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 2023 ~ ISSUE #218 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

Bowra does us proud at Tidy Town Awards

Bring your community group's project ideas into Robynne at the Bowraville Technology Centre. The more projects — the more chance of success!

All past and current Bowraville Community News are available online at www.bowravlle.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.

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Hire of data projector + Portable screen - $10 day
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Computer repairs - $25 minimum
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We now take credit card payments!

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Bowraville Technology Centre
39 High St, Bowraville Ph. 02 6564 7420
Open 9.30 to 4pm Weekdays
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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 2023 ISSUE IS: 4:00PM TUESDAY, 20th JUNE 2023

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

BOWRAVILLE TECHNOLOGY CENTRE
39 High Street, Bowraville NSW 2449
Telephone: 6564 7420
e-mail: admin@bctc.com.au

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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.

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.

centrelink

medicare

Australian Government
Services Australia

Does your computer need servicing?

Is it going slow?

Do you suspect a virus?

Or it just won't work the way you want it to?

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27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm
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TECHNO LESSONS
OPEN TO EVERYONE

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

Absolute beginners are most welcome!

Free Techno Lessons
Bookings essential

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

For technical issues contact BTC for a booking.

You can ring the Bowraville Technology Centre on

6564-7420

Winter is a time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: It is the time for home.

- Edith Sitwell

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

TidyTown Awards

Congratulation Bowraville on a mighty effort

Bowraville has done it again with four awards in our population category at the Tidy Town Award Celebration in Singleton. It shows what a great community we are part of, with many hours of volunteering from local groups and individuals to make our town more sustainable and environmentally friendly and a place you would want to live.

Landcare, under the capable hands of Logan Zinger, took out the Waterways and Marine Protection award for all the hard work on restoring the banks of the Nambucca River and planting hundreds of trees for stabilisation.

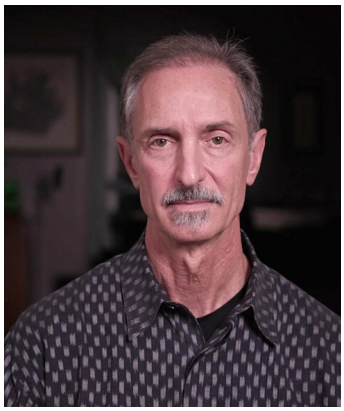
The Resource, Recovery and Waste Minimisation Award went to the Nambucca Rangers based in Bowraville, working under the guidance of Patricia Walker and the Miimi Mums. They collect the blue bins from the waterways and process them into a usable recycled product in their specifically designed manufacturing unit. The group is also looking for markets for other types of plastics not used in mainstream recycling, thus reducing waste.

The Bowraville Lions and the youth from Shoretrack were involved in the restoration of the Town Clock and the heritage Dray, and this received a Highly Commended Award for their efforts.

The whole town entry received a Finalist Award with Scone coming in first place. So close to being Tidy Town of the Year; we will have to try harder this year. The Chamber of Commerce will be looking at all the projects currently happening in Bowra and surrounds so we can enter again in July.

The celebrations in 2022 were cancelled due to floods in the Singleton area last year. In October 2023, the Tidy Town Awards will be held in Scone as they were the worthy winners, so start working on those new submissions.

Siri co-founder Tom Gruber helped bring AI into the mainstream. Here's why he's worried about how fast AI is growing



Tom Gruber speaks in a soft and deep American drawl. Passionate and methodical, he reflects on the moment he and two colleagues created Siri – Apple's virtual assistant – the high point of his 40-year career in Silicon Valley's pursuit of artificial intelligence.

"Around 2007-2008, we had everything in place to bring real artificial intelligence into everyone's hand, and that was thrilling.

"Siri was very playful. And that was by design," he declares with a wide grin and a laugh almost like a proud dad.

"Now it's used roughly a billion times a day. That's a lot of use. It's on 2 billion devices. It is absolutely woven into everyday life."

Siri co-inventor Tom Gruber is a strong believer in humanistic AI — making intelligent machines that serve humans rather than corporations.

But what Mr Gruber and long-time colleagues working on artificial intelligence (AI) have seen in the past 18 months has scared them. "There's something different this time," he says.

"And that something different is that the amount of capabilities that were just uncovered in the last year or two that has surprised the people who were building them, and surpassed all of our expectations at the pace to which these things were uncovered."

'A human trial without consent'

ChatGPT – produced by the Microsoft-funded OpenAI company – is the most well-known of all the new "generative" AI chatbots that have been released.

Trained on the knowledge of the internet and then released to be tested on the public, this new AI has spread at a record pace.

In Australia, it is already causing disruption. Schools and unis have both embraced and banned it. Workplaces are using it for shortcuts and efficiencies, raising questions about whether it will abolish some jobs.

Microsoft said recently that "real-world experience and feedback is critical and can't be fully replicated in a lab".

But Mr Gruber, and thousands of AI industry scientists, coders and researchers, want testing on the public to stop until a framework is put in place to — in his words — "keep this technology safe and on the side of humans".

"What they're doing by releasing it [to the world] is they're getting data from humans about the kind of stuff that normal humans would do when they get their hands on such a model. And they're like, learning by trial and error," Mr Gruber says.

Continued on Page 18

WHAT'S HAPPENING IN BOWRA

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

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

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

St Jimmy's Kitchen
3rd Thursday of Month
6pm at St James Church Hall

St Jimmy's Food Hub
Monday, Friday & Saturday
9am until 11am
Must hold a Centrelink card.

BOWRA HOTEL
OPEN 10AM - MIDNIGHT

BISTRO

WOOD-FIRED PIZZA Wed - Sun
LUNCH 11:30am-2:00pm Tues - Sun
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MEMBERS' DRAW min $1500
KITCHEN Wednesday to Saturday
Lunch 12-2pm - *Dinner 6-8pm*

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

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~ Groups by appointment ~
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NARELLE HARPER 0435 054 625
www.nambuccariverrealty.com.au
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What's on in JUNE 2023

BOWRAVILLE THEATRE

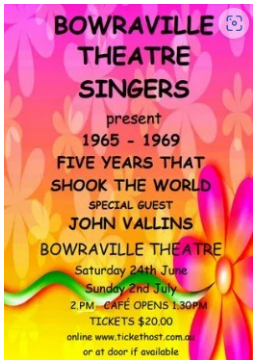
Tim Freedman and Ollie Thorpe / Black Stump Duo

Thursday, 8th June 2023 @ 7:30pm

Tim Freedman strips back his Whitlams repertoire and delivers classics like "No Aphrodisiac" and "You Sound Like Louis Burdett" from the piano, with help from acclaimed pedal steel and guitarist Ollie Thorpe, in what they call The Black Stump Duo.
Tickets online $55 includes bkg fee @ trybooking
Doors open 7pm - Show starts 7:30pm

Open Day - Volunteer Drive

11 June 2023 @ 3pm - *more information on page 27*



Bowraville Theatre Singers Concert

24th June 2023 @ 2pm and 2nd July 2023 @ 2pm

"THE FIVE YEARS THAT SHOOK THE WORLD – 1965 – 69"
A trip back in time through the music of 1965-1969 - Five Years that Shook the World- with special guest John Vallins.
Tickets online $20 +bkg fee @ tickethost Doors open 1:30pm - Show starts 2pm

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Wheelchair access available - please email Bowraville Theatre to secure your space
Cafe will be open - EFTPOS available

Bowraville Theatre - 74 High Street, Bowraville

For more details of the above events go to www.bowravilletheatre.com.au
Email: bowravilletheatre@bigpond.com Tel: 02 6564 7808

N/C

BOWRAVILLE COMMUNITY DEVELOPMENT ASSOCIATION INCORPORATED (BCDAI)
Pioneer Community Centre

70 High Street – in the heart of Bowraville

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

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

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

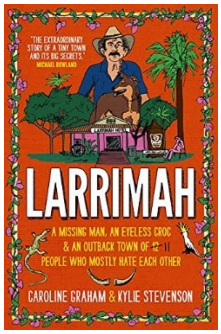
Volunteers wanted. Do you have skills to share?

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

BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Larrimah

By Caroline Graham and Kylie Stevenson



A dying town, a missing man. One of Australia's greatest mysteries - two whodunnits, twisted together.

Larrimah: hot, barren, a speck of dust in the centre of the nothingness of outback Australia. Where you might find a death adder in the bar and a spider or ten in the toaster. A town where there's nothing to see, nothing to buy and the closest thing to an attraction is a weird Pink Panther in a gyrocopter whose head falls off intermittently. A town steeped in ancient superstition and pockmarked with sinkholes. It's Kadaitja country. People go missing in the bush there, the traditional owners say.

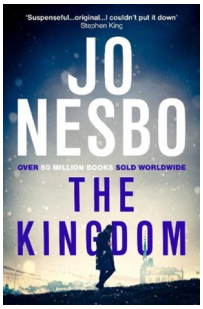
It's doubly stupid to write a love letter to a town where someone did go missing and one of the remaining residents might be a murderer. A town at the centre of one of the biggest mysteries outback Australia has ever seen - a weird, swirling whodunnit about camel pies and wild donkeys and drug deals and crocodiles, a case that's had police scratching their heads for years, while journalists and filmmakers and Hollywood turn up, from time to time, to ask what the hell happened here.

Whatever happened in Larrimah, it's strange and precious and surprisingly funny. Journalists Kylie Stevenson and Caroline Graham have spent years trying to pin it down - what happened to Paddy Moriarty and his dog, how they disappeared, how they might take the whole town and something even bigger with them.

- www.amazon.com.au

The Kingdom

By Jo Nesbø



Roy and Carl have spent their whole lives running from the darkness in their past, but when Carl finally returns to make peace with it, the two brothers are inexorably drawn into a reckoning with their own demons.

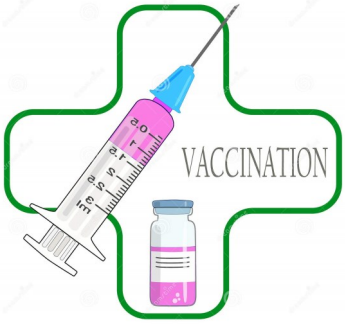
Roy has never left the quiet mountain town he grew up in, unlike his little brother Carl who couldn't wait to get out and escape his troubled past. Just like everyone else in town, Roy believed Carl was gone for good. But Carl has big plans for his hometown. And when he returns with a mysterious new wife and a business opportunity that seems too good to be true, simmering tensions begin to surface and unexplained deaths in the town's past come under new scrutiny. Soon powerful players set their sights on taking the brothers down by exposing their role in the town's sordid history.

But Roy and Carl are survivors, and no strangers to violence. Roy has always protected his younger brother. As the body count rises, though, Roy's loyalty to family is tested. And then Roy finds himself inextricably drawn to Carl's wife, Shannon, an attraction that will have devastating consequences. Roy's world is coming apart and soon there will be no turning back. - www.goodreads.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. Thank you.

Fighting the FLU starts with YOU



Who should receive the influenza vaccine?

Everyone six months and older is recommended to get an influenza (flu) vaccine each year. The flu vaccine not only protects you, but it also can help protect those around you.

About the influenza vaccine

Influenza vaccines are given each year to protect against the most common strains of the virus.

The strains can change from year to year so the vaccines may be updated from one season to the next, so it's important to get vaccinated every year.

The vaccine used will depend on your age. Your vaccination provider can tell you which vaccine they will use for you or your child's immunisation.

All National Immunisation Program funded vaccines available for use are quadrivalent (four strains — two influenza A and two influenza B and are latex free.

Influenza vaccination is especially important for some

The flu vaccine is strongly recommended and free under the National Immunisation Program for people most at risk of complications from influenza, including:

· People 65 years and over
· Pregnant women (at any stage during pregnancy)
· Aboriginal and Torres Strait Islander people aged 6 months and over
· Children 6 months to less than 5 years
· People 6 months and over with certain medical conditions

Some states and territories may offer free vaccines for other groups. Talk to your vaccination provider or visit your state or territory health department website to find out.

If you are not eligible for a free vaccine, you can buy the vaccine. Talk to local vaccination providers to find out how much it will cost.

Influenza vaccine safety

The influenza vaccine has been around for many decades and has a great safety record. Common side effects from the influenza vaccine include mild pain, redness or swelling where the vaccine is given. These side effects usually last for a few days and go away without any treatment.

While some effects may seem like influenza, none of the influenza vaccines available in Australia contain live influenza viruses, so they cannot cause influenza.

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

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

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

For the home garden or big acre farming . . .

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1/11

Brewing Compost Teas

Liquid fertiliser in the form of a 'tea' may give plants, especially vegetables and fruit trees a quicker boost than applying manure, worm castings or compost which release their nutrients more slowly.

Extracts and teas

The simplest, but not the best method of making a liquid fertiliser from your garden material is to make an extract. This is made by covering compost, worm castings or manure with water for a few hours or days. Nutrients and minerals from the solid materials dissolve in the water and micro-organisms present on the solids can enter the liquid. This can then be used by either applying directly to the soil or, when diluted to the colour of weak tea, as a foliar spray. However, these extracts are inferior to teas which have been brewed.

Why bother brewing a tea?

If properly brewed teas provide more than minerals and other nutrients. They are also very rich in micro-organisms, a mixture of bacteria, fungi, protozoa and nematodes which can fight disease- causing organisms in the soil and on foliage and can convert soil nutrients into forms that can be taken up by plants. Brewed teas take longer to make than extracts and may involve more effort. For many gardeners and organic farmers making compost tea is both a science and an art.

Making Brewed Compost Tea

Put mature compost into a bucket or plastic rubbish bin and add the compost straight in or into a bag made of shade cloth or a material with small

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Unpacking the Voice to Parliament

Although there is a lot of talk about it, it's hard to decipher what the Voice is and what it's aiming to achieve.

The arguments are incredibly intertwine with conversations around colonisation, land rights, deaths in custody and housing. It is incorrect to assume that all Indigenous peoples will automatically be in support of the Voice. There are several incredibly valid arguments being raised in both opposition to and in support of the Voice.

As always, it is important to remember to listen to First Nations Peoples and what they say about the Voice.

What is the Voice to Parliament?

The government has announced the proposed question that Australians will be asked in the referendum as well as the draft constitutional amendment that will enshrine the Voice to Parliament.

Albanese said the Referendum Working Group has settled on the following question:
"A Proposed Law: to alter the Constitution to recognise the First Peoples of Australia by establishing an Aboriginal and Torres Strait Islander Voice. Do you approve this proposed alteration?"

The alteration will also include the amendment of the constitution to include a new chapter titled, 'Recognition of Aboriginal and Torres Strait Islander Peoples'.

So, what does this wording mean?

It means the Voice would advise the Australian Parliament and government on issues that relate to, and affect, the social, spiritual and economic wellbeing of Aboriginal and Torres Strait Islander peoples.

The Indigenous Voice to Parliament would also be consulted by the government on matters that overwhelmingly affect First Nations Peoples like land rights, native title, employment, housing, social programs, the NDIS or environmental protections.

It's also important to note that although the Voice would be able to table formal advice in parliament with a committee considering said advice, all elements are non-justiciable. That means that this consultation cannot invalidate any law or have a court challenge.

The government are still consulting with advisory committees and First Nations peoples about what the final design will look like.

What the Voice to Parliament is not

The Voice will not have the ability to veto the decision of the parliament or open the government up to challenge in the High Court.

The Voice to Parliament will also not act as an organisation that delivers services or manages funding but simply act as an advisory body to the Australian parliament.

What and when is the referendum?

When the government proposes changes to the Consitution, there must be a referendum so that all Australians can vote on whether they want the changes implemented or not.

Prime Minister Anthony Albanese said that the yes or no question should be 'simple and clear,' regarding whether the Indigenous Voice to Parliament should be enshrined in the Australian Constitution.

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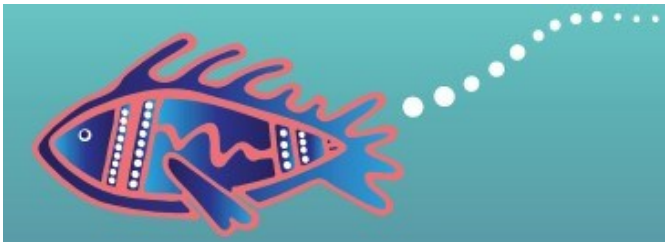
Saltwater Freshwater Festival 2023

Westport Park, Port Macquarie
Saturday 3rd June 2023

Giinagay, Yawayi, Wiyabu & Welcome



The annual **Saltwater Freshwater Festival** is a unique and much-loved event attracting a broad spectrum of the Mid North Coast community.

10am Welcome Ceremony with Welcome to Country by Uncle Bill O'Brien, Smoking Ceremony and Welcome Dance by Birpai Dancers

Performers: Loren Ryan, Kutcha Edwards, Tasman Keith and Mo'Ju.

Workshops:
Weaving, Canoe Making

Kid's Area

Yarn Tent, Dance Circle, Market and Food Stalls

Gold Coin Donation Entry
Saltwater Freshwater Festival is a smoke, drug and alcohol free event.

~ GARDENS & GARDENING ~

Brewing Compost Teas

Continued from page 12

holes like net curtains, stockings or panty hose. Cover the compost with water. It is preferable to use rainwater. You will need to add something to start the brewing process by providing easy access nutrients for microbial growth. The best additions are molasses or brown sugar.

There are two ways to brew compost tea - aerobic or anaerobic. Following is the easier way - anaerobic.

Anaerobic

The anaerobic method does not involve aerating and favours micro-organisms which do not require oxygen. Cover the container firmly and wait for about 3 weeks. It requires longer and tends to be smellier but produces a very useful product. Some say after the anaerobic microbes have finished aerobic ones will take over again.

Worm tea

For worm tea the castings from a worm farm can replace compost in the tea described above.

Weed tea

The best weed tea is made from plants with deep roots like comfrey, dandelion and nettle since they have incorporated minerals that have been leached from topsoil. Follow the method described for compost tea weighing the weeds down because they may float.

Manure tea

Animal manure can be used to make a tea by the same methods as for compost tea. However, there is a high risk of producing a brew which contains

Continued on Page 16

Ainslie Ashton
with Nambucca Valley Landcare's
Waterways and Marine Protection Award

The Bowraville Connections - Stage 3 project involved stream bed and riverbank protection, the introduction of control structures and the use of woody debris to help reduce erosion.

Weed control along the bank removed woody weeds clearing space for riparian plantings.

Many rainforest trees were planted on the riverbank as part of this project thanks to the help of over 70 local volunteers including many of the local school community.

BOWRAVILLE PHARMACY

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SUPPORTING OUR COMMUNITY

President:
Greg Lamberth

Secretary:
Mark Scott

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WHAT'S HAPPENING IN BOWRA

Service NSW Mobile Service Centre will be in Bowraville on June 29th 2023

Located near the Bowra Pharmacy from 10am-3pm

Services

Our Mobile Service Centres offer similar services to our physical sites including:

- Driver licence, photo card applications and renewals
- Driver Knowledge Tests
- Working With Children Check applications
- Hazard Perception Tests
- Applying for birth, death and marriage certificates
- Savings Finder program to access more than 70 government rebates and vouchers

Disaster-affected communities

We can help you replace lost or damaged documents (such as birth or marriage certificates, driver licences, photo cards, and Fair Trading licences and permits) free of charge.

We can also help you access a range of government support services and initiatives.

If you need emergency assistance such as food, water or shelter, contact the Disaster Welfare Assistance Line on 1800 018 444.

Plan ahead

Prepare your documents.

Remember to have all your paperwork and supporting documents with you.

NSW GOVERNMENT

Service NSW

~ GARDENS & GARDENING ~

Brewing Compost Teas

Continued from page14

organisms which can be harmful to both plants and humans especially if it is anaerobic.

An extract, is a quick way of making a nutrient-rich solution but it will not have the same benefits as a micro-organism-rich aerobic compost tea.

Using brewed compost tea

Remove the bag containing the solids and let it drain into the container. If you haven't used a bag, pour the liquid through shade cloth or fine material laid in a soil sieve. It would be wise to do this wearing rubber gloves (and perhaps a peg on your nose!) since this might be a potent and smelly brew. Put the solid material into your compost heap to break down further.

Remember, teas contain living organisms and should be treated with respect. Sun and heat can kill them, so apply them to the garden early in the morning or after dusk. The most useful times of the year to use them appear to be early spring, several times during the growing season and towards the end of autumn so that the organisms can work in the soil over winter.

Handle the brews carefully with gloves and don't apply to vegetable leaves that will be eaten, especially if anaerobic and smell bad since it is possible that pathogenic organisms are present.

Dilute the tea one to ten for a foliar spray or less diluted if applying to soil.

And don't expect miracles – results depend on many factors and they are impossible to predict.

- www.sgaonline.org.au/compost-worm-and-weed-

WHAT'S HAPPENING IN BOWRA

Interested in Ukelele or Zumba Classes?

We have two keen teachers ready to start classes once they have enough interested students. Please Phone or Text Brenda 0413 903 064.

BCDAI
Pioneer Community Centre
High Street Bowraville

Phoenix Youth After Hours Program

Starting next 30th May - this program is free for young people ages 12-24.

Proudly founded by regional NSW, these programs are designed to support youth in their education and career outcomes, gain confidence and learn new skills.

The Youth Drop-In / Computer Café will be focused on digital arts and provide a space for Young People to work on assignments/study. There's also a kitchen where we will do cooking.

After Hours Arts will be delivered by different Arts Teachers each Term, starting with Performing Arts on Tuesdays facilitated by Hannah Date from Encore Performing Arts Academy and Ceramics on Wednesdays facilitated by Monique Robinson from Lockerroom

It's all FREE and catering will be provided from the Phoenix Café. Registration is essential. Participants can sign up on the day. If they are under 18 a parent will need to complete this for them.

Contact youth@nvp.org.au to get involved or call 0491676671.

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Australia Post provides the following services
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- balance enquiries.

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

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

Why AI Techs are worried about how fast AI is growing

Continued from page 6

Blurring the lines between what's real and what isn't

Here's the rub — the new AI models are really good at being fake humans in text. They're also really good at creating fake images, and even the voices of real people.

If you don't want to pay a model for a photo shoot, or you want a contract written quickly without a lawyer, AI is a tool that's at your disposal.

But the new AI apps are also great for fraudsters and those who want to manipulate public perceptions. In a single day, Toby Walsh, chief scientist at UNSW's new AI Institute faked his own voice and image using AI.

"Just to clarify – it only takes a few seconds now to clone someone's voice … I could ring up your answer phone, record your voice, and speak just like you," Mr Walsh says.

Mr Gruber is scared by how new AI can "pretend to be human really well. Humans are already pretty gullible," he says. "I mean, a lot of people would talk to Siri for a while, mostly for entertainment purposes. But there are a lot of people who get sucked into such a thing. And that's one of the really big risks".

"We haven't even seen the beginning of all the ways people can use this amazing piece of technology to amplify acts of mischief.

"If we can't believe our senses, and use our inherited ability to detect whether that thing is fake or real, then a lot of things that we do as a society start to unravel."

'Complete mystery boxes' comparable to sociopaths

AI is not like computer-coded programs whose lines of script can be checked and corrected one by one.

"They're closer to [being] organic," Connor Leahy says.

The London-based coder is at the beginning of his career and already the CEO of his own company Conjecture, which aims to create "safe AI" and is funded to the tune of millions of dollars by venture capitalists and former tech success stories like the creator of Skype.

Connor Leahy, a London-based coder whose company is working to design AI to be safe and controlled says the definition of safe AI is "AI that truly does what we want it to do, and that we can rely on them to not do things we don't want them to do".

Sounds simple enough — until he describes the current AI apps.

"They are complete mystery boxes, black boxes, as we would say in technical terms," he says.

Continued on Page 22

WHO declares end to COVID global health emergency

In May the World Health Organisation(WHO) declared an end to COVID-19 as a global health emergency, marking a major step toward the end of the pandemic that has killed more than 6.9 million people, disrupted the global economy and ravaged communities.

The WHO's Emergency Committee recommended the UN-agency declare an end to the coronavirus crisis as a "public health emergency of international concern", which has been in place for over three years.

"It is therefore with great hope that I declare COVID-19 over as a global health emergency," said WHO Director-General Tedros Adhanom Ghebreyesus, adding that the end of the emergency did not mean COVID was over as a global health threat.

The WHO's emergency committee first declared that COVID represented its highest level of alert in January, 2020. The status helped focus international attention on a global health threat as well as bolstering collaboration on vaccines and treatments.

Lifting it is a sign of the progress the world has made fighting the disease, but COVID-19 is here to stay, the WHO has said, even if it no longer represents an emergency.

The death rate has slowed from a peak of more than 100,000 people per week in January 2021 to just over 3,500 in the week to April 24, 2023, according to WHO data, reflecting widespread vaccination, availability of better treatments and a level of population immunity from prior infections.

In many parts of the world, testing has dwindled dramatically, and people have largely stopped wearing masks. In some countries, mask-wearing mandates have resumed during COVID outbreaks. The WHO published a plan this week advising countries on how to live with COVID long-term.

- Condensed from article by Reuters

Historic
St James Anglican Church
High St. Bowraville

The 10am Sunday Service has resumed.

Roz Johnston 0427 543 377

email: nambuccaanglicans@tpg.com.au

Baptisms, weddings and funerals can be arranged by phoning 6568-9029

-/11

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

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

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

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

-/11

Behaviours that will Attract People to You

Having a calming influence

☹ *It's easy to fall into the habit of self-directed concern when in social situations eg; 'How am I coming across?', 'Do I look silly?' etc.*

☺ **Choose to enjoy your interaction and allow your calm aura to relax those around you.**

Quit habits that bring you down.

☹ *We tend to create an identity when we do things that make us feel bad about ourselves. A poor self-image will flood into all areas of life.*

☺ **Live well and with pride, and you will exude an attractive energy.**

Listen beyond the words.

☹ *Most people are not present in conversations. They're busy thinking about the next clever thing to say. A vast amount of communication is non-verbal.*

☺ **You'll surprise people by how well you read them when you truly listen.**

Reveal less about yourself.

☹ *When you're hell-bent on telling everyone about every aspect of your life there's no mystery. For attraction to flourish, be mysterious.*

☺ **Be yourself but be mindful of what you are sharing about yourself.**

Be open physically.

☹ *You may be nervous but if you're closed to another person physically and psychologically this will not be felt as warmth by others.*

☺ **Drop your shoulders and loosen up. This not only signals a welcoming aura, but it will relax you and your mind will still.**

Soften your face.

☹ *Being anxious when speaking with people can make your expression too intense.*

☺ **You will appear more attractive by softening your expression with a light smile.**

Make others feel important.

☹ *A counterintuitive concept in human behaviour is that those who appear important often make a point of making others look important.*

☺ **Attractive people forget themselves and make others look and feel special.**

Continued on Page 24

BOWRAVILLE CENTRAL SCHOOL NEWS

University Early Entry Success

Congratulations to the following Year 12 students who have been successful in gaining early entry to Charles Sturt University for study in 2024. Fletcher Mason-Fletcher for Bachelor of Business Accounting based in Port Macquarie, Toria Kete BA Criminology/BA Laws, Port Macquarie and Hayley Rhodes was successful in gaining entry to Bachelor of Science Animal Studies at Bathurst.

L to R:
Toria, Hayley and Fletcher

Fun at 'Springloaded'

All students who achieved 'Taking Off' LEVEL by consistently demonstrating the Positive Behaviours of resilience, responsibility, teamwork and respect whilst at school or participating in school events went on an excursion to 'Springloaded' at Coffs Harbour. It was wonderful to see students engaging in freestyle bounce sessions, using the multiple trampolines at the venue and generally enjoying themselves. Congratulations to all these students!

Why AI Chiefs are worried about how fast AI is growing

Continued from page 18

"There's all these kinds of weirdness that we don't understand, even with, for example, relatively simple image recognition systems, which have existed for quite a while.

"They have these problems, which are called adversarial examples.

"And what this means is that you can completely confuse the system by just changing a single pixel in an image; you just change one pixel and suddenly [the system] thinks that a dog is an ostrich.

"This is very strange. And we don't really know why this happens. And we don't really know how to fix it."

This "black box" has led OpenAI to develop a tool to help identify which parts of its AI system are responsible for its behaviours.

William Saunders, the interpretability team manager at OpenAI, told industry site TechCrunch: "We want to really be able to know that we can trust what the model is doing, and the answer that it produces."

Each large language model he's referring to is a neural network. And each individual neuron makes decisions based on information it receives, a bit like the human brain. That neuron then sends its answer to the rest of the network.

OpenAI says their tool could only "confidently" explain the behaviour of just 1,000 neurons out of a total of 307,200 neurons in its GPT-2 system. That's two generations back.

Meanwhile, GPT-4 has an estimated trillion neurons.

Ironically, OpenAI is using GPT-4 to run its tests on GPT-2, which underscores the point that it has released something into the world it barely understands.

Do no harm does not apply

Science fiction writer Isaac Asimov famously wrote the three laws of robotics — the first of which Mr Gruber expands upon: "Robots should do no harm to humans or not cause harm to happen through inaction."

That doesn't apply to AI at the moment because it's not a law it can understand at a conceptual level, "because the AI bot or the language model doesn't have human values engineered into it. It's a big word calculator".

"It's only been trained to solve this astonishingly simple game of cards [in which each card is a word]," Mr Gruber says.

"It plays this game where it puts a card down and then guesses what the next word is. And then, once it figures that out, you know, OK, it guesses the next word. And so on."

Those words are what it calls a response to a question asked by a human.

"It plays the game a trillion, trillion times — an astonishing amount of scale and computation, and a very simple operation — that's the only thing it's told to do."

Continued on Page 30

Are psychedelics the future of mental health treatments?

Australia has become the first country in the world to legalise the therapeutic use of MDMA and psilocybin.

Even from 15,000 kilometres away in Australia, the US-led 'war on drugs' has a lot to answer for. Experts agree that demonising and criminalising drugs has dismantled harm-minimisation efforts, created roadblocks for researchers and cast a shadow of stigma over substances that have the potential to improve and even save lives.

Consider cannabis. It's now legalised for medical use in over 45 countries and has proven to help treat a range of conditions from pain to epilepsy, but just a few years ago was considered a 'Schedule 9' narcotic.

n Australia, almost three per cent of the population now use cannabis for (legal) therapeutic reasons. So, for the Therapeutic Goods Administration (TGA) to recognise psychedelics as medicine – in a world first no less – is a very big deal.

July will see MDMA and psilocybin (found in hallucinogenic mushrooms) put on equal footing with morphine. The decision is a historic light at the end of the tunnel for the 44 per cent of Australians who have experienced mental health issues.

The increasing awareness that the status quo isn't serving us anymore means society is ready to open its mind, so to speak. As ANU Medical School Associate Professor, David Caldicott, so succinctly points out in the university's Reporter, it's time:

> *"These conditions are not just any other illness. They are quietly and desperately lethal, every bit as much as many other medical conditions that receive much more attention and funding. The current management of these conditions is outrageously expensive... So in a perfect storm, readily available life rafts in the form of novel therapies such as MDMA and psilocybin were always going to be seized upon."*

TGA-approved psychiatrists will be able to prescribe MDMA for post-traumatic stress disorder and psilocybin for treatment-resistant depression only – a move that has garnered applause from those working in mental health services, but frustration from those who would like to see treatment extend to include alcohol addiction, eating disorders and obsessive-compulsive disorders, to name a few.

Therapeutic-use cases are not new; psychedelics have been used as medicines in traditional cultures for centuries, and modern research dates back to the 1940s. So, why now? In short: we need new solutions.

In a changing world where we're facing more natural disasters, economic uncertainty and global unrest, the World Health Organization has warned about the burden of poor mental health on society and every public health model is sounding an alarm for the rise of PTSD and depression.

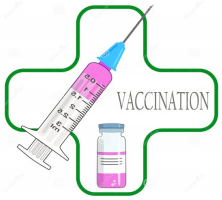
- www.bodyandsoul.com.au

Fighting the FLU starts with YOU *from page 10*

People with egg allergy (including history of anaphylaxis) can safely receive the NIP flu vaccines. If you have an egg allergy, please discuss this with your vaccination provider.

Serious side effects, such as a severe allergic reaction are extremely rare.

About Influenza



Influenza is a common viral infection that affects people of all ages.

While it can be a mild disease for some, it can also cause very serious illness in otherwise healthy people. It can lead to hospitalisation and can cause death.

Vaccination is the safest way to protect yourself and others from influenza.

When to get your influenza vaccine

You should get vaccinated each year from mid- April onwards to be protected before the influenza season, which is usually June to September in most parts of Australia. However, it's never too late to be vaccinated as influenza can spread all year round.

If you had last season's flu vaccine late last year or early this year, you should still get the new season vaccine this year when it becomes available.

Influenza vaccines can be given on the same day with a COVID-19 vaccines and most other vaccines.

- www.health.gov.au

Behaviours that Attract People to You *from page 20*

Slow your movements.

☹ *When nervous, speaking and moving too quick is normal for many.*

☺ **Being unhurried demonstrates emotional control and status while calming you down so you think more clearly.**

Ask a special question.

☹ *Most people chatter about themselves and their problems - being immersed in their own world.*

☺ **By showing interest in others, especially in an area unique to the person in front of you, you will stand out.**

Ignore complaining, drama and disrespect.

☹ *Negative and critical speaking habits eg; moaning, complaining and gossiping is not attractive behaviour.*

☺ **Demonstrate a positive personality by steering the conversation away from negativity and bringing it back to positivity and optimism.**

Adapted from article at - medium.com/better-humans

Unpacking the Voice to Parliament *from page 13*

The draft question Albanese said at the Garam festival read "Do you support an alteration to the constitution that establishes an Aboriginal and Torres Strait Islander Voice?" The Voice referendum will be held between October and December 2023.

What is the Uluru Statement From The Heart?

The Uluru Statement From The Heart is the continuation of calls made over several decades by First Nations peoples to move past Australia's colonial legacy and be recognised and heard in their traditional country. All with the right to practice self-determination in accordance with the United Nations Declaration on the Rights of Indigenous Peoples.

An Indigenous Voice enshrined in the Constitution is the first in a series of reforms proposed in the Uluru Statement From The Heart. The other two are Treaty and Truth.

The Uluru Statement From The Heart was signed by over 250 Aboriginal and Torres Strait Islander Delegates from all over the country in May 2017. The Statement is addressed to the Australian people and invited the nation to create a better future.

The Statement also seeks the establishment of a Makararata Commission which will oversee the process of agreement-making and truth-telling in Australia.

Albanese and his government have agreed to implement the Statement in full, starting with the Voice to Parliament.

'No' to Voice to Parliament campaign

Although the conversation has only recently begun, Indigenous grassroots organisations have been advocating against the Voice to Parliament for years now saying that Constitutional recognition will not work because nothing else the government has proposed and promised up until this point has been effective in creating meaningful change. They say a treaty needs to be implemented first. Without a treaty, it's believed that the Voice to Parliament will have no real power to help First Nations peoples.

Some activists argue that First Nations peoples have always had a voice, they just haven't been heard so what would make the Voice any different? They also urge the government to release more details about the Voice to promote transparency. Without it, many Indigenous peoples will remain distrustful of what the government intend to use the Voice for.

As the proposed group will contain 24 representatives, many First Nations peoples are worried that the Voice to Parliament will not adequately address all the diverse concerns of over 500 language groups and mobs in Australia.

'Yes' to Voice to Parliament campaign

The 'Yes' campaign is currently being led by the Uluru Statement from the Heart, the Labor government, and many Indigenous academics.

They argue that the Voice is just the first step in First Nations peoples being able to make decisions and raise concerns on issues that directly affect them.

It's also hoped that the Indigenous Voice to Parliament will allow for better recognition of the effects of colonisation.

Others strongly believe that this is a once-in-a-lifetime referendum that will benefit future generations of First Nations peoples.

Edited from - www.lifehacker.com.au/2023/03/voice-to-parliament-yes-and-no-campaigns/

Continued on Page 13

Chocolate – A Superfood for Life

Improve your heart health, boost brain power, decrease stress and fatigue – all with a cup of hot chocolate.

Well, here's the best news you will receive today – you need to eat chocolate to be fit and healthy!

Chocolate's many health benefits are due to the cacao it contains, rather than the milk or sugar, usually added to make most conventional chocolate.

Natural chocolate bars and chocolate drink mixes containing unprocessed raw cacao pack a powerful nutrition and energy punch, thanks to the flavonoids, theobromine, epicatechin and antioxidants they contain. Cacao is also available in whole beans, and in small pieces (nibs) and powder.

Eating cacao-rich chocolate products has multiple protective effects on your body, brain, and mood:

Heart health

High total cholesterol, high LDL ('bad' cholesterol), and low HDL ('good' cholesterol) levels are high on the list of diet-related cardiovascular risk factors.

However, all three of these numbers are significantly affected by diet, and the beneficial phytochemical compounds in chocolate can change them all – for the better.

Chronic disease prevention

Cacao is not only good for your heart; it has favourable effects on blood pressure, insulin sensitivity and your risk of developing type 2 diabetes. Metabolic syndrome is a combination of risk factors – tummy fat, elevated cholesterol, hypertension and elevated glucose – which can lead to many chronic diseases, including diabetes and heart attack. Cacao plays a role in prevention because of its beneficial effects on cholesterol, blood pressure and fasting glucose. Chocolate consumption has also been shown to reduce the risk of stroke in women.

Brain booster

Chocolate contains phenylethylamine and anandamide, which are the chemicals released when we are in love and feel relaxed, hopeful and happy. The brain can also naturally release extra anandamide as a neurotransmitter when we need focus and motivation. No wonder chocolate makes us feel good!

- govita.com.au

Bowraville Theatre Open Day - Volunteer Drive
11 June 2023 @ 3pm

This event is designed to attract volunteers who are keen to gain experience in stage production, audio visual tech and the music/performing arts industry in general.

The Volunteer Open Day will feature live music, DJ, and live talks from other volunteers and industry professionals.

Attendees will have the opportunity to meet with current volunteers and music industry people, learn more about the theatre's programs and events, and find out how they can get involved. Attendees will also have the chance to explore the theatre's facilities and learn about the different roles available for volunteers.

The open day schedule is as follows:
3pm Enjoy a grazing table of yummy food from local caterer 'Bush Grazing' as well as tunes by DJ IGOR while you mix with other volunteers, musicians and industry professionals.

4pm Short films, talks and sound & lighting demos on stage
4.30pm Break - an opportunity for attendees to sign up for different volunteer roles
5pm - 6pm FREE CONCERT with MORETON

Admission is free, and all are welcome to attend.

Please register for your free ticket at https://www.trybooking.com/CIJUF
For more information, please contact Dale at bowravilletheatre@bigpond.com or visit our website at www.bowravilletheatre.com.au.

Bowraville Theatre is a community-based performing arts venue that hosts a variety of events, including theatre productions, live music, and film screenings. The theatre relies on a dedicated team of volunteers to help run its programs and events.

Bernard Laverty Funerals

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FROM THE PRESIDENTS DESK

BCDAI Monthly Report by Susan Jenvey

It was great to see that our last market grew again and It was fantastic to see neighbours catching up and visitors enjoying the many offerings for sale.

Our monthly meeting of the BCDAI committee followed the market with good representations from members. During the meeting, local artists Margrit Rickenbach and Uncle Martin Ballangarry OAM presented a proposal to the committee.

The proposal – Yarning About the Voice is for a two-week art exhibition during the July school holidays. The exhibition will show artwork from Margrit and her late husband Claude, as well as artwork and cultural performances from Uncle Martin. BCDAI is keen to hold an information stall and possibly put on a night-time information event to understand the referendum as part of the exhibition.

So … Let's yarn about the referendum.

As yet, no date has been set, but the issue is hotting up, and we will be voting before years end. As this election is a referendum, the map to win is different to a federal election. There are six big seats to win and it's a national vote. Mostly we have seen more information from the No Vote campaign at this stage.

In media posts the biggest posters for the No Campaign are Sky News and the top posters for the YES Campaign is Close the Gap.

At its heart the referendum is asking Australians to listen to First Nation's people when it comes to making laws and policies about them. This is what we do with youth, older people, disable people, and country people. The proposition is – when we listen, we will make better laws and policies.

Underpinning the idea that when you listen you do a better job is a belief that Aboriginal people have been left out of our democracy and left behind. Therefore, the notion that you might bring on something to balance this equity makes sense.

There is widespread acceptance of the Australian community, about 70 per cent of people, who understand that as a society, as a country, as a community we have let First Nation's people down. For 230 years they've been getting the rough end of the stick and that is wrong. The notion that we should be doing something about this is mostly universally accepted.

Barnaby Joyce and One Nation have a pitch that Indigenous people are already getting too much, and they don't deserve any more. That we don't need to be pandered to by "wokes", this is inequitable, and it is wrong.

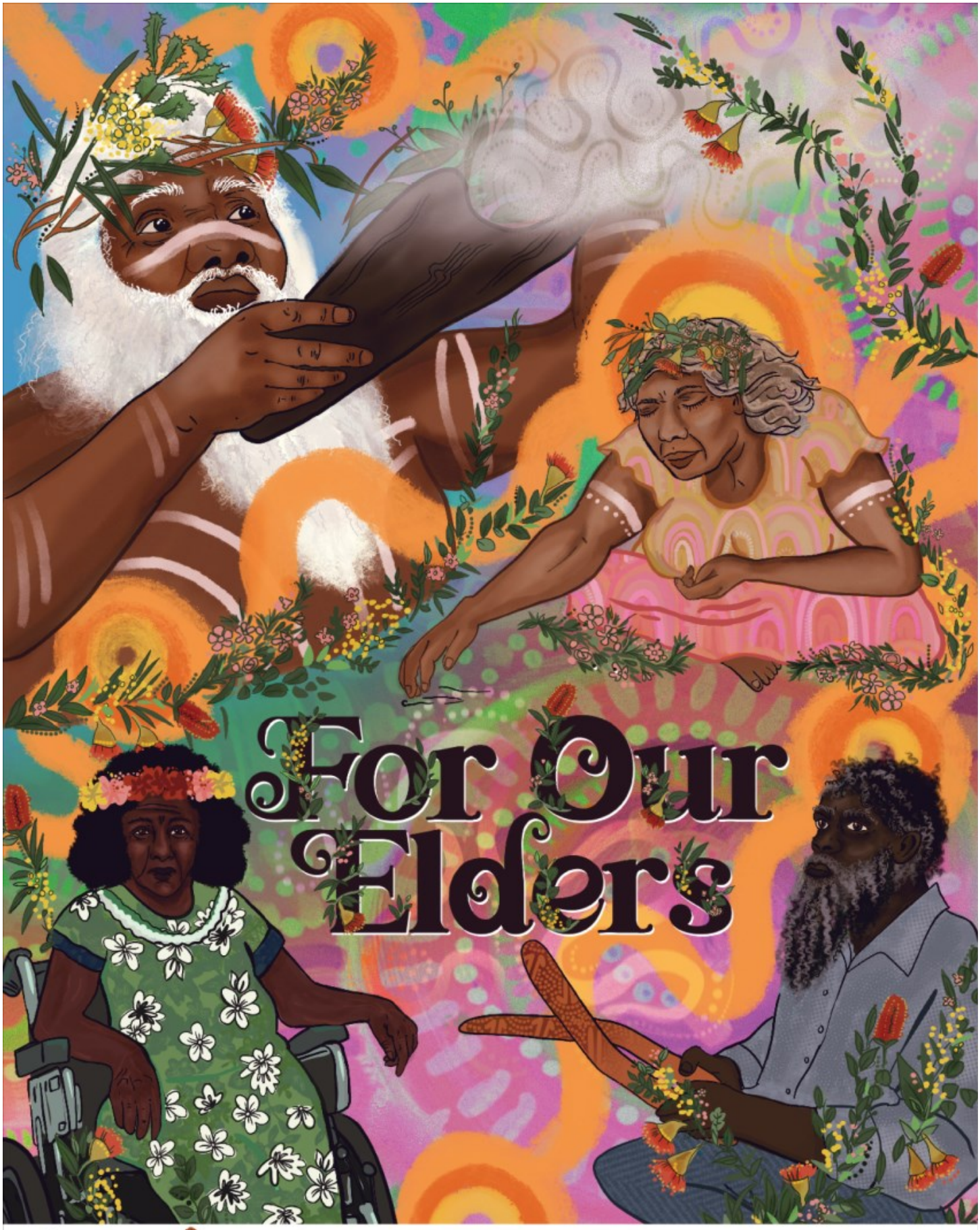
Dutton's pitch is – you might agree that we've got to help Aboriginal people, but this version of helping them isn't going to work. Then there is an argument that the process isn't right, and it shouldn't include advising the Executive.

Whatever your thoughts you will be asked _ Do you think it's a reasonable proposition or not? You actually don't need a whole lot of information to understand this, it will go down to your values. Be sure to come and visit the exhibition.

Story of the *"For Our Elders"* poster ⇨

Bobbi Lockyer, a proud Ngarluma, Kariyarra, Nyulnyul and Yawuru artist, born and based on Kariyarra Country in Port Hedland, is the winner of the prestigious National NAIDOC Week Poster Competition for 2023 with her entry, For Our Elders.

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



NAIDOC Week

2-9 JULY 2023

#NAIDOC2023 #ForOurElders

@naidocweek @naidocweek facebook.com/NAIDOC

For Our Elders, Bobbi Lockyer

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

Aboriginal Flag designed by Mr Harold Thomas. Torres Strait Islander Flag reproduced by kind permission of the Torres Strait Island Regional Council, designed by the late Mr Bernard Namok.

naidoc.org.au

OpenAI CEO appeals to US Senate for AI regulations

Continued from page 22

The new generation of AI can mimic human language very effectively but it cannot feel empathy for humans.

"They are a very blunt instrument — we don't know how to make them care about us," Mr Leahy says.

"This is similar [to] how potentially a human sociopath understands that doing mean things is mean, but they don't care. This is the problem that we currently face with AI."

This is all happening now — not in some doomsday future scenario on a Hollywood scale where sentient AI takes over the world.

It's no wonder, then, that so many in the industry are calling for help.

Regulation and fear

Tech insiders are now calling for their wings to be clipped – even in America, where it is almost unheard of that US corporations ask to be regulated.

But that is precisely what happened this week, when the head of OpenAI Sam Altman appeared before the US Congress.

In stunning testimony, the 38-year-old declared: "If this technology goes wrong, it can go quite wrong; we want to be vocal about that, we want to work with the government to prevent that from happening."

OpenAI CEO Sam Altman appears before a Senate Judiciary Subcommittee on Privacy, Technology and the Law hearing on AI.*(AP Photo: Patrick Semansky)*

Mr Altman has been quite open about his fears, telling ABC America in an interview earlier this year he is "a little bit" scared of AI's capabilities, before adding that if he said he wasn't, he shouldn't be trusted.

Mr Leahy is also outspoken. “There is currently more regulation on selling a sandwich to the public than there is to building completely novel powerful AI systems with unknown capabilities and intelligence and releasing them to the general public widely onto the internet, you know, accessible by API to interface with any tools they want," he said. “The government at the moment has no regulation in place whatsoever about this."

The challenge now is how fast safeguards can be installed and whether they are effective.

"It's kind of like a sense of … futurists' whack-a-mole," Mr Leahy said.

"It's not that there's one specific way things go wrong, and only one way, how unleashing intelligent, autonomous, powerful systems onto the internet that we cannot control and we do not understand ... there's billions of ways this could go wrong."

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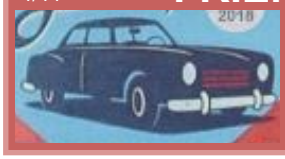

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Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2023

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

C = Community Radio Network

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	**Green Eggs On Toast** Lawrie Medbury	**Down Memory Lane** With Streamer	**Aussie Grown Across the Nation** *Aussie Christian grassroots to charts.*	**Tones of Clairessense** Claire Watt	**Jam Band** *With Naomi Wenitong*	**Rise N Shine** Ron Hawkins "Saltwater People" at 7:30 am	**Hot Sweet N Jazzy** *Jazz up your Sunday*	6 AM
7 AM		**Australian Music is Bloody Great & Real World Gardener**	**Gold at Breakfast** Dayna Gold		**Step Back In Time** *With Mark Barnes*		**Jazz Made in Australia** *More jazzing...*	7 AM
8 AM	*Markets info, news, movies, local news. Nude.*	**Tuesday Roundup** With Rachel Burns	*Wake up with Dayna. It's gold.*	*Get that musical clairessence!*	**Continental Drift** *Music of the world...*	*Music, news, and views to kick-start your weekend*	**Blues Roots N Boots** *Get those boots off!*	8 AM
9 AM	**Classic Hits & Jukebox** Paul Rowe	**Two For The Money** Paul and Rachel Burns	**Smoko with Gazza** With Gary Biden *Easy Listening To Rock & Pop*	**FlipSide** With Phill	**Talk Of The Town** Ceri Wrobel *See what's going down! All things local*	**Travel Tales** Beverly Gibbs	**Let The Bands Play** *More brass than monkeys*	9 AM
10 AM	*Great Rock 'n' Roll 1950s-2010s*	*Music, banter and double the fun!*		*Only the best in specially-selected, usually-oz music...*			**Meet Me at the Movies** *Kissin' in the back row*	10 AM
11 AM	**Baby Boomers** Donna Collins	**Infopinion** Richard Laxton, Eddie Orrego, Dale & Ron Hawkins	**Mystical Music & Musings** With Luise	**Turning Pages** Elizabeth Newman	**Peter's Pops** *With Peter K*	**Cinemascape & The Assignment (BBC)**	**Science Time** Diffusion (Science), Lost in Science, Space Nuts & Earth Matters	11 AM
Noon				**Flashback** With Rob Davidson 60's to 90's with a weekly featured artist	**Classical Tunes & Melodies** *Peter K*	**Fine Music Live** *On stage*		Noon
1 PM	**The Weekley Fix** Paul Weekley	**Life Words with Linda** *Bible reflections, Gospel & Australiana*	**The Bohemian Beat** *Riddhi*		**Dhirendra The Time Traveller** *Timeless Albums*	**Garage Noise** With Sean Ambrose *Alternative Music*	**Dirt Music** With Stuart Coupe	1 PM
2 PM			**The Chill** *Corey Barnett*	**Tewinga Tunes** With Ralph *Guaranteed ear candy*			**That's A Wrap** Donna, Nigel, Mitch, Gary & Les *Local sports calls and in-depth analysis*	2 PM
3 PM	**A Country Tea Time** With DJ Tina *Sipping and spinning it all!*	**Rock On** With Jimmy & the Bluebirds	**The Folk Show** *Radio Adelaide*		**The AMRAP Music Show**	**Phase Out With Faye** Faye Aspiotis *Lots of Aussie music old and new*		3 PM
4 PM		**Sister Act** Olivia & Sam	**MC Grim** Mark Seagrim *Music with a wicked difference*	**Thursday Country** Trickivic	**Jammin' With Gin** *Gin's terrific tracks!*			4 PM
5 PM	Bowra Beats With Grace Walters	**Retro Birds** Robyn Wren & Sally Swan *Not out of the box radio entertainment*			**Turn Up The Volume** With Macca		**Praise, Prayer & Pop** With Michelle	5 PM
6 PM	**Hinterland** With Ben Walters		**The Sit Down** With Clint Waaka *Interviews, music, history, culture and good times!*	**A Breath of Fresh Air** With Sandy Kaye	STUDIO 3 *Three hours of soft rock & listener requests.* ***School's In*** *from 5pm and* ***Studio 3*** *from 6-8pm on the 3rd Friday of each month.*	**Aussie Music Weekly** With Noddy		6 PM
7 PM	**Reggae Mixtape** With Fitzroy *Music outside the usual* 2NVR Multicultural Radio	**Blues Soul Funk** Matt Leibrandt & friends *Blues, soul, funk and lively interviews.*		**Highway Blues** With Retro *When Only The BEST BLUES Will Do*		**Saturday Date** With Stu *Save the date every Saturday!*	**The AntiSF Radio Show** With Nuke	7 PM
8 PM			**Politics & the Environment** With Michael Jones		**Saturday Night Gold On Friday** With Allan Quinn		**Imagine This** *Radio drama*	8 PM
9 PM	**Music Makers** With Yen *Mixed music with featured artists*		**Ant's Rock** Anthony Garnsey *Solid Rock*	**Tim Unsupervised** Tim Hood *Late night humour, music, interviews and more...*		**Wolfy** *Wolfy's music & requests*	**Prog Rock Playlist** Rhino *The best of Progressive Rock*	9 PM
10 PM		**2NVR** **Overnight Music Mix**						10 PM
11 PM			**Ant's Rock** **Overnight**	**2NVR Music Mix**				11 PM
Midnight	2NVR **Overnight Music Mix**					2NVR **Overnight 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