

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

JUNE 2024 ~ ISSUE #228 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

Our  mobile van
is coming to
Bowraville

17th – 20th June
2024*

*Exact date of departure
dependent on bookings



We recommend women aged 50-74 have a
breast screen every two years.
Book your free breast scan online at
book.breastscreen.nsw.gov.au or call **13 20 50**

Call 13 20 50



Behind the
Ex-Services Club
Bowra Street,
Bowraville

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 JULY 2024

ISSUE IS: 4:00PM

TUESDAY, 18TH JUNE 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.

Missabotti Hall

Trash & Treasure Market

8th June 2024

9am start

Stall holders all welcome \$10 stall hire

Book with Tina 6564 7414



Bowraville Chamber of Commerce

June meeting @ 5pm on Tuesday 4th May @ the Bowra Pub

See page 7 for more information

**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.

COMING SOON

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 . . .***

Bowraville Central School Cattle Team Shines at the Macksville Show!

The school's talented Cattle Team students recently wowed the crowd at the annual Macksville Show 2024, with 24 of our kids showcasing their dedication and skills over two fun-filled days of Dairy and Beef cattle competitions and parading. During the dairy cattle contest, the highlight was undoubtedly the fancy dress competition.

Our creative students transformed their heifers into Halloween Cow, Xmas Cow, Party Cow, and Rainbow Cow, impressing the judges with their imaginative presentations. What's more, Merle and Steph placed 2nd and 3rd in the Jersey Breed Class!



On day two, our hardworking student Layne clinched victory in the 12 and Under Junior Parader Class, triumphing in a lineup of 38 competitors! Way to go Layne! In the stud cattle classes, our students and their animals continued to shine, with Gina, Cobby, Tilly and Softy earning the titles of Champion and Supreme Champion of Breed. Indy and Tequila also impressed, securing the titles of Reserve Champion of Breed in their respective classes.

Special thanks are owed to JM Livestock, for generously transporting our cattle to and from the show, free of charge, good on you guys! For many of our students, this was their first taste of the exhilarating world of cattle showing, and judging by the smiles during the grand parade, it certainly won't be their last! Congratulations to our talented Cattle Team students, teachers, support staff and parents on your fantastic achievements and efforts!

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**

??/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

“You never know when an old calendar might come in handy.

Sure, it's not 1985 now, but who knows what tomorrow will bring?”

- Homer Simpson

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



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.

An interesting meeting is planned for this Tuesday, 4 June at 5pm at the Bowra Hotel . . .

We have had correspondence from the Bowra Central School regarding possible changes to traffic flow through town, and already there is lots of feedback regarding their ideas. Which leads to the broader issues of our main street focus which we have been discussing for years now!

The Bowra Lions Club is closing down so there will be updates regarding this including the ongoing clock tower maintenance and the toilet block in Lions Park.

And thevalleyhub.com.au have been asked to come again to our meeting to give an update on their development and visions.

And there'll be more regarding events, tourism meeting feedback, the return of the Durri Medical Service and the Sports Hub progress.

And as always, we will have our 5min Soapbox spot for anyone to voice an issue or concern to us – but last time thevalleyhub.com.au attended they were placed first on the agenda so you may have to wait a while for your spot!

Come along and check it out. ALL WELCOME

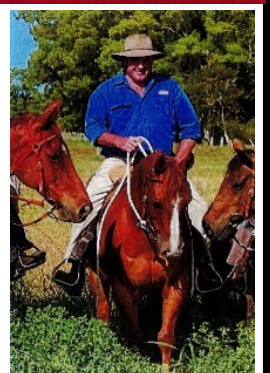
BARNEY TOWNLEY 0428 647 340

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.

9/11



RURAL SALES

NAMBUCCA VALLEY & SURROUNDS

www.ruralsales.com.au

Don't be Phish Food!

Tips to avoid sharing your personal information online

Data is the new oil, and online platforms will siphon it off at any opportunity. Platforms increasingly demand our personal information in exchange for a service.

Avoiding online services altogether can limit your participation in society, so the advice to just opt out is easier said than done.

Here are some tricks you can use to avoid giving online platforms your personal information. Some ways to limit your exposure include using “alternative facts”, using guest check-out options and a burner email.

Alternative facts

While “alternative facts” is a term coined by White House press staff to describe factual inaccuracies, in this context it refers to false details supplied in place of your personal information.

This is an effective strategy to avoid giving out information online. Though platforms might insist you complete a user profile, they can do little to check if that information is correct. For example, they can check whether a phone number contains the correct number of digits, or if an email address has a valid format, but that's about it.



When a website requests your date of birth, address, or name, consider how this information will be used and whether you're prepared to hand it over.

There's a distinction to be made between which platforms do, or don't, warrant using your real information. If it's an official banking or educational institute website then it's important to be truthful.

But an online shopping, gaming, or movie review site shouldn't require the same level of disclosure, and using an alternative identity could protect you.

Secret shopper

Online stores and services often encourage users to set up a profile, offering convenience in exchange for information. Stores value your profile data, as it can provide them additional revenue through targeted advertising and emails.

But many websites also offer a guest checkout option to streamline the purchase process. After all, another thing as valuable as your data is your money.

So, unless you're making very frequent purchases from a site, use guest checkout and skip profile creation altogether. Even without disclosing extra details, you can still track your delivery, as tracking is provided by transport companies (and not the store).

Continued on Page 20

WHAT'S HAPPENING IN BOWRA

Blokes Brekky

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

Womens' Brekkie

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

Bowra Country Markets

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

St Jimmy's Kitchen

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

St Jimmy's Food Hub

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

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 ~

11/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

10/11

WOOD-FIRED PIZZA Thurs - Sat
Lunch 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

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

21/11

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

22/11

Vitamin D and Bone Health

How to get your Vitamin D fix and stay sun safe?

Australia is one of the sunniest countries on earth, with the east coast clocking at least 6+ hours of brilliant sunshine on average, each day. But despite our excess of wide blue open spaces, Australians are lagging when it comes to Vitamin D. “There isn’t much vitamin D in food – at least 80 per cent comes from sunlight exposure – and in Australia, we have surprisingly high levels of vitamin D deficiency considering our climate, particularly in winter,” explains the University of Sydney’s Professor Rebecca Mason, an expert on bone health.



Why Vitamin D matters for bones

Inevitably, maintaining healthy bones becomes more difficult as we age – especially for women. That’s when Vitamin D becomes especially important. “Every day your body loses calcium, predominantly in urine. That calcium loss is worse in women after the menopause,” explains Professor Mason. “You have to replace that calcium and to do that, you need to not only eat calcium but be able to absorb the calcium that you’re eating. And vitamin D – which we for the most part, produce from sun exposure – helps with the absorption.”

To sun, or not to sun?

The catch is that the same UV light that helps us make Vitamin D, is also the same UV that causes skin cancers. So how do we get our sunshine fix for healthy bones whilst staying sun safe? “It’s a trade off all the time,” says Professor Mason.

Last year, Professor Mason contributed to new guidelines in collaboration with peak bodies across both the bone medicine and cancer prevention sectors – including Healthy Bones Australia, the Cancer Council, Royal Australian College of Dermatologists and the Australian and New Zealand Bone and Mineral Society. The result is a new “official word” on sunlight exposure, balancing the harms and benefits of sun exposure, which offers new guidance based on different complexions. “The new guidelines have been categorised based on three different skin types,” says Professor Mason.

In summary, here’s what the new guidelines have to say about getting your fix, without putting yourself at unnecessary of skin cancer:

- For people with darker skin (deeply brown to black skin), it takes longer sun

Continued on Page 12

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

10/11



Winter Warmers



Heat Packs
Hand Warmers
Wheat Bags
Hot Water Bottles
Scarves & Beanies

And don't forget the winter vitamins

Vitamin C

Zinc

Immune Booster



BOWRAVILLE PHARMACY

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PHONE: 6564 7925 or FAX: 6564 7364

Monday to Friday 8.45am - 5.30pm Saturday 8.45am - 12 Noon



exposure to maintain vitamin D levels. Fortunately, people with dark skin are considerably less prone to getting skin cancer on sun exposed sites, so while they should wear sunglasses, they only need other sun protection measures if they are out in the sun for a long time (>2 hours)



- For people with darker white, olive or light brown skin, adequate vitamin D status can be obtained by short and regular exposures to sunlight, best from mid-morning to mid-afternoon. After this short exposure, then sunscreen and other sun protective measures are recommended if UV is 3 or above.
- For anyone with pale skin or a personal history or family history of melanoma (or other skin cancer) or lots of moles or uncommon moles on skin or taking immunosuppressant medication then sun protection is always recommended when the UV index is 3 or above. These people may need to speak to their doctor about vitamin D supplements.

The truth about sunscreen

So what does that mean for sunscreen? “This is a tricky area because sunscreen is designed to block the UVB that causes DNA damage, redness, sunburn and skin cancers. But it’s that same light that makes vitamin D,” says Professor Mason.

Research into sunscreen use and efficacy shows when sunscreen is put on in a laboratory setting as directed, people simply don’t make vitamin D.

But there’s a catch: “Here’s the paradox; Even when they are trying to use sunscreen properly, people tend not to put sunscreen on everywhere, not at the recommended concentrations and they don’t reapply it. And even with all that, it still does reduce skin cancer,” says Professor Mason. “If you’re out in the sun, and wearing sunscreen, you’re probably still going to make some vitamin D because you might not have applied it everywhere. So, sunscreen helps protect your skin, but the way people use it – the fact they don’t use it as directed – means you will still make vitamin D.”

Going out in the sun most days, with some skin exposed (eg short sleeves), at least for a few minutes, for most people who don’t have a history of sun sensitivity or other health conditions that make them especially vulnerable to UV, is a good idea so long as you follow the guidelines for sun protection based on your complexion. “Sunglasses are recommended for everyone no matter what your skin type to protect eyes from sun exposure,” adds Professor Mason. “The thing to understand is that while we’re all very aware of the risks, sunlight exposure has benefits and one of those benefits is making vitamin D.

So there you have it - it’s a balancing act, but it’s one we can all navigate better with these new guidelines that reflect the changing face of Australian society (literally). If you’re in doubt, or you’re concerned about sun exposure or Vitamin D deficiency – or both – chat to your GP.

*- by Emma Vidgen - mydr.com.au – Expert commentary
by Professor Rebecca Mason, a global authority on bone health and Vitamin D.*

#GenerationRestoration

*We cannot turn back time, but we can grow forests,
revive water sources and bring back soils.*

We are the generation that can make peace with the land.

This year's World Environment Day campaign focuses on land restoration, desertification and drought resilience under the slogan . . .

“Our land. Our future. We are #GenerationRestoration.”

World Environment Day, held annually on 5 June, brings together millions of people from across the globe, engaging them in the effort to protect and restore the Earth. This year marks the event's 50th anniversary.

World Environment Day is a global platform for inspiring positive change. People from more than 150 countries participate in this United Nations international day, which celebrates environmental action and the power of governments, businesses and individuals to create a more sustainable world.

The Kingdom of Saudi Arabia will host the 2024 World Environment Day global celebrations.

With this year's focus being . . .

Our Land. Our Future - It is appalling that in Australia we are building the biggest houses in the world on smaller blocks and housing fewer people than in the past, covering once fertile land with a seemingly endless sea of dark roofs – little room for gardens or trees. And creating a lifetime of debt...

Our land, our future...



Check out the WORLD ENVIRONMENT DAY window display at the Pioneer Community Centre for lots of ideas on how we can all do our bit towards protecting and restoring our planet.

*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**

10/11

Building Sustainable Garden Soil

Building healthy soil is not only good for plants but provides other benefits. Sustainable garden soil conserves moisture, prevents erosion, and more. Developing soil for a sustainable garden will also lower maintenance.

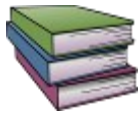


Soil is the building block for plant growth. Sustainable gardening requires soil management to enhance its properties but does not have to be costly or time consuming.

It can be an annual check-up on soil health and then a response to improve that health. It is a gradual process and one that needs to occur as long as you are around. With just a little work, your soil's organic matter can be improved leading to numerous benefits in the garden.

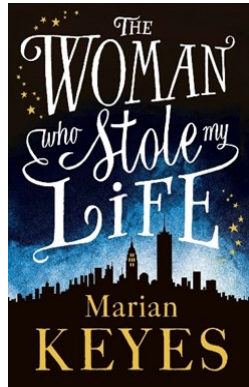
Enhanced soil should have plenty of organic matter. Organic matter is the basis for building healthy soil. Sustainable garden soil prevents compaction, provides nutrients, conserves moisture while also preventing pooling, prevents erosion, and encourages healthy organisms to flourish. Sustainable garden soil is a layered mixture of stuff.

Continued on Page 16



The Woman who Stole my Life

by Marion Keyes



Stella – once happily married with two older children – woke up one day dead tired, with tingling in her extremities.

Next thing she knew, she’s being rushed to hospital as her body slowly starts shutting down ... because Stella has a one-in-a-million disease called Guillain-Barre syndrome, a nerve inflammation that sees her entire body shutting down and effectively keeping her entombed.

Stella recounts her time in ICU, only able to blink her eyes (left/right for yes/no) as her form of communication.

Her family barely keep it together; her son becomes increasingly angry, her daughter Betsy becomes Biblical and her husband Ryan just seems hopeless. The one bright spot in her day become neurologist (and someone Stella’s previously been in a car accident with) a doctor called Mannix Taylor, who devises a system of communication with her through blinks.

So, that’s the basic premise – how a beautician from Dublin found herself with a one in a million syndrome that kept her a prisoner in her own body, went on to become an author sensation, writing about her ordeal and recovery ... and then lost it all and found herself divorced, and living back in Dublin.

- alphareader.blogspot.com

The Seven

by Chris Hammer

Yuwonderie's seven founding families have lorded it over their district for a century, growing ever more rich and powerful.

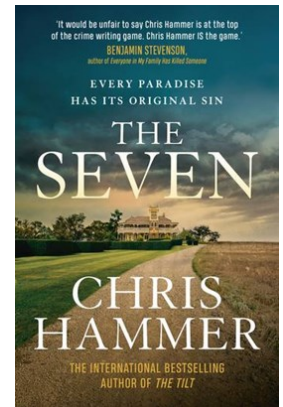
But now, in startling circumstances, one of their own is found dead in a ditch and homicide detectives Ivan Lucic and Nell Buchanan are sent to investigate.

Could the murder be connected to the execution of the victim's friend thirty years ago—another member of The Seven—or even to the long-forgotten story of a servant girl on the brink of the Great War?

What are the secrets The Seven are so desperate to keep hidden?

With the killer still on the loose and events spiralling out of control, the closer Ivan and Nell get to discovering the truth, the more dangerous their investigation becomes. Can they crack the case before more people die?

- allenandunwin.com



BOOK NOOK NOTICE

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

Sustainable Soil *from page 14*

At the top is the humus or organic matter and below that is topsoil. The higher layer breaks down organic matter and rainwater draws it down into the topsoil which contains most of the organisms, like earthworms and beneficial bacteria. It is in this layer where most of the sustainable soil amendments are used.

Soil for sustainable gardens may need a little help. In a forest, for instance, the soil is naturally enhanced by dropped leaves, twigs, and other organic additives. In the home garden, plants will eventually use up much of the nutrients in soil, which is why we fertilise. If you add compostable organic matter though, you can reduce the need to fertilise plants.

Anything from the kitchen and garden can go into a compost system. Once composted it can be added back to the landscape. It's a simple process of recycling that creates a cycle effect by returning nutrients back to the soil.

Compost is only one way to encourage sustainable soil health. You can also plant cover crops or green manure. They can be worked in the soil or allowed to decay on top. Well-rotted manure or even animal bedding are another way to increase organic matter.

Mulching with organic materials will prevent weeds and eventually break down. Dead plants, and weeds, can be left to dry out and compost in sight.

Keeping soil sustainable is easy and doesn't require much effort or expense.

- www.gardeningknowhow.com/garden-how-to/soil-fertilizers/building-a-sustainable-garden-soil - by Bonnie L. Grant

Free Legal Advice now available at Macksville Medical Centre

Do you need some legal advice? If you do, Solicitor, Zac Keizer, from the Mid North Coast Legal Centre may be able to help. The Mid North Coast Legal Centre is now providing a free and confidential legal advisory outreach service from Macksville Medical Centre, fortnightly on Tuesdays, between 1pm to 3pm.

Mid North Coast Legal Centre are an independent, not-for-profit organisation operating a community legal centre that provides civil law advice to residents located in the regions between Woolgoolga and Nambucca. They provide legal information and advice, advocacy and education relating to civil law issues like fines, identification, consumer complaints, credit and debt issues, discrimination, victims support, contracts, employment law and traffic matters.

This legal/health service alliance has been made possible with the support of our regions Primary Health Network – Healthy North Coast.

Mid North Coast Legal Centre is the most recent provider to join Macksville Medical Centre's growing list of service providers. In addition to GPs and immunisation clinics, the Macksville Medical Centre now hosts two psychologists, Amplifon for hearing needs and Young Minds Thrive (for early child health and development).

For further information, or to make a booking, please call Mid North Coast Legal Centre on 02 6580 2111.

- nvcgroup.com.au/legal-advice-now-available-at-macksville-medical-centre



*Solicitor,
Zac Keizer,
from the Mid
North Coast
Legal Centre*

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



Several new presenters have completed their training and are now 'on air' presenting their own radio shows. Congratulations and welcome to the 2NVR family.

If you think you would like to become a presenter or perhaps work behind the scenes, please contact admin2nvr@gmail.com

On the 3rd Friday of each month, 6-8pm. 2NVR showcases live music with 'Studio 3 Live' at 834 Rodeo Drive, Tewinga. Bring your own drinks and nibbles, no admission charge. We'd love to see you there. If you can't be there in person you can listen on 105.9fm or stream via 2nvr.org.au

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

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

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

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

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Greg Lamberth



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Mabo Day – 3rd June

The Mabo Native Title Decision

Mabo Day commemorates Mer Island man Eddie Koiki Mabo and his successful efforts to overturn the legal fiction of terra nullius, or ‘land belonging to no-one’.

Eddie Mabo challenged the Australian legal system and fought for recognition of the rights of Aboriginal and Torres Strait Islander peoples as the traditional owners of their land.

Who was Eddie Mabo?

Eddie ‘Koiki’ Mabo was a Torres Strait Islander who believed Australian laws on land ownership were wrong and fought to change them. He was born in 1936 on Mer, which is also known as Murray Island, in the Torres Strait.

When he was growing up, life in the Torres Strait Islands was strictly regulated with laws made by the Queensland Government. In his heart, Eddie believed the land he lived on belonged to the Torres Strait Islander people who had lived there for thousands of years. The Australian Government also believed that it owned the land.

In 1981, Eddie Mabo made a speech at James Cook University in Queensland, where he explained his people’s beliefs about the ownership and inheritance of land on Mer. A lawyer heard the speech and asked Eddie if he would like to challenge the Australian Government in the court system, to decide who the true owner of land on Mer was — his people or the Australian Government.

Why was the case so important?

Aboriginal and Torres Strait Islander peoples occupied Australia for 65,000 years before the British arrived in 1788. They spoke their own languages and had their own laws and customs; they had a strong connection to their traditional land or Country.

The British when they arrived, declared that Australia was terra nullius (empty land – or land that belongs to nobody). As a result, Aboriginal and Torres Strait Islander peoples’ occupation of and unique connection with the land were not recognised; the British took the land without agreement or payment.

The Mer Islanders decided they would be the ones to challenge “terra nullius” in the High Court and that Eddie Mabo would be the one to lead that action.

What was the result?

The Mabo case ran for 10 years. On 3 June 1992, the High Court of Australia decided that terra nullius should not have been applied to Australia. This decision recognised that Aboriginal and Torres Strait Islander peoples have rights to the land – rights that existed before the British arrived and can still exist today.

The Mabo decision was a turning point for the recognition of Aboriginal and Torres Strait Islander peoples’ rights because it acknowledged their unique connection with the land. It also led to the Australian Parliament passing the Native Title Act in 1993.

Eddie Mabo never found out the result of his legal case. He died in January 1992, just five months before the High Court made its decision.

What is Native Title?

Native title is the legal recognition that some Aboriginal and Torres Strait Islander peoples have rights to, and interests in, certain land because of their traditional laws and customs.

- www.reconciliation.org.au/wp-content/uploads/2023/05/Mabo-Day-Factsheet

Nambucca Environment Network Report

"After a small step in the right direction with Nambucca Valley council voting to bring in DAs (and therefore buffer zones) for intensive plant agriculture, including blueberry farming, Nambucca Environment Network have been busy.

On Monday 6 May they hosted their 4th community information evening with main speaker Professor Kirsten Benkendorff, Marine Scientist at SCU, sharing her scientific proof of the dangerous toxicity of the chemicals used in this type of farming and the damage to land, waterways and aquatic and marine life. A real eye opener.

Dr Luby Simson spoke about whether there is any economic and social benefit to this industry in the Nambucca Valley and the effects on an area that currently draws tourists and holiday makers. MP Pat Conaghan, local councillor David Jones and Arthur Bain, from Kempsey attended.

As there seems to still be some confusion as to whether greenhouses, tunnels and the 5m poles with netting and wire are 'permanent structures' (lasting 10 years or more....?).

Nambucca Environment network is asking people in the Nambucca Valley to show their concern and support by sending submissions and letters to council asking two things: firstly, an immediate halt to the building of any more structures until this matter is sorted and DAs are legal and, secondly, to hammer home the importance of 200m buffers from neighbouring houses and to make the IPA farmers comply with the law regarding buffers from watercourses and animal habitat, eg. koala.

This is the perfect chance residents of the valley have to speak up and get protection for this environment before it ends up like Coffs Harbour where Hearn's Lake is polluted, disused blueberry farms can be seen from the highway, the waters around the Solitary Islands is certainly no longer healthy and illnesses have been recorded from years of heavy chemical use, etc. Everyone must ask themselves "what future do I want for the Nambucca Valley?"

Raewyn Macky
(nambuccaenvironmentnetwork@gmail.com)



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2/11

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Don't be Phish Food *Continued from page 8*

Also consider your payment options. Many credit cards and payment merchants such as PayPal provide additional buyer protection, adding another layer of separation between you and the website.

Avoid sharing your bank account details online, and instead use an intermediary such as PayPal, or a credit card, to provide additional protection.

If you use a credit card (even prepaid), then even if your details are compromised, any potential losses are limited to the card balance.

Burner emails

An email address is usually the first item a site requests. They also often require email verification when a profile is created, and that verification email is probably the only one you'll ever want to receive from the site.

So rather than handing over your main email address consider a burner email.

A burner email is a fully functional but disposable email address that remains active for about 10 minutes. You can get one for free from online services including Maildrop, Guerilla Mail and 10 Minute Mail or an alias gmail address.

Just make sure you don't forget your password, as you won't be able to recover it once your burner email becomes inactive.

The risk of being honest

Every online profile containing your personal information is another potential target for attackers. The more profiles you make the greater the chance of your details being breached.

A breach in one place can lead to others. Names and emails alone are sufficient for email phishing attacks. A phish becomes more convincing (and more likely to succeed) when paired with other details such as your recent purchasing history.

Surveys indicate about half of us recycle passwords across multiple sites. While this is convenient, it means if a breach at one site reveals your password, attackers can then hack into your other accounts.

In fact, even just an email address is a valuable piece of intelligence, as emails are used as a login for many sites, and a login (unlike a password) can sometimes be impossible to change.

Obtaining your email could open the door for targeted attacks on your other accounts, such as social media accounts.

In "password spraying" attacks, cybercriminals test common passwords against many emails/usernames in hopes of landing a correct combination.

The bottom line is the safest information is the information you never release.

And practising alternatives to disclosing your true details could go a long way to limiting your data being used against you.

- theconversation.com/dont-be-phish-food-tips-to-avoid-sharing-your-personal-information-online – by Nik Thompson, Senior Lecturer, Curtin University.

Why do people with hoarding disorder, hoard?

What is hoarding disorder?

Hoarding disorder is when you have significant and often irrational difficulty letting go of things or throwing things out regardless of their value. You may want to save the items for future use and there may be distress associated with discarding them.

This leads to an accumulation of possessions and rubbish that clutter your living areas. Hoarding disorder is a recognised mental illness, which progressively gets worse. People with hoarding disorder may have a lack of insight into their condition and often have shame related to their situation.



If you have hoarding disorder, you may not be able to recognise that you have a problem or if you do, you may not know what to do about it also you may not be able to use your surroundings due to the clutter.

What's the difference between collecting and hoarding?

Many people collect things as a hobby - from stamps to magazines to teacups. But there are differences between collecting and hoarding. People who collect things are more likely to display or store their collection in a specific place. Collectors are also more likely to use or enjoy their collection.

By comparison hoarders tend to keep things because they believe they will have a use in the future, but often these things aren't used. Hoarders may keep things in a disorganised manner with no specific way of storing them and let their belongings take over large areas of their home. People with hoarding disorder accumulate possessions because it is upsetting to get rid of them.

What are the symptoms of hoarding disorder?

Almost anything can be hoarded. However, items hoarded are often of low financial value such as newspapers in poor condition and take away containers which are easy to get if needed and unlikely to be seen as meaningful by other people.

What sort of things do people hoard?

Someone with hoarding disorder may accumulate anything, but common items include clothing, ornaments, broken items for spare parts or to repair them, kitchenware, car parts, old bills, newspapers, magazines, books and brochures.

Items inherited from a deceased estate may be especially problematic because they can be numerous, sentimental and associated with grief and loss.



Continued on Page 22

Why do people with hoarding disorder hoard?

Continued from page 21

Animal hoarding

Animals can be hoarded too, especially small domestic ones, such as cats; rabbits; dogs and birds.

Animal hoarding can easily lead to squalor. As both animal food and animal waste easily mount up. People in the house can be at risk of parasites and diseases that can be caught from the animals.



The person may believe they are caring for the animals, but they may not be doing this very well.

What causes hoarding disorder?

The reasons why people begin to hoard are not fully understood. It can be a symptom of another condition or sometimes hoarding may be due to mobility problems, intellectual impairment or the development of dementia or mental health problems.

Hoarding disorder often starts early in life. It is associated with some personality traits, such as perfectionism; difficulty being able to make decisions and procrastination (delaying tasks until later, often by finding distractions).

Perfectionism in hoarding is associated with fear of making mistakes, losing, or misplacing a specific item and of later regret.

Complications of hoarding disorder

Hoarding can make it hard to move around your home. This can make it hard to clean your home; maintain your personal hygiene because you can't get to the toilet or washing facilities; have visitors or allow tradespeople in for essential repairs. You may not be able to sleep in your bed because it is covered in things.

Hoarding can also lead to safety risks. Hoarding can be a fire risk; attract insects and rodents and cause trips and falls. If the piles of things collapse you may become trapped.



Hoarding disorder can lead to squalor which means living in an unsanitary environment.

Can a doctor help?

Your doctor will be able to check that any other physical health conditions are recognised and treated.

Your doctor should also be able to refer you to a psychologist with experience in hoarding disorders. They can also advise you on other services that may be able to help.

- www.healthdirect.gov.au/hoarding-disorder

BOWRAVILLE CENTRAL SCHOOL NEWS

Student Leaders Help Craft Solutions at Local Youth Forum

During the final week of Term 1, several members of our Secondary Student Leadership Team participated in a local Youth Forum, at the Macksville Highschool Stadium. It was a lively and productive collaborative community summit, supported by a range of local youth and community organisations.

By getting involved, student leaders from schools across our region aimed to promote local youth voices, local youth aspirations and local youth solutions to relevant issues affecting their communities. Great work kids on expressing your views and collaborating with your peers to make our local community a better place for young people!

*The Bowraville
Central School
Student
Representative
Council Youth
Forum
participants,
with Student
Support Officer
Esmee Lane.*



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Blokes' Breaky
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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.

10/11

Ways to Cut Down on Sentimental Clutter

Save Virtual Memories

Documents, photos, art projects, and other paper items can contribute to clutter in a big way. But these items are often laden with sentimental value so it can be hard to let go of them! But there's an easy way to hang on to those memories while clearing out the clutter. Scan all your meaningful paper items and save the images as 'virtual memories!' You'll be rid of the clutter and still be able to peruse those artworks, handwritten notes, and other memories anytime.

Let Go of Gift Guilt

Many people find it hard to get rid of gifts, even ones they don't really want, out of worry that it might hurt the gift giver's feelings. If left unchecked, this "gift guilt" can leave you buried under gifted items that you feel compelled to keep!

While certain individuals might expect you to cherish every gift they give you, most people aren't so unreasonable. A gift is a gift after all, meaning it is yours to do with as you please! Letting go of 'gift guilt' can be an important step towards reducing sentimental clutter in your home.

Pass It On

When it comes to family heirlooms, different items may hold meaning or value to different people. If you've inherited something that you'll likely keep in storage, why not ask around and find out whether another family member might like to display it? There's no shame in passing a family heirloom on to another family member, especially if it is particularly meaningful to them!

TALLOWOOD STEINER SCHOOL STUDENT STORIES

Hi I am Liam. I moved to the area 7 years ago and moved to Tallowood Steiner School 4 years ago. I think it is a weird school. I also live in Port Macquarie with my dad every second weekend. My mum works in Bowraville. She works for Nambucca Valley Landcare and takes care of trees and the environment. Hello!

My name is Ellie and I have lived in Macksville on a property near hills and the river. I've lived there my whole life which would be twelve years in total. I love to go on walks with my mother, bike rides with my nan and the Macksville Pool is sometimes fun. So far I don't know Macksville's history but I know the town has been here for decades and decades to come. I used to go to Macksville Public but my mum found Tallowood and looked for applications and applied. This is the best school I've ever been to. This school is amazing. Teachers, students and animals are really kind, there's no bullying, no drama and especially no cruelty

Hi my name is Mason. I live in Macksville and I've been living near Bowraville for almost 11 years now. I like the rivers in Bowraville and I've been at Tallowood and it's alright. I like the school because it's safe.

My name is Helmer and I live in Urunga. I go to Tallowood School. I like playing soccer. At home I do mountain biking. I am eleven years old and am in Year Five. I like swimming at Wai Ora and at the Promised Lands out the back of Bello.

Get Creative

Sentimental clutter often takes the form of something you don't use but can't bear to part with. One way to overcome this hurdle is to find a creative way to transform that unused item into something usable! For instance, you could have a stone from an outdated ring set into a new band that fits your style. Or you could use the wood from an antique hutch to build a new set of floating shelves!

Revisit Home Videos

While the memories they contain are priceless, stacks of old video tapes aren't exactly a space-savers. Getting those old tapes digitised will allow you to get rid of those tapes and make it much easier to watch those treasured home videos!

Save The Best

What about collections of items with sentimental value - like your grandmother's antique teapots or your dad's coins? The best solution in these cases is to 'save the best and toss the rest!' Pick a favourite piece to represent the collection and find a nice place to display it, then find a new home for the rest of the collection.

Box It Up

Getting rid of sentimental clutter isn't often something you choose to do willingly. This process can be brutal, and you may not be ready to tackle it just yet. In this case, just box the items up for now and set them aside. Give yourself about six months or so before returning to your decluttering efforts.

<https://www.onegoodthingbyjillee.com/cutting-down-on-sentimental-clutter>



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Using nature as a mood booster

As we continue to learn more about the benefits of getting out in nature, there are some tricks and tips to make sure you are getting the best for your health.

In our fast-paced lives, getting back to nature can greatly impact our health and wellbeing. Studies continue to show that spending time outdoors or immersed in nature can help enhance mood and self-esteem, reduce feelings of anger, confusion and depression, as well as improving our physical health and building a sense of connection with others.



Now growing research is showing that just about any kind of “green” or natural space can you make you happier, meaning you don’t have to travel to the beach or trek through the woods to obtain the positive health benefits. The key is finding a space that holds certain qualities. So how can you best obtain the health benefits of getting outdoors?

Look for quality over quantity

Look for quality over quantity

When it comes to seeking happiness, the quality of the green space matters more than the quantity. A study published in the journal *BMC Public Health* found no significant link between the amount of green space in an individual’s local area and their mental wellbeing. So merely living next to a field or oval may not necessarily ensure you are getting out in nature. This is particularly so if the area is not maintained, or poorly lit, meaning we are less likely to feel comfortable visiting these areas.

Accessibility

Dr Andrew Lee is a public health researcher at the University of Sheffield in England and has conducted large reviews of green-space research. Dr Lee says that the functionality of parks is paramount for making people happy, “If it’s a social space, where people meet together and chat and go on walks, that kind of social contact and interaction builds social networks,” he says. “That’s probably where the real impact is coming from that gives people a sense of wellbeing.”

If a green space is inaccessible, either for financial reasons or does not cater for people with differing abilities, then those people can feel excluded from these community spaces.

Consider functionality

The key is finding a space that suits you. If you are awed by the beauty of nature, then a park with a water feature or with significant biodiversity would be good for your health. Or if you enjoy gardening or are looking for a social activity, then a local community garden might be the place for you. If you know what you are looking for, then any welcoming green space can help

- www.mindfood.com/article/how-to-use-nature-as-a-mood-booster- by Danielle Pope

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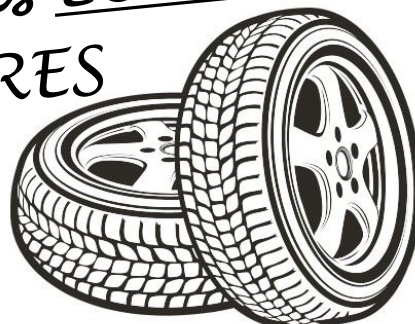
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 Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2024  Studio 3 Live on the 3rd Friday of each month 6-8pm 								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Green Eggs On Toast Lawrie Medbury	The Bohemian Beat With Riddhi	Aussie Grown Across the Nation Aussie Christian grassroots to charts	Tones of Clairssense Claire Watt	TGIF Bettina Goodwin	Rise N Shine Ron Hawkins	Tiki Lounge Remix With Seth Jordan	6 AM
7 AM	NIMA Chart Show Matty J	NIMA Chart Show Matty J	Blues, Roots, n Boots Presented by Jonny Dee	FlipSide With Phill	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 exotica. From 2888	7 AM
8 AM	From Then To Now With Paul Burns	From Then To Now With Paul Burns	A Breath of Fresh Air With Sandy Kaye	Specialty-selected, usually-oz	Talk Of The Town Carl Wrobel	Around the Traps With Beverly	Global Village Gary Havrilly	8 AM
9 AM	Classic Hits & Jukebox Paul Rowe	Back to Beethoven With Rachel Burns	Smoko with Gazza With Gary Biden	The AMRAP Music Show	Peter's Pops & Classical Tunes & Melodies With Peter K	Australian Music is Bloody Great & Real World Gardener	Anything Goes With Phill	9 AM
10 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton, Eddie Orrego, Dale Hawkins	Mystical Music & Musings With Luise	Turning Pages Elizabeth Newman	Weekend Surge With Chrissie	Noisy Neighbours Trenck de Groot	Music from anywhere/everwhere	10 AM
11 AM	Flashback With Rob Davidson	Life Words with Linda	Mick in the Middle With Mick Bertles	Continental Drift Habib Massad	MHS Radio From Macksville High	The Sixties in Australia Rob Davidson	That's A Wrap Donna, Nigel, Mitch, Gary & Les	11 AM
Noon	A Country Tea Time With DJ Tina	Rock On With Jimmy & the Bluebirds	Hot Sweet & Jazzy Fun jazz and chat	Tewinga Tunes With Ralph	Three hours of soft rock & listener requests.	Garage Noise With Sean Ambrose	Local sports calls and in-depth sporting analysis	Noon
1 PM	Sister Act Olivia & Sam	Retro Birds Robyn Wren & Sally Swan	Chimes With Paul Cough	Thursdays Country Trickwiv	School's In from 5pm and Studio 3 from 6-8pm on the 3rd Friday of each month.	Afternoon Concert With Peter K	AND THAT'S A WRAP	1 PM
2 PM	Bowra Beats With Grace Walters	Not out of the box radio entertainment	The Curious World of Lisa Z	Hit Singles From Your Past With Macca	Fish's Favourites With Dave P	Classical music at its best!	Praise, Prayer & Pop With Michelle	2 PM
3 PM	Hinterland With Ben Walters	Blues Soul Funk Featuring Aussies on NBA	The Sit Down With Clint Waaka	Live Delay Live music from Aus-wide	Tunes to angle by...	Music with a Message Geoff Stone	The AntiSF Radio Show With Nuke	3 PM
4 PM	Reggae Mixtape With Fitzroy	Space Nuts Lost in Science	Ant's Rock Anthony Garmsey	Tim Unsupervised Tim Hood	Saturday Night Gold On Friday	Wolfy Wolfy's music & requests	Imagine This Radio drama & stories	4 PM
5 PM	Music Makers With Yen	Zed Games & Diffusion	Solid Rock Aussie Focus	Late night humour, music, interviews and more...	2NVR Music Mix	Saturday Date With Stu	Prog Rock Playlist Rhino	5 PM
6 PM	Mixed music with featured artists	2NVR Music Mix	Ant's Rock Overnight	2NVR Music Mix	2NVR Music Mix	Don't forget to keep your date!	The best of Progressive Rock	6 PM
7 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	7 PM
8 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	8 PM
9 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	9 PM
10 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	10 PM
11 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	11 PM
Midnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	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 6564 7777 -admin@2nvr.org.au > The Best Little Station in the Nation