

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 2026 ~ ISSUE #251~ FREE ~ CIRCULATION 350 ~ POSTCODE 2449

What are the Chances?

By Phillida HARTLEY

After a Saturday morning meeting at the Community Centre and a quick trip to IGA I was walking back down the street and saw a group of four people looking into 'Aunt Emily's' shop window. I explained that sometimes it wasn't able to open and they returned with "but it's so good that it still has the name 'Emily'".

We got talking and it transpired that one of the men, Scott (pictured), had lived all his life with tales of Emily and the shop - Emily was his mother Ruth's grandmother and she had grown up helping in the shop before she moved to Brisbane as a young woman. Now 90, she knew the shop well in the 1940s and 50s and, sharp as a tack, often talks about it.

I was able to show them through the building (but not the shop) and they felt familiar with so many of the spaces because of her stories.

Lots of pictures were taken to share with her on their return home.

They were only in town for a short stop on their way to Sydney but I was also able to introduce them to Jan next door who also grew up in town and has been involved with the centre.

Hopefully future Bowra Newsletters can bring you the history of the building, its donation to the Council and recent community management. And some of Ruth's memories.

***Please Note - the Community Centre has recently received tax free donation status and is in need of funds to maintain the building and cover annual expenses - a great way to contribute to your local community at the end of the financial year.**



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 Minute Increments
- ◆ One Hour
- ◆ All day High Users Pass

Printing and copying

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We take credit card payments!

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BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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

2025 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January. Annual subscription includes 11 issues.

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

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

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

Front Cover (1 issue) - \$60 issue

DEADLINE FOR COPY FOR

THE JULY 2026

ISSUE IS: 4:00PM

TUESDAY, 23rd JUNE 2026

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

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

e-mail: admin@bctc.com.au

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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.

How Safe is Your Home this Winter?

As winter approaches, ensuring the safety of your home should be a priority. We all know this. Unfortunately, in a lot of cases we become too busy to give it the priority it should have. In NSW, the cooler months see a significant increase in residential fires. In 2024 Fire and Rescue NSW reported 1,001 incidences of residential fires.



Many of these fires are caused by electrical malfunctions, including faulty wiring, overloaded power boards, unattended heating appliances, and the charging stations and cords we use every day. However, almost 50% of house fires in the home occur due to human activity, or inactivity. Issues such as failing to clean lint filters in dryers, leaving electric blankets switched on for extended periods, and using outdated or unsafe heaters contribute to a rise in house fires.

These statistics highlight the importance of proactive safety measures to protect your home and family. And not just by occasionally checking your smoke alarm batteries, but by considering what you can do to reduce risk from electrical malfunction and what you should have on hand should a fire start.

While checking your home's main living spaces, don't overlook external areas such as outdoor entertaining areas, swimming pool infrastructure, garages, sheds, and workshops that use power. These areas often contain flammable materials, power tools, and electrical circuits that require regular inspection. Ensure that all power points, extension cords, and electrical devices in these spaces are functioning correctly and do not pose a fire risk. Having a fire extinguisher suited for electrical and flammable liquid fires (ABE or BE types) and a fire blanket in these areas is also crucial for added home electrical fire safety protection.

In the case of fire, your first priority is you, and your family's safety. You should never hesitate to evacuate to keep everyone safe. There are some items that could help slow or extinguish a small, localised fire if you're confident in their use. Here are some items to consider having on hand, but NEVER put yourself or your family at risk when there is a safer option.

Essential Fire Safety Equipment for Your Home

To ensure your home's safety, consider having the following fire safety equipment on hand:

Smoke Alarms: Smoke alarms have been required by Australian law for almost 20 years, and the legislation states that you must install one alarm on each floor of your home. FRNSW recommends you also include them inside each occupied bedroom, and outside sleeping areas. Test them monthly and replace batteries every six months, regardless of their remaining life, to ensure optimal functionality.

Continued on Page 15

Bowraville Services Australia Agency

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

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

Also available is personal assistance from one of our trained volunteers on Mondays, Wednesdays and Fridays between 10am and 3pm. Appointments are essential for this personalised service and can be made by ringing the Bowraville Technology Centre on 6564-7420.

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

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



Australian Government
Services Australia

Have you checked out the
Bowraville Community Website?

www.bowraville.nsw.au

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

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

Bowraville Chamber of Commerce

Next meeting will be **5pm, Tuesday, 2nd June** at the Bowra Hotel.
More information on page 29

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The Lions Plaza Community Market

Sunday - June 7th from 8:00 am - 1:00 pm

Lions volunteers, stallholders, MMM Aunty's Coffee and the Lions BBQ Van are ready to welcome you.

More information on page 19

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Radio Nambucca 2NVR - Studio 3 Live

19th June 2026.

Come along to 2NVR at 834 Rodeo Drive Tewinga for the show it's from 6 to 8pm. Ceri Wroble hosts Studio 3 Live every 3rd Friday.

More information on page 25

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Our Sustainable Future Expo

Sunday, 28th June - 9am to 4pm - Unkya Reserve, Eungai Creek

This free-flowing community day out is all about creation, connection, and community. Co-hosted by the Nambucca Valley Growers and Producers Association (NVGPA) and Unkya Reserve Committee this local festival is packed with practical ways to create a sustainable lifestyle, protect our beautiful Mid-North Coast, and best of all - save some serious cash.

What's on the Agenda?

Smart Workshops (9:00 AM – 3:30 PM): Catch expert talks on everything from local food resilience, solar power and electric tech to smart farming and land care.

Cost-of-Living Hacks: Learn how to slash your household bills with easy, everyday sustainability tricks for 2026.

The "Local Food Matters Showcase": Meet the incredible farmers and growers behind the Nambucca Valley Growers and Producers (NVGPA) and support our local food network.

Eco-Marketplace (Open until 4:00 PM): Wander through stalls packed with clever local innovations, zero-waste hacks, and stewardship practices for your business.

Kid-Friendly Fun: Bring the whole family! There will be hands-on arts and crafts running all day long to keep the little ones busy.

Whether you want to future-proof your backyard, buy-local, or just enjoy a great community atmosphere, the Our Sustainable Future Expo is the perfect place to start. Come catch up with your neighbours, pick up some fresh ideas, and help build a stronger, self-reliant Nambucca Valley!



Visit the Funkya@Unkya website for further program details:

TECHNO LESSONS OPEN TO EVERYONE

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

Absolute beginners are most welcome!



**Counter Assistance
is available
for small fixes**

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

*“One of the
best things
about winter
is the
hot chocolate
and
fuzzy socks
combo.”*

– Elise Green

*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

World Wellbeing Week 2026

24th–30th June

World Wellbeing Week is an annual awareness week to encourage people to think about what wellbeing means and how it can be supported in everyday life.

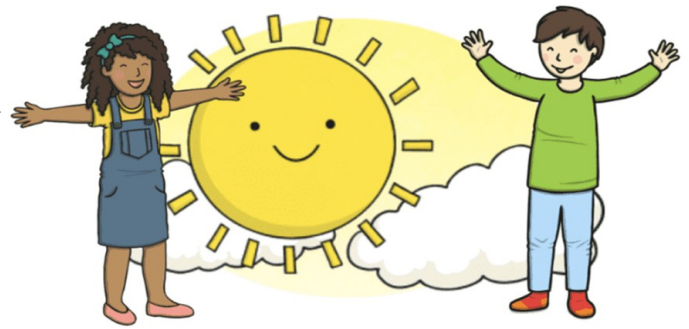
Wellbeing includes many interconnected areas, such as physical health, mental and emotional wellbeing, relationships, and feeling supported within our communities. The week highlights the importance of creating positive habits, building resilience, and recognising when support may be needed.

For children and young people, World Wellbeing Week provides an opportunity to learn simple strategies to manage emotions, develop self-confidence, and understand the importance of caring for both themselves and others. In schools and homes, the week supports open conversations about wellbeing and helps reinforce that looking after mental health is just as important as physical health.

World Wellbeing Week is a global awareness initiative focused on improving health and wellbeing in the workplace and wider society. It encourages organisations, teams, and individuals to pause, reflect, and take meaningful steps towards better wellbeing.

The week brings together employers, HR teams, leaders, and wellbeing professionals to highlight the importance of physical health, mental wellbeing, connection, purpose, and sustainable ways of working.

World Wellbeing Week is about turning good intentions into visible, meaningful actions.



BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE

27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 6564-7169

23/11

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

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BRIDGETTE BYRNES

KERRIE SAVINS



27/11

Are crypto ATMs scam machines?

At a suburban newsagent in Melbourne's north, behind the magazines and gift-wrapping paper, there is a blue machine that you'd be forgiven for thinking is a normal ATM.

This, however, is a Bitcoin ATM, and it's one of thousands popping up at petrol stations, tobacco shops, newsagents and convenience stores around Australia.

In 2019 there were 23 crypto ATMs across Australia. Today there are more than 2000. Despite our relatively small population, Australia has the third-highest number of these machines in the world, behind only the United States and Canada.

"They are very popular," the owner of the newsagent says when asked about the machine. It's owned by CoinFlip, a US-based company, which is one of four major operators of crypto ATMs in Australia.

They're marketed as a harmless way to purchase bitcoin, tether, ether and other crypto currencies using cash, but authorities say scams facilitated by these machines are growing rapidly and there are calls for them to be banned altogether.

Boom time for Crypto ATMs

The Australian Transaction Reports and Analysis Centre (AUSTRAC), which is responsible for fighting criminal activity in the financial system, says crypto ATMs are used for scams and fraud-related transactions at a rate that is "impossible to ignore".

"Crypto ATMs provide a fast, irreversible way for victims to send money to scammers," AUSTRAC CEO Brendan Thomas says.

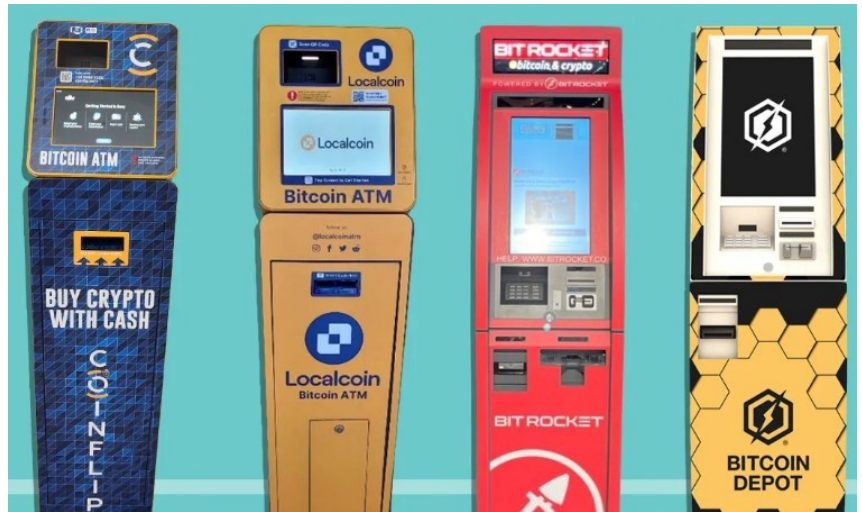
"They're easy to locate, often operating 24/7, and designed for quick cash transactions with no human intervention, making them highly attractive to criminals."

Claude Von Arx, a senior financial counsellor at the Consumer Action Law Centre in Melbourne, says he has worked with clients who've had money stolen through scams via crypto ATMs. He says the massive growth in their popularity in recent years has come at the expense of some of the older, financially vulnerable people he assists.

Betty's story *(Not her real name)*

Betty lives in regional Victoria and is over 65 years old. She's still working and worried she won't have enough superannuation to retire comfortably. Last year she saw an ad for an investment opportunity on Facebook and made contact. The person she spoke with spent months grooming her while setting up a scam.

Over a few weeks, Betty transferred \$5000 a day out of her superannuation account to her bank account, then withdrew it in cash and fed it into a crypto ATM at her local petrol station. The money was then transferred to the scammer's crypto wallet before disappearing. In the end she lost around \$140,000 – her entire retirement savings.



WHAT'S HAPPENING IN BOWRA

Blokes Brekkie

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

Cuppa and Chat

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

Bowra Country Markets

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

St Jimmy's Kitchen

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

St Jimmy's Food Hub

Friday 9-11am
Must hold a current Centrelink card.
For more info call office on 6568-9029

Bowraville Folk Museum

High Street, Bowraville
Phone/Fax: 6564-8200

New Opening Times

Closed Monday and Tuesdays
OPEN

Wednesday to Sunday 10am -1pm

email: bowravillefolkmuseum@gmail.com

~ Groups by appointment ~

29/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

23/11

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

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

WOOD-FIRED PIZZA

Thurs, Fri and Sat 5.30 - 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 . . .

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RAFFLES - Wednesdays & Friday

MEMBERS' DRAW min \$1500

KITCHEN Wednesday to Saturday

 Lunch 12-2pm - Dinner 6-8pm

**HAPPY HOUR - All Schooners \$6.00
from 4pm to 6pm daily**

FREE POOL Everyday

23/11

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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

21/11

Are crypto ATMs scam machines?

“This woman had never used crypto before the scam; she was taught how to use the machines and given step-by-step instructions. She would go to the petrol station and then stand on the phone, and the scammer would walk her through the process, right there in the open, she was coached through it. One note at a time,” Von Arx says. Betty is far from alone.

AUSTRAC says around 150,000 transactions take place on crypto ATMs in Australia every year. The agency estimates one in ten transactions are linked to suspicious activity, including organised crime and scams.

AUSTRAC’s Cryptocurrency Taskforce says data from nine crypto ATM providers shows **most users are over the age of 50, while 60–70-year-olds alone account for 29% of all transactions by value.** These demographics, which are in stark contrast to the generally much younger demographics of cryptocurrency traders, suggest these machines may be being used by scam victims rather than crypto enthusiasts.

Steep fees and big players

Most of the crypto ATM companies operating in Australia are based in North America, where the market is more established. Four of the major companies operating locally are CoinFlip, Localcoin, BitRocket and Bitcoin Depot.

CoinFlip boasts 210 machines in New South Wales alone and another 145 in Victoria.

These companies partner with local business shopfronts who provide the space to host the ATMs in return for income. CoinFlip says businesses who host a kiosk can “increase foot traffic, generate monthly rental income, and earn revenue from transactions”.

The reason these machines may be shunned by some genuine crypto enthusiasts and traders is the extremely high fees they charge on transactions. Someone purchasing bitcoin through a Localcoin ATM can expect to pay an 18% service fee, plus an additional \$4 flat fee. Online crypto exchanges typically charge fees of around 1% to purchase bitcoin.

Time for reform

In 2025, AUSTRAC placed conditions on all crypto ATM operators, including a \$5000 transaction limit.

“Crypto is already untraceable, but getting the money into crypto is so much easier now. Some banks don’t allow funds to go to online crypto exchanges, and that’s now pushed scammers to these ATMs.”

AFP detective superintendent Marie Andersson says Australia should be moving in the direction of countries like New Zealand, who have banned crypto ATMs outright, and Singapore, where restrictions have made them commercially unviable.

“It’s something AUSTRAC and the regulators need to seriously consider,” Andersson says. When asked if banning crypto ATMs would make policing scams easier, she says, “the simple answer is yes”.



- www.choice.com.au/money/banking/everyday-banking/articles/are-crypto-atms-really-just-scam-machines

Bowraville Fire and Rescue

By Ned COWIE

Captained by 29 year- old, Joe Cheeseman, Bowraville's Fire and Rescue Station is one of the busiest in the state thanks to its role as a CFR (Community First Responder).

Bowraville is one of only thirteen NSW stations who participate in the CFR program which means that specially trained firefighters from the station can provide first aid until NSW Ambulance paramedics arrive in the case of a local accident or emergency. It is an especially important service in remote and rural areas where ambulances may take longer to arrive.

“We get call outs for all sorts of medical emergencies from heart pain to childbirths,” Joe explained.

There are eight staff employed at the station and each of them is given the option to receive training and be part of this program. For those who choose to join, they will receive nine days of medical training in their first three months and make an ongoing commitment to complete four hours of training monthly.

“Joining the CFR program has increased our call-outs by about 300 per year,” Joe explained. In total he estimates the station receives around 360 call-outs every year.

Firefighters at Fire and Rescue are all paid workers with a requirement to be available and on-call for a minimum of 24 hours per week.

“We have a wide-range of firefighters, from teachers and farmers to mechanics but we are always looking for more,” he added.



Station Captain Joe Cheeseman demonstrates the station's fire hose to children at last month's open day.



Children Jack and Elody get a ride in the Bowraville Fire truck

Last month the station held its yearly open day as part of a state-wide event to promote NSW Fire and Rescue.

Several local families took advantage of the time to meet their local firies and look over the emergency equipment. The station was open between 10 am and 2pm and offered demonstrations and tours as well as handed out helmets and activity books for children.

With winter approaching, the public are urged to supervise children and use caution when using fires or heaters this fire season.

MACKAY PARK - Entrance to Bowra

By Phillida HARTLEY

As you enter Bowraville from Nambucca Heads over Lanes Bridge, Mackay Park is on your right.

It is an open grassed area with some trees, a good-size picnic table, car parking and an up-in-the air toilet. The park is at the junction of South Arm Creek and the Nambucca River so it may flood after heavy rainfall and this toilet has had water rise to cover the floor... but has valiantly resisted destruction over many years.

In the 1900 plan of the Village of Bowra this area was a straight extension of Cook Street to the creek with a track cutting off a triangle to the north-east. By 1908 this track had crossed the river with a bridge and the road extended to Nambucca Heads and Missabotti – roughly where the current road is now.

This block became the property of Thelma Brown (1907-2001) who married Claude Laird and it was used as a cow paddock by the Laird family. Now in their seventies Thelma's grandchildren who lived up the hill on Cook Street (and most still do!) well remember having to milk the cow as well as restore fences and reseed the grass after floods. The block bordered a popular deep water swimming hole enjoyed by many of the Bowra youth.

In May 1970 Thelma Laird *gifted* the block to the Nambucca Shire Council as she no longer had a cow and was tired of paying the Council rates and maintaining it.

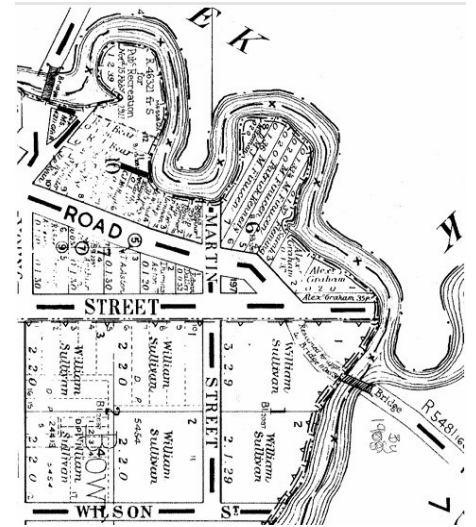
In 1988, to commemorate the occasion of the MacKay/McKay family arriving in Australia 150 years before, the park was named Mackay Park and a plaque erected near the entrance.

Council erected the public toilet essential to the use of the park for recreation and travel stops but in 2019 voted to demolish it. This motion was rescinded when over 200 locals signed a petition to save it. While remaining essentially the same, it could be much improved – in the meantime it is an intriguing feature at the entrance to the town.

In recent times a grant from fishing NSW has enabled stone stairs to provide easier access to the river near the bridge; water height and aeration have been improved by stone work at the bridge base and the park remains a popular swimming spot for the local youth - although the deep swimming hole under the rope swing remembered by so many was possibly destroyed by the removal of a huge tree trunk across South Arm Creek.

Other recent improvement include the formation of a car park with rock barriers, native tree planting and a large picnic table. Due to flood damage the Council told the Chamber of Commerce that they would not reinstall barbeque facilities but would create a play structure using some of the old Lanes Bridge timbers.

So what next for this entrance to our town - an avenue of native trees has been proposed, an artistic and appropriate revamp of the unique and essential toilet, more picnic and play structures... or even a rename to Bowra Park, Peoples Park or Gawbarrigam which means Meeting Place in Gumbaynggirr?



School Cattle Team wins Impressive Awards

2026 has been a particularly good year for the show team from Bowraville Central School who have participated in seven local shows so far this year. They have won numerous impressive awards at these shows, including Champion School out of a line-up of thirty entries at Nabiac Show.

Individual children have picked up a stack of awards as well, including Amy Edge, Year 9 (pictured), who won Herdswoman of the Show in Coffs Harbour last month.

The local agricultural show circuit culminated with Bellingen last month but the cattle work continues all year and at the time of writing this, the show team was preparing to participate in Casino Beef Week at the end of May.

For the past ten years, Bowraville Central School's Show team has been managed by teacher, Lori Wilson and as the program has grown in popularity, so has its calendar of events. This year the team will attend interstate shows for the first time including Brisbane's Ekka in August.

Together with Farm Assistant Sharon Atkins, Lori and the small team of 16 children from Year 4 (9 years) to Year 12 meet twice weekly for training at the school's farm in North Arm.

Currently the show team works with nine heifers. Of these, the school itself owns five Droughtmasters while the family of a student in the program has established a separate stud – Misty Valley Stud which supplies another four Murray Grey heifers. Every Monday and Thursday afternoon, the children work with these show animals, breaking them in by teaching them to walk on a halter for showing. The cows even learn to be washed and blow-dried.



Bellingen Show Back (L-R)- Lily Kennedy, Amarli Whit, and Lailana Heather. Front Thea Heather and Amy Edge



Amy Edge Year 9 at Bowraville Central School and her award for Herdswoman of the Show at the May Coffs Harbour Show.

Continued on Page 14

School Cattle Team wins Impressive Awards



*Bellingen Show - Champion School
(L-R) - Thea Heather,
Lily Kennedy,
Amy Edge,
Amarli Whit,
Lailana Heather*

*Wauchope Show
(L-R) - Tiah Whit,
Grace Macourt,
Sofia Graham,
Lily Kennedy,
Amy Edge,
Amarli Whit,
Bella Lindsay.*



*Bellingen Show -
Most enthusiastic Competitor
Grace Macourt*

Add a reminder to your calendar now and set it to alert you every months?

Fire Extinguishers: Keep accessible fire extinguishers in key areas like the kitchen, garage, and workshop. A dry chemical powder extinguisher (ABE type) is the best all-purpose option for home use, as it is effective against Class A (wood, paper), Class B (flammable liquids), and Class E (electrical) fires. If you have a fire extinguisher already, check its age. Dry chemical powder systems solidify over time, and will be of no use when you need them most.



You should have at least one fire extinguisher on each level of your home, but it would be wise to have an additional unit in both your kitchen and garage. Ensure all household members know how to operate them safely.

Fire Blankets: Store fire blankets in an accessible, dry location near potential fire sources like kitchens or garages. They are ideal for smothering small fires and are easy to use. Ensure you read the instructions carefully and that you and your family practice – without a fire hazard – to become familiar with how to use them.

Carbon Monoxide Detectors: Common sources of carbon monoxide include gas stoves, heaters or fireplaces, and water heaters. Carbon monoxide is an odourless, invisible gas, so place detectors to alert you to its presence.

Fire Escape Ladders: This may be something you haven't previously considered. In multi-story homes, fire escape ladders provide a safe evacuation route in case your primary exits are blocked on your home's ground level.

SAFETY FIRST

As winter has arrived, prioritising the safety of your home is essential. By implementing these safety checks and ensuring you have the appropriate fire safety equipment, you can significantly reduce the risk of fire-related incidents.

- www.faradaygroup.com.au/home-electrical-fire-safety/

Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing Machines & Dryers.

Tokens available at the Pub and IGA

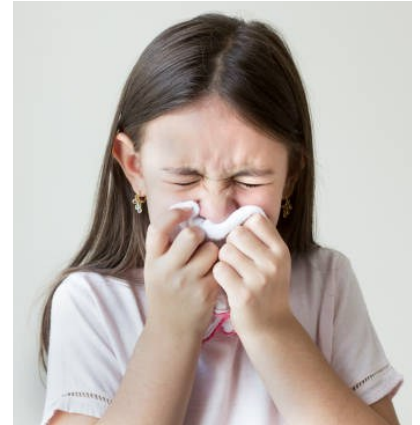
Commercial Washers and Dryers

Enquiries: ph 6564 7401

An illustration of a person in a blue shirt and dark pants using a washing machine. The person is leaning over the machine, which is open, and is putting clothes into it. There is a basket of clothes next to the machine. The background is filled with colorful bubbles in shades of blue, green, yellow, and red.

Treating Coughs and Colds this Winter

Winter is the time when coughs, colds and flu are most prevalent, and it can be especially worrying when the smallest members of the family are feeling under the weather. Children are often affected with winter coughs and colds and although symptoms usually only last a few days it is a trying time for parents who want to make them feel better.



There are some treatments that are suitable for younger children with coughs and colds but many over-the-counter medications are no longer recommended for children under six years. This includes antihistamines, cough suppressants and nasal decongestants. Care must be taken to never give more than the recommended dose. Remember, medicines won't cure the cough or cold but may help to make the child more comfortable until it passes.

The British Medical Journal (BMJ) offers some tips that may help parents to make symptoms a little milder for young children (particularly under six years) but always read the product label before administering.

- ◆ To lower a child's temperature, you can use paracetamol or ibuprofen - as long as you don't give more than the recommended dose. (You should never give aspirin to children under 16 years old.)
- ◆ For treating coughs, you can use honey and lemon mixed with some water. However, you should never give honey to babies under 1 year old, as they could develop a rare but serious illness called infant botulism.
- ◆ Nasal drops of saline (sterile salt water) can be used to help unblock a child's nose. These drops can be particularly helpful for babies who are having trouble feeding because of a blocked nose.
- ◆ You can also help relieve a child's blocked nose using vapour rubs and inhaled decongestants such as menthol, that can be put on children's clothing. These are not usually recommended for very young children, as they can be irritating.
- ◆ It's important to make sure your child drinks plenty of fluids while they are ill, so they don't become dehydrated. Warm drinks can help soothe the throat.
- ◆ Be very careful if you give more than one medicine to a child. If you use two medicines with the same active ingredient (such as paracetamol) your child could get too much.

Continued on Page 29

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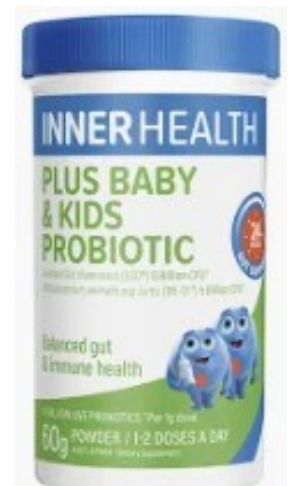


Helping your child through the flu

Most children can safely recover from the flu at home within a week. The best things you can do to help your child are:

- ensure they get plenty of rest
- encourage them to drink plenty of fluids
- give them paracetamol or ibuprofen for any pain or discomfort.

• ***Do not give aspirin to your child.***



As the flu is a virus, antibiotics cannot treat it. A doctor may only prescribe antibiotics if your child has another infection caused by bacteria, such as a chest or ear infection.

Sometimes, a doctor may prescribe antiviral medicines to children with chronic medical conditions or severe flu symptoms.

See a doctor or health professional if your child's condition does not improve.

BOWRAVILLE PHARMACY

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PHONE: 6564 7925 or FAX: 6564 7364

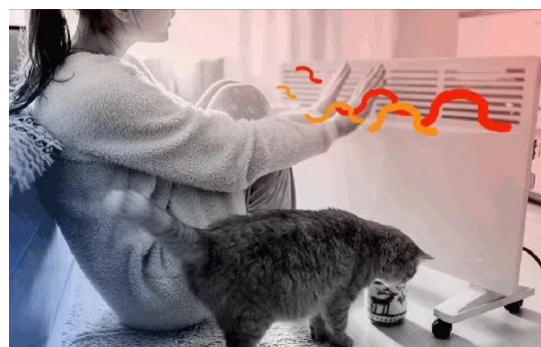
Monday to Friday 8.45am - 5.30pm Saturday 8.45am - 12 Noon



Winter health hazards at home

Keeping warm and safe during colder months of the year also means being alert to indoor health hazards. Winter items such as hot water bottles, electric blankets and heaters can cause burns and other injuries. Other winter risks come from faulty electrical products that can overheat, give you an electric shock or potentially cause a fire.

The simple tips below could help to keep you safe and healthy at home this winter.



Heaters

No matter what type of heater you have, check every winter that it is safe to use.

Also be sure not to leave portable heaters in places where people or pets could knock them over. Make sure that flammable items such as bedding or curtains are at least one metre away from your heater to prevent fires.

Gas heaters

Gas heaters produce heat when they burn gas fuel. A flued gas heater releases air pollutants and water vapour outside the home through a chimney or flue, while an unflued gas heater releases them directly into the home.

- If your gas heater doesn't have a flue, service it regularly and make sure the room is well-ventilated.
- Never use an unflued gas heater in a bedroom, bathroom or other small rooms with no permanent ventilation, because harmful toxic gases can build up inside.
- Your gas heater should be serviced every 2 years by a licensed gas fitter. Signs that something is wrong include difficulty lighting it, yellow flames, unusual smells, or noisy or inoperable fans.

Electric heaters

- Electric heaters should be checked for obvious damage such as rusted reflectors (especially on older heaters).
- The power cord should also be checked for any damage.
- An electrician or service technician should perform any repairs.

Portable outdoor gas heaters

Never use a gas heater designed or marketed for outdoor use inside your home.

Portable outdoor gas heaters can cause fires if incorrectly stored, not properly maintained or placed too close to overhead coverings (such as awnings) or other flammable materials.

Outdoor heaters need regular safety checks and should be serviced every 2 years. Warning signs that a heater is not working well include gas flames and radiant panels that burn yellow or produce soot.

If you detect a gas leak from your outdoor gas heater, turn it off at the cylinder and have it checked out by a professional.

Continued on Page 27



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WHAT'S FEATURING in JUNE at the

BOWRAVILLE THEATRE

www.bowravilletheatre.com.au

The Audreys - "Between Last Night & Us 20th Anniversary Tour" Friday, 5th June 2026

Doors open 7pm. Licensed bar and snack bar open.

The Audreys perform the songs that first defined their sound, alongside carefully selected highlights from across their catalogue.

General Admission Tickets \$40 - Kids under 14 Tickets \$25 booking fees included online TicketHost or at the door Tickets \$50 if available



Celtic Harp meets Jazz + Guest Artist - Claire Patti Saturday, 13th June 2026 and Sunday, 14th June 2026

Doors open 1pm - Show starts 2pm

The Bowraville Theatre singers proudly present "Harp Song", where the beautiful sound of the Celtic Harp meets Jazz. Led by multi-instrumentalist, composer and our Musical Director Paul Jarman and joined by acclaimed Harpist and vocalist Claire Patti from Melbourne, the singers will delight you with the rich choral sound they are renowned for.

Tickets \$30 - booking fees included online TicketHost or at the door if available

The Poems, Prayers and Promises of John Denver

Starring Darren Coggan

Sunday, 28th June 2026

Doors open 2pm - Show starts 3pm

Experience an unforgettable evening celebrating the music and spirit of John Denver as acclaimed Australian performer Darren Coggan brings his timeless songs to life. **Tickets \$50 - booking fees included online Try-Booking or at the door if available**



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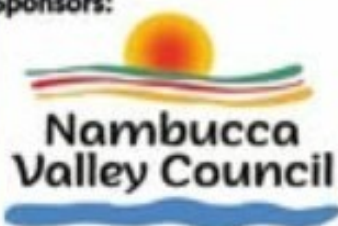


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A guide to winter wellness

With cooler weather, reduced daylight and seemingly endless colds and flu, winter can be challenging for both your physical and mental health.

We've come up with 6 great ways you can boost your wellness through the season.

Ease the winter blues

While cold weather and darker days can make the best of us feel gloomy, having this feeling for longer than usual may point to seasonal affective disorder (SAD), a condition that's most likely the result of a hormone imbalance caused by reduced daylight.

Although seasonal affective disorder is more common in countries with much less daylight in winter, it can still occur in Australia.

People with SAD may experience depression around the same time every year, usually during winter. Symptoms can include low mood and energy, changes in sleep habits, disinterest in normal activities and weight gain.

To ease the winter blues (including SAD), you can try relaxation techniques like meditation and mindful breathing. Getting outside in the sun is also beneficial, as is regular exercise, outside if possible. It's also important to maintain social connections with friends and loved ones during the chilly months.

If you experience SAD symptoms that last for more than 2 weeks, talk to your GP.

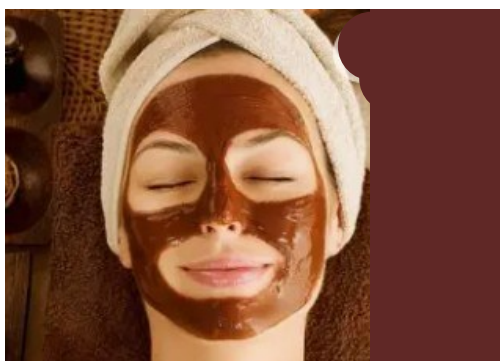
Improve your sleep

Getting enough good quality shut eye is a key way to stay well during the colder months.

Adequate sleep plays an important role in optimising your immune system so that your body can fight off infection.

According to one study, people who get less than 6 hours of sleep a night are around 4 times more likely to catch a cold than those who get more than 7 hours.

Most adults need between 7 to 9 hours of sleep a night, while younger people often need more. If you're having trouble nodding off, there are a range of techniques you can try out, from avoiding screen time to taking a warm bath.



Protect your skin

Cold weather and low humidity are a recipe for dry, broken skin. This can lead to cracked skin and, in some cases, inflammatory conditions like eczema.

To avoid this, keep your skin hydrated by regularly using a rich emollient or oil-based moisturiser. You should also continue to apply sunscreen in winter,

Continued on Page 23

Continued from page 22

especially if the UV index is above 3 or you're in a snowy alpine area.

Keep moving

Regular physical activity is great for all seasons, and it can help boost your mood when things become gloomy.

As well as giving you a nice dose of endorphins - regular exercise is proven to boost your immune system.

What's more, working out in winter may improve your endurance and even help you reduce belly fat, according to Harvard Medical School.

A run, walk or cycle is a great way to get moving outside. Or, if it's too cold,

you might try yoga, Pilates or a gym workout. Rather than forcing yourself to do exercises you don't like, though, find activities that you actually enjoy.

Eat right

With winter comes winter food cravings. But it's important to keep eating well throughout the season to give your body what it needs to function at its best.

Stay hydrated and consume a balanced diet that includes plenty of fresh vegetables, fruit, whole grains, fibre and lean proteins.

It can also help to prioritise foods with zinc, a really important (but sometimes overlooked) mineral for immune system functioning. You can find zinc in foods like meat, fish, whole grains, tofu, nuts and seeds.

Boost your vitamin D

Vitamin D is essential for bone and muscle health. It also plays other roles in the body, such as helping you maintain a robust immune system.

Research shows that vitamin D helps us ward off infections, including respiratory viruses which are so common in winter.

As sunshine is one of the best sources of vitamin D, eating more vitamin D-rich foods is a great way to make sure you're making up for it during the shorter days. These include mushrooms, fatty fish (like salmon and mackerel), fortified dairy products and eggs.

If you tend to retreat indoors more than usual in winter, ask your GP about testing your vitamin D levels.

- blua.bupa.com.au/healthy-mind/mental-wellbeing/Your-guide-to-winter-wellness



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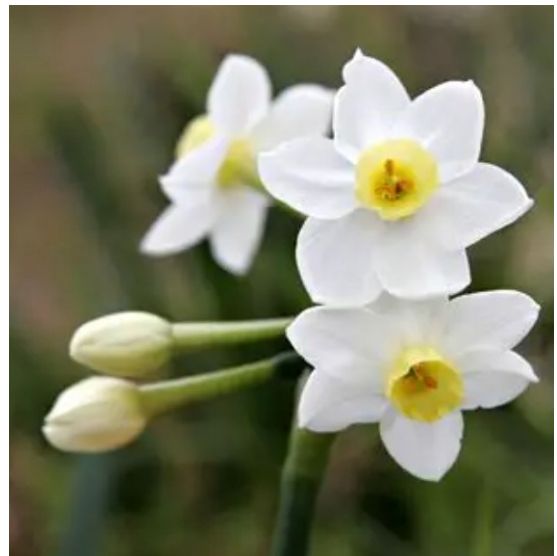


**51 CARBIN
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The Scents of Winter

Winter smells of cold — no fresh-mown grass, warm soil, ripening tomatoes or roses from next door. Even the mints and lemon verbena die back and, without warmth, other fragrant leaves don't release their scent. Following are some fragrant winter plants.

Daphne. It is waist-height and neat. Give it a well-drained spot on a slope, with dappled sunlight or even full sun if it's not near a hot wall (where the leaves may brown on a hot afternoon), and it will be happy. With the newer hardier varieties you have a choice between the old-fashioned pink and a glorious bright pure white.



Paperwhite jonquils. These are the least impressive of all jonquils (just plain white), but they also have the strongest scent. They are also the most heat-hardy of the jonquils, surviving heat waves if the bulbs are planted relatively deeply (say twice the size of the bulb). They bloom just after mid-winter well into spring.

Hyacinths. The leaves die back in summer but poke up again as soon as the nights are cold. They are probably at their best grown in pots, then brought inside when they begin to bloom. Enjoy the pink or blue blooms, let the scent float through the house, then take them outside again when the flowers die back.

Continued on page 28

Radio Nambucca 2NVR 105.9 fm and streaming



Hi Folks,

Our Community Radio Station, yours and mine, seeks to entertain and inform, to keep our community a cohesive one and give local people a voice on the airwaves. There are new presenters on air, creating shows to do all of this, plus all the long term shows.

If you are looking for free, live entertainment 2NVR has Studio 3 Live, hosted by Ceri Wrobel on the 3rd Friday of each month. Our next artists are 'Bluesville' on Friday 19th June from 6pm to 8pm at our Studios, 834 Rodeo Drive, Tewinga. Everyone is welcome.

For daily music and info see our Program on the back of this newsletter or on our website; 2nvr.org.au

Introducing a few new Presenters to you now:

- Elle's Music Show on Mondays.
- Amutha's Healing Frequencies on Tuesdays.
- Jenny's Music to Snuggle Up With on Thursdays.
- Craig's On the Flipside on Tuesdays.

I invite you to tune in and listen to their music, their ideas and also to find out about local events and local suppliers.

Sending my prayers for rain to go south west, where they need it, unlike us!

All good wishes to you,
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The Rottweiler

By Ruth Rendell

The Rottweiler is a chilling tale of a psychopath and the daily lives of those living in his murderous shadow.

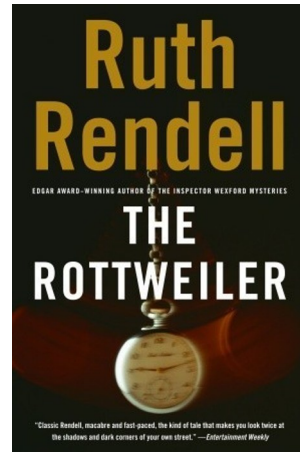
Expertly brought to life by multi-million copy and SUNDAY TIMES bestselling author Ruth

Rendell, this is perfect for fans of PD James, Ann Cleeves and Donna Leon.

The first murder victim had a bite mark on her neck. When the tabloids got hold of the story, they immediately called the deranged killer 'The Rottweiler', and the name stuck.

The latest body was discovered very near Inez Ferry's antique shop in Marylebone. Someone spotted a shadowy figure running away past the station, but couldn't say for sure if it was a man or a woman. There were only two other clues. The murderer seemed to have a preference for strangling his victims and then removing something personal - like a cigarette lighter or a necklace. Trinkets very similar to those mysteriously appearing in Inez's shop. . .

Since her actor husband died, too early into their marriage, Inez supplemented her modest income by taking in tenants above the shop. As her collection of antique trinkets grows, so does Inez's fear that she is harbouring a psychopathic murderer...



- books.google.com.au

The Lewis Man

By Peter May

In *The Lewis Man*, the second book of the trilogy, Fin Macleod has returned to the Isle of Lewis, the storm-tossed, wind-scoured outer Hebridean island where he was born and raised. Having left behind his adult life in

Edinburgh - including his wife and his career in the police force - the former Detective Inspector is intent on repairing past relationships and restoring his parents' derelict cottage.

His plans are interrupted when an unidentified corpse is recovered from a Lewis peat bog. The only clue to its identity is a DNA match to a local farmer, the now-senile Tormod Macdonald - the father of Fin's childhood sweetheart, Marsaili - a man who has claimed throughout his life to be an only child, practically an orphan. Reluctantly drawn into the investigation, Fin uncovers deep family secrets even as he draws closer to the killer who wishes to keep them hidden.

The Lewis Man has the lyrical verve of Ian Rankin and the gutsy risk-taking of Benjamin Black. As fascinating and forbidding as the Hebridean landscape, the book throbs with past and present passions, jealousies, suspicions and regrets; the emotional secrets of the bleak island are even deeper than its peat bog."-

- www.bookbrowse.com



BOOK NOOK NOTICE

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

Electric blankets

Check your electric blanket is in good condition and hasn't been recalled by checking the Recalls Australia website. Faulty electric blankets can overheat, cause electric shock, spark and potentially cause a fire.

Always roll up your blanket to store, as folding it can damage the wires inside. When using it after storage, lay it flat on the bed and check for hot spots as it heats up.

Hot water bottles

Use warm, but not boiling water to fill your hot water bottle and examine it for leaks before you use it. Replace it as soon as it starts to look cracked or worn — or every 2 years. Remember that the rubber can perish from the inside so you may not be able to see if it's worn out.

Hot water bottles can cause burns if you place them directly on your skin, so make sure they are wrapped in a towel or fabric cover.

Heat packs

Heat packs are fabric bags filled with wheat or other grain, heated in a microwave and used to warm parts of your body. Use caution, as they can cause burns or fires related to:

- being heated and placed on or in bedding
- being heated in the microwave for longer than the manufacturer's specified time
- reheating them before they have cooled properly
- being old, causing the filling to become dried out and combustible

First aid for burns

Burns can be caused by heat, cold, electricity, chemicals, gases, friction and radiation (including sunlight). The aim of first aid for burns is to stop the burning process, cool the burn (for pain relief) and cover the burn.

Immediate first aid steps

- Cool the burn with running water for at least 20 minutes.
- Remove tight clothing and objects such as rings, watches or jewellery if they are not stuck to the skin.
- Cover the burnt area with a light, loose, nonstick dressing. Use clean, dry, non-fluffy material such as plastic cling film.
- If possible, elevate the burnt limb to minimise swelling.
- Keep the person covered to prevent them from getting cold.
- Call for help.

Call triple zero (000) and ask for an ambulance or go straight to your nearest emergency department if:

- the burn is deep, even if the person doesn't complain of pain
- the burn is bigger than a 20 cent piece
- the burn affects the airway, face, hands or genitals
- there are patches of brown, black, white or the skin looks leathery
- the burn was caused by chemicals or electricity
- the patient is having trouble breathing

- www.healthdirect.gov.au/winter-health-hazards-at-home



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Annette Heather

Women's Health Nurse

Phone (02) 6569-3538

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N/C

BowraGARDENING

The Scents of Winter

Continued from page 24

Camellias. Most camellias don't have a scent, so you will need to hunt for the varieties that do (they'll have a reference to scent in their name). Sasanqua camellias like "High Fragrance" will grow even in subtropical areas. The hotter the climate, the more sun they need.

Rosemary. Rosemary is a tough herb. Place a branch in the oven when cooking, the scent is enough to flavour the food and the whole house will be perfumed.

Rosemary tolerates all but the coldest positions and even salty winds from the sea, but does need deep, well-drained soil. If rosemary leaves start to fall or turn brown, the bush is probably getting too much water. But given the right spot, it lasts for decades and needs little feeding, or even none once it's been growing for a couple of years.

Winter savoury. This looks like thyme but is tougher and more fragrant in winter than summer. Plant it as you would thyme, in full sun. Like thyme, winter savoury should be pruned back every few years (unless you harvest it regularly) to stop it dying back and to encourage new growth. The other option is to cover most of the stems with a compost mulch in spring, leaving only the leafy bits showing, so the stems put out new roots.

Bay trees. Add bay tree branches to the flowers in vases in winter to freshen up the house. Their main problem is that they grow big. Luckily, they grow perfectly in pots — bay trees either side of the front door are supposed to help protect the inhabitants, though according to legend they will never be the same height until there is world peace.

Australian Natives

Add winter-blooming grevilleas and a few protea bushes for even more colour, and your garden and house will be as colourful as summer, and just as fragrant.

- Jackie Frech, wellbeing.com.au

Treating Coughs and Colds this Winter

For adults, the list of over-the-counter medications is longer. Painkillers such as ibuprofen, paracetamol and aspirin may help. Some people may find relief from a blocked nose with nasal decongestants, however, for others, these medications need to be avoided. Ask your doctor or pharmacist if they're suitable for you. Some cold and flu medications contain antihistamines (medications used to treat allergies) and could be helpful with sneezing and a runny nose, but they may also cause drowsiness.



Cough medicines come in two main varieties, those which are meant to stop you coughing, and those that aim to help you cough up mucus. While many swear by them, there isn't much good evidence about how well they work.



The aim of these treatments is to make you feel better while you recover from your cold. You may want to rest more, keep warm, and drink plenty of fluids. Hot drinks can be comforting. People often try breathing in steam to clear a blocked nose. A warm shower or bath may help too. Some people take extra vitamin C when they have a cold and there is some evidence that it might help your cold clear up a little faster, or that your symptoms might be milder.

Most colds clear up within 7-10 days but if you find you're no better after a week or so, or if you're worried about an old or young person with a cold, talk to a doctor or a pharmacist.

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For more info call 6568-9029

ST. JAMES CHURCH HALL

Dianne Coombes performs at 2NVR

Popular local country music singer, Dianne Coombes performed live for around 40 people at 2NVR on Friday, 15 May, playing songs from her album 'Ripples' which was released last year.

One especially successful single from this album 'Small Town with a Big Heart' is a song which Coombes co-wrote with Angus Gill, about Macksville, her hometown. The song reached number one on the Australian Country Charts, spending many weeks in the top 30 songs. The singer/songwriter explained it was inspired by the strong sense of community possessed by regional towns like Macksville, and the longing she feels to return whenever she leaves.



It was a deeply personal and reflective evening for the star as she explained the significance and motivation behind songs like 'The Backsteps', which are representative of the place in her home where she likes to sit and think at the end of each day and 'The Jacaranda Tree' a tree which has held special importance for her throughout her life.

Next month, the free Studio3 live event at 2NVR Studios in Tewinga will feature local band Bluesville on 19 June. All are invited to attend.



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 Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2026		Studio 3 Live — 6-8PM 3rd Friday each Month						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Cinemascope + All the Best + Overdrive + Wellbeing	Continental Drift With Gary Havillay	Aussie Grown Across the Nation Aussie Christian grassroots to charts.	Tones of Clairessense Claire Watt	The Fourth Estate The Documentary	Rise N Shine Ron Hawkins	Sunday Morning Soul Sound	6 AM
7 AM	Urban Meltdown With Brett Costello	Real World Gardener The Assignment	New Australian Sounds With Phill Veness	Healing Frequencies With Amutha Kan	Life in the Valley Beverly Gibbs	Random ravings in a musical mix with: Heavens Above: 6.30 Saltwater People: 7.30 It's Only Words: 8.30	With Clairessense	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe	From Then To Now With Paul Burns	Smoko with Gazza With Gary Biden	Turning Pages Elizabeth Newman	Talk Of The Town Ceri Wrobel	Local News of the Area Beverly, Linda, Phill, & Celeste	Scoob's Smorgasbord With Scoobs	8 AM
9 AM	Great Rock 'n' Roll	Dirt Music With Stuart Coupe	Mystical Music & Musings	Hit Singles From Your Past With Macca	Fine Music Live Aus Fine Music Network	Maidensong With Dianna Galbraith	That's A Wrap Donna, Nigel, Gary & Les	9 AM
10 AM	Baby Boomers Donna Collins	Infopinion With Richard & Eddie	Hot, Sweet & Jazzy With Ross Williamson	Sista Selecta's Roots n Reggae	Global Village With Habib Massad	Noisy Neighbours Trenck de Groot	Local sports calls and in-depth sporting analysis	10 AM
11 AM	Flashback With Rob Davidson	Mixed Grill With Macca	A Breath of Fresh Air With Sandy Kaye	Thursdays Country Trickwic	The Local Source All Aussie Music	Garage Noise With Sean Ambrose	AND THAT'S A WRAP	11 AM
Noon	Top of the Pops With Kim Robson (BBC)	Rock On With Jimmy & the Bluebirds	DJ Casey DJ Casey's selected music	Music to Snuggle Up With Jenny Adams	Robertson's Rollercoaster With Tom	Let the Bands Play With Gordon Mckenzie	The Chill With Corey Barnett	Noon
1 PM	The Wire Weekly + Aussie Music is BG	Sister Act Olivia & Sam	The Sixties in Australia Rob Davidson	Top of the line music that you will love	MHS Radio From Macksville High	Music with a Message Geoff Stone	Praise, Prayer & Pop With Michelle	1 PM
2 PM	Elle's Music Show With Elle	Aussie Music Weekly With Noddy	The Curious World of Lisa Z	Tim Unsupervised Tim Hood	33 Blues With Lizzie	Saturday Date With Stu	The AntisF Radio Show With Nuke	2 PM
3 PM	Elle's carefully selected music, especially for you	Aussie Trove With Brett Adie	45 RPM From the Pulse	Late night humour, music, interviews and more...	Tune in and join Lizzie for a Blues extravaganza.	Don't forget to keep your date!	Imagine This Radio drama & stories	3 PM
4 PM	Tikki Lounge Remix With Seth Jordan	On the Flipside With CJ	Popular music from the sixties, seventies and eighties	Local News of the Area Beverly, Linda, Phill & Celeste	Meet Me @ The Movies Narrative about Narratives	Wolfy Wolfy's music & requests	Prog Rock Playlist Rhino	4 PM
5 PM	Creative world music, indigenous sounds, jazz and more	CJ flips vinyl records, CDs and ideas!	Ant's Rock Anthony Gamsley	Ant's Rock Overnight	Fish's Favourites With Dave P	2NVR Music Mix	The best of Progressive Rock	5 PM
6 PM	Music Makers With Yen	Space Nuts + Lost in Science, + Zed Games, + Diffusion	Solid Rock Aussie Focus	Ant's Rock Overnight	Tunes I like to hear...	2NVR Music Mix	2NVR overnight Music Mix	6 PM
7 PM	Mixed music with featured artists	Local News of the Area Beverly, Linda, Phill & Celeste	Ant's Rock Overnight	Local News of the Area Beverly, Linda, Phill & Celeste	Dark Side of the Moon My Generation	2NVR Music Mix	The best of Progressive Rock	7 PM
8 PM	2NVR overnight Music Mix	2NVR overnight Music Mix	Ant's Rock Overnight	Local News of the Area Beverly, Linda, Phill & Celeste	The Gary Jackson Show & Sounds of the Seventies	2NVR Music Mix	2NVR overnight Music Mix	8 PM
9 PM	2NVR overnight Music Mix	2NVR overnight Music Mix	Ant's Rock Overnight	Local News of the Area Beverly, Linda, Phill & Celeste	Overnight entertainment plus +	2NVR Music Mix	2NVR overnight Music Mix	9 PM
10 PM	2NVR overnight Music Mix	2NVR overnight Music Mix	Ant's Rock Overnight	Local News of the Area Beverly, Linda, Phill & Celeste	Overnight entertainment plus +	2NVR Music Mix	2NVR overnight Music Mix	10 PM
11 PM	2NVR overnight Music Mix	2NVR overnight Music Mix	Ant's Rock Overnight	Local News of the Area Beverly, Linda, Phill & Celeste	Overnight entertainment plus +	2NVR Music Mix	2NVR overnight Music Mix	11 PM
Midnight	2NVR overnight Music Mix	2NVR overnight Music Mix	Ant's Rock Overnight	Local News of the Area Beverly, Linda, Phill & Celeste	Overnight entertainment plus +	2NVR Music Mix	2NVR overnight Music Mix	Midnight

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