay away from close contact with those who are infected. Especially at work – it's important to avoid areas that have a lot of people to reduce the chance of coming into contact with someone who is sick.

Treating the Flu

If you do get sick in the next few months, the first course of action when you get the flu is to rest and drink a lot of fluids. The symptoms will depend on the specific type of illness you have contracted.

You will still need to practice prevention techniques for the flu when you get sick such as maintaining healthy habits to hasten your recovery.

During the time you are ill, you can easily spread germs around to other people and therefore you will need to be aware of your coughing and sneezing, making sure you use a tissue or your elbow to stop germs from becoming airborne. It will be preferable to stay at home to avoid coming into contact with others.

If you are experiencing any uncomfortable symptoms, don't hesitate to contact your doctor who is there to help you thrive this winter.

- www.centralhealthclinic.com.au

Problem solving using versatile WD-40

A bit about WD-40...

WD-40 stands for Water Displacement, 40th Formula. It was invented in 1953 by a chemist named Norm Larsen, who wanted to prevent corrosion by displacing moisture from surfaces prone to corroding. He made many attempts at his water displacement formula and finally perfected it on his 40th try. Thus, the name “WD-40” was born!

Despite its name, this product is capable of far more than just displacing water! According to the WD-40 website, it also lubricates parts, penetrates rust, protects surfaces, and removes dirt, grease and grime and it’s become the go-to problem solver around the home.

Tool Treatment

WD-40 will lube up the hinges and springs in your snippers and pliers, and a thin layer will help keep rust from forming on saws, trowels, rakes and other metal surfaces.



Sticker Goo Eraser

There are a hundred and one ways to remove sticker residue from things and WD-40 is one of them! Remove as much of the sticker as you can then coat the remaining sticker residue in a layer of WD-40. Wait a few minutes to allow the liquid to penetrate the adhesive then use a sponge to wipe away the residue.

Gum Remover

Stepped in gum? Save your soles with WD-40. Soak the gum with WD-40, then wait for a minute or two and the gum will peel away from your shoes easily.



Scissor Saver

Use WD-40 on the blades of your scissors to keep them lubricated and working well. Spray the blades then wipe them off with a clean, dry cloth.

Countertop Stain Remover

Clean stubborn tea and coffee stains from your countertops with the help of WD-40 and a little elbow grease.

Water Repellent

Use WD-40 as a coating on your glass shower doors - a thin layer and the water will bead right off. You’ll avoid water stains which means less cleaning in the future.

Clean Gardening Equipment

A spray of WD-40 can help remove sap and grime and other gunk from your gardening tools. You can also spray some onto the underside of your lawn mower to prevent grass clippings from building up there and clogging up your mower.

Shoe Saver

Give your shoes a waterproof coating - spray WD-40 onto a clean, dry cloth and buff the outside of your shoes.



Scuff Eraser

A small amount of WD-40 on a cloth will buff away scuff marks on floors. Make sure to clean the area thoroughly afterwards to prevent anyone slipping.

Continued next page

Versatile WD-40 *continued*

Clean Carpets

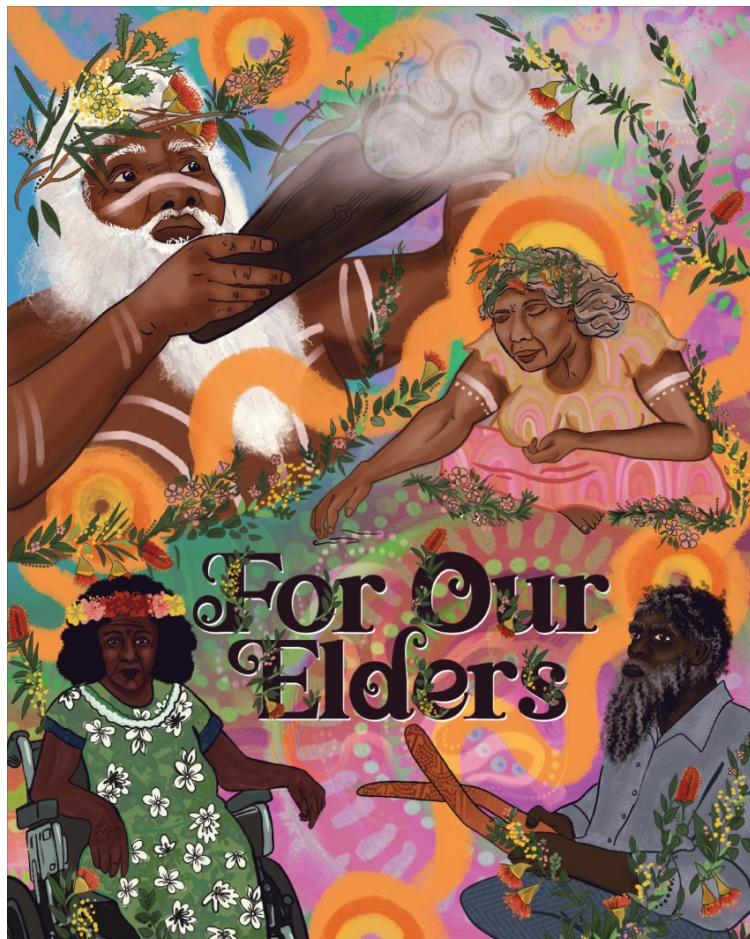
Using WD-40 in addition to your usual carpet cleaner can help remove stubborn carpet stains - it works well on car mats. Spray it onto the stain first then follow up with your carpet cleaner as usual. WD-40 helps to get between the stain and the carpet making it easier for the carpet cleaner to wash everything away. Just a small spray is all that's needed.



Remove Oil Spots

Use WD-40 to remove unsightly oil spots and splatters from your driveway. Spray it liberally onto the spot, wait a few minutes, then blot with a dry cloth to absorb the oil. Repeat until the stain disappears.

- www.onegoodthingbyjillee.com



NAIDOC Week

2-9 JULY 2023

#NAIDOC2023 #ForOurElders

@naidocweek @naidocweek facebook.com/NAIDOC

For Our Elders, Bobbi Lockyer

Where there is knowledge there are our Elders. Our Elders paved the pathways for us, taught us our knowledge, our history, they passed down their art, stories and wisdom. Our Elders are the foundation of our communities and role models for our children. With this poster I wanted to showcase how important our Elders are in passing down traditions and culture to our children and future.

Designed by Bobbi Lockyer. NAIDOC Week logo reproduced by kind permission of the Torres Strait Island Regional Council, designed by the late Mr Bernard Harris.



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Understanding Diabetes *Continued from page 10*

Other diabetes

'Other' diabetes represents a name for less common forms of diabetes resulting from a range of different health conditions or circumstances. This includes conditions affecting the pancreas and endocrine system, viral infections, genetic syndromes and in some cases, diabetes triggered from medications needed to manage or treat another health condition. 'Other' diabetes may now also refer to new-onset diabetes associated with COVID-19 infection and treatment for the virus (Sathish et al. 2021).



Pre-diabetes

Pre-diabetes is a condition characterised by elevated blood glucose, but not meeting the diagnostic criteria for diabetes. It includes impaired fasting glucose (IFG) where blood glucose levels are higher during a fasted state, impaired glucose tolerance (IGT) where glucose levels are higher than normal, and elevated glycated haemoglobin (HbA1c) which indicates the average blood glucose levels over the past 2–3 months. People with pre-diabetes are at increased risk of developing diabetes and cardiovascular disease.

- www.aihw.gov.au

Is Australia on its way to becoming a cashless society? *Continued from page 22*

Professor Holden suggested a move to digital currency in Australia could be a phased transition where the larger bank notes were removed first with others following over a three-year period.

"Give people time to adjust, put in place plans for some of those vulnerable seniors and make sure everyone's got pay ID and things like that."

Professor Holden said if there was not an appetite for reform towards digital currency in the next few years, he believed Australia would be functionally cashless by 2030, reaching the same stage as Sweden is now.

- www.sbs.com.au

*PayID - what is it?

PayID is a unique identifier linked to your transaction account and can be your email address, mobile number or ABN. All you need is a mobile number and PayID to send and receive funds almost instantly. Making and receiving payments is quicker and easier than ever using a PayID.

PayID - what are the benefits?

Payments using PayID are sent and received in real time, in most instances within seconds. The money will get there in a flash - no delay even if they bank with another financial institution (as long as they offer the PayID service).

- www.nab

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Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2023							Community Radio Network	
Studio 3 Live on the 3rd Friday of each month 6-8pm							C	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Green Eggs On Toast Lawrie Medbury	Phase Out With Faye Faye Aspiotis	Aussie Grown Across the Nation Aussie Christian grassroots to charity.	Tones of Claressense Claire Watt	TGIF Betina Goodwin	Rise N Shine Ron Hawkins	Sunday Morning Soul Sound	6 AM
7 AM	Markets info, news, movies, local news. Nude.	Lots of Aussie music old and new	Blues, Roots, n Boots Presented by Jonny Dee	FlipSide With Phill	News, tunes and interviews Great music to start your day	"Saltwater People" at 7:30 am "It's Only Words" at 8:30 am Random ravings in a musical mix, news, and views to kick-start your weekend	With Claressense	7 AM
8 AM	The Sixties in Australia Rob Davidson	A Breath of Fresh Air With Sandy Kaye	A Breath of Fresh Air With Sandy Kaye	Get that musical claressence!	Talk Of The Town Cent Wrobel	Down Memory Lane With Streamer	Anything Goes With Phill	8 AM
9 AM	Classic Hits & Jukebox Paul Rowe	Travel About Beverly Gibbs	Smoko with Gazza With Gary Biden	Specialty-selected, usually-oz music from the last 5 years	See what's going down! All things local	Australian Music is Bloody Great & Real World Gardener	Music from anywhere/everwhere	9 AM
10 AM	Great Rock 'n' Roll 1950s-2010s	Easy Listening To Rock & Pop	40's 50's 60's 70's 80's 90's	Turning Pages Elizabeth Newman	Peter's Pops With Peter K	Cinemascapes & The Assignment (BBC)	Science Time Diffusion + Lost in Science	10 AM
11 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton, Eddie Orrego, Dale Hawkins	Mystical Music & Musings With Luise	Flashback With Rob Davidson	Classical Tunes & Melodies With Peter K	Fine Music Live On stage	That's A Wrap	11 AM
Noon	The Weekley Fix Paul Weekley	Life Words with Linda Bible reflections, Gospel & Australiana	Mick in the Middle With Mick Birtles	60's to 90's with a weekly featured artist	Weekend Surge With Chrissy	Garage Noise With Sean Ambrose	AND THAT'S A WRAP	Noon
1 PM	A Country Tea Time With DJ Tina	Rock On With Jimmy & the Bluebirds	MC Grim Mark Seagrims	Tewing Tunes With Ralph	Sublime music, surf and footy reports, pumping you up for the weekend	Afternoon Concert With Peter K	Donna, Nigel, Mitch, Gary & Les	1 PM
2 PM	Sipping and spinning it all!	Sister Act Olivia & Sam	Music with a wicked difference	Guaranteed ear candy	Jammin' With Gin Gin's terrific tracks!	Classical music at its best!	Local sports calls and in-depth analysis	2 PM
3 PM	Bowra Beats With Grace Walters	Retro Birds Robyn Wren & Sally Swan	The Curious World of Lisa Z	Thursdays Country Trickvic	Turn Up The Volume With Macca	Step Back in Time With Mark Barnes	Praise, Prayer & Pop With Michelle	3 PM
4 PM	Hinterland With Ben Walters	Not out of the box radio entertainment	The Sit Down With Clint Waaka	Hit Singles From Your Past — With Macca	Three hours of soft rock & listener requests.	Aussie Music Weekly With Noddy	The AntiSF Radio Show With Nuke	4 PM
5 PM	Reggae Mixtape With Fitzroy	Blues Soul Funk Matt Lebrandt & friends	Interviews, music, history, culture and good times!	Highway Blues With Retro	School's In from 5pm and Studio 3 from 6-8pm on the 3rd Friday of each month.	Saturday Date With Slu	Imagine This Radio drama & stories	5 PM
6 PM	2NVR Multicultural Radio	Blues, soul, funk and lively interviews	Politics & the Environment With Michael Jones	When Only The BEST BLUES Will Do	Fish's Favourites With Dave P	Save the date every Saturday!	Prog Rock Playlist Rhino	6 PM
7 PM	Music Makers With Yen	Drëam-Craft By Dowatfeelsgood	Ant's Rock Anthony Garmsey	Tim Unsupervised Tim Hood	Tunes to angle by...	Wolfy Wolfy's music & requests	The best of Progressive Rock	7 PM
8 PM	Mixed music with featured artists	Post-Punk & Electronic Excursions	Solid Rock	Late night humour, music, interviews and more...	Saturday Night Gold On Friday	2NVR Overnight Music Mix	2NVR Overnight Music Mix	8 PM
9 PM	2NVR Overnight Music Mix	2NVR Music Mix	Ant's Rock Overnight	2NVR Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	9 PM
10 PM	2NVR Overnight Music Mix	2NVR Music Mix	Ant's Rock Overnight	2NVR Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	10 PM
11 PM	2NVR Overnight Music Mix	2NVR Music Mix	Ant's Rock Overnight	2NVR Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	11 PM
Midnight	2NVR Overnight Music Mix	2NVR Music Mix	Ant's Rock Overnight	2NVR Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Midnight