

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 2023 ~ ISSUE #217 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

The Yuraal Community Garden

The Mujaay Ganma Foundation from Gumbaynggirr Country have an exciting project happening in Bowraville - establishing The Yuraal Community Garden with green houses and areas for propagating plants with the aim of extending the garden and selling plants in the future.

Native bees are also high on the agenda with hives of native stingless bees already found in hollow trees near the property. There's plans to increase hive numbers in the garden to provide benefits like better pollination for the plants and to supply stingless bee honey.

With the support of a FRRR IRCF grant, funded by VFFF, two trainee project coordinators - Wurinda Gill and Thomas Stanbrook - were recruited and have been learning on the job. Their work has included learning about workplace expectations; setting up systems and administrative work and keeping records of the planning and implementation of the many components of this complex project.

Under the guidance of a horticultural mentor with experience working in the Aboriginal community at Miimi Aboriginal Corp., Wurinda and Thomas have learnt about garden preparation, irrigation, planting seeds and transplanting seedlings in preparation for establishing The Yuraal Garden.

Training of coordinators and the future establishment of the garden is highly collaborative, involving several community organisations.

Wurinda Gill, Trainee Project Coordinator for Mujaay Ganma Foundation was named Young Indigenous Citizen of the Year 2023 for the Nambucca Valley. Wurinda carries her culture and connection to Country through all that she does.

Continued on Page 16

**All past and current Bowraville Community News are available online at
www.bowraville.nsw.au/newsletters**

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services are available at the BTC on our computers, your laptop, tablet or smart phone. Printing is extra and cost depends on the amount of pages printed.

Computer Usage

- ♦ Ten Minutes — \$1.00
- ♦ One Hour — \$5.00
- ♦ All day High Users Pass — \$15.00

Printing and copying

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

Other services

Hire of data projector + Portable screen - \$10 day

Shredding - ask for a quote

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We now take credit card payments!

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ADVERTORIAL

and GENERAL

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39 High St, Bowraville Ph. 02 6564 7420

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- Volunteers Welcome*

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

Newsletter is also available online at:

www.bowraville.nsw.au/newsletter/

2023 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscription includes 11 issues.

62 x 62 (1/6 pg) - \$12 issue or \$120 year

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

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

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

Front Cover (1 issue) - \$60 issue

DEADLINE FOR COPY FOR

THE JUNE 2023

ISSUE IS: 4:00PM

TUESDAY, 23rd MAY 2023

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

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

e-mail: admin@bctc.com.au

DISCLAIMER

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

Bowraville Services Australia Agency

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

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

Also available is personal assistance from one of our trained volunteers on Mondays and Wednesdays (between 10am and 1pm) and Fridays between 10am and 2pm. Appointments are essential for this personalised service and can be made by ringing the Bowraville Technology Centre on 6564-7420.

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

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



Australian Government
Services Australia

*Does your computer need servicing?
Is it going slow?
Do you suspect a virus?
Or it just won't work the way you want it to?*

**Come into the
BOWRAVILLE TECHNOLOGY
CENTRE**

**39 High Street, Bowraville
6564-7420
admin@bctc.com.au**

BOWRAVILLE GIFT SHOP



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

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

3/11

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!



Free Techno Lessons
Bookings essential

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

For technical issues
contact BTC for a
booking.

You can ring the
Bowraville Technology Centre on
6564-7420

*Thank You
Mum*

*You have told me
all the things
I needed to hear,
before I knew
I needed to hear
them.*

*To be unafraid
of all the things
I used to fear,
before I knew
I shouldn't fear them.*
– Lang Leav

*Would you like to volunteer or
maybe you're required to
volunteer . . .*

Whichever, here at the Bowraville Technology Centre we're always looking for more volunteers to join the dedicated crew we have on board already.

You can improve your computer skills and assist others at the same time.

Call Cynthia on 6564 7420
for more information.

For your convenience,
when paying at the
Bowra Technology Centre,
we now have

eftpos

Defibrillators and our town

What is a defibrillator?

An Automated External Defibrillator (AED) is a portable device that can be used to shock the heart back to a normal rhythm and will talk to the user explaining, step-by-step, what to do.

When are they needed?

When a person suffers a cardiac arrest – the heart stops. The person is unconscious AND not breathing (not suitable for a child as the shock is too large).

What to do

Immediately start CPR, call 000 and seek closest AED.

Where are the AEDs in our town?

Bowraville Central School (all staff have training)

Bowraville HealthOne
(Mon-Thur - ph: 66911125)

Recreation Club

And there *will be* one at the Ex-services Club.

But, most importantly - The firies at the **Fire station** are our First Responders and operate 24/7 and have the defibrillator on the fire truck so calling 000 will contact them - but they may be busy on another callout. The **Service NSW app** has a find a defibrillator near you feature – this needs to be locally updated – check it out.

How to use

The machine tells you what to do, but training is also available.

They are **NOT** at the **Bowra Hotel** or the **Pharmacy**. There once was one at pub but found to be too old to service. This may have been a Lions initiative but at this time it is up to businesses, organisations or community to purchase.

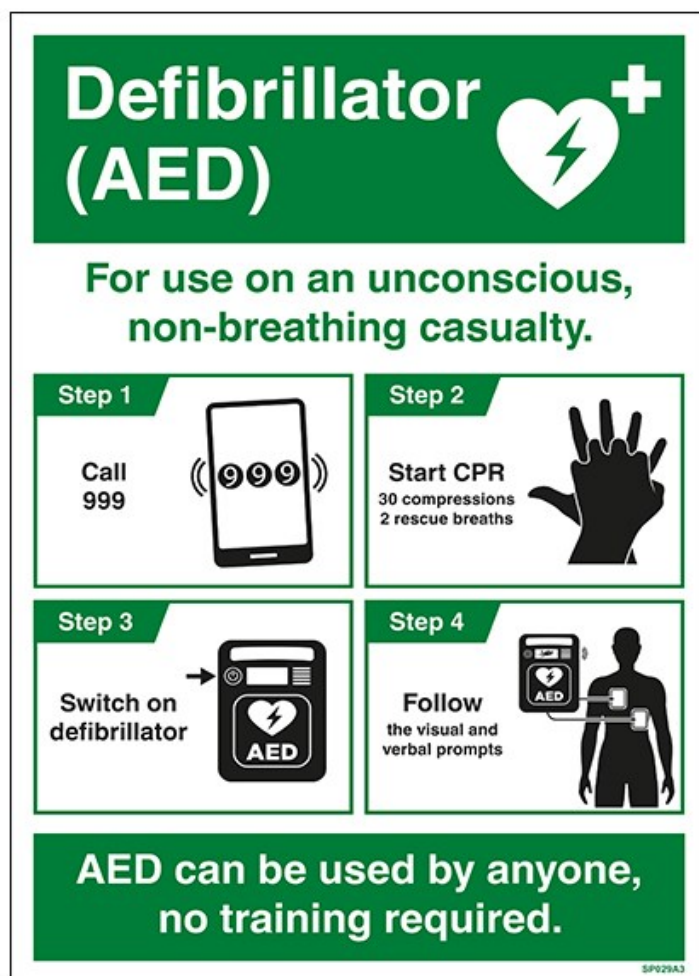
*Valla Beach Community Association has fund raised this and now has 7 AEDs around town and many locals have undergone training in its use.

*Nambucca Heads RSL is fundraising to obtain AEDs which they will donate to rural areas of the Valley (so maybe some of the Halls might like to approach them!) – until the end of May they have a silent auction of memorabilia and a surfboard on display in their foyer and on their facebook page.

BE AWARE

BE INFORMED

YOU MAY JUST SAVE A LIFE



How plants are inspiring new ways to extract value from waste

Scientists from The Australian National University (ANU) are drawing inspiration from plants to develop new techniques to separate and extract valuable minerals, metals and nutrients from resource-rich wastewater.

The ANU researchers are adapting plant 'membrane separation mechanisms' so they can be embedded in new wastewater recycling technologies.

This approach offers a sustainable solution to help manage the resources required for the world's food, energy, and water security by providing a way to harvest, recycle and reuse valuable metal, mineral and nutrient resources from liquid wastes.

The technology could benefit a range of industries such as agriculture aquaculture, desalination, battery recycling and mining. It could also help companies rethink their approach to how they deal with waste by creating a way to extract value from wastewater. The research also has implications for flood and drought prone areas across Australia.

It's estimated global wastewater contains three million metric tonnes of phosphorus, 16.6 million metric tonnes of nitrogen and 6.3 million metric tonnes of potassium. The recovery of these nutrients from wastewater could offset 13.4 per cent of global agricultural demand for these resources.

The ammonia and hydrogen molecules, among others, that are embedded in wastewater could provide electricity to 158 million households.

"The world's wastewater contains a jumbled mess of resources that are incredibly valuable, but only in their pure form. A big challenge researchers face is figuring out how to efficiently extract these valuable minerals, metals and nutrients while retaining their purity," ANU plant scientist Associate Professor Caitlin Byrt said.

"The Australian mining industry for example creates more than 500 million tonnes of waste per year, and these wastes are rich in resources like copper, lithium and iron. But at the moment the liquid waste is just a problem; it can't be dumped and it can't be used. It's just waste unless each resource can be separated out in a pure form.



Continued on Page 22

Blokes Breaky

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

Womens' Brekkie

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

Bowra Country Markets

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

St Jimmy's Kitchen

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

St Jimmy's Food Hub

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

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

WOOD-FIRED PIZZA Wed - Sun
LUNCH 11:30am-2:00pm Tues - Sun
DINNER 5.30pm - 8pm Tues - Sun
All menus available for takeaway
Regular Live Music
Holy Goat Coffee

11/11


Enjoy the country charm of the streetscape as you
Wine & Dine on the Verandah

33 HIGH STREET, BOWRAVILLE
Ph.6564 7041 bowrahotel@bigpond.com



Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .

TAB - KENO - BINGO
RAFFLES - Wednesdays & Friday
MEMBERS' DRAW min \$1500
KITCHEN Wednesday to Saturday
 Lunch 12-2pm - Dinner 6-8pm

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

2/11

FREE POOL Everyday

Bowraville Folk Museum

High Street, Bowraville
Phone/Fax: 6564-8200

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

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

~ Groups by appointment ~

2/11

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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

3/11



What's on in MAY 2023

BOWRAVILLE THEATRE

Love Bites

Saturday 13th May @ 7pm and Sunday 14th May @ 2pm

The Wyz Wimmin & Friends production 'Love Bites' follows on from the 2022 sell out production 'Yours Sincerely'. Featuring short scripts that present characters who aren't real people and yet somehow, they are. Book tickets to 'Love Bites' through Humanitix and don't leave it 'til the last moment.



Áine Tyrrell is Irish As Fuck Not Irish Folk 18+

Saturday, 27th May 2023 @ 7:30pm

Áine Tyrrell is an inspiring and thought-provoking multi-instrumentalist, songwriter, and unmissable live act. Her set moves from singing in Irish, acoustic guitars, powerful vocals, to spoken word and hip hop.

Tickets online @ oztix \$33.15 includes booking fee.

Cafe will be open - Wheelchair access.



Bowraville Theatre - 74 High Street, Bowraville

For more details of the above events go to www.bowravilletheatre.com.au

Email: bowravilletheatre@bigpond.com Tel: 02 6564 7808



BOWRAVILLE COMMUNITY DEVELOPMENT ASSOCIATION INCORPORATED (BCDAI) Pioneer Community Centre

70 High Street – in the heart of Bowraville

N/C

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

Welcoming community participation.

Bowra Country Market, 2nd Saturday of every month.

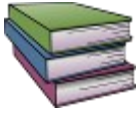
Enquiries: 6568 3370

Donations welcomed, of saleable **books & bric-a-brac** for our fundraising table, and for our January book fair are always welcomed. Please think of us when you are doing your spring cleaning!

Volunteers wanted. Do you have skills to share?

Administration, Barista, Book-keeping/Treasurer, Building maintenance, Fundraising & events, Marketing, Social Media and Team Leadership are all highly valued and welcomed to take this community organisation into the future.

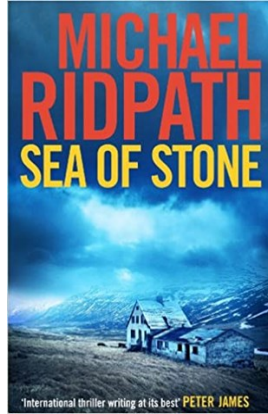
Find us on Facebook. Enquiries to Marion 0400 828 471 email: bcdainc@gmail.com



Sea of Stone

by Michael Ridpath

Can Magnus prove he is innocent of murder without implicating his brother? And can both men get to the heart of the twisted secrets that blighted their childhoods?



Oli and Magnus Jonson have spent years trying to escape from the shadows of their past. Raised by their grandparents in Bjarnarhöfn, a remote farmstead in Iceland, both brothers had to endure brutal violence at the hands of their grandfather.

Now, two decades later, the past has returned to haunt them.

When Constable Páll Gylfason gets a dispatch call to investigate a suspected homicide in a remote farmstead, he is surprised to find that Detective Jonson is already at the scene. Magnus identifies the dead man as his estranged grandfather.

As Páll begins to review the crime scene it becomes apparent that forensic evidence has been tampered with and that Magnus' version of events doesn't add up. Before long, Magnus is arrested for the murder of his grandfather.

When it emerges that his younger brother, Oli, is in Iceland after two decades in America, Páll begins to think that Magnus may not be the only family member in the frame for murder.

What unfolds is a tale of familial ties and bloodthirsty vengeance, of isolated communities scarred by the tragedies of the past - and of a final, painful reckoning.

- www.goodreads.com

The Bookseller at the End of the World

by Ruth Shaw

A rich, immersive, funny and heartbreaking memoir of the charming bookseller who runs two tiny bookshops in the remote village of Manapouri in Fiordland, in the deep south of New Zealand.

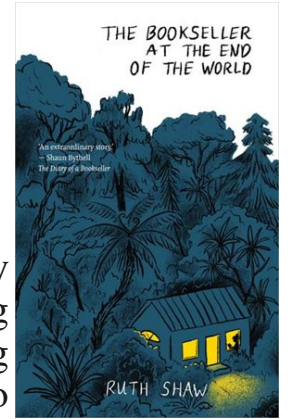
Ruth Shaw weaves together stories of the characters who visit her bookshops, musings about favourite books, and bittersweet stories from her full and varied life.

She's sailed through the Pacific for years, been held up by pirates, worked at Sydney's Kings Cross with drug addicts and prostitutes, campaigned on numerous environmental issues, and worked the yacht Breaksea Girl with her husband, Lance.

Underlining all her wanderings and adventures are some very deep losses and long-held pain. Balancing that out is her beautiful love story with Lance, and her delightful sense of humour.

This will make you weep and make you laugh and make you want to read more books - and make you want to visit Ruth and her two wee bookshops.

- www.goodreads.com



BOOK NOOK NOTICE

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

Thank you.

Eating for a Healthy Heart

A healthy diet is one of the most important ways you can reduce your risk of developing heart disease.

It is always important to remember that it's not just whether one particular food group is 'bad' or not but to look at your eating as a whole and ensure you eat a well-balanced diet with plenty of plant-based foods. It is essential to include a lot of vegetables, whole grains and fruits as well as some fish and seafood and protein such as lentils beans and tofu.

Avoid Saturated Fat

These are found mainly in animal products. Eating saturated fats raises the total level of cholesterol in your blood, as well as the level of LDL (bad cholesterol). This contributes to problems with blocked arteries.

Food sources include:

- meat, including lamb, pork, fatty beef, processed meats
- chicken with skin
- many baked goods and fried foods
- palm oil, palm kernel oil, and coconut products – oil, cream and milk.

Meat

The latest healthy eating guidelines encourage all Australians to limit their meat intake. The consumption of unprocessed beef, veal, pork and lamb should be restricted to 350g per week. Eating deli and processed meats should be avoided as a part of a heart healthy diet.

Fish and legumes are preferred protein sources for a heart healthy diet however, between 1-3 meals per week which include unprocessed red meat, can be included as long as weekly intake is less than 350g. There is currently no recommended intake for unprocessed poultry.

Dairy

The latest guidelines have toned down concerns regarding full-fat dairy products. Latest research has shown little evidence to restrict them as they have a neutral effect on a healthy person's risk of heart disease or stroke. It is still advised however to stick with reduced-fat dairy for those with high cholesterol, heart disease or type 2 diabetes.

Eggs

The weekly limit on eggs is gone! If you already experience heart disease or type 2 diabetes however the recommendation is to stick with seven eggs a week or fewer as eating more has been linked to a higher rate of heart disease or stroke.



Continued on Page 18

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

11/11



FREE

Blood Pressure Test

during the month of MAY



If your blood pressure is in the healthy range and you have no other risk factors for cardiovascular disease, and no personal or family history of high blood pressure, it is still important to have a check at least every two years.

Lifestyle changes are very important to help manage high blood pressure and lower your risk of cardiovascular disease.

Suggestions include: ***Enjoy a wide variety of foods - Decrease your salt intake - Maintaining a healthy weight - Limit alcohol intake - Quit smoking.***

If your blood pressure is 'high/normal' (or higher - eg: 140/95), or if you have other risk factors for cardiovascular disease, such as a personal or family history of high blood pressure, stroke or heart attack, it is best to have it checked more frequently.



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



From The Presidents Desk April's Report from the BCDAI and the Community Centre

Just like being in the garden, Autumn at BCDAI and the community centre has been a time of growth and consolidation.

We'd like to welcome on board local radio identity and horticulturalist, Ben Walters who has graciously taken up the mantle of Treasurer. It's wonderful to have local people on board as volunteers, as this helps to stabilise our structure.

BCDAI would also like to welcome Yarranbella resident Anne Booker to the executive. Anne will be taking on the role of booking agent for the hall. Anne brings plenty of committee and managerial experience to this position.

Under Anne's guidance we will be looking to add EPTPOS facilities to the hall and an on-line booking system. Of course, we will still be working with tax invoices, cash, and direct deposits. Anne's number for your reference is 0410 033 635 and it will be replacing Maz's.

The Easter monthly market showed signs of growth. Not only was the hall beautifully decorated, thank you Brenda, but we welcomed new stalls selling bric-a-brac, wooden toys, second hand clothes, and beautiful garden produce and flowers. That passionfruit cordial was a winner!

Many thanks also to our regular stall holders. Big tip here, get in early for great value orchids and hoyas.

The market café also had a great Easter Saturday. The cappuccino machine was up and running, there were cakes and savouries and the back deck proved to be a popular place for locals and visitors.

We are trialling window displays so watch out for our next change over as we grow interest and appeal in this major retail High Street position.

See you all next market day.

- Susan Jenvey

After Hours Youth Programs @



After Hours Youth Programs kick off at Nambucca Valley Phoenix in May. The programs will run Tuesday to Thursday 3.30pm to 5.30pm during the school terms, for youth aged 12-24.

The programs are designed to support youth in their education and career outcomes, gain confidence and learn new skills.

On offer will be a range of arts programs including ceramics, digital arts, theatre arts, music, painting and photography.

A Computer Café is also available for students to do homework and assignments as well as a drop-in centre where students can learn life skills such as cooking and nutrition, meditation and cyber-security.

The program includes an annual youth art exhibition at the Phoenix Gallery to showcase works produced by our local youth and a work experience program in the areas of arts, administration and hospitality.

This program is being funded by the NSW Government's Regional Youth Investment Strategy until the end of 2024.

Youth wanting to join these activities will need to register prior to attending.

For all enquiries, please email youth@nvp.org.au or call 6501 0021.

How to beat heat on the streets

2 roads 20 degrees difference

Two streets, just 100m apart in distance, but an astonishing 20 degrees apart in temperature – because one is tree lined and the other is not.

This is the sort of difference that could save lives during summer in Australia according to a new report by World Wide Fund for Nature Australia (WWF) and Doctors for the Environment Australia (DEA).

To demonstrate the dramatic temperature change that trees can offer WWF went out to Toongabbie in Western Sydney.

Researchers first went to Favell Street which runs east-west but its verge is lined by mature trees that offer plenty of shade. There the tarmac road returned a surface temperature of 29.3 degrees Celsius.

Researchers then moved about 100m north to Bulli Road which runs parallel to Favell Street. Unlike Favell Street its verges have few mature trees and so almost no shade. There the tarmac returned a surface temperature of 49 degrees Celsius.

Heatwaves in Australia kill more people than all other disasters combined. Trees are one of the ways we can really reduce people's exposure to heat.

In streets with a tree canopy, temperatures are significantly lower. During heatwaves people can suffer heart attacks, strokes, heat exhaustion and complications with medication. This is happening on a much bigger scale than people realise.

Recent analysis by Western Sydney University found that, within 30 years, Sydney's western suburbs could be dealing with more than 50 days each summer where temperatures are above 35 degrees due to a lack of natural tree cover.

There has also been an ongoing debate as to whether dark roofs should be banned. Many new developments have large houses on small blocks and this sea of dark roofs absorb and increase the heat in these areas.

Penrith Council is using a \$1 million state government grant to plant 5000 trees to try and reduce the heat on its streets.

Along with heat protection, trees also play a crucial role in keeping Australia's air and water clean. Air pollution contributes to 3000 deaths each year in Australia. Those figures would likely be higher without trees, which help filter pollution from the air. They also help cleanse water so fewer chemicals are needed to make water drinkable.

A study of 245 cities around the world found fine particle pollution near a tree was reduced by as much as 24 per cent.

Trees also assist with mental health – for people who are experiencing worry or stress, spending time in nature can be especially beneficial.

- Adapted from article at www.dailytelegraph.com.au



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

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

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

*For the home garden
or big acre farming . . .*

SEEDS

POTTING MIXES

COMPOST

FERTILISERS

**SOIL & WATER
CONDITIONERS**

MULCHES

**ORGANIC GARDENING
SUPPLIES**

Norco Rural carries a large range of
products for pasture, cropping,
horticulture and gardening applications
from a wide variety
of well known brands.

Growing Autumn and Winter Vegetables

The beginning of cooler weather doesn't have to mean the end of growing your vegetables. Autumn is an excellent time of the year to sow those vegetable and herb seeds that love cooler conditions.

With the arrival of the colder months, amateur and professional gardeners alike have a very specific set of difficulties. Cooler days, colder nights and reduced daylight all make successfully growing vegetables harder.

Sunlight

Sunlight is essential for all vegetables — fruiting and flowering vegetables are intensive and generally require full sun to produce abundant healthy crops. Winter vegetables are no exception, but leafy greens and root vegetables tolerate less sunlight and perform well in partially shaded areas.

Remember that the sun is lower in its path across the sky in Winter and the day lengths are shorter — resulting in an increased amount of shade, especially if your garden has trees or high structures around it. Position your Winter garden in the sunniest section of your property, as long as it is not exposed to high winds or heavy frost.

Frost

Frost has a critical impact on many plants, especially young ones that are fragile to temperature extremes. If you get frosts ensure plants are established early so they can tolerate the temperature changes better. You can also utilise fabrics such as hessian to shield crops overnight or grow in hothouses or polytunnels if needed.

When selecting your crop, keep in mind that some Winter vegetables can tolerate a bit of frost, and even improve the taste as a result. This is because frost can



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

1/11

Continued on Page 16

A Mother's Day Poem

When one's child becomes a parent,
it opens up many memories and doors.

Thoughts, feelings, and gratitude,
surface that were never present before.

Reflections ensue,
and "ah ha" moments come to light.
Such as the endless depth of unconditional
parental love and the tireless effort
to always do right.

Like when rations are tight,
but leaving nothing for yourself.
Ensuring your child's belly is warm and full,
because the importance is on *their* life and
health.

Like respecting your child to make
decisions on their own,
and reinforcing and encouraging them that
their life should always set its own tone.

These are the things you did for me,
and the things, for my own, I will do.

There's nothing as great as the unbounded
love of parenting,
and for that, and everything, I say,
"Thank You."

Happy Mother's Day!!

- Serena Appiah

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



2/11

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

President:
Greg Lamberth

Secretary:
Mark Scott



3/11



Email:
bowraville@lionsdistrict201N1.org.au
PO Box 23 Bowraville NSW 2449

Bowra Laundromat

Corner of High & Belmore Streets

**Token Operated Washing
Machines & Driers.**

Tokens available at the Pub and IGA

Commercial Washers and Dryers

Enquiries: ph 6564 7401



3/11

The Yuraal Community Garden *Cont. from front page*



Wurinda Gill

Trainee project coordinator and
Young Indigenous Citizen of the Year
2023



The Yuraal Garden team loved showing Bowraville Community Pre-schoolers the garden and teaching them about native foods and giving them the chance to pot up plants and collect seeds.



Saint Mary's School Bowraville has also visited to The Community Garden. The students were involved in a couple of activities - sifting soil for seedlings and getting the seedling trays ready for planting.

~ GARDENS & GARDENING ~

From Page 14

trigger certain plants into producing more sugars resulting in deliciously sweet harvests. Have a go harvesting some of your hardy crops after a frost such as snow pea, parsnip, carrots and brassicas such as broccoli and cauliflower.

Pests and diseases

Generally, there are fewer pests and diseases during the cooler months, giving much-needed relief from constant pest control. Ensure good air circulation through adequate spacing to minimise the growth of fungal diseases and avoid watering the leaves of the plants. Water early in the morning to allow excess water on the leaves to dry so they are not left damp overnight as trapped moisture can cause diseases.

Maintenance

Another advantage of growing vegetables in Winter is slower evaporation rates, which means your plants will not dry out as fast. You will still want to ensure a steady supply of moisture for your Winter vegetables to ensure they grow steadily and have the best flavour and texture. Mulch plays a huge part in keeping your soil weed free and warm in the cooler months.

Feed your plants with organic matter such as manure, fish emulsion and blood and bone regularly for lush growth. Reapply slow-release feeds such as poultry pellets every 4-6 weeks or as directed for established plants.

Apply homemade compost around your crops to increase biological activity and improve the soil structure. A fortnightly dose of diluted seaweed solution or worm wee is also a great way to provide an additional kick to your plants.

Once you have harvested your garden, plant a green manure crop to improve the soil structure and replenish some of the nutrient levels before Spring sowing.

- www.mrfothergills.com.au

Winter warning as 'triple threat' virus looms large

A viral 'triple threat' illness running rampage in the northern hemisphere is set to hit Australian shores in the coming months causing health experts to reissue vaccination messages.



Health experts are calling it the “triple threat” as cases of Covid-19, influenza and respiratory syncytial virus (RSV) multiply across North America, Europe and most of Asia.

Consequently, experts have issued a stern warning to Australians urging everyone to take preparative measures in time for winter.

The Australian Bureau of Statistics have said that while the rates of the flu have had a lower average over the past few years (thanks to masks and social distancing practices), 2022 saw numbers skyrocket and 2023 is predicted to be even higher.

At least 300 Australians died last year as a result of the flu, with over 250,000 cases recorded over the winter and

Continued on Page 26



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3/11

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.

Eating for a Healthy Heart *Continued from page 10*

Include Fish

Have at least three fish meals (fresh or canned) per week. Fish contains omega-3 fats, which lower cholesterol levels and help prevent blood clotting. Oily fish is particularly high in Omega 3, types of oily fish include tuna, salmon, sardines, mackerel, mullet, trout and swordfish.

Reduce your Salt intake

While many of us analyse the fat and sugar content of our food, few of us spare a thought for the salt content and the impact it's having on our body and health. Almost all Australian's put themselves at risk by eating too much salt. Salt is sodium chloride. When we talk about cutting down on 'salt' we really mean cutting down on sodium.

Increase your fruit and vegetable intake

Eat at least two pieces of fruit daily. Vegetables have been shown to be protective against heart disease and certain cancers. Aim for four or five serves per day.

Eat Fibre

Soluble fibre can help lower cholesterol reabsorption and assist with blood glucose level control. Find it in oat bran, barley bran, wheat bran, rolled oats, legumees (eg. kidney beans, chickpeas, lentils), wholemeal breads and cereals, psyllium husks, fruit and vegetables. Insoluble fibre is good for bowel health. Sources include fruit, vegetables and bran.



Manage your cholesterol

High levels of cholesterol in the blood increase your risk of heart disease.

- Only eat offal meats, such as liver, brains, kidneys, once a month or less.
- Only eat prawns, shrimp, octopus and calamari once a week or less, as they are fairly high in cholesterol. Other shellfish are low in cholesterol and may be eaten as desired.

Maintain a healthy weight

Many people with heart disease are unable to do much physical activity or exercise and find that they gain weight while eating their usual diet. There are ways however to stay active when you have a heart condition.

For a gentle walking program to get you started and to read more about exercise guidelines go to www.heartresearch.com.au

It is very important to eat a well-balanced healthy diet with plenty of plant-based foods to help you to lose or manage your weight, and to lower your cholesterol and blood pressure.

- www.heartresearch.com.au



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.

For Anzac Day we created a simple red and green wreath with lots of rosemary (for remembrance) and handmade poppies (for Flanders Fields), native flowers and gum leaves (for our Australian spirit) and this heartfelt offering was presented at the morning service at the Cenotaph in High Street by Craig Bellamy, the Chamber President.

We have continued to work towards introduction of timed parking into the town centre and Craig Bellamy has met with Council regarding the development of the Mujaay Ganma Foundation native plant nursery and carpark near town.



The petition to the Nambucca Valley Council to make it possible to **pay Council rates at our post office** is still available to sign at the Post Office, Pharmacy and Technology Centre. This is not only an issue for those without easy access to transport but also for so many who struggle with internet access out of town.

At our April meeting representatives of The Valley Hub, a virtual website established to connect the whole of the Valley, came along to inform those present of their progress and plans. The Chamber provides a forum for community organisations to come together and work towards our common future. This presentation was arranged at short notice, but it is hoped that a well-promoted follow up session can occur later this year to inform more locals about this important initiative.

The Bowraville Chamber meets at 5pm on the first Tuesday of each month at the Bowra Hotel. Everyone is welcome to attend but to vote you need to be a member – forms available at the meeting. **SEE YOU THERE.**

**Historic
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**The 10am Sunday Service
has resumed.**

Roz Johnston 0427 543 377

email: nambuccaanglicans@tpg.com.au

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11/11

Blokes' Breaky
1st Saturday of the month
at St James - ring Tony to book on
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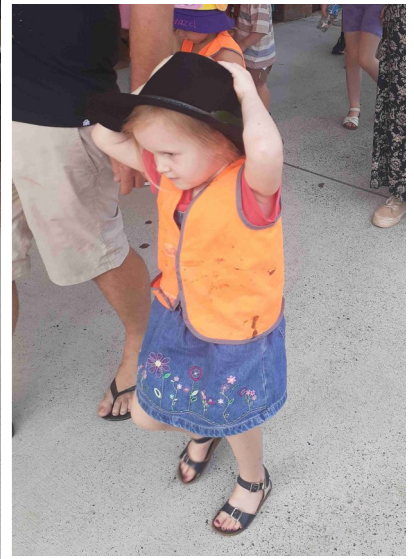
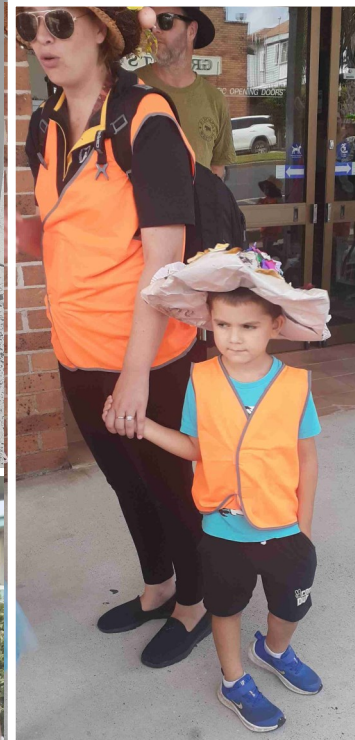
Womens' Brekkie
3rd Saturday of the month
at St James - 7am or 7.30 start

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

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

11/11

High Street Easter Hat Parade



BOWRAVILLE CENTRAL SCHOOL NEWS

Whole School Assembly and Student Council Representative Induction

Parents and community were invited to attend our end of term assembly to celebrate all the wonderful achievements of a very busy term. School Captains and Student Council Representatives were presented with their badges and afterwards enjoyed a morning tea with their families. Sports champions for the swimming carnival and the cross country were congratulated and Maple House was announced as the winner of the swimming carnival. Ms Ronan and her talented K/1 class provided a very entertaining performance for the guests.



How plants are inspiring new ways to extract value from waste *Continued from Page 6*

"This is particularly the case in the battery recycling space; you have this huge, rich source of lithium inside dead batteries, but we can't yet extract or reuse it efficiently.

Harvesting resources from industrial and urban waste is a key step towards transitioning to a circular green economy and building a sustainable future, as well as reducing our carbon footprint."



The researchers investigated the specialised molecular mechanisms that help plants recognise and separate different metal, mineral and nutrient molecules contained in soil, allowing them to sort the good from the bad - an essential biological process necessary for their growth and development.

"Resources such as boron, iron, lithium and phosphorus are used in battery technologies and plants are masters at separating these types of resources," Associate Professor Byrt said.

Ammonia, a compound used to create fertiliser and an essential material in crop production, is another key resource scientists are looking to extract from liquid waste solutions.

"Fertiliser costs are going through the roof, which puts a lot of pressure on Australian farmers to be able to afford these higher prices and yet we're wasting huge proportions of these molecules and that's causing environmental problems," Associate Professor Byrt said.

"Ammonia is also a critical storage molecule for hydrogen fuels. So, as we continue to develop hydrogen fuel industries, there will be an increase in demand for ammonia for use as a storage molecule, because that's how the hydrogen fuel industry will be able to transport the stored hydrogen around and ultimately use it as a potential fuel source for fuelling cars and other technologies."

Associate Professor Byrt said advances in precision separation technology could also offer security to flood and drought prone communities across Australia by providing them with portable, secure and reliable access to clean drinking water in the face of worsening weather events as a result of climate change.

"Clean water and the security of nutrient resources underpin agricultural productivity. Development of technologies to sustainably manage these resources is essential for food security in Australia and globally," she said.

The research is published in [New Phytologist](#).

-www.anu.edu.au

Jomo = the Joy of Missing Out

Jomo is a rather unusual form of joy because it involves positive feelings due to the absence of an event or experience rather than the presence of a positive event. But that doesn't make it any less valuable for supporting wellbeing.

Switching off

Although much of the research to date has focused on fomo and its risks for wellbeing, evidence for the benefits of jomo is starting to accumulate. And some of that evidence has come about accidentally.

On October 4 2021, billions of people worldwide were “unplugged” from their social media channels when Meta experienced a technical failure that resulted in a six-hour outage of Facebook, Instagram and WhatsApp.

Researchers surveyed social media users over the next two days about their emotional experiences and found that not surprisingly, many people were stressed by losing access to their social media. But they also found that for some people, being disconnected came with a sense of relief and even positive feelings, in other words jomo.

Cultivating jomo

Completely unplugging may not always be necessary to cultivate jomo. Some researchers suggest that adopting more mindful social media consumption habits can help transform fomo to jomo, without abandoning social media altogether. This involves first becoming more aware of your social media habits.

Over time, social media that may have triggered unhealthy social comparisons, perfectionist thinking and fomo is selectively reduced. Social media content is then viewed with increased awareness and less judgement and reactivity, all of which foster jomo.

When we fear that we are missing out on opportunities, we are more likely to struggle with saying ‘no’ and over-commit our time. When people over extend themselves by not saying “no” to invites, opportunities or excessive social media use, the time poverty that results can erode wellbeing.

A pre-requisite for jomo is to learn to value our limited time and how it is spent. In doing so, we create opportunities to experience the joy of being present. We value what we have, rather than worrying about what we may be missing out on.

We can also experience the joy of fulfilling commitments that are valuable to us, which can foster self-esteem and boost our personal confidence. For instance, using your evening to read a book, have a bath, take a language class or cook a good meal instead of saying yes to after work drinks or other social activities or spending time catching up on social media.

Developing a more grateful mindset can also foster jomo. Shifting focus to what you have rather than what you don't have makes it easier to appreciate the positives in life. This may reduce fomo and increase jomo, because what you are missing isn't as valuable as what you already have.

- www.mindfood.com - By Fuschia Sirois, Professor in Social & Health Psychology, Durham University for The Conversation

Too much information . . . *this will make your skin crawl*

In a quest to showcase what Aussies are sleeping on and to encourage people to change their mattress more regularly, Harrison Reid, founder of 10:PM, engaged building biologists to scour Sydney streets and test a bunch of dumped mattresses.

The findings reveal that many of us are literally sleeping on a petri dish every night - some of us sleeping ourselves sick without even realising it.

We spend around 26 years on our mattresses and shed around 200 millilitres of water and one teaspoon of skin every night. That's around 2,000 litres of liquid and 200 cups of skin heading straight into our mattresses over our lifetime - from just one person!

Further, given that dust mites feed off skin cells (and even semen), it shouldn't surprise you that there are around 12 million dust mites in the average mattress.

When you consider the skin cells and dust mites, semen, urine, blood and mould and you might start to look at your comfy bed a little differently.

"The beds we tested, we're guessing from the filth found on them, that they'd be well over 10 years old," says Reid. We wanted to show people exactly what they're sleeping on to encourage them to think about ditching that mattress they got handed down from Mum and Dad or have had since their uni days. We found some pretty gross things on the mattresses we tested."

"It's important to know the potential health implications that sleeping on an old mattress can perpetuate. All mattresses tested were way past their use by date."

Reid says that the findings reveal the shocking truth around mattress quality. "People change their bedding but forget to change their mattress. It's a bit of a case of out of sight, out of mind and given we literally can't see the germs and allergens on our mattress, we tend to not even think about it."

What's more, it seems that those of us diligent in making our bed every day, may be doing ourselves a disservice. "Mattresses need to be aired. When we make them every day, we're increasing the likelihood of capturing moisture, which leads to mould and bacteria growth, and dust mites," says Reid.

Passionate about showcasing what lurks beneath the sheets, 10:PM used these dumped mattresses as billboards to humourously tap into Sydney suburb stereotypes to create buzz and start the conversation around mattress health.

"Using these dumped mattresses to test and then as billboards, has been such a fantastic way to not only talk seriously about the importance of mattress care and health but it's also given us a platform to speak to Sydneysiders in a way that's funny but very relatable," says Reid. "At the end of the day, if we can get people thinking about how old their mattress is and what they might be sleeping on, then that's a really positive thing."



- www.australiannews.net

The happiest countries in the world

Finland leads the ranking of the world's happiest countries for the sixth year in a row, according to the 2023 World Happiness Report. While its score is significantly ahead of all other countries a sizeable chunk of the top ten roundup are also Nordic with Denmark second, Iceland third, Sweden sixth and Norway seventh.

Australia was ranked at 12th place.

Slightly further down the ranking stand the United States in 15th place and the United Kingdom in 19th. At the bottom of the World Happiness Ranking are Zimbabwe, Sierra Leone, Lebanon and Afghanistan.

The terminology of “happiness” is disputed by some who would argue that in the case of Finland at least, “satisfaction with their lives” would have been a more accurate summary. In a 2018 paper on the topic, one Finnish writer pointed out that where Nordic countries came out on top for factors like GDP per capita and freedom from oppression, Latin American countries such as Paraguay and Guatemala would have been considered the happiest if the index was based on the amount of positive emotion people experience, while African countries including Togo and Senegal would be ranked higher if based on whether citizens experience their lives as “meaningful.”

The 2023 World Happiness Ranking scores were determined using a three-year average from 2020-22. Despite Covid, the war in Ukraine, hikes in energy prices and living costs, figures remained fairly similar to before the pandemic in many countries, with many citizens even reporting higher levels of acts of kindness.

- www.weforum.org



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Dates in May

Friday 12th May - International Nurses Day

'Our Nurses - Our Future'

International Nurses Day is a chance to celebrate the vital work of nurses around the globe on the anniversary of the birth of Florence Nightingale.

Saturday, 27th May - National Day of Healing

27th May to 3rd June - National Reconciliation Week

'Be a Voice for Generations'

A time for all Australians to learn of our shared histories, cultures and achievements and to explore how each of us can contribute to achieving reconciliation in Australia.

Sunday 14th May - Mother's Day

A day to celebrate and honour the mother of the family or individual, motherhood, maternal bonds and the influence of mothers in society.

Friday, 26th May - Shavuot

Known in English as the Feast of Weeks, Shavuot is a major Jewish holiday. In the Bible, Shavuot marked the wheat harvest in the Land of Israel.

Wednesday 31st May – World No Tobacco Day

"Grow Food Not Tobacco"

The 2023 global campaign aims to raise awareness about alternative crop production and marketing opportunities for tobacco farmers and encourage them to grow sustainable, nutritious crops. It will also aim to expose the tobacco industry's efforts to interfere with attempts to substitute tobacco growing with sustainable crops, thereby contributing to the global food crisis.

Winter warning as 'triple threat' virus looms large

Continued from page 17

spring months. And with abnormally high cases running rampage across the northern hemisphere, local experts are concerned for the accessibility of treatment in Australia.

Australian National University infectious disease physician, Dr Nick Coatsworth, said that while the nation's healthcare system is prepared for an early flu season, accessibility will be a primary concern. The urgency for early protection is real," Dr Coatsworth said.

What can you do

All Australians are encouraged to get vaccinated, whether it be a Covid-19 booster, or a general flu shot, or both.

Without protection against the triple threat Australians will unknowingly put the most vulnerable in our community at risk. The more we suppress influenza through vaccination the less opportunity the virus will have to mutate and infect people.

Getting a flu vaccination reduces your odds of getting sick from the flu. If you do, your illness would likely be less severe.

While Aussies may still be overcoming the vaccine fatigue that resulted from the pandemic, experts are reiterating their message, saying that this is our best bet against the forthcoming risks.

Not sure where to get your flu vaccine? Head to your local GP or pharmacist to speak to a professional - our doctors and pharmacist deliver key services and that is especially true for flu and COVID-19 vaccinations."

- Adapted from article at www.bodyandsoul.com.au

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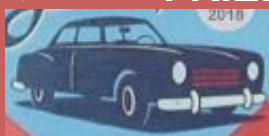


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Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2023

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

Community Radio Network

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