

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 2024 ~ ISSUE #229~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

Come and talk to a Savings Specialist at Bowraville Tech Ctr.



**We can help you access savings,
rebates and NSW Government
services including:**

- Active and Creative Kids vouchers
- energy rebates
- transport and driving concessions
- toll relief rebate
- NSW Seniors Card
- NSW Senior Savers Card
- fee-free apprenticeships
- Pensioner Travel Vouchers and more.

Service NSW will be at:

Address:
Bowraville Technology Centre
39 High Street Bowraville NSW
2449

Date:
Thursday 18th July 2024

Time:
10am-2pm



For more info call 13 77 88 or visit service.nsw.gov.au and search 'cost of living'.

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 2024

ISSUE IS: 4:00PM

TUESDAY, 23rd JULY 2024

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

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

e-mail: admin@bctc.com.au

DISCLAIMER

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

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

Bowraville Chamber of Commerce
July meeting @ 5pm on Tuesday 2nd July @ the Bowra Pub
See page 7 for more information

Building Sustainability for the Future EXPO

Eungai Creek Memorial Hall
9am-2pm Sunday 14th July 2024

Thursday 18th July 10am-2pm

Service NSW will be at the Bowra Tech Centre to support customers in accessing savings, rebates and services to reduce the cost of living.

Nambucca Valley Evening Branch – CWA (Country Womens Association)

Meet 2nd Tuesday, each month - 6pm @ Macksville Ex-Services Club
Country Women coming together to support their community and each other.
Email: secretarynve@gmail.com or send us a message in Facebook.

ABILITY ARTS CONNECT MNC 2024 AUGUST 2ND and 3RD

Share and celebrate the talent living with a disability.
Contact: info@nvp.org.au 02 6501 0021

PHOENIX WINTER BALL — AUGUST 3RD

RSL Club Nambucca Heads Entry: \$50 Dress: GLAM
Contact: info@nvp.org.au 02 6501 0021

Keeping the memories alive.

Do you have **old VHS tapes** holding precious memories of weddings, christenings, parties etc?

Bring them into the Bowra Technology Centre and we will **transfer them to digital format.**

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

Have you checked out the
Bowraville Community Website?

www.bowraville.nsw.au

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

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

Stop dreaming and start cooking!



Bowraville Community Centre
is looking for
Expressions of Interest for a
Micro Business Opportunity!



We are offering a 3-month trial lease of our kitchen and hall facilities every Saturday for a minimal cost.

We are also open to the possibility of further involvement.

Basic food handling certificate is required.

After 3 months a successful applicant must be working towards the more extensive kitchen operation certificate.

This is a small start for someone passionate about food.
We're looking for you to bring us your ideas.

email us at bcdainc@gmail.com

Please include your training and/or experience, your questions and contributions to this idea, your contact details and any relevant references.

BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE

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

?3/11

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



10/11

TECHNO LESSONS OPEN TO EVERYONE

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

Absolute beginners are most welcome!



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

**Counter Assistance
for small fixes
\$2 per 5 minutes**

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

For technical issues contact BTC for a booking.

You can ring the
Bowraville Technology Centre on
6564-7420

“Holding onto anger is like grasping a hot coal with the intent of throwing it at someone else - you are the one who gets burned”
- Buddha

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

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

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

Call Karin on 6564 7420 for more information.

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

eftpos



Bowraville Chamber of Commerce News

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.

VICTORY - Rates payments to the Nambucca Valley Council may now be paid at the Post Office. It was brought to our attention that for some locals it had become very difficult to pay their rates. For those who choose not to do phone banking, since the closure of the BCU in town, they needed to travel into Macksville to make payments. For some this required a bus journey and then an extended wait there before they could come home again. The Chamber organised a petition to request this service and the Council has undertaken to make the change.

On other fronts we are still discussing changes within the town centre to improve amenity for locals and strangers alike. This includes places to sit to eat and relax as well as shade. Regarding our previous suggestion of a pergola near the 'Chocolate Shop', the Council felt that a structure over a public footpath presented unnecessary liabilities. Maybe just trees, or other areas could be considered.

We are in discussion with the VW Spectacular about a possible Bowra visit on Friday 2 August and suggestions for activities to attract them to our town are being considered, possibly the Rec Club/Sports Hub.

As it is the end of the financial year membership renewals are now due. If you have been a member this is simply achieved through a deposit into our account with the Regional Australia Bank BSB 932000 Account 100475482, making sure to reference your or your organisation's name. Cost \$20 for individuals or not-for-profits, and \$40 for businesses.

Membership forms for others may be completed at the Technology Centre or at the coming meetings of the Chamber. You do not need to be a business - rather just have an ongoing interest in the positive future of our town.

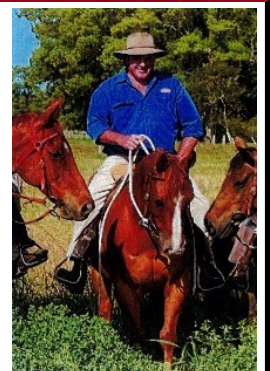
Next Meeting at 5pm on Tuesday 2 July at the Bowra Hotel. ALL WELCOME

BARNEY TOWNLEY 0428 647 340

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

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

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



10/11

RURAL SALES

NAMBUCCA VALLEY & SURROUNDS

www.ruralsales.com.au



Are Workplace Cameras Ethical?

Since the disruptions caused by COVID-19, workplace surveillance laws are yet to catch up to these new working arrangements.

As an employer, employee privacy is one of the biggest considerations in the workplace. As such, a common dilemma you'll find is whether it is ethical to engage in monitoring your employees through surveillance.

It's crucial to draw the line between monitoring your employees under your workplace obligations and impeding on their right to privacy. Workplace surveillance and monitoring can be a breaking point for many employees, where too much surveillance can cause unnecessary stress, anxiety and potentially a strained relationship with employees.

Privacy Policy

While the use of workplace surveillance might not necessarily involve the collection of personal information, it is still worth having a **Privacy Policy** in place. To be 100% safe, it's good business practice to remain transparent with employees about how you may be recording them or their activity while working.

Fair Work Australia has also made it quite clear that employers should tell employees how their information is being used and disclosed, so having a **Privacy Policy** that covers this matter will ensure consistency in your internal business practices, too.

Workplace Surveillance Policy

It's good practice to have a Workplace Policy to set out how the business will run and it's worth including your **Workplace Surveillance Policy** in this.

Whether you are monitoring employees at a physical office or remotely, a Workplace Surveillance Policy is beneficial for ensuring all staff are on the same page about privacy laws and how surveillance maintains WHS obligations on the employer's part.

Put simply, this policy will ensure a transparent relationship between employees and employers.

The policy should let employees know about what activity will be tracked, for how long and for what purpose, as well as any other relevant information.

As this is a key legal document for the workplace, it's wise to have a legal expert help draft this for you.

Key Takeaways

Installing workplace cameras and surveillance is legal, as long as you provide notice to employees following the requirements under the relevant legislation.

You also want to make sure that these processes are made crystal clear in your workplace policies to avoid confusion and legal headaches.

- sprintlaw.com.au/articles/are-cameras-legal-in-the-workplace/

Blokes Brekkie

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

Cuppa and Chat

3rd Saturday of the month
10am — Free
Everyone welcome

Bowra Country Markets

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

St Jimmy's Kitchen

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

St Jimmy's Food Hub

Friday 9-11am, Saturday 9-12noon
Closed Mondays
Must hold a current Centrelink card.

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

11/11

TUESDAY to SATURDAY
11:30am-2:00pm and 5.30 - 8pm

SUNDAY

11:30am-2:00pm & 5.00 - 8pm

WOOD-FIRED PIZZA

Thurs, Fri and Sat 5.00 - 8pm

All menus available for takeaway

Regular Live Music - Holy Goat Coffee

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

33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 bowrahotel@bigpond.com



Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .

TAB - KENO - BINGO

RAFFLES - Wednesdays & Friday

MEMBERS' DRAW min \$1500

KITCHEN Wednesday to Saturday

 Lunch 12-2pm - Dinner 6-8pm

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

FREE POOL Everyday

?2/11

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 ~

?1/11

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

?3/11

Cold Weather and its Impact on Your Asthma

For some people with asthma, the cold and dry autumn and winter air can induce asthma symptoms and trigger asthma flare-ups.

We know children and adults are more likely overall to be hospitalised for their asthma as the temperatures drop, according to the Australian Institute of Health and Welfare.

Researchers believe this is due to a range of factors including the cold and the low level of moisture in the air. The cold weather is also accompanied by the other potential triggers during winter, such as cold and flu, viruses, dust, mould and worsening air quality due to wood fire smoke heaters and open fires.

Why does cold weather act as an asthma trigger for some people

The airways of people with asthma can become inflamed and make it more difficult to breathe.

This is especially noticeable when exercising in the cold or simply inhaling cold air.

Researchers believe this is due to the dual impact of the cold and dry air on the airways, plus people breathing in more through their mouth, instead of through their noses.

This is important because breathing through the nose can warm, filter and humidify the air before it gets to the airways in the lungs.

But when people breathe through their mouths, it goes straight to the lungs and is unfiltered, colder and drier.

Asthma Australia Senior Educator Gemma Crawley says breathing in cold, dry and potentially unfiltered air can dry out the airways, increasing irritation and sensitivity.

“This can lead to tightening of the muscle around the airway, and this generates asthma symptoms,” she says.

There are also often more viruses around in winter. This year, of course, we are still experiencing the COVID-19 pandemic as well as the normal flu season, both of which can impact the respiratory system.

How to manage asthma in the cold

Generally, triggers are only a problem when asthma is not well-controlled but for others, when it comes to cold and flu – this time of year, is hard to avoid.

An Asthma Action Plan, written by a doctor, highlights the daily preventer and reliever medications required for the individual, and helps to recognise worsening symptoms, and provides clear instructions on what to do.

It can also set out what to do in different weather and trigger conditions.

If you are typically someone who has asthma flare ups during winter, we encourage you to visit your doctor for an asthma review to help get your asthma under control



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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

11/11



Do you experience allergies?

Such as:

Itchy skin ~ Hives ~ Rash

Irritated eyes ~ Watery eyes

Sneezing ~ Runny nose

Scratchy throat ~ Ear irritations



Come in today
and talk to our staff
about our range of
antihistamines.



HELP
SUPPORT YOUR
IMMUNE
SYSTEM



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



Cold Weather and Asthma *continued from page 10*

before winter sets in. Additionally, we encourage parents of asthmatic children, to discuss with teachers or other important contacts, your child's condition, and whether they are impacted by the cold.

Also make sure schools and/or early learning centres have a copy of your child's written Asthma Action Plan and that you have taken in their reliever medication, spacer, and a mask, if appropriate for the age of the child.

If using a preventer is part of your written Asthma Action Plan, make sure this is taken as prescribed. As preventer medication can take up to six weeks to take effect, it is especially important to take this now in the lead up to winter.

Consistent and controlled asthma management is the best way to make sure people with asthma can breathe and live freely this winter.

So, before you head out in the cold, try wrapping a scarf loosely around your nose and mouth. This stops your airways from getting a shock of cold air, which can trigger asthma symptoms.

For more information regarding asthma, cold air, and other winter triggers, call an Asthma Educator on 1800 ASTHMA (1800 278 462).

- <https://asthma.org.au/blog/asthma-in-cold-weather>



Matari Pritchard



I am 16 and I live in In Macksville with my mum and sisters.

I love playing footy. I play for Macksville Sea Eagles under 18's and Bowra Tigers under 16s. After footy, I usually hang out with my friends.

I've recently been employed by ShoreTrack as a trainee 3 days a week and I'm completing my Certificate II in Agriculture. I'm interested in getting a trade.

I've been at ShoreTrack for 2 years. I went to ShoreTrack 2 days a week and completed year 10 the other 3 days. I'm glad I had ShoreTrack to break up the school week.

School wasn't for me. I was getting in trouble and not going to class much. I hated sitting in a classroom all day and learning that way. I think I learn better by doing things. I was excited to go to ShoreTrack for 2 days a week so school didn't feel like my only thing.

I like learning to drive the Zero-turn mower and the excavator and any of the other machines we might be using for a job. Any of the jobs that get me out of the shed.

Heaps have changed for me over the last 2 years. When I started at ShoreTrack I was 15 years old, since then, I have proven that I am a good worker and keen to learn new things so ShoreTrack wanted to employ me. As a trainee I am a role model for the younger people who come and can show them the ropes. I've learnt heaps of new skills like driving the excavator, welding, and fencing. I've learnt other things that are important in a workplace like safety, time management, teamwork and how to work in a professional environment.

I would definitely recommend ShoreTrack for people that feel like school isn't for them and they want to learn but get out of the classroom.

BOWRAVILLE CENTRAL SCHOOL NEWS

Bowraville Central School Welcomes Prospective Students and Their Families!

Recently, BCS hosted the first of a series of Year 6-7 and Preschool–Kindy Transition Information Sessions for 2024. We opened our doors and invited our valued prospective students and their families to join us for afternoon tea and to discover the exciting opportunities our school has to offer.

Guided by our Student Leaders, our prospective 6-7 students were each given a special activity passport which took them and their families to important areas of our beautiful school campus, including our Music Room, Gym, Library, Industrial Arts Room, Art Room, Learning Hub, Science Lab, Pop-up Agriculture Display, School Playground and Food Technology Room, seriously our school has something to offer every student! Meanwhile, Preschool-Kindy enjoyed playtime in our incredible primary playground and an in-depth presentation and Q&A on what our excellent transition program can do for them.

Great work to our Superstar Student Leadership Team and talented and hardworking BCS staff for your wonderful efforts in making our first transition information session of the year so special. Our biggest thank you also to all of the wonderful prospective students and their families for joining us to



discover why our school is ideally positioned to deliver a quality education for every child. We look forward to seeing you again soon at our next transition information session and to continuing to serve you into the future.

Stage 6 Explore City Lights and Delights on Sydney Adventure!

Our Stage 6 students recently had an unforgettable trip to Sydney, packed with exciting experiences and city life adventures! Tuesday began with an early train ride to the city. The kids enjoyed an exquisite fine dining dinner at the Apprentice Restaurant at NSW TAFE, in Ultimo, followed by mesmerising evening walks through the dazzling VIVID Sydney light displays!

On Wednesday, they visited the Academy of Interactive Entertainment, a fantastic post-secondary option for students. They also had some shopping time and a seafood feast at Kickin' Inn. The day continued with an

Continued on Page 23

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

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

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

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

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

SEEDS

POTTING MIXES

COMPOST

FERTILISERS

**SOIL & WATER
CONDITIONERS**

MULCHES

**ORGANIC GARDENING
SUPPLIES**

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



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

11/11

No Waste Kitchen Garden: Homemade Plant Food



Did you know you can make fertilizer with things you have around your house? It's true! Here are some easy ways to feed your plants with household items you probably already have.

Coffee Grounds

Coffee grounds are rich in nitrogen, plus they add organic matter to the soil, aerate it, and help with water retention. After brewing your coffee, simply add a few spoonsfull of grounds directly to the top of the soil around your plant. (Don't use grounds that haven't already been brewed as these are too acidic and can harm your plants).

Eggshells

Eggshells are packed with calcium, which is essential for plants. You can simply crush your shells over your soil, or you can pulverize them into an easy-to-apply, easy-to-absorb powder. To do this, boil your eggshells for five minutes, then bake them in the oven at 350 degrees F. (176 C.) for 15 minutes. Next, grind them into a fine powder in a food processor. Sprinkle the powder directly onto your plants' soil, and water immediately after.

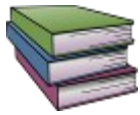
Banana Peels

Roughly chop your banana peel, then soak it in water for at least five hours. Strain this mixture through a sieve and use the nutrient -packed liquid you get to water your plants.

Epsom Salt

You're not as likely to have this one, but you might! Epsom salt helps plants grow greener and bushier and helps them take up

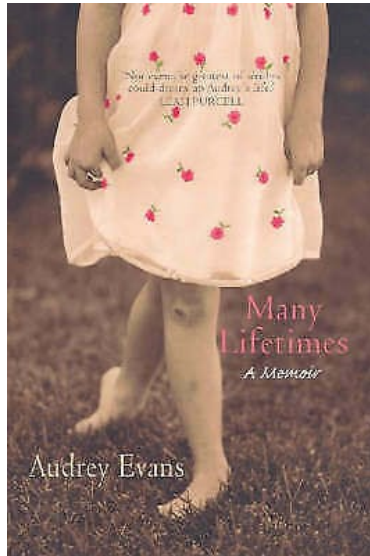
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Many Lifetimes – A Memoir

By Audrey Evans

Growing up in the 1930s and 40s, Audrey Evans felt like an outsider living between two worlds. Perceived as neither white nor black, at school she was made to sit in



the front of the class so that the teachers could look over her, and the only real education she received was in violence, alcoholism and poverty.

In an era when many subjects were taboo, Audrey found herself pregnant at 17 before she was even aware she had lost her virginity. She was barely an adult when she was forced to work as a prostitute and was battling loneliness, depression and the brandy bottle.

Although in the years that followed Audrey faced more than most women could bear in many lifetimes,

she stubbornly refused to believe that it was too late to turn her life around.

What she did next took more courage than anything she had confronted before. At the same age that most people are thinking of retiring, Audrey applied for a place at university. It was a decision that would change her life – and the lives of those around here – forever.

Many Lifetimes is an extraordinary and ultimately uplifting tale of one women’s triumph over adversity and a powerful reminder that anything is possible.

- From the book jacket.

NAIDOC WEEK
KEEP THE FIRE BURNING!
BLAK, LOUD AND PROUD
7-14 JULY 2024

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.

Home Made Plant Food

from page 14

nutrients. Simply mix 1 to 2 tablespoons (15-30 ml.) into 1 gallon (4 L.) of water and use it to water your plants.



DIY Plant Food Recipe

You can combine all these ingredients to make one big powerful fertilizer. Just mix together the following:

- 1 tablespoon used coffee grounds (15 ml.)
- 1 teaspoon Epsom salt (5 ml.)
- handful chopped banana peel
- handful crushed eggshell
- pitcher of water

Let this mixture soak for at least six hours, then strain it into a watering can and water your plants to give them a boost of nutrients!

www.gardeningknowhow.com/garden-how-to/soil-fertilizers/no-waste-homemade-plant-food
- by Armen Adamjan

Sick household member?

Here's how to avoid catching their illness



If someone in your household is sick, you're probably wondering how long you have until you come down with the illness yourself.

But it's not inevitable. Covid taught us valuable lessons in how to 'stop the spread' of illnesses. Follow these precautions to give yourself the best chance of not getting sick too.

Wash hands frequently

Wash hands with soap and water for at least 20 seconds, especially after touching common surfaces or the sick person. If soap and water are not available, use a hand sanitiser with at least 60% alcohol.

Avoid touching your face

Avoid touching your eyes, nose and mouth with unwashed hands as these are common entry points for viruses.

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Scams taking their toll

Did you really use a TOLL service and supply them with your personal information?

Be wary of impersonation scams and never provide your banking information, passwords, two-factor identification codes or credit card details to anyone, including your bank.

The art of paying attention

*Attention is about what we focus on, but also about what we manage to ignore.
Fine-tuning your attention skills can improve all aspects of life.*

Paying attention helps keep us safe, say when we're crossing the road or driving. It helps our relationships thrive when we pay attention to our loved ones; and paying attention helps us keep our jobs – it's what makes it possible for us to sit through a two-hour meeting at work and not allow ourselves to be distracted by what's going on around us.

For some, though, paying attention can seem like hard work, but learning how to improve this valuable skill can have a big impact on life. As the psychologist William James wrote more than a century ago: "The education of attention would be the education par excellence."

3 ways to strengthen your attention skills . . .

Build up slowly

Set a timer for five minutes and focus on your work until the timer goes. Take a two-minute break and do it again. Each day, add five minutes to your focused time and two minutes to your break. After nine days, you should be able to work for 45 minutes before you take an 18-minute break. Once you reach that point, start increasing your focused sessions while shortening break times.

Use a to-do list.

Thanks to the internet, when things pop into our heads we tend to look them up straightaway. Instead, write down what you want to know on your to-do list and look it up later: the weather forecast; if that new movie is playing yet; and so on. Remember, each time you are distracted you stop paying attention to your work, and research has found it takes on average 25 minutes to get back on task.

Practise mindfulness.

Mindfulness is often recommended as a way to reduce stress or

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Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing Machines & Driers.

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23/11

Sick household member?

Continued from page 16

Stay separate

Maintain a safe distance from the sick person as much as possible – at least two metres. If possible, have the sick person stay in a separate room and use a different bathroom. If this isn't possible, clean and disinfect shared spaces frequently.

Use personal protective equipment

Stock up with masks and gloves for when you have to come in close contact with the sick person or clean their area.

Disinfect surfaces

Regularly clean and disinfect high-touch surfaces such as doorknobs, light switches, countertops and bathroom fixtures.

Ventilation

Ensure good air circulation by opening windows or using air purifiers with HEPA filters.

Help the sick person to heal

Follow the advice of healthcare providers for the care and treatment of the sick person. Ensure they get plenty of rest and fluids. The sooner they are better, the less likely you are to catch their illness.

Maintain a healthy lifestyle

Boost your immune system by eating nutritious foods, staying hydrated, getting adequate sleep and exercising regularly.

Reduce stress

Practice stress-reducing activities such as meditation, yoga or hobbies you enjoy.

<https://www.mindfood.com/article/sick-household-member-heres-how-to-avoid-catching-their-illness>



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BUILDING SUSTAINABILITY FOR THE FUTURE EXPO

Eungai Creek Memorial Hall
9am-2pm
Sunday 14th July 2024

9am - 2pm

Stalls:

Highlighting sustainability initiatives and buy-local from the Nambucca Valley

11- 11.30am

Special Presentation:

Maxine Rowley - Identifying pesticides in Hearn's Lake catchment waterways

11.30 - 12noon

Panel Conversation:

Hosted by Caz Heise (2022 Independent candidate for Cowper) with sustainability practitioners - Marion Blazejowski (Regenerative Farming); Thomas Stanbrook (Cultural Regeneration of Country); Julie Humphris (Blue Marble Farm) and Marc Percival (Soil Food Web)

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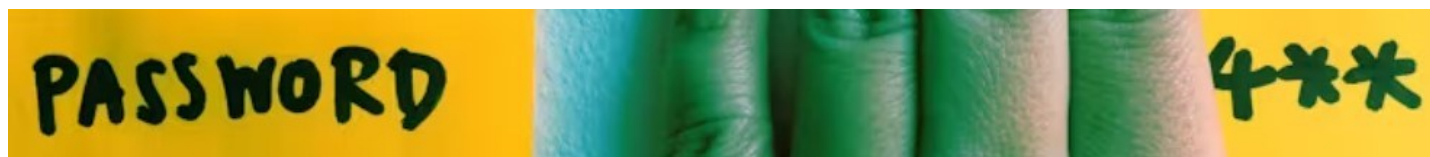
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Are data breaches the new normal?

The value of your personal data is going up



Despite advancements in technology and increased awareness of cybersecurity threats, companies continue to fall victim to breach attacks.

It may feel like these breaches are becoming more frequent, and that seemingly any firm is a data breach target waiting to happen. But the situation is not quite so clear-cut.

Increased demand for targeted advertising and the growing importance of data-driven decision making have fuelled the need for richer customer data.

Many organisations – not just legitimate ones – want to know more about you, and at a much more granular level than before. The more comprehensive and accurate the data, the more valuable it becomes.

Increasingly stringent privacy regulations, such as the European Union's General Data Protection Regulation (GDPR) and Australia's Privacy Act have driven organisations to improve their data management practices and security measures to protect user information and avoid costly fines.

This has made it harder, not easier, for cyber criminals to acquire user data in bulk.

Meanwhile, markets for illicit customer data are becoming more popular as anonymising networks and tools become more user friendly. Tools for selling on the dark web have also become more advanced, allowing cyber criminals to collaborate and share information about in-demand data, potential targets and new attack modes.

Once a cyber-criminal has obtained some data, finding a buyer is much easier than it was even a few years ago.

However, large firms are investing more in protecting and storing data. According to consulting firm Gartner, 87% of chief information officers in Australia and New Zealand will be increasing their cybersecurity budgets this year.

As a result, data and cybersecurity practices are becoming more complex, increasing the skill needed for a bad actor to make a successful attack.

How do I protect my data with so many breaches happening?

While our personal data continues to have value, there will continue to be a market for it. Make sure you practice good cybersecurity habits.

Regularly review and delete inactive accounts, and monitor your accounts for strange activity.

Continued on Page 24

Wood burning heaters and your health

What is in smoke from wood-burning heaters?

Smoke from wood-burning heaters is a complex mixture of particles and gases and contributes significantly to air pollution. The main air pollutants in wood smoke are particulate matter (PM), carbon monoxide, carbon dioxide, nitrogen oxides and a range of other organic compounds like formaldehyde, benzene and polycyclic aromatic hydrocarbons.

Burning inappropriate fuel such as painted or treated wood or domestic waste may produce other toxic chemicals.



Why is wood smoke important?

The NSW Office of Environment and Heritage estimate that in some towns and cities in NSW, around 30% of total annual emissions of fine particulate matter (PM_{2.5}) are emitted from wood-burning heaters. On a winter weekend, wood-burning heaters may be responsible for more than 60% of fine particle pollution.

Further information may be found at <http://www.epa.nsw.gov.au/woodsmoke/>



How does wood smoke affect health?

There is good evidence that long-term exposure to particulate matter decreases lung function and increases the risk of developing heart and lung diseases like angina and chronic bronchitis (Chronic Obstructive Pulmonary Disease).

Short-term exposure (hours or days) to high levels of wood smoke may cause eye and respiratory tract irritation, aggravate asthma or worsen heart disease.

If you can smell wood smoke you are being exposed and may be at risk of adverse health effects.

Who is most at risk?

Wood smoke can affect anyone. Children, the elderly and people with heart or lung conditions like angina, asthma or emphysema (COPD) are most likely to be affected by wood smoke.

What can you do to reduce the chance of wood smoke affecting your health?

1. Don't use a wood-burning heater in your home
2. If you choose to use a wood-burning heater, follow the recommendations below to minimise air pollution
3. If you have asthma, ensure you follow your asthma management plan

Continued on Page 22

Wood burning heaters and your health

Continued from page 21

4. If you have chronic heart or lung problems, make sure you take all your medications as prescribed and seek medical advice if your symptoms worsen.

If you are affected by wood smoke from other houses, your council may be able to assist you. Councils are able to issue smoke abatement notices to households with chimneys that appear to be emitting excessive smoke (see **NSW EPA - Smoke abatement notices**)

What can you do to minimise air pollution from your wood-burning heater?

Consider installing a less polluting form of heating, such as a flued gas or electric heater

If you choose to use a wood-burning heater:

- check your wood-burning heater conforms with the Australian Standard (AS/NZS 4013:1999) and that the heater and chimney are installed in line with any council-specific building requirements
- burn only dry, well seasoned and chemically untreated wood
- adjust the air damper on the wood-burning heater to allow sufficient air flow to provide oxygen for clean combustion
- ensure fresh air enters the room to prevent carbon monoxide build up
- make sure the fire burns brightly to ensure enough heat for complete combustion
- never leave a fire smouldering overnight
- check your chimney - if there is visible smoke from it increase the airflow to the fire
- arrange for regular cleaning of the chimney.



More air pollution is produced during fire start-up and when a fire is poorly managed - for example, when airflow to the heater is reduced allowing wood to smoulder.

Improperly installed heaters or clogged chimneys may increase the amount of air pollution inside the home and increase the likelihood of health effects.

Heaters that conform to Australian Standard 4013, are installed properly, operated correctly and adequately maintained are less polluting and less likely to create a nuisance or adverse health effects.

- www.health.nsw.gov.au/environment/factsheets

BOWRAVILLE CENTRAL SCHOOL NEWS

Stage 6 Explore City Lights and Delights *Continued from page 13*

exploration of the creepy but educational Museum of Human Disease at UNSW. Dinner was at Burgers and Ribs on the Rocks, followed by more VIVID and a visit to the Art Gallery of NSW.

Thursday was filled with excitement as the kids took a ferry ride to Taronga Zoo in the morning, spent a thrilling afternoon at Luna Park, and cheered for the Paramatta Eels at CommBank Stadium as they triumphed over the Cronulla Sharks that night!

By Friday, though exhausted, the students visited the Australian Museum to see the dinosaur exhibit and wrapped up with a visit to the Botanical Gardens before catching the train home. What an incredible itinerary discovering NSW's most iconic and beautiful city!

A huge thank you to Mrs Bell, Mr Le Cerf and our superstar SLSOs Leanne and Daneil for making this trip so amazing for the students!



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1/11

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Are data breaches the new normal? *From page 20*

Enable two-factor authentication (2FA) on your accounts and devices, so that you'll receive a prompt on your phone when someone logs into your account, or transfers money out of it. Don't believe cold callers who want you to deactivate or give them your two-factor responses.

Be very selective about the personal info you share online, particularly information such as birthdays, when and where you were born, and the names of pets and family members. This information can be used to defuse account recovery questions.

Don't click on suspicious email links, regardless of how innocuous they might appear.

Never provide sensitive information to unknown or unverifiable sources, especially cold callers who claim you have a virus, or are due for a refund. Authentic callers will be happy for you to call them back on an official number.

The best way to think about the data breach problem is not to think about how our data can be breached, but to think about how organisations get your data in the first place. The best way to protect yourself online – whether it's data breaches or an account compromise – is to **guard your data jealously**.

You only have one identity: don't give it away easily.

- From <https://theconversation.com/are-data-breaches-the-new-normal-should-we-just-assume-our-data-isnt-safe-231396>

Nambucca Valley Phoenix *Coming Events*



We are very proud to announce the inaugural Phoenix Art Prize, Ability Arts Connect MNC Conference and Winter Ball!!

The Art Prize is open to all artists over 16 years that identify as having a disability. There is a \$2000 prize pool proudly sponsored by Regional Australia Bank.

Apply online at www.nvp.org.au. **Entries close 14th July.**

Ability Arts Connect MNC is a free one day conference. It is about promoting professional development for artists and creating a support network on the MNC for artists with a disability. **August 2nd and 3rd, Friday 10am-3pm, Saturday 11am-2pm.**

The Phoenix Winter Ball is all about getting your Glam On for a great night out to celebrate inclusion!! Nambucca RSL will be rolling out the red carpet, tickets are \$50 and include dinner, DJ, photobooth & more. If you would like to purchase a table for the ball, then let us know! **August 3rd from 5pm to 10pm.**

The art of paying attention - *from page 17*

anxiety, and there's a good reason for that. It helps you live in the moment and keeps you focused, significantly boosting your attention span.

Incorporating short sessions of mindfulness throughout your day will help to strengthen your ability to pay attention. Mindfulness is simply focusing completely on what you're doing, slowing down, and observing all of the physical and emotional sensations you are experiencing in that moment.

Blame it on your ancestors

If you find paying attention doesn't come naturally, don't beat yourself up about it too much. In fact, as humans, our default mode is to be easily distracted.

Our ancestors' survival depended on their ability to be easily distracted by what was going around them. Being instinctively aware of a sudden movement could mean the difference between having roast meat for dinner or going hungry. Being easily distracted by movement also meant our ancestors were better equipped to protect themselves from predators.

In our relatively safe modern lives we don't have as great a need for those distraction skills and, in fact, the opposite is true. These days, we need to focus more and keep distractions out. Our lives tend to revolve around tasks that require paying attention, such as reading, driving, using dangerous machinery, or spending the day working at a desk.

- <https://www.healthworks.com.au/the-art-of-paying-attention/>



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Watch Out - Wild Critters About

Australian Solitary Native Bees

When most people think of bees, they usually think of honey or bee stings! But there are many Australian native Bees that seldom sting or produce honey.

These are the native Solitary Bees of which there are about 1500 species in Australia with Queensland having the most.



Just because they don't produce honey, doesn't mean that they are not useful. In fact, they are essential for a healthy environment. They all pollinate. Without bees and other insects that pollinate, life on this Planet as we know it, would cease to exist. The World's bee population is declining, due to either disease or the indiscriminate use of herbicide sprays.

Solitary bees vary considerably in size, appearance and where they choose to nest. Roughly 70% nest in underground burrows. The other 30% nest in above ground dead wood or rock/clay. They do not live in colonies, produce honey or have a queen and they do not produce wax to construct the cells inside the nest. Instead, different species use different materials to construct their cells and nests.

Solitary bees do not have a queen or workers. A female bee mates with a male, then builds an individual nest for her eggs stocking it with pollen and nectar which will provide everything they need to grow. Solitary Bees drink nectar directly from the flower and spend most of their time collecting pollen which is mixed with a small amount of nectar as food for their young.

Solitary Bees are fantastic pollinators - a single Blue Banded bee is equivalent to multiple worker honeybees in the pollination it provides. They do not have pollen baskets for carrying pollen - meaning that each time they visit a flower they lose far more pollen than social bees which makes them much better pollinators.

Native Bees provide each larvae with everything it needs but they do not tend to the young as they grow and never get to see their offspring emerge.

They are non-aggressive, do not swarm and are safe around children and pets.

Bee Hotels

Bee hotels provide a home made up of bamboo, clay and a collection of different types of timber with a variety of hole sizes catering for many types of solitary bee giving them a place to rest up and lay eggs. They will seal the entrance with mud resin or other matter when they have laid their eggs, giving you great pollinators for your garden year after year and well as helping our environment.

University of NSW, Native Bee Research & <https://yandinacommunitygardens.com.au>

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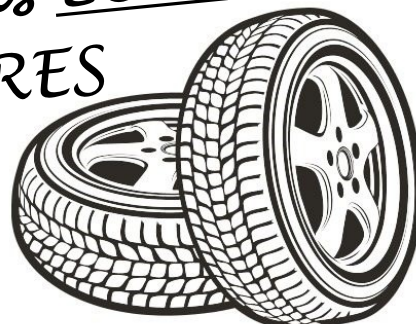
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Radio Nambucca
Community Radio Network

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

105.9 FM — Winter 2024

2NVR — Program Guide

105.9 FM — Wednesday

2NVR — Tuesday

2NVR — Monday

Time

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Green Eggs On Toast Laurie Macbury	The Bohemian Beat With Riddhi	Aussie-Grown Across the Nation Aussie Christmas grassroots to charity.	Tones of Claressence Claire Watt	TGIF Bethina Goodwin	Rise N Shine Ron Hawkins	Tiki Lounge Remix With Seth Jordan	6 AM
7 AM	Markets info, news, movies, local news. Mute .	NIMA Chart Show Mealy J	A Country Tea Time With DJ Tina	FlipSide With Phil	News, tunes and interviews Great music to start your day	Random ravings in a musical mix with: Heavens Above 6:30 Saltwater People 7:30 It's Only Words 8:30	Creative world music, contemporary jazz, digital beats and other sonic erotica. From ZBBB	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe	From Then To Now With Paul Burra	Stopping and spinning it all!	Smoko with Gazza With Gary Biden	Talk Of The Town Ceri Wrobel	Local News of the Area Audio news, with Beverly & Linda	Dad & Daughter With Geoff & Amy	8 AM
9 AM	Great 'Rock 'n' Roll'	Back to Beethoven With Rachel Burns	Easy Listening To Rock & Pop	Turning Pages Elizabeth Newman	See what's going down!	Maidensong Dianina Galbraith	Great music, dad jokes, trivia, and loads of fun on air....	9 AM
10 AM	Baby Boomers Dorina Collins	Infopinion Richard Lawton, Eddie Orrego, Dale Hawkins	Mystical Music & Musings With Louise	Jake & The Fatman Join in and singalong	Peter's Pops & Classical Tunes & Melodies With Peter K	Noisy Neighbours Trenck de Groot	Local News of the Area Audio news, with Beverly & Linda	10 AM
11 AM	Flashback With Rob Davidson	Life Words with Linda	Interviews with fascinating folk, beautiful music & what's happening in our slice of paradise	Cyberbeat, inside Motorpart & The Assignment	Weekend Surge With Chrissy	Garage Noise With Sean Ambrose	That's A Wrap Donna, Nigel, Mitch, Gary & Les	11 AM
Noon	1960's to 1980's with a weekly featured artist	Rock On With Jimmy & the Bluebirds	DJ Casey & Irish Bee DJ Casey's selector music	Tewinga Tunes With Ralph	Sublime music, surf and foxy reports, pumping you up for the weekend!	Soul Quench With Lizzie	Local sports calls and in-depth sporting analysis	Noon
1 PM	Blues, Roots, n Boots Presented by Jonny Dee	Sister Act Clivia & Sam	The Sixties in Australia Rob Davidson	Thursdays Country Trickiwic	MHS Radio From Macksville High	Music with a Message Geoff Stone	AND THAT'S A WRAP	1 PM
2 PM	A Breath of Fresh Air With Sandy Kaye	Retro Birds Robyn Wren & Sally Swan	The Curious World of Lisa Z	Hit Singles From Your Past With Manca	Turn Up The Volume With Manca	Wolffy Wolffy's music & requests	Praise, Prayer & Pop With Michelle	2 PM
3 PM	Bowra Beats With Grace Wallers	Mat out of the box	The Sit Down With Clint Waaka	Live Delay Aussie-wide Live Music	Three hours of soft rock & listener requests.	Saturday Date With Stu	The AntisF Radio Show With Nuuke	3 PM
4 PM	Hinterland With Ben Wallers	Blues Soul Funk Featuring Aussies on NBA	Interviews, music, history, culture and good times!	Tim Unsupervised Tim Hood	Studio 3 from 6-8pm on the 3rd Friday of each	Don't forget to keep your date!	Imagine This Radio drama & stories	4 PM
5 PM	Reggae Mixtape With Fitzroy	Space Nuts Lost in Science	Ant's Rock Anthony Gamsey	Late night humour music interviews and more...	Fish's Favourites With Dave P	2NVR Music Mix	Prog Rock Playlist Rhino	5 PM
6 PM	Music Makers With Yen	Zed Games & Diffusion	Ant's Rock Anthony Gamsey	2NVR Music Mix	Tunes I like to hear...	Saturday Night Gold On Friday	The best of Progressive Rock	6 PM
7 PM	Mixed music with featured artists	2NVR Music Mix	Ant's Rock Anthony Gamsey	2NVR Music Mix	Saturday Night Gold On Friday	2NVR Music Mix	2NVR Overnight Music Mix	7 PM
8 PM	Music Makers With Yen	2NVR Music Mix	Ant's Rock Anthony Gamsey	2NVR Music Mix	Saturday Night Gold On Friday	2NVR Music Mix	2NVR Overnight Music Mix	8 PM
9 PM	Mixed music with featured artists	2NVR Music Mix	Ant's Rock Anthony Gamsey	2NVR Music Mix	Saturday Night Gold On Friday	2NVR Music Mix	2NVR Overnight Music Mix	9 PM
10 PM	Music Makers With Yen	2NVR Music Mix	Ant's Rock Anthony Gamsey	2NVR Music Mix	Saturday Night Gold On Friday	2NVR Music Mix	2NVR Overnight Music Mix	10 PM
11 PM	Mixed music with featured artists	2NVR Music Mix	Ant's Rock Anthony Gamsey	2NVR Music Mix	Saturday Night Gold On Friday	2NVR Music Mix	2NVR Overnight Music Mix	11 PM
Midnight	2NVR Overnight Music Mix	2NVR Music Mix	Ant's Rock Anthony Gamsey	2NVR Music Mix	Saturday Night Gold On Friday	2NVR Music Mix	2NVR Overnight Music Mix	Midnight

AIR News weekdays 6, 7, 8, 9am, noon & 6pm, weekends 6, 7, 8 & 9am 2NVR — Multiple Award Winner Sports Calls Live, 2nvr.org.au/sports-channel Studio & office: 02 6664 7777 <admin@2nvr.org.au > The Best Little Station in the Nation