

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

MAY 2026 ~ ISSUE #250~ FREE ~ CIRCULATION 350 ~ POSTCODE 2449

NSW National Volunteers Month 2026
Make this **“Your Year to Volunteer”**.



This
Newsletter
was produced by
VOLUNTEERS
at the Bowra
Technology
Centre.

This annual event recognises the contributions of volunteers across Australia and invites everyone to discover how giving their time and talents can create connection, purpose and stronger communities.

The theme for 2026 is **“Your Year to Volunteer,”** which honours the contributions of volunteers and invites people to make 2026 a year of meaningful involvement.

The event supports the United Nations International Year of Volunteers for Sustainable Development (IVY 2026), highlighting the vital role volunteers play in building sustainable, inclusive communities worldwide.

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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

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We take credit card payments!

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and GENERAL
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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

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 - 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.

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

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

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

Front Cover (1 issue) - \$60 issue

DEADLINE FOR COPY FOR

THE JUNE 2026

ISSUE IS: 4:00PM

TUESDAY, 19th MAY 2026

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

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

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

We're coming to your community



We're bringing NSW Government services to: Bowraville on the 5 May 2026 from 9:00am – 3:00pm

Visit our Mobile Service Centre to access services like:

- Driver Knowledge Tests
- driver licence, mobility parking and photo card applications
- Working with Children Checks
- NDIS Worker Checks
- birth, death and marriage certificates
- cost of living support and more.

Call **13 77 88** or visit service.nsw.gov.au to check our latest timetable.

Severe weather may mean our timetable has to change at short notice, we strongly recommend you check on the day.

Find us at:
29 High Street
Bowraville



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 . . .***

The Lions Plaza Community Market is back!

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

Nambucca Plaza on Sunday - May 3rd, from 8:00 am - 1:00 pm

The RFS team will be joining us with their display van from **8.00am - 1.00pm** to answer any questions you may have about fire safety in and around your home.

More information on page 19

Bowraville Chamber of Commerce

Next meeting will be at **5pm, Tuesday, 5th May** at the Bowra Hotel.

More information on page 28

Radio Nambucca 2NVR - Studio 3 Live

15th May 2026.

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



WHAT'S FEATURING in MAY at the

BOWRAVILLE THEATRE

www.bowravilletheatre.com.au

Emma Donovan - Take Me To The River Tour

With special guest support

Maanyung

Saturday, 9th May 2026

7pm - 10pm

General Admission Tickets \$64.90

Mob tickets \$24.20

online HUMANTIX + booking fees

or at the door if available.



TECHNO LESSONS OPEN TO EVERYONE

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

Absolute beginners are most welcome!



**Counter Assistance
is available
for small fixes**

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

*“Don’t ever
question the
value of
volunteers.
Hoah’s Ark was
built by
volunteers;
the Titanic
was built by
professionals.”*

- Dave Gynn

*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

NSW National Volunteers Month 2026

Is this “**Your Year to Volunteer**”?

The benefits of Volunteering

Volunteering in Australia offers a multitude of benefits, both personally and for the community. Here are some of the key advantages of getting involved:

Improved Mental Health: Volunteering has been shown to reduce symptoms of depression and improve self-esteem. It can also lower mortality rates and reduce anxiety and depression.

Social Connections: Volunteering allows you to connect with like-minded people, fostering a sense of belonging and community, which can reduce feelings of loneliness and isolation.

Skill Development: It provides opportunities to gain valuable experience and develop new skills, which can lead to improved employment opportunities and improved self-confidence.

Community Impact: Volunteering contributes to the community - benefiting people in need and helping the organisations that support them.

Personal Growth: It can help you feel part of a community, improve your communication and interpersonal skills and provide valuable work experience.

Volunteering is a fulfilling way to give back to the community and improve your own wellbeing. It's a great way to make new friends, learn new skills and help others.

- healthdirect.gov.au/benefits-of-volunteering

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BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE

27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 6564-7169

?/11

BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE

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Monday to Friday 8.45am - 5.30pm

Saturday 8.45am - 12 noon

Prescriptions and Professional Advice

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KERRIE SAVINS



?5/11

Why anyone can be a victim of a scam

Scammers are sophisticated criminals who use psychological techniques to manipulate their targets. Understanding why these tactics work so well can help reduce the shame scam victims often feel.

Being scammed doesn't reflect personal weakness or gullibility.

Warning on scammer tactics

- Scammers use psychological techniques to manipulate and deceive victims.
- Scammers are part of criminal networks with resources, training and tools to effectively manipulate people.
- Having experience or expertise doesn't protect you from being scammed and may give you a false sense of security.
- Scammers will take advantage of life circumstances to exploit vulnerability.

The sophistication of modern scamming

Scammers are professional criminals, not amateurs. Many operate as part of organised crime networks with:

- detailed training on psychological manipulation
- sophisticated technology to create convincing fake websites, videos, and documents
- teams of specialists handling different aspects of long-term scams
- access to stolen personal information that makes their approaches personalised
- scripts tested and refined on thousands of previous victims.

Scammers are well researched

Some scammers study their targets carefully. Romance scammers may spend weeks researching your social media profiles, interests, and relationship history before making contact. Investment scammers monitor economic news to time their approaches perfectly.

Technology makes them more convincing

Artificial intelligence helps scammers create realistic photos, deepfake videos, and personalised messages. Voice cloning technology can replicate family members' voices within minutes.

Why our brains are vulnerable to scams

Scammers exploit human psychology by taking advantage of how our minds work. They use techniques that manipulate most people to act under the right circumstances.

Cognitive overload

When we're busy, stressed, or dealing with many demands, our ability to spot inconsistencies and think critically drops significantly. Scammers deliberately create complicated scenarios or time pressure to overwhelm you.

Authority bias

We're inclined to obey perceived authority figures. When someone claims to be from the government, police, or bank - your brain is programmed to take them seriously.

Continued on Page 10

WHAT'S HAPPENING IN BOWRA

Blokes Brekkie

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

Cuppa and Chat

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

Bowra Country Markets

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

St Jimmy's Kitchen

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

St Jimmy's Food Hub

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

Bowraville Folk Museum

High Street, Bowraville
Phone/Fax: 6564-8200

New Opening Times

Closed Monday and Tuesdays
OPEN

Wednesday to Sunday 10am -1pm

email: bowravillefolkmuseum@gmail.com

~ Groups by appointment ~

27/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

21/11

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

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

WOOD-FIRED PIZZA

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Regular Live Music - Holy Goat Coffee

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Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .

TAB - KENO

RAFFLES - Wednesdays & Friday

MEMBERS' DRAW min \$1500

KITCHEN Wednesday to Saturday

 Lunch 12-2pm - Dinner 6-8pm

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

FREE POOL Everyday

21/11

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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

29/11

Fear and emotional hijacking

Strong emotions like fear, excitement, or love change how our brains process information. Scammers deliberately trigger these emotions to override rational thinking.

Anyone can be the victim of a scam

People with more experience or specialised knowledge in certain areas can sometimes be targeted because:

- they have more money or assets
- confidence in their judgment can make them less likely to seek outside input
- sophisticated scams can appear more credible to those familiar with complex systems
- past success detecting scams can create a false sense of security against deception.

Current life circumstances matter more than experience.

People are most vulnerable when they're:

- recently bereaved or divorced
- facing financial pressure or job loss
- isolated from family and friends
- dealing with health problems
- going through major life transitions.

Build your defence against scams

Normalise scepticism

You can always ask to verify someone's identity. It's good practice to do this, even if they claim to be from a trusted organisation. Legitimate businesses expect and respect your caution.

Create personal rules

For example, decide in advance that you'll:

- never send money to someone you've only met online
- always research investment decisions before acting.

Be kind to yourself

If you are scammed, treat yourself with the same kindness you'd show a friend in the same situation. Focus on taking protective action and recovering from the scam rather than self-blame.

Build a support network

Asking trusted friends or family members for advice creates a buffer against the high-pressure tactics used by scammers.

Stay informed

Understanding current scam trends helps you recognise new tactics. Subscribe to our scam alerts to keep up-to-date with scam trends.

- www.scamwatch.gov.au/stop-check-protect/help-to-spot-and-avoid-scams/why-anyone-can-be-a-victim-of-a-scam?

Activities and Treats

Mission Australia and Jaanymilli Bawrrungga organised activities for Bowraville's young people on Tuesday 21 April at Grants Hall in Bowraville as part of Youth Week in the Nambucca Valley.

Some of the activities on offer included a photobooth, craft and painting activities as well as karaoke and a kitchen stocked with snacks and drinks.



Penelope of Frank Partridge VC Public School



Noah of Nambucca Heads High School on Karaoke at Youth week activities



Organisers of the Bowraville event, Jaanymilli Bawrrungga's Bonnita Sambrook and Youth Coordinator Casey Olivera

Amelia, Brianna and Grace of Frank Partridge VC Public School enjoying treats



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May - stability and thoughtful decision-making

No matter which zodiac sign you belong to, there are some general pieces of advice that can help you make the most of this powerful period.

First, pay attention to what feels important during this time. The universe often speaks through synchronicities. When attention repeatedly or when coming up - it is worth paying



feelings, signs, and something catches your a certain feeling keeps attention.

This is a time of clearing out new. This might mean ending or simply changing a daily habit. Change can feel scary, but it is often the doorway to something much better.

the old to make room for the a relationship, leaving a job,

Third, act when opportunities appear. Planetary energy creates windows of opportunity, but you still have to walk through the door. Do not wait for perfect conditions. Take steps forward even when you feel uncertain.

Finally, take care of your body and mind during this busy and intense period. Rest when you need to. Spend time in nature. Connect with people you love. The outer changes happening in your life will be much easier to navigate when you are feeling strong and grounded on the inside.

Astrology reminds us that we are not alone in our journey. The planets and stars move in patterns that reflect the rhythms of life itself. When we understand these patterns, we can work with them rather than against them. We can prepare ourselves to receive the gifts that certain times bring.

May brings a calmer rhythm compared to April, emphasising balance, patience and inner stability. The month encourages reflection on what truly matters, prioritising meaningful relationships and emotional security over material success.

Early May brings with it harmony and structure in daily life, and grounds practical matters like finances and routines while later sparks communication and new ideas. Mid-month brings a softening to love and home dynamics.

Hidden truths and opportunities for emotional release make this month ideal for steady growth and a thoughtful revision of goals.

Whether you believe strongly in astrology or just enjoy its wisdom, there is something comforting about knowing that change is not random. There is a flow to life, and that flow is carrying many of us toward something new and greater than what we have known before.

Embrace the changes. Trust the journey. Your best chapters may be just around the corner.

Connecting people through creativity, conversation and community

By Ned COWIE

One well-known volunteer is Ceri Wrobel, host of Nambucca Valley Radio's 'Talk Of The Town' program. Ceri's volunteer work over the past 15 years has been instrumental in promoting not only local community events but also countless musical performers who have ventured into or grown up in the Valley. BCN caught up with the busy volunteer at 2NVR's Studio 3 Live event last month where she was announcing two Mid-North Coast performers.

In 2025 Ceri's work in radio was recognised by the CBAA (Community Broadcasting Association of Australia) when she was awarded runner up in their Volunteer of the Year awards. This year she received an Australia Day Cultural Achievement Award for her contributions to local culture.

"Ceri Wrobel is someone who truly connects people through creativity, conversation, and community. She has made an extraordinary cultural contribution through her tireless volunteer work in community radio, live music and local events," said Lorraine Hemsworth at Council chambers when presenting this award to Ceri.

Ceri volunteers for two organisations, Nambucca Valley's volunteer-run radio station 2NVR, and the Valla Beach Community Association where she manages a social media site and organises entertainment for the group's popular monthly markets, the Valla Beach Community Markets. Ceri has also helped organise and compere 2NVR's Studio 3 Live, a free musical event which has featured a huge range of local and visiting musical performers in concert once a month since 2014.

Her efforts across these platforms have meant that local and travelling performers have been promoted on her radio show as well as offered various opportunities for live performances either on air, in concert at 2NVR or at the Valla Beach Markets' stage.

"I go to a lot of festivals," she explained to BCN, "and when I meet musicians, I mention the Valley and our Studio 3 Live event. Even though we don't pay performers they are being broadcast and livestreamed and it's a great promotion for them."

In this way, many up and coming performers as well as seasoned professionals have featured on the Studio 3 Live line-up or ventured into Ceri's studio for live interviews and performances.

"Studio 3 Live is also good for performers because we have a live audience," she added.

Promoting and interviewing local performers on 'Talk of the Town' is something that drives Ceri, who, before she retired as a nurse, had no experience in radio.

Now, as a seasoned professional, she introduced live acts and chatted to performers and the audience as last month's Studio 3 Live event as though she had been doing it all her life.



Beverly Gibbs - Riverwatch Inc and 2NVR volunteer

Beverly is co-founder of volunteer river guardianship group Riverwatch Inc. which reports on the health of Nambucca Valley's rivers and catchments.

Volunteers are tasked with making monthly observations and measurements of key markers in river health at several locations across the region. Beverly's role with this organisation includes training volunteer citizen scientists in water testing, making presentations to various organisations and groups, organising and hosting field days and reaching out to students and schools in this capacity.

She has also been a long-term volunteer at Radio 2NVR where she currently presents a talk show on Fridays. Beverly also regularly participates in and/or manages outside broadcasts from community events including the recent Open Streets Festival and last November's Back to Bowra.



"I love being of service to the community. It's great to be involved in a citizen science project which is of global significance at this time in history when rivers and the environment are under threat.

With my radio work, I see the value in providing local content and showcasing the many talents of our community members."

Tina Birtles - WIRES volunteer

Tina Birtles has worked for nearly a decade as a WIRES Mid North Coast volunteer rescuing wildlife across the region.

Tina is trained to rescue possums, gliders, bats, birds, small mammals, lizards, land and sea turtles, koalas and raptors.

She also serves as a Possum and Glider Coordinator, Branch Secretary, Fundraising and Member Support Officer and is part of the founding team behind the wildlife rehabilitation pre-release facility in Coffs Harbour.

"Wildlife need rescuing most days and while shared across a team, it's a 24/7 commitment," she told BCN.

"We always need more hands and I am always happy to chat and help others join WIRES. This is more than volunteering; it's about doing our part for wildlife impacted by human actions and protecting species for future generations to enjoy," she added.



Dale Hawkins – Bowraville Theatre Volunteer

I moved to the Nambucca Valley in 1981 with my husband Ron. We came at a time when many young people like us were leaving the cities to try to live a more sustainable life. We have had a very happy life here in the Nambucca and volunteering has played a big part.



I've been a part of many voluntary groups since living here, including Bowra Country Markets, Nambucca Valley Radio, Nambucca Reforestation Society (a precursor to the Bellingen Tree Fair). I was a founding member of the Bowraville Pre School and Bowraville Youth Club and currently, am on the committee of Bowraville Theatre.

I've filled roles such as President and Secretary and committee member, helped organise balls, concerts, market days, fetes, tree fairs and many events. I have learnt many new skills along the way, had an enormous amount of fun and met wonderful people, many of whom have become lifelong friends.

My current role is Secretary of Bowraville Theatre. This involves, taking and implementing minutes from management committee meetings, co-ordinating volunteers for events, taking bookings for events, and attempting to keep up with everchanging technology in movies, publicity forums and social media.

It can be very challenging but is so rewarding when a full house of people are shouting and stamping their appreciation after one of the many outstanding performances that grace the stage of the Bowraville Theatre.

I highly recommend volunteering to anyone. It will change your life.

MORE VOLUNTEERS on Page 18

Bowra Laundromat

Corner of High & Belmore Streets

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Machines & Dryers.**

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Commercial Washers and Dryers

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Sexually Transmitted Infections (STIs) – *Addressing the Stigma*

Sexual and reproductive health is an important part of overall health and well-being. Reducing STI rates depends on strengthening public sexual health and primary healthcare systems, and a key part of that is normalising testing and addressing the stigma that can prevent people from seeking care.

This article aims to do just that: provide clear information, raise awareness about STI testing, and open an honest conversation in our community.

What are STIs? STIs encompass a range of bacterial, viral, and parasitic infections transmitted through sexual contact, including oral, anal, and vaginal interactions. Importantly, STIs are often asymptomatic. Because symptoms are frequently absent, untreated STIs can lead to serious health complications without a person even knowing they are infected. The health impact varies across infections in terms of type and severity of the STI.

Who should get tested and how often? Due to the symptomatic nature of STIs, routine testing for all sexually active people, regardless of age, is critical to improving sexual health outcomes. General recommendations from the Australian Government Department of Health and Aged Care, are:

- * All sexually active people should test every 6–12 months, or with a new partner.
- * Sexually active men who have sex with men are recommended to test every 3 months.
- * After a risk event, such as unprotected sex or a broken condom, testing is recommended regardless of symptoms.
- * Regular testing is recommended regardless of sexual orientation or relationship status, including those in long-term relationships who use condoms

There is a notable difference in STI rates between regional and urban areas in Australia. People in regional areas face the additional barrier of limited access to testing clinics and services. While options may be fewer, they do exist, and seeking them out is strongly encouraged. Places you can go to get tested include:

- * **GP or sexual health clinic** — also available at family planning centres or women's health centres. Find your nearest clinic at [HealthDirect](#)
- * **Free helpline** — NSW Sexual Health Infolink (SHIL) on 1800 451 624. Free, confidential advice available anywhere in NSW.
- * **Aboriginal Community Health Organisations** — offer culturally safe STI testing and information, check out [Take Blaktion](#)
- * **Bowraville Pharmacy** — speak with one of our pharmacists for guidance on where to get tested or for advice about any symptoms you may be experiencing.

STIs are a normal part of sexual and reproductive health, and anyone who is sexually active can be affected. Use protection, and get tested.

- Author: Grace Mackley

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



GARDASIL 9
Human
Papillomavirus
9-valent Vaccine.
Recombinant

MISSED GARDASIL 9?

AGE 14
Absent for
school
vaccination

AGE 16
Missed school
vaccination
due to virtual
learning

AGE 13
Consent form
left in school
bag

An estimated 1 in 5 adolescents have not received the HPV vaccination by age 15

BE THE ONE TO CHECK GARDASIL 9 IMMUNISATION STATUS because if you don't, who will?

Adolescents and young adults are recommended to receive HPV vaccine from 9 years of age and onwards.

The optimal age for HPV vaccination is around 12–13 years prior to exposure to HPV.

People who have not received HPV vaccine by 14 years of age can still receive the vaccine up to 25 years of age. However vaccination is most effective if the vaccine is given early in adolescence.

The recommended schedule for adolescents and young adults aged 9–25 years is 1 dose.

Gardasil for HPV is free for anyone under 25 years old.



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

25/11



Robynne and Michael McGinley - Bowra Technology Centre Volunteers

Robynne and Michael have volunteered at the Bowraville Technology Centre almost since its inception, around two decades ago, and they have been vital to its growth and community involvement ever since.



Robynne has, these last few years, limited her contribution to one day a

week in the office assisting customers with their technology queries as well as being a committed and sought after Justice of the Peace. She also works behind the scenes applying for grants to improve conditions at the Technology Centre for customers and volunteers alike.

Robynne is also a member of the Bowra Chamber of Commerce, is the Tidy Town co-ordinator for our valley and always has her ear to the ground regarding community issues.

Michael's expertise is computers and the way they work, or don't! He is a mine of information and always willing to assist customers with their technology issues. Mike too has limited his time to one day a week these days but if there's ever a need for a fill-in volunteer either he or Robynne are always willing to give their time.

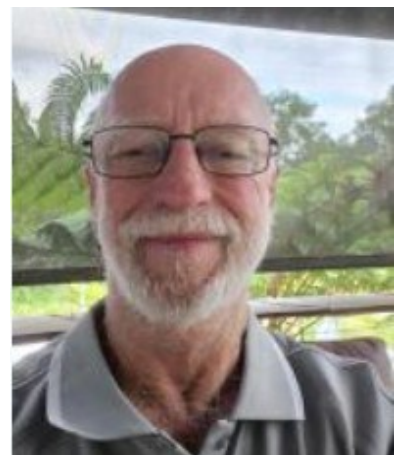
Robynne says that volunteering has kept her in touch with the community and Michael's comment was "what an enjoyable 20 years he's had with great friends".

The Bowra Tech Centre is an interesting and rewarding place to volunteer.

Todd Vercoe - Veterans Advocacy Volunteer

Todd is a committed Nambucca Valley volunteer who works as a veteran's advocate.

"According to the most recent census survey, there are more than 700 military veterans in the Valley and my focus is very much on actively assisting them with receiving their entitlements," Todd told BCN.



MORE on Page 30



NAMBUCCA PLAZA COMMUNITY MARKET *is back . . .*

"We would like to thank both visitors and the community for your understanding of our Lions Plaza Community Market not being held Easter Sunday, we've missed you!"

You will be pleased to hear that The Lions Plaza Community Market is back!

Our Lions volunteers, stallholders, MMM Aunty's Coffee and Lions BBQ van are ready to welcome you back to

**Nambucca Plaza on Sunday
May 3rd, from 8:00 am to 1:00 pm**

If you missed them at the Macksville Show recently, **Neil and the team from RFS Newee Creek** will be joining us with their display van from **8.00am - 1.00pm** to answer any questions you may have about Fire safety in and around your home including:-

- Preparing your Bushfire Safety Plan
- Animal care in fires
- Preparing for the next Bushfire Season
- Winter smoke alarm checks and much, much more.



*Plus, bring the kids along to grab a **FREE RFS Showbag!***

And don't forget—Mother's Day is on Sunday the 10th of May so you won't need to travel far for a great opportunity to pick up that unique handmade gift or hidden treasure for the 'mother figure' in your life from our wide variety of stallholders located both inside and outside Nambucca Plaza.

Come along and support your local Lions and your Community.

See you there, Rain or Shine.



1st SUNDAY OF THE MONTH 8.00am—1.00pm
Stalls Inside / Outside
Rain or Shine

Enquires:

Email: nambuccaheads@lions201n1.au

Phone: Lion Terri 0459515239

Marathon-running robot shatters after tripping over

A marathon-running robot smashed into pieces after tripping – before being dramatically carried away on a stretcher by a medical crew.

The mechanical runner fell over the start line during a training session for Beijing’s upcoming humanoid robot half-marathon.

The life-like machine was poised and ready to begin – before it suddenly stumbles within moments of setting off.

In a split second, the android catastrophically crashes to the floor, with chunks of its frame flying through the air.

The only thing left on the track were the robots legs twitching helplessly on the ground.

In a hilarious twist, an emergency crew made up of five people sprinted over in panic, armed with a robot-sized stretcher to scoop up the shattered remains.

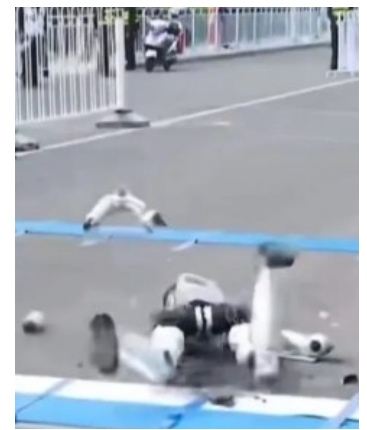
The bot’s broken body was then carried away – leaving scraps of metal debris scattered across the track.

The human-like runners have been described by enthusiasts as “highly human-like”.

The dramatic mishap unfolded during a rehearsal for the world-first humanoid robot half-marathon in Beijing, China, just days ahead of the official race.

The test event, in the city’s E-Town Economic and Technological Development Area, was designed to stimulate every aspect of a half-marathon.

- www.the-sun.com/sport/16235745/robot-shatters-tripping-marathon-medical-team-rush/

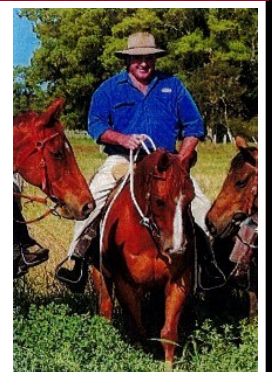


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'Despite Appearances'

A solo exhibition by 2025 Phoenix Art Prize Winner Sue Wilson

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Exhibition runs May 8th - June 4th

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www.nvp.org.au | e: info@nvp.org.au @nambuccavalleyphoenix

Why Exercise Snacking Could Be Your Key to a Longer, Stronger Life

If the gym leaves you cold, organised sport isn't your jam, and the thought of a long walk has you running for the couch, then exercise snacking could be your key to a longer, stronger and healthier life.

What is exercise snacking?

Exercise snacking involves breaking physical activity into small, 1–2 minute, high-intensity, or strength-focused bursts throughout the day, rather than one long session.

These brief “snacks” of movement can last anywhere from 30 seconds to five minutes and are designed to be easy to incorporate into everyday routines.

What do I need for exercise snacking?

Nothing, except a short burst of time. You can choose any simple movement that require little or no equipment and can be done anywhere.

Examples include climbing a few flights of stairs, doing a quick set of squats, walking briskly around the block, performing push-ups against a wall, or even doing a short burst of jumping jacks.



Just as healthy snacks can help maintain energy levels between meals, short bursts of exercise can help maintain physical activity levels throughout the day.

I'm already time-poor and exhausted, how can I make exercise snacking work for me?

One of the main reasons exercise snacking works is that it addresses one of the biggest barriers to exercise: lack of time. Many people struggle to find 30 to 60 minutes in their schedule for a traditional workout.

However, most people can spare a minute or two several times during the day. Need ideas? Do squats while you wait for the kettle to boil. Take a lap around the block when you make a call. Stretch while in front of the television. Always take the stairs instead of a lift.

Exercise snacking can also boost your energy levels and mental health with research showing that breaking up sedentary time with short bursts of activity can improve circulation, mood, posture, and energy levels.

Does exercise snacking really work or is it just another fad?

Research in exercise science suggests that the body responds positively to frequent bouts of activity, even when they are brief.

Short, intense movements can stimulate the cardiovascular system, activate muscles, control blood sugar and increase metabolism.

- www.mindfood.com/article/why-exercise-snacking-could-be-your-key-to-a-longer-stronger-life/

Staying Centred in Uncertain Times

Life is filled with uncertainty and worries about the future. While many things remain outside your control, your mindset is key to coping with difficult circumstances and confidently facing the unknown.

The role of uncertainty in life

Uncertainty is all around us, never more so than today. Whether it concerns global chaos, the economy, or your finances, health, and relationships, much of what lies ahead in life remains uncertain. Yet as human beings, we crave security. We want to feel safe and have a sense of control over our lives and well-being. Fear and uncertainty can leave you feeling stressed, anxious, and powerless over the direction of your life. It can drain you emotionally and trap you in a downward spiral of endless “what-ifs” and worst-case scenarios about what tomorrow may bring.

We’re all different in how much uncertainty we can tolerate in life. Some people seem to enjoy taking risks and living unpredictable lives, while others find the randomness of life deeply distressing. But all of us have a limit. If you feel overwhelmed by uncertainty and worry, it’s important to know that you’re not alone; many of us are in the same boat. It’s also important to realise that no matter how helpless or hopeless you feel, there are steps you can take to better deal with uncontrollable circumstances, alleviate your anxiety, and face the unknown with more confidence.

Learning to cope with uncertainty

While we may not wish to acknowledge it, uncertainty is a natural and unavoidable part of life. Very little about our lives is constant or totally certain, and while we have control over many things, we can’t control everything that happens to us. As the coronavirus pandemic demonstrated, life can change very quickly and very unpredictably. One day things may be just fine, the next you’ve suddenly become sick, lost your job, or found yourself struggling to put food on the table or provide for your family.

To cope with all this uncertainty, many of us use worrying as a tool for trying to predict the future and avoid nasty surprises. Worrying can make it seem like you have some control over uncertain circumstances. You may believe that it will help you find a solution to your problems or prepare you for the worst. Maybe if you just agonise over a problem long enough, just think through every possibility, or read every opinion online, you’ll find a solution and be able to control the outcome. Unfortunately, none of this works. Chronic worrying can’t give you more control over uncontrollable events; it just robs you of enjoyment in the present, saps your energy, and keeps you awake at night. But there are healthier ways to cope with uncertainty—and that begins with adjusting your mindset.

Tip 1: Take action over the things you can control

By focusing on the aspects of a problem that you can control, in this way, you’ll switch from ineffective worrying and ruminating into active problem-solving. Of course, all circumstances are different, and you may find that in some situations all you can control is your attitude and emotional response.

Actively deal with your emotions

When you can do nothing else about a situation, you can still

Continued on Page 29

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Caring for Orchids - 3 things to avoid

Do you love orchids and you have tried to grow them indoors multiple times, but haven't been successful? Then, it is time for you to focus on the possible mistakes you might be making while managing indoor orchid care. It is crucial to understand that an orchid plant has incredibly simple requirements, which is why orchids are most preferred indoor plants. However, you might be faltering on those straightforward factors. To help out, here are some common points you must avoid while nursing an indoor orchid plant.



Over exposure to sunlight

Is your flower pot in front of the window where there is constant sunlight?

Orchids need to be kept in bright places where they are not constantly exposed to the harsh sunlight. Only moth orchids (also referred to as the Phalaenopsis), which are usually the most preferred indoor orchids, need morning sunlight. So take your pot and shift it to that bright empty corner of your room.

Excess watering

Are you one of those people who water the pot twice a day without draining

Continued on page 24



OUR COMMITMENT

To promote, encourage, support and assist in any matter or manner actions that will assist in the growth and development of the economy of Bowraville.

Since time immemorial the Nambucca Valley has been the home of the Gumbaynggirr peoples.

But since the 1840's explorers, timber-getters and settlers from Europe have also come to live in the area and English style townships and farming have developed.

The Town of Bowraville was officially recognised in 1870 with the opening of a Post Office. It was the main European centre of the Valley and became the seat of the Nambucca Shire Council in 1915.

In these early days a Bowraville Progress Association formed to bring the community together to address issues of common concern for the development and improvement of the growing town.

Given the strength of the business community about a hundred years ago this group was renamed the Bowraville Chamber of Commerce.

And it has operated ever since as a conduit between government and community over issues such as road paving and curbing, electrification and community facilities; and it has worked to enhance business activities through events and has addressed any number of community concerns – great reading of the minutes from the

Continued from page 28



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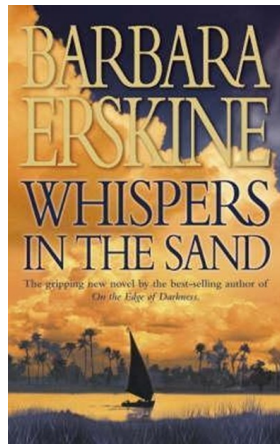
211/11

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.

Whispers in the Sand

By Barbara Erskine

Recently divorced, Anna Coburn decides to cheer herself up by retracing a journey her great-grandmother, Louisa, a renowned artist, made in the mid-nineteenth century – a Nile cruise from Luxor to the Valley of the Kings.



Anna carries with her two of Louisa's possessions – an ancient Egyptian scent bottle, and an illustrated diary of the original cruise that has lain unread for a hundred years.

As she follows in Louisa's footsteps, Anna discovers in the diary a wonderful love story from the Victorian past, and the chilling, more distant secret of the little glass bottle.

Meanwhile, two men from the tour party are showing a disturbing interest in these mementos, and developing an unfriendly rivalry for Anna's attention.

And, most frightening of all, Anna finds herself the victim of a haunting, a spectral presence that grows in strength and threat as the dramatic stories from three different eras intertwine in a terrifying climax...

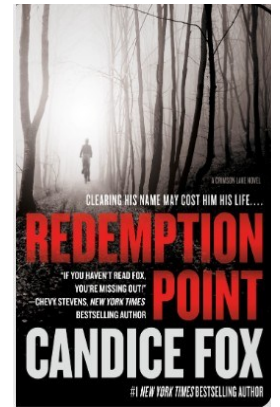
- <http://www.barbara-erskine.co.uk/>

Redemption Point

Crimson Lake #2

By Candice Fox

When Ted Conkaffey, a former detective was wrongly accused of abducting Claire Bingley, he hoped the Queensland rain-forest town of Crimson Lake would be a good place to disappear. But nowhere is safe from Claire's devastated father.



Dale Bingley has a brutal revenge plan - and if Ted doesn't help find the real abductor, he'll be its first casualty.

Meanwhile, in a dark roadside hovel called the Barking Frog Inn, the bodies of two young bartenders lie on the beer-sodden floor.

It's Detective Inspector Pip Sweeney's first homicide investigation - complicated by the arrival of private detective Amanda Pharrell to 'assist' on the case.

Amanda's conviction for murder a decade ago has left her with some odd behavioural traits, top-to-toe tats - and a keen eye for killers . . .

For Ted and Amanda, the hunt for the truth will draw them into a violent dance with evil. Redemption is certainly on the cards - but it may well cost them their lives . . .

- www.goodreads.com

BOOK NOOK NOTICE

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

Back to Bowra Committee gets Back to it!

By NED COWIE

The 2026 Back to Bowra Committee met at the Bowra Hotel last month to elect this year's executive positions and begin planning the 2026 Back to Bowra event.

Last year's Back to Bowra, held on the 50th anniversary of the original event, was a run-away success and put together on a shoe-string budget by many of the same people. Featuring whip-cracking, billy cart races, a street parade, a tug-of-war and markets, the public's enthusiasm for an old-fashioned country-style event took many by surprise.

This year's festival, scheduled for some time in November, is planned to be even bigger and better, featuring the same popular line-up of events but hopefully with the inclusion of even more traditional Bowra events such as the Mullins Mail Ride, a horseback ride following the path of the original Bowra mailman Jimmy Mullins, and gum-boot throwing.

Local Real Estate agent and farmer, Barney Townley was elected to lead the team as President, while last year's president Gav McKinnon was elected Vice President. Michael O'Neil will fill the role of secretary and Jen Hill will once again take on the duties of Treasurer.

Anyone interested in volunteering their time to help with planning and running of events, holding a market stall or performing as an entertainer should visit the Back to Bowra website or keep an eye out on social media for more information.



Back to Bowra Committee's April meeting at the Bowra Hotel.
*From Left to Right, Helen Leape – Councillor, Jane MacSmith – Treasurer
 Jennifer Hill, Secretary – Michael O'Neil,
 Vice President – Gav McKinnon, Jono McLaughlin,
 President – Barney Townley and Emma McLaughlin.*

Continued from page 25

past at the museum include Chamber dealing with wild horse rampage in town - our town!

Now, a hundred years on, the Chamber membership is open to all interested locals for only \$20pa as a respected means to work collectively to our common future. And businesses for only \$40pa.

In recent times we hosted a gathering at the Community Centre of all potential Councillors to bring them to town and, later, at the Sports Hub for a Meet the Mayor event to which many locals and Councillors connected.

With the Bowraville Technology Centre we facilitated the 'Light Up Bowra 25' event and are involved in ensuring it's development. Timed parking has been introduced into the town centre to create ease of visitor and local parking and a community notice board installed outside IGA. With the support of the Technology Centre we are currently creating a tourist brochure for Bowraville and we continue to lobby for improvements to the amenity of our town centre with shade and seating.

So we invite you to attend our meetings and become involved – **Next Meeting will be at Tuesday May 5, 5pm at the Bowra Hotel.**

ALL ARE WELCOME

but only members are able to vote.

And you may contact the Chamber at any time by email to bchamber769@gmail.com or by leaving a message at the Bowraville Technology Centre.

Autumn in the Garden

Continued from page 24

them? Well, you need to stop. Instead, water them and drain out all the excess water. If the compost still feels wet, then do not water them or else the roots will die instantly.

If your orchids are shrivelled, or the petals are turning brown, then that is a direct sign of over watering.



Humidity and temperature

When it comes to indoor orchid care, most of us are left wondering what the perfect temperature is. While it varies for different orchids, the moth orchid does perfectly fine at normal room temperature. However, when moisture is concerned, orchids bloom better in a humid atmosphere. If you stay in a dry place, keep your orchids on a humidity tray and seek to improve the humidity levels. Or ensure that you mist them with the help of spray bottle.

Following the tips mentioned above will make sure that you are not failing at proper indoor orchid care.

- insightsdeck.com/articles/3-things-to-avoid-while-tending-to-orchids

actively face up to your emotions—even the most negative and fearful ones. Allowing yourself to experience uncertainty in this way can help you reduce stress, better come to terms with your circumstances, and find a sense of peace as you deal with challenges.

Tip 2: Challenge your need for certainty

While uncertainty and change are inescapable parts of life, we often adopt behaviours to try to cope with the discomfort they can bring. In addition to worrying through every possible scenario, you may: Excessively seek reassurance from others, Micromanage people, Procrastinate or Repeatedly check things.

How to challenge these behaviours

You can challenge the behaviours you've adopted to alleviate the discomfort of uncertainty by asking yourself the following questions:

1. *What are the advantages of certainty?* What are the disadvantages? Life can change in a moment, and it is filled with unexpected events and surprises—but that's not always a bad thing. Opportunity often arises from the unexpected and having to face uncertainty in life can also help you learn to adapt, overcome challenges, and increase your resiliency. It can help you to grow as a person.

2. *How much can you be certain about in life?* Does anyone have a job for life, a guarantee of good health, or absolute certainty over what tomorrow will bring? Truth is no matter how much you try to plan and prepare for every possible outcome; life will find a way of surprising you. All striving for certainty does is fuel worry and anxiety.

3. *Do you assume bad things will happen just because an outcome is uncertain?* Given that the likelihood of something bad happening is low, even in these precarious times, is it possible to live with that small chance and focus instead on the more likely outcomes? Ask your friends and family how they cope with uncertainty in specific circumstances. Could you do the same?

By challenging your need for certainty, you can begin to let go of negative behaviours, reduce stress and worry, and free up time and energy for more practical purposes.

- www.helpguide.org/mental-health/anxiety/dealing-with-uncertainty

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Todd Vercoe - Veterans Advocacy Volunteer *continued*

"I work as a volunteer under the umbrella of the Veterans Wellbeing Network Mid North Coast, an organisation in which I also serve as Vice-President."

A veteran of the Australian Army with 30 years of service under his belt, upon leaving the military, Todd was, himself, assisted by a volunteer compensation advocate. This inspired him to help others in similar situations.

Todd is also a Legatee which means he supports the dependants of veterans, who gave their lives or their health in the service of the country.

In addition to these roles, Todd is the Secretary of 'We're Here', a 355 Committee of Council. "Under the umbrella of 'We're Here' I attend Macksville Hospital from 10 to 2 each Tuesday to engage with Veterans and to visit Veterans or their dependants who are inpatients of the Hospital."

Bowraville residents may remember Todd from his previous role as President of the Bowraville & District RSL sub-Branch, a position he recently stepped down from.

Todd said he is driven to reducing the stresses that often arise for veterans when dealing with the large, process-driven bureaucracy they face in making claims.

"I get much satisfaction out of supporting Veterans, in particular seeing them obtain life-changing results, i.e. DVA health cards and significant tax-free lump sum payments that provide financial security," he said.



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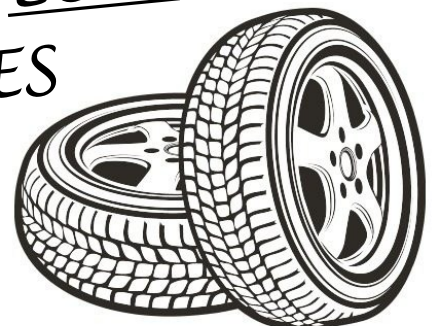
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 Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2026		 Studio 3 Live — 6-8PM 3rd Friday each Month						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Cinemascope + All the Best + Overdrive + Wellbeing	Continental Drift With Garry Havrillay	Aussie Grown Across the Nation Aussie Christian grassroots to charts.	Tones of Clairressence Claire Watt	The Fourth Estate The Documentary	Rise N Shine Ron Hawkins	Sunday Morning Soul Sound	6 AM
7 AM	Urban Meltdown With Brett Costello	Real World Gardener The Assignment	A Country Tea Time With DJ Tina	Get that musical clairressence!	Life in the Valley Beverly Gibbs	Random ravings in a musical mix with: Heavens Above: 6:30 Saltwater People: 7:30 It's Only Words: 8:30	With Clairressence	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe	From Then To Now With Paul Burns	Smoko with Gazza With Gary Bidden	In Conversation With Simon Moore	Talk Of The Town Carl Wrobel	Local News of the Area Beverly, Linda, Phill, & Celeste	Scoob's Smorgasbord With Scoobs	8 AM
9 AM	Baby Boomers Donna Collins	Healing Frequencies With Amutha Kan	Mystical Music & Musings Luise gives us her favourite music and muses on the great mystery of Life	Turning Pages Elizabeth Newman	Fine Music Live Aus Fine Music Network	Noisy Neighbours Trenck de Groot	That's A Wrap	9 AM
10 AM	Flashback With Rob Davidson	Dirt Music With Stuart Coupe	Hot, Sweet & Jazzy From "The Pulse"	Sista Selecta's Roots n Reggae	The Local Source All Aussie Music	Garage Noise With Sean Ambrose	Donna, Nigel, Gary & Les	10 AM
11 AM	Top of the Pops With Kim Robson (BBC)	Mixed Grill With Maicca	A Breath of Fresh Air With Sandy Kaye	Hit Singles From Your Past With Maicca	Robertson's Rollercoaster With Tom	Let the Bands Play With Gordon McKenzie	Local sports calls and in-depth sporting analysis	11 AM
Noon	The Wire Weekly + Aussie Music is BG With Paul Gough	Rock On With Jimmy & the Bluebirds	DJ Casey DJ Casey's selected music	Thursdays Country Trickivic	MHS Radio From Macksville High	The Chill With Corey Barnett	AND THAT'S A WRAP	Noon
1 PM	Chimes With Brett Adle	Sister Act Olivia & Sam	The Sixties in Australia Rob Davidson	Music to Snuggle Up With Jenny Adams	33 Blues With Lizzie	Music with a Message Geoff Stone	Praise, Prayer & Pop With Michelle	1 PM
2 PM	Aussie Trove With Brett Adle	Aussie Music Weekly With Noddy	The Curious World of Lisa Z	Top of the line music that you'll get all cuddly over	Meet Me @ The Movies Narrative about Narratives	Saturday Date With Stu	The AntiSF Radio Show With Nuke	2 PM
3 PM	Tikki Lounge Remix With Seth Jordan	On the Flipside With CJ	45 RPM From the Pulse	Ant's Rock Anthony Gamsey	Fish's Favourites With Dave P	Don't forget to keep your date!	Imagine This Radio drama & stories	3 PM
4 PM	Music Makers With Yen	Space Nuts + Lost in Science, + Zed Games, + Diffusion	Ant's Rock Solid Rock Aussie Focus	Late night humour, music, interviews and more...	Dark Side of the Moon My Generation The Gary Jackson Show	Wofly Wofly's music & requests	Prog Rock Playlist Rhino	4 PM
5 PM	Local News of the Area Beverly, Linda, Phill & Celeste	Local News of the Area Beverly, Linda, Phill & Celeste	Ant's Rock Overnight	Local News of the Area Beverly, Linda, Phill & Celeste	Sounds of the Seventies Overnight entertainment plus +	2NVR Music Mix	The best of Progressive Rock	5 PM
6 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	6 PM
7 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	7 PM
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11 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	11 PM
Midnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	Midnight

AIR News weekdays 6, 7, 8, 9am, noon & 6pm, weekends 6, 7, 8 & 9am 2NVR — Multiple Award Winner Sports Calls Live: 2nvr.org.au/sports-channel Studio 3office: 02 6564 7777 <admin@2nvr.org.au > The Best Little Station in the Nation