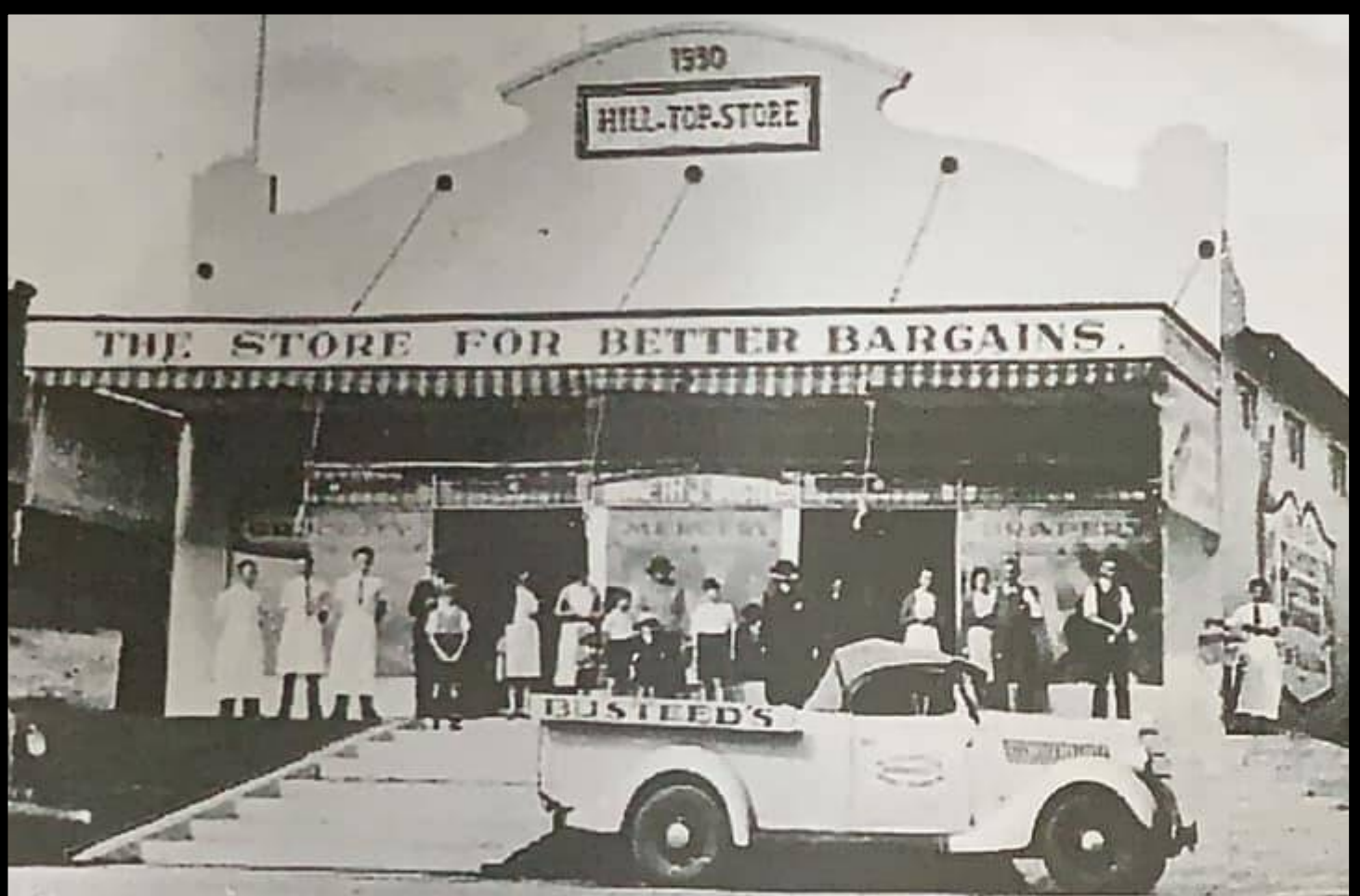


BOWRAVILLE Community News

Produced by the Bowraville Technology Centre 39 High Street, Bowraville 2449
Tel: 6564-7420 admin@bctc.com.au www.bowraville.nsw.au

MARCH 2025 ~ ISSUE #237 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

Historical Bowraville



Busteed's Store: *Left. Jim Ownes, George Hargraves, Tom Harris, Steve McCudden, Jack Hall, Eileen Cox, Ken Busteed, Dorris Mansell, Gwen Dreury.*

This is the first in a hoped-for series of stories about some of the familiar sites around our town.

As there seems to be limited records about life here in the 'Olden Days' we hope to record some of the stories before they are, maybe, lost forever.

Your ideas, feedback and recollections are most welcome – drop into the Technology Centre to leave information or contacts.

**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

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

Other services

Hire of data projector + Portable screen
Shredding
Computer repairs
Laminating A4 and A3
Binding and Guillotining

We take credit card payments!

ALL ADVERTISING

ENQUIRIES to

admin@bctc.com.au

ADVERTORIAL

and GENERAL

CONTENT ENQUIRIES

to

wendy@bowraville.nsw.au

Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

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

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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

2025 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 APRIL 2025

ISSUE IS: 4:00PM

TUESDAY, 18th MARCH 2025

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

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

e-mail: admin@bctc.com.au

DISCLAIMER

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

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

Bowraville Chamber of Commerce

Next meeting will be at 5pm on Tuesday 4th March 2025
at the Bowra Hotel.

- - - - -

Community Education Event by MID NORTH COAST LEGAL CENTRE
5 March, 2:00 pm – 3:00 pm
Online

[e-Safety and Your Client's Legal Rights for Community Workers](#)

For a full list of our events and to register, please visit: <https://mnclegal.org.au/events/>.

- - - - -

NV Landcare Field Day - 25th March

Nambucca Valley Landcare is hosting a Farm Field Day at Bowralea Dairy on 25th March. Guest presenters are Chris Eggert from Oxhill Organics and Kim Deans from Reinventing Agriculture. We will be learning about multi-species cropping for paddocks and what makes a biologically healthy soil and how to assess soil health in the paddock.

Please RSVP by 20th March to coordinator@nvlandcare.org.au or call/text 0456 372 931.

- - - - -

What's On at Phoenix

Our art programs for people with disabilities are back, offering creative opportunities for all. Plus, our Youth Art Program has returned, running Tuesday to Thursday from 3:30 to 5:30 pm - completely free for young people ages 12 to 24. It's a great chance to express yourself and connect with others.

Starting in March, we're launching an Open Studio and Beginners Pottery Class, every second Saturday—whether you're a beginner or need a space to work on your project, come join us!

For more information contact info@nvp.org.au or call 02 6501 0021.

We are open Monday to Friday 8am to 2pm.

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2NVR Information for Autumn

We invite you to come along to our newly painted studios for Studio 3 Live Events over Autumn. Thanks to Fitzroy and the great job of painting he has done, the energy has had a real lift here.

Studio 3 Live is held 6 to 8pm on the 3rd Friday of the month at 834 Rodeo Drive Tewinga. It's free, live music for everyone.

Ceri Wroble has found the following acts:

March 21st - Val Ockert and Tracey Stride - Guitar, banjo, mandolin, piano, keyboard, Bolivian Charango.

April 18th - Ethan Stewart & Grant D.W. Barnes - Blues in the style of Muddy Waters.

May 16th - The Redeemed from Bellingen - Raw Country Blues Rock.

If you cannot make it to the studios, you can listen to the live show at 2nvr 105.9FM on your radio or 2nvr.org.au on the internet. Or download the free Community Radio Plus App.

Have you ever wanted to be on radio? Find out how you can do our training at admin@2nvr.org.au

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 . . .***

Nambucca Anzacs WW2

*Do you have a family member, or know
of a person, who served in WW2?
Did they live in the Nambucca District
at any time during their life?*



Your assistance is needed!

Research for the next volume of 'Nambucca Anzacs' has now commenced. This book will tell the stories of the men and women from the Nambucca District who served in WW2.

Who is eligible?

Any person who served in Australian uniform for any period during WW2. This includes all the women's services, the Merchant Navy, the Women's Land Army, the Volunteer Defence Corp, and men and women from other Commonwealth armed forces e.g. UK and NZ etc, who lived in the district.

Also, do you have any memories or stories of Italian POWs working on farms in the district during WW2?

**If you have something to contribute, or have a question
about the project, call Trevor Lynch.**

Point of Contact is: Trevor Lynch – 0408 669 449

Email: trevorglynch@gmail.com

FB Group – 'Nambucca Anzacs WW2 Research'

If you are not sure, call Trevor at any time!

5/6

BOWRAVILLE GIFT SHOP



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

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

?1/11

BOWRAVILLE PHARMACY

**31 HIGH ST BOWRAVILLE
PH: 6564 7925
FAX: 6564 7364**

*Monday to Friday 8.45am - 5.30pm
Saturday 8.45am - 12 noon*

Prescriptions and Professional Advice
Moo Goo Natural Skincare
Designer Brand make-up range

Pharmacist
KERRIE SAVINS



5/11

TECHNO LESSONS OPEN TO EVERYONE

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

Absolute beginners are most welcome!



One-on-One
Technical support
(Thursday & Friday only)

Counter Assistance
for small fixes

If your computer requires servicing, or has issues, you will need to make a booking.

For technical issues contact BTC for a booking.

You can ring the
Bowraville Technology Centre on
6564-7420

“Innovation does not entail having new ideas, but rather getting rid of old beliefs.”

*- Bertrand Piccard,
Swiss psychiatrist and
aeronaut, and first balloonist
to circumnavigate
the Earth.*

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

Caz Heise: Your Independent Voice

I'm Caz Heise, and I'm thrilled to be your independent candidate for the upcoming election. It's time for a fresh perspective, and I'm here to offer just that - not a party focused politician, but a local who cares deeply about our unique community.

Having lived and worked in the area for over 30 years, I know Bowraville isn't just a place on the map; it's a vibrant hub of culture, connection, and hope.

With stunning landscapes, rich history, and diverse community, we have something genuinely special that deserves to be nurtured. And guess what? I'm all about making sure our voices resonate loud and clear in the political arena.

It's no surprise that as a nurse – healthcare is a priority.

Visiting the GP and having some blood tests shouldn't leave us significantly out of pocket. We need to ensure that our friends and family can get the care they need without the burden of heavy bills. After all, when we look after our health, we're investing in a healthier region.

I've seen firsthand the challenges people face in accessing care, and am deeply committed to improving our healthcare system and I am committed to:

- improving GP access by increasing Medicare rebates, strengthening regional training pathways, and offering incentives for doctors who work in the regions
- fixing aged care by addressing workforce shortages, improving pay and conditions, and ensuring providers are held accountable for high-quality care
- NDIS reform to cut wait times, remove bureaucratic barriers, and crack down on providers exploiting the system, and
- expanding mental health services by increasing funding for local organisations, ensuring regional communities get their fair share of mental health funding, and supporting the development of more specialised services.

But let's not stop there. I'm excited to roll up my sleeves and tackle the real issues facing our small community. From supporting local businesses to enhancing educational opportunities for our kids, I want to hear your ideas. Working together we can come up with some brilliant solutions. Bowraville thrives on community spirit, and I'm eager to tap into that collective wisdom.

I'm here armed with enthusiasm and a big heart, ready to be your voice in this election. I can't wait to meet each of you, share stories, and listen to your thoughts. Together, let's make Cowper an even better place to live, work, and thrive.

This political advertorial was paid for and authorised by C Heise, Coffs Harbour NSW 2450



AI agents' promise to arrange your finances, do your taxes, book your holidays – and put us all at risk

Over the past two years, generative artificial intelligence (AI) has captivated public attention. This year signals the beginning of a new phase: the rise of AI agents.

AI agents are autonomous systems that can make decisions and take actions on

our behalf without direct human input. The vision is that these agents will redefine work and daily life by handling complex tasks for us. They could negotiate contracts, manage our finances, or book our travel.

Salesforce chief executive Marc Benioff has said he aims to deploy a billion AI agents within a year. Meanwhile Meta chief Mark Zuckerberg predicts AI agents will soon outnumber the global human population.

As companies race to deploy AI agents, questions about their societal impact, ethical boundaries and long-term consequences grow more urgent. We stand on the edge of a technological frontier with the power to redefine the fabric of our lives.

How will these systems transform our work and our decision-making? And what safeguards do we need to ensure they serve humanity's best interests?

AI agents take the control away

Current generative AI systems react to user input, such as prompts. By contrast, AI agents act autonomously within broad parameters. They operate with unprecedented levels of freedom – they can negotiate, make judgement calls, and orchestrate complex interactions with other systems. This goes far beyond simple command–response exchanges like those you might have with ChatGPT.

For instance, imagine using a personal “AI financial advisor” agent to buy life insurance. The agent would analyse your financial situation, health data and family needs while simultaneously negotiating with multiple insurance companies' AI agents.

It would also need to coordinate with several other AI systems: your medical records' AI for health information, and your bank's AI systems for making payments.

The use of such an agent promises to reduce manual effort for you, but it also introduces significant risks.

The AI might be outmanoeuvred by more advanced insurance company AI agents during negotiations, leading to higher premiums. Privacy concerns arise as your sensitive medical and financial information flows between multiple systems.



Historical Bowraville

HILLTOP STORE – 1930

This building at the corner of High Street and George Street, now occupied by Health One, is a landmark at the top end of our town centre.

Just above it is the Ngambaga Bindarry Girrwa Community Services Aboriginal Corporation.

Both buildings were part of the grocery, drapery and mercery business serving Bowra from 1930, built by K. J. Busteed. He also owned the land from there up to Bowra Street which he donated for both the Ex-Services Club and the Fire Station. His wife laid the foundation stone for the original CWA building. K.J. Busteed was president of Nambucca Shire Council in the late 1940s. The lane between the shop and the public buildings is called Busteed Lane.

In 1952 Pat Clough started work there as an order-man. He would go around town for 4 days each week collecting orders from the housewives and taking them back to the store where each order was filled by other staff from bulk supplies for later delivery to the homes. It was also open for shopping - Pat recalls that Aboriginal people would come in to purchase directly using vouchers but were not able to buy tobacco.

The building behind was the bulk store and a cellar had been dug into the ground and sealed with fine wire to render it vermin proof so that bacon and cheeses could be stored in the cool.

On the side of the store facing High Street there was a colourful mural featuring two storks, one with his head down to the water and the other standing erect. The sign read "KEEP YOUR BILLS DOWN". What fun.

At this time the store was owned by the Blackman Brothers from Leeton. Ozzie Blackman lived over the road, next to what is now Mimi House. And the building that is now the folk museum (with some fires) was the Blackman Brothers hardware store.

At some time, (from late 70's to mid-90's - please let us know!) Ronnie Gleeson and his wife bought the building, and it became a fantastic centre for second-hand furniture and some antiques that he regularly sourced from as far away as Sydney. Apparently, on taking over the building, he immediately painted over the mural! The business closed when he retired; he has just recently died

This century there have been successive excellent art galleries, and an op shop for the Phoenix in the main front building, Health One opened in July 2022 after extensive modification both inside and to the facade to suit modern standards. While in the bulk store building at the back various Aboriginal enterprises have functioned including woodwork and art for youth, and services for the aged.



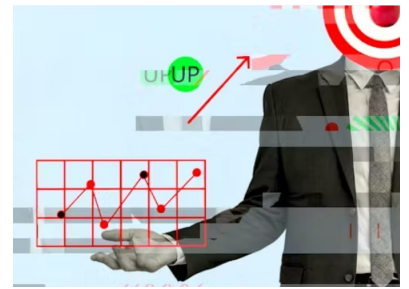
Keeping the memories alive.

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

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

AI agents' could put us all at risk - *from page 8*

The complexity of these interactions can also result in opaque decisions. It might be difficult to trace how various AI agents influence the final insurance policy recommendation. And if errors occur, it could be hard to know which part of the system to hold accountable.



Perhaps most crucially, this system risks diminishing human agency. When AI interactions grow too complex to comprehend or control, individuals may struggle to intervene in or even fully understand their insurance arrangements.

A tangle of ethical and practical challenges

The insurance agent scenario above is not yet fully realised. But sophisticated AI agents are rapidly coming onto the market.

Salesforce and Microsoft have already incorporated AI agents into some of their corporate products, such as Copilot Actions. Google has been gearing up for the release of personal AI agents since announcing its latest AI model, Gemini 2.0. OpenAI is also expected to release a personal AI agent in 2025.

The prospect of billions of AI agents operating simultaneously raises profound ethical and practical challenges.

These agents will be created by competing companies with different technical architectures, ethical frameworks and business incentives. Some will prioritise user privacy, others speed and efficiency.

They will interact across national borders where regulations governing AI autonomy, data privacy and consumer protection vary dramatically.

This could create a fragmented landscape where AI agents operate under conflicting rules and standards, potentially leading to systemic risks.

What happens when AI agents optimised for different objectives – say, profit maximisation versus environmental sustainability – clash in automated negotiations? Or when agents trained on Western ethical frameworks make decisions that affect users in cultural contexts for which they were not designed?

The emergence of this complex, interconnected ecosystem of AI agents demands new approaches to governance, accountability, and the preservation of human agency in an increasingly automated world.

How do we shape a future with AI agents in it?

AI agents promise to be helpful, to save us time. To navigate the challenges outlined above, we will need to coordinate action across multiple fronts.

International bodies and national governments must develop harmonised regulatory frameworks that address the cross-border nature of AI agent interactions.

These frameworks should establish clear standards for transparency

Continued on Page 16

Blokes Brekkie

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

Cuppa and Chat

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

Bowra Country Markets

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

St Jimmy's Kitchen

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

St Jimmy's Food Hub

Friday 9-11am, Saturday 9-12noon
Closed Mondays

Must hold a current Centrelink card.

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

?1/11

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 . . .

TAB - KENO - BINGO Thurs 11am

RAFFLES - Wednesdays & Friday

MEMBERS' DRAW min \$1500

KITCHEN Wednesday to Saturday

 Lunch 12-2pm - Dinner 6-8pm

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

FREE POOL Everyday

?1/11

Bowraville Folk Museum

High Street, Bowraville

Phone/Fax: 6564-8200

**MONDAY to FRIDAY
and WEEKENDS 10am-1pm
PUBLIC HOLIDAYS 10am-3pm**

email: bowravillefolkmuseum@gmail.com
twitter.com/bowravillefolk

~ Groups by appointment ~

7/11

NAMBUCCA RIVER REALTY

YOUR NAMBUCCA VALLEY SPECIALIST

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

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

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

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

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

9/11

Tips to help you Remember to Take Your Medication

Remembering to take your medicines is important in managing your health. It also helps your health care team members, like your doctor, understand how well your treatment is working. If you forget to take your medicines regularly, they won't work as well as they should. In some cases, this could lead to extra medication being started unnecessarily. Being familiar with your medicines can reduce your chance of mishaps that can cause side effects or interactions.

Tips to help you remember your medicines

Routine: Take your medicines at the same time each day

Reminders: Use an alarm to remind you when to take your medicines

Medicines List: Keep a medicines list

Organisers: Use a medicines organiser, like a pill box or Webster Pak™

Visibility: If it is safe to do so, keep your eye drops next to the bed or the television, so they are in arm's reach when you need to use them

Travel plans: Have a medicines plan for holidays or outings which are out of your usual routine

Prescription refills: Have your prescriptions filled while you still have some tablets left to avoid running out of medicine

Appointment Calendar: Keep a calendar for doctors' appointments so you do not run out of prescriptions

Making a Medicine List:

List all medicines currently used, including prescription medicines, over-the-counter medicines, herbal and natural medicines.

Always carry your Medicine List with you.

Two ways you can keep a Medicine List:

1. **Paper List:** Carry a written list in your wallet or handbag.
2. **Smartphone App:** Use apps like NPS Medicine Wise or MedAdvisor for a digital list.

** The pharmacy can help you with these if you need assistance **

Medicines organisers for tablets and capsules

Medicine organisers help you manage your medications. They include pill boxes which you, or someone who cares for you, pack in a weekly dosette OR a blister pack (Webster Pak™) packed by your pharmacist.

Medicines are packed in a weekly schedule, separated into groups for the days and times you take them. Medicine organisers make it easier to remember to take your medication and also reduce confusion as you can see if you have had your dose.

No matter who packs your medicines organiser, it is still important to have a Medicine List.

If you're having any trouble managing your medications ask your doctor or pharmacist about a blister pack.

SIMPLE. SAFE. CONVENIENT.
Manage multiple medications easily
'my meds, my way'

BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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



SIMPLE. SAFE. CONVENIENT.

Manage multiple medications easily

'my meds, my way'

IS ALPACA PAK FOR YOU?

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

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

Then Alpaca Pak is perfect for you.

Alpaca Pak:

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



LESS STRESS

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

Alpaca Pak is for you if you or a family member ...

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

SIMPLE. SAFE. CONVENIENT.

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

BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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



Bowraville Uniting Church Op Shop

33 George Street, Bowraville 2449

Volunteer Application Form

Name: _____

Address: _____

Phone Number: _____

Age group: 20 – 40 40 – 60 60 - 80 80 - 100

Why are you interested in becoming a volunteer at the Op Shop?

Have you previously volunteered? Where? When?

Which days could you work? (We are open Tuesdays, Wednesdays and Thursday)

Could you work a full day (9 am -3 pm) every week?

Sign: _____

Date: _____

Please return this form to us in a sealed envelope addressed

Att: Mavis

And drop it in (when you come for morning tea)

33 George Street, Bowraville NSW 2449

Or you can also leave it at the BTC at 39 High St to be forwarded on.

Bowraville Uniting Church Op Shop

Bowraville Uniting Church Op Shop with its dedicated team of volunteers have been working for the community for over 40 years. Situated in the hall behind the historic old church in George Street you will find everything you need for the whole family – clothes, shoes, linen, toys, books, jewellery, craft items, material remnants. In the second building there is more shelves of household items, sporting gear, DVD's, baby equipment, furniture plus much more!!!



The shop is totally run by volunteers and the money raised stays in the local community. During the fires this industrious group of volunteers donated \$1000 in cash as well as clothing and goods to locals in need. They continue to support local charities like Shore Track, Macksville/Bowraville Hospital auxiliary, Nambucca District Cancer Support, Care Flight Helicopter and local Bowraville schools. They also pack up large bags of good quality clothing which they send regularly to overseas missions. School uniforms and school shoes are free along with free books for kids (limit of 3).

Donation of good clean used clothing, goods and bric-a-brac can be taken to the Op Shop at 33 George St, Bowraville. Unfortunately, no electrical goods can be accepted due to the safety regulations.

The volunteers have requested that you please don't leave any dirty or broken items as this costs the Op Shop in time and tip fees. Lately they have been filling 2 red bins to go to the tip weekly due to people dumping unusable items off at the shop. If you wouldn't give it to a mate, please don't donate!!!!

Presently the Op Shop is open on Tuesday, Wednesday and Thursday from 9am to 3 pm. They would love to open more frequently however a lack of volunteers means they are unable to.

Anyone interested in volunteering, making new friends and connecting with people are invited to a special morning tea at the Op Shop on Friday 21st March at 10:30 am. Fill in the form on the opposite page and bring it along in a sealed envelope addressed Att: Mavis You will be very welcome !!

AI agents' could put us all at risk - *from page 10*

and accountability, particularly in scenarios where multiple agents interact in ways that affect human interests.

Technology companies developing AI agents need to prioritise safety and ethical considerations from the earliest stages of development. This means building in robust safeguards that prevent abuse – such as manipulating users or making discriminatory decisions.



They must ensure agents remain aligned with human values. All decisions and actions made by an AI agent should be logged in an “audit trail” that’s easy to access and follow.

Importantly, companies must develop standardised protocols for agent-to-agent communication. Conflict resolution between AI agents should happen in a way that protects the interests of users.

Any organisation that deploys AI agents should also have comprehensive oversight of them. Humans should still be involved in any crucial decisions, with a clear process in place to do so. The organisation should also systematically assess the outcomes to ensure agents truly serve their intended purpose.

As consumers, we all have a crucial role to play, too. Before entrusting tasks to AI agents, you should demand clear explanations of how these systems operate, what data they share, and how decisions are made.

This includes understanding the limits of agent autonomy. You should have the ability to override agents’ decisions when necessary.

We shouldn’t surrender human agency as we transition to a world of AI agents. But it’s a powerful technology, and now is the time to actively shape what that world will look like.

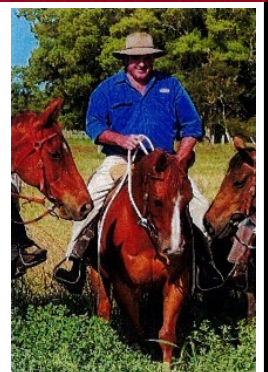
- theconversation.com/ai-agents-promise-to-arrange-your-finances-do-your-taxes-book-your-holidays-and-put-us-all-at-risk-247021

BARNEY TOWNLEY 0428 647 340

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

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

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



5/11



NAMBUCCA VALLEY & SURROUNDS
www.ruralsales.com.au



WHAT'S FEATURING in MARCH 2025

BOWRAVILLE THEATRE

www.bowravilletheatre.com.au

CONCLAVE PG - Thriller/Mystery - 2 hours

Sunday, 2nd March 2025

Doors open 1:30pm / Movie starts 2pm

Tickets online \$14 adults / \$12 members and concession / kids \$10 + Bkg fee online @ trybooking or at the door if available.



A Complete Unknown R - Drama/Music - 2h 20m

Sunday, 30th March 2025

Doors open 1:30pm / Movie starts 2pm

Tickets online \$14 adults / \$12 members and concession + Bkg fee online @ trybooking or at the door if available.

N/C

Sunday Afternoon Movie Sessions are coming back in March, please check our website for dates and details.



RURAL HORIZONS FAMILY DAY CARE

Family Day Care is a unique education and care option where qualified educators open their homes to provide a secure play based educational environment for children.

Join us as an educator in our new Family Day Care Service in Greater Nambucca

Do you hold a qualification in Early Childhood Education and Care?

- Establish your own small business with comprehensive support and guidance from the Rural Horizons FDC team
- Provide quality education and care from your own home for four children under the age of five and up to three primary school aged children
- Earn an income while caring for your own children- balance family life while contributing to the community
- Enjoy the flexibility to choose your own schedule - decide how many hours and days you work
- Benefit from ongoing professional development opportunities
- Support parents/guardians rejoining the workforce by expanding childcare options and assisting families in their return to work



(02) 9779 9908

<http://ruralhorizonsfdc.org.au>

manager@ruralhorizonsfdc.org.au

Rural Horizons FDC a not-for-profit Family Day Care Service funded by the Australian Government to create more child care in areas with limited supply.



Provider: NSW Family Day Care Association

Eat sustainably with the climatarian diet

Our daily food choices have an impact not only on our health but also on the climate. Shop, cook, eat and reduce waste in a warming world through embracing a climatarian diet.

What we choose to eat each day not only affects our health and wellbeing, but has a huge impact on the health of our planet. Agriculture produces around a quarter of the world's greenhouse gas emissions (GHGE).

The carbon footprint can vary greatly between different types of foods. Meat production, in particular beef and lamb, have the greatest emission levels of all foods. Beef's GHGE per kilogram is around 10 times that of chicken and 20 times that of legumes, nuts and seeds.



What is a climatarian diet?

The main principle behind a climatarian diet is choosing foods based on their carbon footprint. This carbon-conscious way of eating involves thinking about where your food comes from and what impact it has on the Earth.

A climatarian diet includes eating more unprocessed plant-based foods, reducing meat and dairy consumption (particularly beef and lamb) and reducing ultra-processed foods such as junk foods, vegetable oils and animal products. Put simply, it's a balanced and healthy way of eating that focuses more on plant-based foods and less on animal products.

A climatarian diet also focuses on locally sourced, in-season produce. Shopping at your local market will help reduce emissions associated with transporting food across the country or world. Reducing food waste and plastic packaged goods is also an important element of the climatarian diet.

Eat a plant-based diet

If you want to choose the very best diet for the planet, going vegan is the way to go. According to a study published in *Science*, GHGE from plant-based foods are on average 10 to 50 times lower than those from animal products.

While eating a vegan diet has the lowest carbon impact, a vegetarian diet is the next best way to eat to help improve the health of the planet. Enjoying a plant-based diet with some organic eggs and dairy products is still climate-friendly. Choosing softer more climate-friendly cheeses is recommended; however, cheese usually isn't eaten in large quantities like meat, so a small serving of cheese won't have the same climate impact as eating a serving of meat.

A pescatarian diet is also considered a climate-friendly way to eat. Pescatarians eat a vegetarian diet with some sustainably sourced seafood. One of the best ways to choose climate-friendly fish is to buy locally caught wild fish from your local fish market. Farmed fish like farmed salmon have a higher

Continued on Page 20

New Twist on Old Budgeting Rule

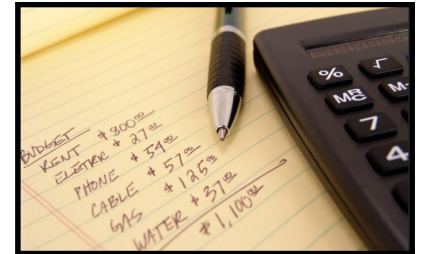
This modern take on a classic piece of budgeting advice may be just the thing to help you achieve your financial goals this year!

Budgeting is an important (if not exactly thrilling) part of running a household. Unfortunately, it's often not our strongest suit, and we've probably all tried many different budgeting methods over the years with varying levels of success.

The 70-20-10 budgeting rule may aid your financial goals for the new year — or at least help you get back on track after all that holiday spending!

What Is The 70-20-10 Budgeting Rule?

The old 50-30-20 split for budgeting (putting 50 percent of your income toward needs, 30 percent toward wants, and 20 percent toward savings) just isn't as workable as it once was! The modern economy has made it difficult to maintain those percentages, so those numbers needed an update.



Enter the new 70-20-10 budgeting rule. With this split, you put 70 percent of your income toward things you need, 20 percent toward your savings, and 10 percent toward things you want.

This budgeting rule is easy to remember and suits a variety of financial scenarios. The 70 percent split typically includes rent or mortgage payments, utilities, medical expenses, groceries, and transportation, but it can also include debt repayment for those paying off credit cards or student loans.

Saving 20 percent of your income may sound like a tall order, but it's a great way to build a "rainy day fund" that you can dip into as needed. Don't forget that there are plenty of ways to spend less on the things you need without sacrificing your standards, like making DIY cleaning and laundry solutions and cooking meals at home!

The final 10 percent of your income is reserved for things you want but don't need, like travel, streaming services, and luxury items. If you're looking for a better way to budget your finances this year, try this modern take on a classic budgeting rule!

- www.onegoodthingbyjillee.com

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21/11

Eat sustainably with the climatarian diet - *from page 18*

carbon footprint due to their feed, which is made up of smaller fish, fish oil and some plant-based protein like soy or corn.

Switching to a plant-based milk can also help lower your carbon footprint. Plant-based milks have been found to cause less than half the emissions of dairy milk; oat milk has the lowest carbon footprint.

Avoid unnecessary packaging

Taking a carbon-conscious approach to eating also means being mindful of what your food is packaged in. There is a link between our overwhelming global plastic problem and climate change. During the manufacturing and end-of-life disposal of plastics, GHGE are generated. Plastics are extremely durable and very slow to degrade so they accumulate in our environment, ending up in landfill, our waterways and oceans. Check out your local farmers' market for produce free from packaging, or your local health food store where you can buy staples like rice, flours, nuts, seeds and legumes in bulk.

Buy in-season, locally grown produce

Be mindful of where your food has come from and how far it has had to travel. Food that has been transported by air will have a greater a GHGE impact.

Buy locally grown, in-season produce from your local farmers' market or sign up with neighbours and friends to receive weekly veggie boxes made up of fresh local seasonal fruits and veggies. Buying local will support your local farmers and help cut down on emissions caused from having to transport your produce around the country or world.



<https://www.wellbeing.com.au/at-home/planet/eat-sustainably-with-the-climatarian-diet.html>

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Rector: Peter Shayler-Webb 0439 770 487

Email: admin@nambuccaanglicans.com.au

Office: 02 6568 9029

*Baptisms, weddings
and funerals.*

5/11

Blokes' Breaky

1st Saturday of the month

Ring Jeff to book on **0428 578 394**

Cuppa and Chat

3rd Saturday of the month

Everyone welcome. 10am - Free

St Jimmy's Kitchen

5/11

3rd Thursday of Month at 5.30pm

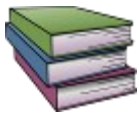
Bowra St Jimmy's Food Hub

Friday 9-11am Saturday 9am-12pm

Closed Mondays.

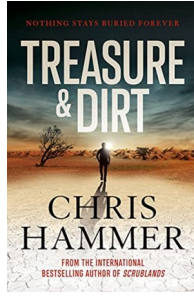
Must hold a current Centrelink card.

ST. JAMES CHURCH HALL



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Treasure & Dirt Chris Hammer,



In the desolate outback town of Finnigans Gap, police struggle to maintain law and order. Thieves pillage opal mines, religious fanatics recruit vulnerable young people and billionaires do as they please.

Then an opal miner is found crucified and left to rot down his mine. Nothing about the miner's death is straightforward, not even who found the body. Sydney homicide detective Ivan Lucic is sent to investigate, assisted by inexperienced young investigator Nell Buchanan.

But Finnigans Gap has already ended one police career and damaged others, and soon both officers face damning allegations and internal investigations.

Have Ivan and Nell been set up and, if so, by whom?

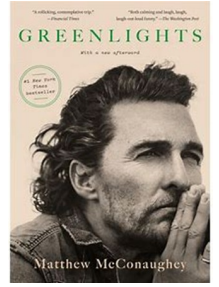
As time runs out, their only chance at redemption is to find the killer. But the more secrets they uncover, the more harrowing the mystery becomes, as events from years ago take on a startling new significance.

For in Finnigans Gap, opals, bodies and secrets don't stay buried for ever.

A superb standalone thriller from the acclaimed and award-winning author of the international bestsellers *Scrublands*, *Silver* and *Trust*.

- www.goodreads.com

Greenlights Matthew McConaughey



From the Academy Award®-winning actor, an unconventional memoir filled with raucous stories, outlaw wisdom, and lessons learned the hard way about living with greater satisfaction.

“I’ve been in this life for fifty years, been trying to work out its riddle for forty-two, and been keeping diaries of clues to that riddle for the last thirty-five. Notes about successes and failures, joys and sorrows, things that made me marvel, and things that made me laugh out loud. How to be fair. How to have less stress. How to have fun. How to hurt people less. How to get hurt less. How to be a good man. How to have meaning in life. How to be more me.

Recently, I worked up the courage to sit down with those diaries. I found stories I experienced, lessons I learned and forgot, poems, prayers, prescriptions, beliefs about what matters, some great photographs, and a whole bunch of bumper stickers. I found a reliable theme, an approach to living that gave me more satisfaction, at the time, and still: If you know how, and when, to deal with life’s challenges - how to get relative with the *inevitable* - you can enjoy a state of success I call “catching greenlights.”

Hopefully, it’s medicine that tastes good, a couple of aspirin instead of the infirmary, going to church without having to be born again, and laughing through the tears.”

It’s a love letter. To life.

- 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.

*Norco Rural
has a full range
of garden supplies
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of well known brands.

3/11



Climate Resilient Gardening
Gardeners in Australia are facing a race
against time as they experience the
growing impact of climate change in their
own gardens. The changing climate is
presenting unique challenges for
gardeners and causing them to question
the effectiveness of traditional gardening
practices.

Climatic shifts, such as prolonged
droughts, erratic precipitation patterns,
and rising pest populations, drive
Australian gardeners to adopt more
resilient and sustainable practices to
ensure their gardens' health under
increasingly harsh conditions.

Climate-resilient gardening emerges as
a necessary evolution for home
gardeners seeking to sustain vibrant and
productive gardens.

At the heart of climate-resilient
gardening is regenerative gardening,
which focuses on restoring and
enhancing soil health, promoting
biodiversity, and sequestering carbon.
This approach helps mitigate the
adverse effects of climate change and
contributes to broader environmental
sustainability.

Plant Selection for a Resilient Garden

Plant selection is an important part of
climate-resilient gardening, given the
challenges of droughts, erratic rainfall,
and temperature extremes. Prioritising
plants that can endure climate variability
is key to ensuring the garden's health
and viability.

Local indigenous plants are well-adapted
to your garden's soil and climatic
conditions, requiring minimal water and
maintenance while supporting local
biodiversity. Many native plants have
evolved to thrive in Australia's diverse
climates, making them

Continued on Page 24

The Wyz Wimmin at Argents Hill Hall

For the past eight years, the Wyz Wimmin Theatre Company has performed in the Nambucca Valley's historic halls. "It has been our commitment to take theatre to the people," a spokesperson said, "and we have gained quite a fan base. Many of our performances have sold out before hall doors have opened."

The next production to take to the Valley's backroads is '**This is Me**', a collection of monologues with topics that range from small town gossip to Council Bulk Collection days, to meeting a man late in life. You are guaranteed to laugh, perhaps even cry, and it should be noted that the production's themes and language are ADULT. '**This is Me**' is not suitable for children.

Being staged at **Argents Hill Hall on Sunday 23 March at 2.00 pm**, with 'pot luck' refreshments (plus glasses of bubbles to help things along), tickets are \$25.00 per person and can be purchased from the Wyz Wimmin's user-friendly website. "You should not rely on buying tickets at the door," the spokesperson said, as locals love our productions, but if you do take the chance, door sales are CASH only, we don't have EFTPOS'.

'**This is Me**', will also be performed at **Warrell Creek Hall on Saturday 22 March, Talarm Hall on Saturday 29 March, and Bellingen's Memorial Hall on Sunday 30 March**, with all performances at 2.00 pm.

Purchase tickets for any of these performances on the Wyz Wimmin's easy to use website: wyzwimmin.org.au



1/1



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Bowraville Health and Wellbeing Expo

ALL WELCOME

Come and join us for afternoon tea and a chance to interact with stallholders to understand how local services may assist your health, wellbeing and recovery from adverse events.

When: 4 April 2025

Time: 2pm - 4pm

Where: Bowraville Sports Hub,
Coronation Street

*For any enquiries or to RSVP
please contact:*

Kim-Maree Doolan (NSW Health) on
0412 211 670 or at
mnlhd-
distasterrecovery@health.nsw.gov.au

Rural Recovery Support Service
Mid North Coast Local Health District
NSW Government
NSW Farmers

N/C

~ GARDENS & GARDENING ~

Climate Resilient Gardening *Continued from page 22*

more resistant to local pests and diseases and providing food and shelter for native animals and insects. Gardeners should only plant non-native plants if they are not considered invasive. Local councils usually provide an invasive species, weeds, and indigenous plant lists.

Gardeners should focus on perennial plants, which are better equipped to face climate extremes than annuals. Perennials have deeper roots that reach low-lying water tables. By planting perennials, the no-dig approach is naturally followed, and the integrity of the soil is preserved.

Planting ground covers or mulching to avoid exposed soil will prevent water evaporation during droughts and the erosion of fertile soil during extreme rains. Replacing large lawn areas with native alternatives can significantly reduce water usage and enhance biodiversity in your garden.

Companion planting is another useful approach for a climate-resilient food-producing garden. It can reduce the spread of pests, promote biodiversity and strengthen soil health through varying root structures and diverse nutrient supply, improving soil fertility and structural integrity.

The SGA website provides a valuable and comprehensive list of companion plants. By carefully selecting the right plants for your garden and local conditions, you can reduce garden maintenance, protect the soil and establish a sustainable and resilient garden ecosystem.

- www.sgaonline.org.au/climate-resilient-gardening/
Written by: Antonia Raabe-Scott, M.Sc. Physical Geographer

SUPPORT GROUP
Dream Hope Laugh
FOR OUR EVERLASTING CARERS

HealthOne NSW

4 Fred Brain Ave, Newville, Nambucca Heads

1st Tuesday of each month - 10am to 12pm

Morning Tea served

There is a membership fee per person each year to help support the group

We are a self-supporting group and are not funded.

ALL CARERS WELCOME, PLS SPREAD THE WORD

For further information:

Bev 02 656 94337

N/C

The Bowraville Community Development Association Inc.

Is becoming a **Deductible Gift Recipient**. (this is the new name for this type of Charity which can give tax deductible receipts for donations to its charity project).

We need to establish, **The Gift Fund Representatives Board**, (GFRB)

Members of this Board:

- May or May not be Members of the BCDAI Management Committee.
- Must be Members of the BCDAI (membership is \$5 per year)
- Will review request from the Management Committee to transfer funds from the Gift Fund to the BCDAI operating funds account. Once approval is given the Treasurer will then initiate the transfer.
- The BCDAI Management Committee will make it clear in their request, how much is to be moved and for which project it is to be moved to.
- All board members will have access to the financial records of the Association including details of the GIFT FUND.

The Gift Fund Representatives Board, (GFRB) will be established at our next Regular General Meeting on March 8th at 2pm (the 2nd Saturday). We will need at least three people to establish the board, we will accept further members later so please express your interest after this meeting.

The job is not as hard as it sounds and full explanations will be available.

If you wish more information, email your request to bcdainc@gmail.com or just come to the Meeting.



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NSW RURAL FIRE SERVICE



LIGHTING A FIRE: QUICK FACTS

You must **notify** the Lower North Coast Burn Notification Line at least **24 hours** before burning at all times of the year.

You must **notify** any adjoining neighbours at least **24 hours** before burning at all times of the year.

During the **Bush Fire Danger Period** you must have a current Permit to burn issued by the NSW Rural Fire Service.

LOWER NORTH COAST ZONE

Council Areas

Kempsey - Nambucca

Fire Control Centre

Cnr North and River Streets West Kempsey NSW 2440

24 Hour Burn Notification Line

02 6626 6860

24 Hour Online Notifications

www.rfs.nsw.gov.au/notify

General Enquiries

02 6563 7100

Email

lowernorthcoastteam@rfs.nsw.gov.au

Fire Weather District

North Coast



During a **Total Fire Ban** (TOBAN) you cannot light, maintain or use a fire in the open, or carry out any activity in the open that will cause, or is likely to cause, a fire.



For more information contact the Lower North Coast Team Fire Control Centre or visit www.rfs.nsw.gov.au

REPORT ALL UNATTENDED FIRES

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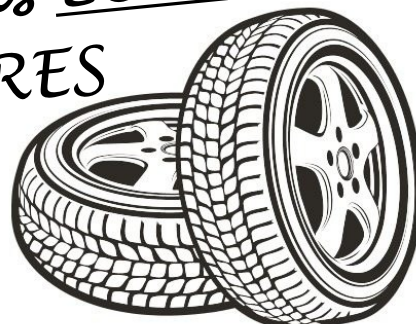
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Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2025							Studio 3 Live	Community Radio Network
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Dirt Music With Stuart Coupe (2SER)	The Bohemian Beat With Riddhi	Aussie Grown Across the Nation Aussie Christmas greetings to diads	Tones of Claressense Claire Watt	TGIF Bellina Goodwin	Rise N Shine Ron Hawkins	The Phantom Dancer With Greg Poppleton	6 AM
7 AM	Top of the Pops UK With Kim Robson	Real World Gardener + Living Planet	A Country Tea Time With DJ Tina	FlipSide With Phil	News, tunes and interviews Great music to start your day	Random ratings in a musical mix with: Heavens Above: 6:30 Saltwater People: 7:30 It's Only Words: 8:30	Local News of the Area Audio news with Beverly & Linda	7 AM
8 AM	The Wire Weekly News wrap weekly	From Then To Now With Paul & Rachel Burns	Smoko with Gazza With Gary Biden	All Aussie artists All recent releases	Talk Of The Town Can Wrobel	Local News of the Area Audio news with Beverly & Linda	AMRAP Top 6 Double With Phil	8 AM
9 AM	Classic Hits & Jukebox Paul Rowe	Infopinion With Richard & Eddie	Mystical Music & Musings With Luise	Turning Pages Elizabeth Newman	Peter's Pops &	Noisy Neighbours Trenck de Croot	Scoob's Smorgasbord With Scoobies	9 AM
10 AM	Great Rock 'n' Roll	Aussie Trove With Brett Adie	Continental Drift Music of the World	EM with Elizabeth Inc Earth Matters	Classical Tunes & Melodies With Peter K	Garage Noise With Sean Ambrose	Haunting ballads to electrifying beats with a dash of the unknown!	10 AM
11 AM	Baby Boomers Donna Collins	Chimes With Paul Gough	The Chill Hit Music & AMRAP top 5	Tewings Tunes With Ralph	The Folk Show Best in Aus & Anglo Celtic Folk	Soul Quench With Lizzie	That's A Wrap Donna, Nigel, Gary & Les	11 AM
Noon	Flashback With Rob Davidson	Rock On With Jimmy & the Bluebirds	DJ Casey DJ Casey's selected music	Thursday Country Trickiwic	Urban Meltdown Hip Hop, R&B, Soul	Music with a Message Geoff Stone	Local sports calls and in-depth sporting analysis	Noon
1 PM	Hot, Sweet & Jazzy From "The Pulse"	Sister Act Olivia & Sam	The Sixties in Australia Rob Davidson	Aussie Music Weekly With Nobby	MHS Radio From Macksville High	Music with a Message Geoff Stone	ADD THAT'S A WRAP	1 PM
2 PM	A Breath of Fresh Air With Sandy Kaye	Retro Birds Robyn When & Sally Swan	The Curious World of Lisa Z	Down Memory Lane With Streamer	The Local Source All Aussie Music	Music with a Message Geoff Stone	Praise, Prayer & Pop With Michelle	2 PM
3 PM	Bows Beats With Grace Wallers	Not out of the box	The Sit Down With Clint Waaka	Politics & the Environment Michael Jones	Global Village With Habib Massad	Music with a Message Geoff Stone	The Antisf Radio Show With Nuke	3 PM
4 PM	Hinterland With Ben Wallers	Blues Soul Funk Featuring Aussies on NBA	Ant's Rock Anthony Gamsey	Tim Unsupervised Tim Hood	Meet Me @ The Movies Narrative about Narrabri	Music with a Message Geoff Stone	Imagine This Radio dramas & stories	4 PM
5 PM	Reggae Mixtape With Fezroy	Space Nuts Lost in Science	Ant's Rock Anthony Gamsey	Late night humour, music interviews and more...	Fish's Favourites With Dave P	Music with a Message Geoff Stone	Prog Rock Playlist Rhino	5 PM
6 PM	Music Makers With Yen	Zed Games & Diffusion	Ant's Rock Anthony Gamsey	2NVR Music Mix	Tunes I like to hear...	Music with a Message Geoff Stone	The best of Progressive Rock	6 PM
7 PM	Music Makers With Yen	2NVR Music Mix	Ant's Rock Anthony Gamsey	2NVR Music Mix	Dark Side of the Moon My Generation The Gary Jackson Show &	Music with a Message Geoff Stone	2NVR Overnight Music Mix	7 PM
8 PM	Music Makers With Yen	2NVR Music Mix	Ant's Rock Anthony Gamsey	2NVR Music Mix	Sounds of the Seventies Overnight entertainment plus +	Music with a Message Geoff Stone	2NVR Overnight Music Mix	8 PM
9 PM	Music Makers With Yen	2NVR Music Mix	Ant's Rock Anthony Gamsey	2NVR Music Mix	Overnight entertainment plus +	Music with a Message Geoff Stone	2NVR Overnight Music Mix	9 PM
10 PM	Music Makers With Yen	2NVR Music Mix	Ant's Rock Anthony Gamsey	2NVR Music Mix	Overnight entertainment plus +	Music with a Message Geoff Stone	2NVR Overnight Music Mix	10 PM
11 PM	Music Makers With Yen	2NVR Music Mix	Ant's Rock Anthony Gamsey	2NVR Music Mix	Overnight entertainment plus +	Music with a Message Geoff Stone	2NVR Overnight Music Mix	11 PM
Midnight	Music Makers With Yen	2NVR Music Mix	Ant's Rock Anthony Gamsey	2NVR Music Mix	Overnight entertainment plus +	Music with a Message Geoff Stone	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