

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

NOVEMBER 2025 ~ ISSUE #245 ~ FREE ~ CIRCULATION 350 ~ POSTCODE 2449



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or call 1800 347 437

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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

Printing and copying

B&W and colour printing on A4, A3 and other formats.

Specialised folding and stapling service available for brochures, booklets etc.

Large print jobs - ask for a quote.

Other services

Hire of data projector + Portable screen

Shredding

Computer repairs

Laminating A4 and A3

Binding and Guillotining

We take credit card payments!

ALL ADVERTISING

ENQUIRIES to

admin@bctc.com.au

ADVERTORIAL

and GENERAL

CONTENT ENQUIRIES

to

wendy@bowraville.nsw.au

Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

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

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

Newsletter is also available online at:

www.bowraville.nsw.au/newsletter/

2025 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscription includes 11 issues.

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

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

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

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

Front Cover (1 issue) - \$60 issue

DEADLINE FOR COPY FOR

THE DECEMBER 2025

ISSUE IS: 4:00PM

TUESDAY, 18th NOVEMBER 2025

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

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

e-mail: admin@bctc.com.au

DISCLAIMER

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

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

Bowraville Chamber of Commerce

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

- - - - -

**Saturday 8th November at 2pm is the Annual
General Meeting of The Bowraville Community
Development Association Incorporated (BCDA).**

All are invited to attend. If you wish to nominate yourself for any position – President, Vice-President, Secretary, Assistant Secretary, Treasurer or Assistant Treasurer you need to nominate in writing to mdotdemol@hotmail.com by the 5th of November and be present at the AGM on the 8th of November if you wish to be voted on.

- - - - -

We're coming to your community

We're bringing NSW Government
Services to: 29 High St. Bowraville
10th November 2025
1pm to 3pm



Visit our mobile service to access: Driver tests,
Licenses, Checks, Certificates, Cost of living support and more.

N/C

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**Radio Nambucca 2NVR - Studio 3 Live
17th November 2025.**

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.

- - - - -

**Trivia Night and Chocolate Wheel at Bowra Hub
November 18th at 6pm
Funds raised go towards 2NVR**

- - - - -

Missabotti Trash 'n' Treasure Market

Sunday 30th November - 9 am Start.

Stalls - Café Open. \$20 per stall. Bookings to Tina 654 7414.

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 . . .***

Beautiful Town ~ Beautiful People

Bowra's BIG Weekend- 14th & 15th Celebrating BCS's 150years & B2B's 50years

Bowraville Central School



BOWRAVILLE
CENTRAL SCHOOL

November 14 Sesqui-Centenary Events

- 9:30AM Welcome tea/coffee for visitors in the Canteen
- 9:45AM Smoking ceremony (COLA)
- 10:00AM Assembly - including student performances, commemorative plaque unveiling and speeches.
- 11:00AM Morning Tea
- 11:30AM Burying of time capsule to be opened in 2050.
- 12:30PM Maypole demonstration by Tallowood Steiner School students.
- 2.00PM Open classrooms, school tours, photo displays, and activities around the school. (Drone to capture scene from above.)
- 2:30PM Dance Party in gym for students.
- 3.20PM CLOSE

BACK TO BOWRA

15TH NOVEMBER 2025
HIGH ST, BOWRAVILLE
10AM-4PM

CLOCKTOWER/MAIN STAGE

- 10AM Billy Carts (road)
- 10AM Future Shock
- 11AM Opening Ceremony
- 11.30AM PROCESSION
- 12.30PM School Performers
- 1.30PM Whip Cracking
- 2.30PM Tug of War
- 3PM Tasman Keith & Sammy J.
- 4PM CLOSE

PHOENIX GARDEN STAGE

- 11.30AM Alicia Parry
- 12.30AM Glen Price
- 1.30PM Young Performers
- 2.30PM CLOSE

TECHNO LESSONS OPEN TO EVERYONE

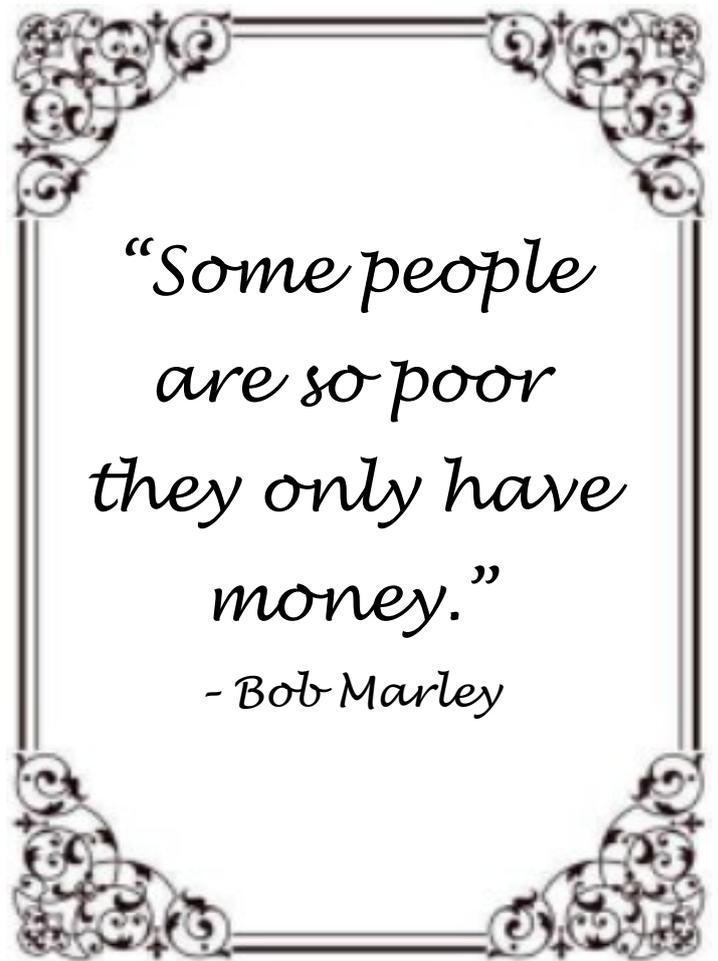
The **Technology Centre** is open to anyone who would like to learn more about technology – computers/internet, mobile phones, emailing, social media, using digital photography with computers, assistance with using your home computer, ipads, tablets, etc.

Absolute beginners are most welcome!



**Counter Assistance
is available
for small fixes**

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



*“Some people
are so poor
they only have
money.”*

- Bob Marley

*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

Phoenix Exhibition News

We are very excited about our current exhibition, the annual **Artists in Action and Mud Warriors Exhibition** - a collection of colourful works by the Wednesday group who are growing their skills under the tuition of Susie Peak and Sharyn Brady.

This year the exhibition is themed "Wonder" and features works from Paul Gibson, who has a particular interest in incorporating patterns and animals into his works, Edward Barns, who's works encompass a vast range of topics exploring a variety of themes, shapes and subjects, Marnie Russell who tells stories through her works, with favourite subjects including mermaids, horses, good-milker-cows and merry-go-rounds.

Jake Durbin is also featured, Jake likes to combine textures and mediums, his focus of late has been on producing larger pieces and finer detail.



BOWRAVILLE GIFT SHOP



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

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

28/11

BOWRAVILLE PHARMACY

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

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

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

Pharmacists
**BRIDGETTE BYRNES
KERRIE SAVINS**



21/11

Is AI sparking a cognitive revolution that will lead to mediocrity and conformity?

-by **Wolfgang Messner**, *Clinical Professor of International Business, University of South Carolina*

Artificial Intelligence began as a quest to simulate the human brain.

Is it now in the process of transforming the human brain's role in daily life?

The Industrial Revolution diminished the need for manual labour. As someone who researches the application of AI in international business, I can't help but wonder whether it is spurring a cognitive revolution, obviating the need for certain cognitive processes as it reshapes how students, workers and artists write, design and decide.

Graphic designers use AI to quickly create a slate of potential logos for their clients. Marketers test how AI-generated customer profiles will respond to ad campaigns. Software engineers deploy AI coding assistants. Students wield AI to draft essays in record time – and teachers use similar tools to provide feedback.

The economic and cultural implications are profound.

What happens to the writer who no longer struggles with the perfect phrase, or the designer who no longer sketches dozens of variations before finding the right one? Will they become increasingly dependent on these cognitive prosthetics, similar to how using GPS diminishes navigation skills? And how can human creativity and critical thinking be preserved in an age of algorithmic abundance?

Echoes of the Industrial Revolution

We've been here before.

The Industrial Revolution replaced artisanal craftsmanship with mechanised production, enabling goods to be replicated and manufactured on a mass scale.

Shoes, cars and crops could be produced efficiently and uniformly. But products also became more bland, predictable and stripped of individuality. Craftsmanship retreated to the margins, as a luxury or a form of resistance.

Today, there's a similar risk with the automation of thought. Generative AI tempts users to conflate speed with quality, productivity with originality.

The danger is not that AI will fail us, but that people will accept the mediocrity of its outputs as the norm. When everything is fast, frictionless and "good enough," there's the risk of losing the depth, nuance and intellectual richness that define exceptional human work.

The rise of algorithmic mediocrity

Despite the name, AI doesn't actually think.

Tools such as ChatGPT, Claude and Gemini process massive volumes of human-created content, often scraped from the internet without context or permission. Their outputs are statistical predictions of what word or pixel is likely to follow based on patterns in data they've processed.

Continued on Page 28

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

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

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

~ Groups by appointment ~

23/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

28/11

TUESDAY to SATURDAY

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

SUNDAY

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

WOOD-FIRED PIZZA

Thurs, Fri and Sat 5.30 - 8pm

All menus available for takeaway

Regular Live Music - Holy Goat Coffee

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

33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 bowrahotel@bigpond.com



Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .

TAB - KENO

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**

28/11

FREE POOL Everyday

NAMBUCCA RIVER REALTY

YOUR NAMBUCCA VALLEY SPECIALIST

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

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

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

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

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

25/11

To Bowra with Love Competition Winners

Competition Winners will be judged by popular choice over the first two weeks of November (1st – 14th), with the winner being announced at the Back To Bowra Festival on 15th November.



There are two competitions – Adults and Kids (under 18 years).

Entries will be displayed anonymously online at bowraville.nsw.au from 4 November 2025 to 14 November, 2025 although no voting can be done except in person at the Bowraville Technology Centre.

Winners will be decided by popular choice - all who present in person to the Bowraville Technology Centre are entitled to 2 votes (1 for adults and 1 for children's competition).

Pick up your voting forms and cast your vote at the Bowraville Technology Centre from November 3 – 14, where a ballot box will be situated. It will be possible to access a computer to see the entries at the Technology Centre.

All proceeds from the photo competition will go towards maintenance and upkeep of Bowraville's Community Website - bowraville.nsw.au

For more information go to bowraville.nsw.au or phone 02 6564 7420.



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4/11

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Riverbank Reconstruction at Bowraville

By Ned COWIE

An extensive riverbank reconstruction project is currently underway along the Nambucca River extending from Lanes Bridge for 50 metres towards Macksville.

The banks of the Nambucca River at Lane's Bridge have been extensively damaged by high rainfall events, notably those of 2021, 2022 and 2025 and locals noted with sadness that the once beautiful and popular swimming spot was significantly degraded.

The area also caught the attention of Local Land Services and according to Craig Grant from the organisation, it was eligible for rehabilitation funding under the Riverbank Rehabilitation Project (RRP).

With a budget of \$48 million, the RRP is co-funded by the Australian and NSW Governments under Disaster Recovery Funding Arrangements (DRFA).

It has an overall budget of \$48 million to be spent across eleven catchment areas from the Tweed to the Hawkesbury and Nepean Rivers.

“A technical prioritisation process was used to identify sites throughout the catchments which would provide the biggest impact in terms of asset protection, flood erosion mitigation and future flood resilience.

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The stretch of river extending from Lanes Bridge towards Macksville, on both sides of the river which is being rehabilitated under a State and Federally funded program.

BOWRAVILLE UNITING CHURCH
*The hidden **OP SHOP***
Right up the end of George Street - No 33
Open Tuesday, Wednesday and Thursday 9am to 3pm
Accepting clean donations - only on our open days.
Volunteers needed please.

To celebrate Back to Bowra the shop will be open on Saturday 15 November.
Please come in, say "hello" and grab a bargain.

TRASH OR **treasure** market
Missabotti Hall
Sunday 30th November
Café Open ~ 9 am Start.
Bookings to Tina 654 7414.
\$20 per stall.

150 years of educational excellence in the valley

On 14 November we will open the gates of the school to special guests, past students and the community to celebrate an amazing achievement of 150 years. Everyone is welcome!

Although the school actually opened on 5 April 1875, we have chosen this day to align with the return of the Back to Bowra festivities in town over the weekend and to enjoy the spring weather. Bowraville is the oldest school in the valley, opening a week before Macksville

Public School and we both celebrate 150 years this year. Over the next few years small schools opened along the arms and across the valley. Most of these schools are now closed and part of the valley's history but Bowraville is still going strong.

It was a very different place in 1875. There were no roads (why would they need roads as there were no cars), no electricity, the main way people travelled was via the river which was wide and flowing. Students attending sporadically and only for a few years as they had chores on farms to complete. There was no secondary school in the area for another 50 years when Coffs Harbour High School opened.

As we reflect on the rich history of Bowraville Central School, we see the story of a school that has grown alongside our town, adapting and evolving through times of change and challenge. Originally established to serve the educational needs of this regional community, the school began with humble beginnings - with just a single classroom and a handful of students. Over the decades, it has transformed into the vibrant, diverse and inclusive school community we know today. For a century and a half, this school has been a beacon of learning, growth and community spirit in Bowraville.

This anniversary is a celebration of the partnership between the school and the broader Bowraville community. Parents, local organisations and community leaders have been instrumental in supporting our programs, events and initiatives. Your involvement enriches the educational experience and strengthens the bonds that make this school a true community hub and we invite you to be part of the celebrations

Please come along on the day, we have formal celebrations kicking off at 10.00am and open classrooms and fun activities planned throughout the day including a war cry for our sporting houses Cedar, Maple and Beech where we hope former students and current students join in to see who comes out the winner.

- David Taylor, Executive Principal.



BOWRAVILLE
CENTRAL SCHOOL

Riverbank Reconstruction at Bowraville - *from page 11*

“The RRP aims to rehabilitate flood-damaged riverbanks in areas of high agricultural, cultural and environmental value that are at risk from future high rainfall events,” Mr Grant explained.

LLS concluded that “given the absence of resistant material (e.g. large rock-valley margin or other controls) at the Bowraville site, continued erosion is likely without intervention.

“The erosion has the potential to impact the ecological community of important lowland subtropical rainforest,” he further added.

Logan Zingus of Soil Conservation Services the State Government body tasked with overseeing the major works told BCN that he believed the site was of huge ecological importance to the area.

“This section contains some of the best remnant vegetation in Bowraville,” he said, indicating a stretch of remaining bank including large weeping lilly pillies.

“Being a local, I really care about this (region),” Mr Zingus added.

“Around 20 m into the bank (on the southern side of Lane’s Bridge) had already collapsed,” he said.



Logan Zingus of Soil Conservation Services stands beside a large Weeping Lilly Pilly.

Continued on page 21

Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing Machines & Dryers.

Tokens available at the Pub and IGA

Commercial Washers and Dryers

Enquiries: ph 6564 7401



Sleep your way to better health

Sleep is one of the three foundational pillars of good health, alongside nutrition and exercise. It isn't just downtime—it's a critical, complex process where your body repairs tissues, consolidates memory, and regulates hormones. Getting the recommended **7-9 hours** of quality sleep each night is essential for boosting mood, sharpening mental performance, and strengthening your immune system.



Unfortunately, many Australians struggle with frequent sleep difficulties. The best path to overcoming these challenges begins not with a pill, but with consistently practicing **good sleep hygiene**.

The Core 3: Mastering Sleep Hygiene

Experts agree that establishing healthy habits is the most effective, long-term strategy for better sleep. These are the three pillars of a restful night:

1. The Power of Consistency

Stick to a Schedule: Your body loves routine. Go to bed and wake up at the same time every day, **including weekends**. This helps regulate your body's internal clock (circadian rhythm).

Limit Daytime Naps: If you must nap, keep it short (under 30 minutes) and avoid napping late in the day, as this can sabotage nighttime sleep.

2. Optimise Your Environment

Make it a Sleep Sanctuary: Your bedroom should be **cool, dark, and quiet**. A temperature around 18 degree celcius is often considered ideal

Bed is for Sleep Only: Avoid using your bed for work, eating, or watching TV. You want your brain to associate the space solely with rest.

3. Mind Your Wind-Down

Ditch the Screens: Turn off all light-emitting devices (**phones, tablets, computers**) at least **60 minutes** before bed. Blue light suppresses melatonin, the hormone that signals sleep.

Establish a Ritual: Use the hour before bed for relaxing activities: reading a physical book, listening to soft music, taking a warm bath, or practising deep breathing.

Watch the Stimulants: Avoid **caffeine** and **nicotine** for at least four hours before bed. Limit alcohol, which fragments sleep, and avoid heavy meals close to bedtime.

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



When You Need a Little Help Sleeping - Supplements can Assist

If you have a solid foundation of sleep hygiene but still need help with occasional sleeplessness, certain complementary medicines may assist.

Some readily available, evidence-supported options sold in Australia include:

Magnesium - Helps **relax muscles** and calms the **nervous system** by promoting the calming neurotransmitter GABA.

Valerian Root - Traditionally and scientifically used to **reduce the time taken to fall asleep** and improve sleep quality.

L-Theanine - Promotes **relaxation and focus** by reducing anxiety without causing drowsiness, helping ease the transition to sleep.

Passionflower / Hops - Traditionally used in Western Herbal Medicine to relieve **nervous tension** and promote restful sleep.

Before You Take Anything . . . Always speak with your **doctor or pharmacist** before starting any new sleep aid. They can confirm the supplement is safe for you, check for interactions with your current medications, and help diagnose any underlying issues (like sleep apnea) that supplements cannot fix.



Sleep well!



A Critical Warning for Australians: Do not buy unregulated, high-dose melatonin products (like gummies) online; the TGA warns these products can have highly variable dosages and pose a serious safety risk.

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



Call for more on-call firefighters for Fire and Rescue NSW

Fire and Rescue NSW (FRNSW) is calling for community-minded men and women to consider joining the on-call firefighter ranks at Bowraville Fire Station.

On-call firefighters respond from home or work to fires and other emergencies including medical response. There are currently vacancies for on-call firefighters. FRNSW urge residents from all walks of life to consider becoming an on-call firefighter.

Your local fire station relies on people in the community to put their hand up to become firefighters – without that support, regional fire stations cannot survive. On-call firefighters balance work and family commitments to respond to fires and other emergencies on an ‘on call’, part-time basis.

Training includes advanced first aid, heavy vehicle driving, and how to deal with emergencies such as fires, road accidents and hazardous material spills. Firefighters also educate the community on fire safety and prevention.

Being an on-call firefighter does not mean that you have to be available every minute of every day. We want people who are reliable and keen to help others, especially local residents who are available to respond to emergencies during the day.

“If you’re a local employer, think about encouraging your staff to become firefighters. Not only will you be helping the community, but your staff will be trained in a whole range of skills.”

For more information on becoming an on-call firefighter, contact the FRNSW RN1 Zone Office on 5547 8900 or visit <https://careers.fire.nsw.gov.au/on-call-firefighting>

4 SIMPLE STEPS ***to making your Bush Fire Survival Plan***

Preparing for a bush fire is easier than you think.

It's your responsibility to prepare yourself, your home and your family.

Follow these 4 simple steps to get ready for a bush fire:



1. DISCUSS
what to do if a bush fire threatens your home.



2. PREPARE
your home and get it ready for bush fire season.



3. KNOW
the bush fire alert levels.



4. KEEP
all the bush fire information numbers, websites & the smart phone app.

N/C



WE'RE LOOKING FOR ON-CALL FIREFIGHTERS AND COMMUNITY FIRST RESPONDERS IN BOWRAVILLE

IN CONJUNCTION WITH
NSW AMBULANCE

MAYBE IT'S TIME TO THINK ABOUT A SECOND JOB

Comprehensive training is provided for all on-call firefighters, covering all aspects of the work involved to keep your community safe. You'll need to:

- ✓ Hold a current NSW driver's licence.
- ✓ Be an Australian or New Zealand citizen, or a permanent resident of Australia.
- ✓ Live or work within a reasonable distance from your local fire station.
- ✓ Have daytime availability to respond to emergencies.

For more information or to apply, visit
fire.nsw.gov.au/on-call
or call **02 5547 8900**

Our firefighters are a diverse group of men and women who balance work, study and family commitments, while enjoying being part of a team and working with people and other emergency services.

All of our firefighters use specialised vehicles and equipment to prevent and reduce the risk of fire and potential loss to life and property. They work closely with the local community to increase fire safety awareness and promote fire prevention.

Firefighters at Bowraville are also Community First Responders. This means they are trained by NSW Ambulance to respond to life-threatening emergencies for enhanced medical support in the local area.

If responding to a wide range of emergency incidents is of interest to you, get in touch with us today.



NDIS services:

Supported Art Programs

(with Art Facilitators)

Community Access

Develop Living Skills

Supported Employment

**Phoenix Lawn Mowing &
Garden Maintenance**

School of Arts

Ceramics Classes

Drawing & Painting Classes

**Yurt 1 - Small conference
space available for hire**

Why not "unsupermarket"

join our boxdivvy hub

<https://app.boxdivvy.com.au/register/hub/552>

88 High Street, Bowraville NSW 2449

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

@nambuccavalleyphoenix



Gallery Exhibitions

running now:

Artists in Action / Mud Warriors

opens 25 Oct

Next: Art with Heart opens 29 Nov

Cafe Hours:

Mon - Fri 7.30am - 2pm

plus Sat when

exhibition openings are on

**Upcoming General Public Artist
Exhibitions - [register now](#)**

February 2026 - Theme : Love

AUGUST - EOI NOW OPEN

**October 2026 - Theme : Secrets
of the Vault**



NAMBUCCA PLAZA COMMUNITY MARKET *featuring . . .*

Tina's Handmade Creations

Hi, my name is Tina and I started doing beading at a very young age of 12-13 years old.

Over the years my creations have advanced, and I've done some classes to improve my skills.

It has only been the last few years that I started selling my creations and working it as a hobby/business to enable me to stay home with my children.

I just love the idea of designing and creating something new and then seeing other people fall in love with my designs.
It makes me happy.

Some of my designs include crystal hangers, driftwood hangers, bracelets, earrings, necklaces and anklets.

I am also happy to repair items for people if I can, it brings me joy.

email: atpeaceangel28@gmail.com



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

Enquires:

Email: nambuccaheads@lions201n1.au

Phone: Lion Terri 0459515239

Looking for Glossy Black Cockatoos



Nambucca Valley Landcare recently hosted a workshop on the threatened Glossy Black Cockatoo. These beautiful birds are listed as threatened and lost many feed trees during the 2019 bushfires. The workshop was hosted at Valla Rural, and we heard from Dr Brian Hawkins and from bush regeneration experts, Hank and Sue Bower. Over 35 people attended, and we are now all looking out for potential nesting sites to help Dr Hawkins, as there are no known nests in the Nambucca Valley.

Citizen science is vital in learning more about the Glossy-black Cockatoos and by recording your sightings, or sending in your photos you can be a citizen scientist. There is an app you can use to record sightings of Glossy-black Cockatoos – either follow this link - Biliirrgan Survey123 survey <https://arcegis.com.au/survey/14T50C> or use the QR code.



You can also send photos of any Glossy-black Cockatoos to NatureMapr: [Home - NatureMapr Australia](#). Photos of Flossies (female Glossies) are especially important, as they are individually identifiable and if we get enough good photos, we can potentially track their movements over time.



RURAL HORIZONS FAMILY DAY CARE

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

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

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

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



(02) 9779 9908

<http://ruralhorizonsfdc.org.au>

manager@ruralhorizonsfdc.org.au

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



Provider: NSW Family Day Care Association

11/11

Riverbank Reconstruction at Bowraville - *from page 13*

Since September the crews have been reinforcing the bank using a technique involving large woody debris, rocks, hand compacted soil and plantings.

The newly reclaimed bank is already showing signs of green life with millet and sedge populating the soil between the rocks.

Mr Zingus explained that natural rivers contain large fallen trees “Large Woody Debris” which help to slow down passing currents and reduce erosive forces on riparian environments.



An example of large woody debris, which is being added to the river to combat erosion.

The Bowraville site represents a large investment for the RRP, encompassing four stretches of eroded and at-risk riverbank totalling more than 550m along the Nambucca River.

Currently around 18 locals are employed on the project, and this first stage is expected to come to a close in early November although further work (such as planting) at the site will be carried out over the coming year.

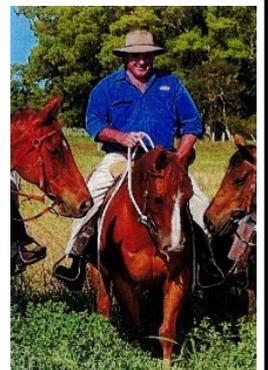
Land managers wanting further information about the project should contact Local Land Services on [1300 795 299](tel:1300795299), visit www.lls.nsw.gov.au or email riverrehabproject@lls.nsw.gov.au

BARNEY TOWNLEY 0428 647 340

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

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

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



71/11

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SALES**

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www.ruralsales.com.au

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

10/11



Prepare your Garden for Christmas

Planting – Try planting red and white flowering annuals to create a Christmas-vibe and brighten up your garden - Petunia, Allysun, or Salvia. For many flowering annuals it can take up to 12 weeks until they are mature and flowering so if you've run out of time plant "potted colour" - established plants instead. Pot up into larger pots or plant in the ground as a border or mass planting.

Decorating – Indoor plants, including Poinsettias, make great table decorations. At the end of your party keep them in a pot, give to your guests as gifts or plant in a shady and protected area in the garden.

Feeding – Give garden beds an all-over quick and easy feed with a hose-on natural all-purpose fertiliser to encourage healthy green growth and promote lots of gorgeous flowers.

Trim hedges – Give hedges a light trim to create a lovely crisp look. For less formal hedges and shrubs just trim back any untidy or dead stems as well as any spent flowers.



Continued on Page 24

**BOWRAVILLE SPORTS
HUB
TRIVIA NIGHT &
ROTARY
CHOCOLATE WHEEL
NOVEMBER 18 from 6pm
Book for Trivia & Dinner
6564 7349**

**Chocolate Wheel Tickets
\$5**

**Money raised helps your
Community Radio station at
events in the Nambucca
Valley.**



N/C

2NVR Nambucca Valley Radio

*Bowra Old School Photos
Exhibition 2025*

Bowraville School Photos from 1872 to 1967

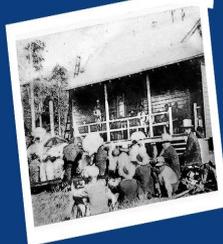
Plus photos of St Marys, South
Arm/Ketelghay, Argents Hill/Upper
Nambucca River & Missabotti schools.

There are still some missing photos,
& many missing names.

Perhaps you can help?

When: Friday 14 November 12pm to 3pm
Saturday 15 November 9am to 3pm

Where: Pioneer Community Centre
70 High Street, Bowraville



Marion Syratt ☎ 0400 828 471 🌐 marion.syratt@gmail.com

N/C



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77/11

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Menopause advice, Pelvic floor assessment, Pregnancy testing, Antenatal & Post Natal education, Postnatal checks, Breast health, STI screening, Contraceptive Counselling, Pregnancy Counselling, Reproductive health issues, Fertility Counselling, Sexuality Counselling, Domestic violence information, Sexual assault information.

LBGTI FRIENDLY

Clinics available at Bowraville, Nambucca Heads, Macksville, Stuarts Point, For an appointment call 6598 3538

and leave a message

For further information about this or other Well Women's Clinic locations in the region, or to talk with a Women's Nurse, please contact

Annette Heather
Women's Health Nurse
Phone (02) 6569-3538
(please leave a message).

N/C

~ GARDENS & GARDENING ~

Prepare your Garden for Christmas - from page 22

Mulching – Applying mulch around flower and shrub beds helps unify the garden, fills in bare spots and is a great water saving strategy during the hottest months. An additional bonus is when organic mulches are used such as bark chips, as they breakdown they add valuable organic matter to the soil.

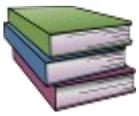
Watering – Give your garden a few thorough, deep waterings in the weeks leading up to Christmas. This moistens the soil down into the root zone encourages plant roots to grow deeper and helps freshen up the garden.



Quick lawn green up – a lush deep green lawn looks fantastic and creates a great space for entertaining. It's easy to give your lawn a quick makeover with a natural lawn fertiliser. It will begin to green up the lawn within days.

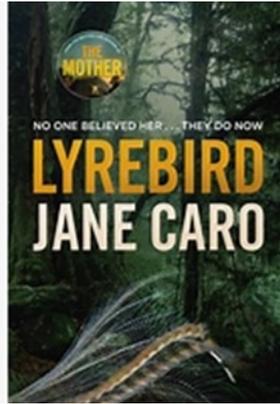
Mowing – Don't be tempted to give your lawn a harsh mowing just before Christmas. This can scalp the lawn and create bare patches which are unattractive and will invite the weeds in. It's better to mow little and often, removing no more than a third of the grass foliage each time.

- [garden-hub/gardening-jobs-during-Christmas](#)



Lyrebird by Jane Caro

Twenty years after Jessica, a student in the NSW rainforest videoed a lyrebird mimicking a woman screaming in terror, a young woman's body is found in nearby bush.



Recently retired detective Megan Blaxland is coaxed back for the cold case. It had originally been Megan's case as a rookie detective constable. Back then there'd been no body, no reports of a missing person, no evidence whatsoever.

Now there was a body, and a chance to catch a killer who believed they'd gotten away with murder.

Caro takes a fascinating hook and crafts a very engaging crime novel that has plenty of narrative drive, some fascinating characters beyond the twin leads of Jessica and Megan, and gives the reader insight into issues like the scourge of human trafficking.

There's a good sense of the Australian bush, a place of daily life and death, and Caro has a really good touch for the complexities and kaleidoscopic range of human nature.

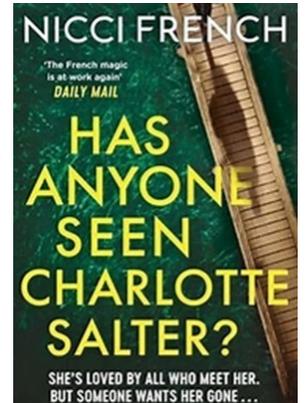
Lyrebird is well worth a read.

- goodreadingmagazine.com.au

Has Anyone Seen Charlotte Salter?

By Nicci French

A nerve-tingling and atmospheric thriller from master of suspense Nicci French about two families shattered by tragedy and the secrets that have been waiting decades to be revealed.



On the day of Alec Salter's fiftieth birthday party, his wife Charlotte vanishes. Most of the small English village of Glensted is at the party for hours before anyone realises Charlotte is missing. While Alec brushes off her disappearance, their four children - especially fifteen-year-old Etty - grow increasingly anxious as the cold winter hours become days and she doesn't return. Then the body of the Salters' neighbour, Duncan Ackerley, is found in the river by his son Morgan and Etty.

Thirty years later, Morgan Ackerley, a successful documentarian, has returned to Glensted and with his older brother Greg, make a podcast based on their shared tragedy with the Salters.

With the podcast making national news, London sends Detective Inspector Maud O'Connor to take over the investigation to find out what really happened to Charlotte Salter and Duncan Ackerley.

- 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.

The 30-Second Heart Check That Could Save Your Life

In the time it takes to send a text message, you could perform a health check that might prevent a stroke.

Atrial fibrillation (AF) – a common but often silent heart rhythm disorder – affects more than half a million Australians, and many people don't even know they have it. The good news is that a simple 30-second pulse check can help detect early signs of trouble, giving you the chance to act before serious complications occur.

Atrial fibrillation occurs when the heart's upper chambers beat irregularly, causing the heart to quiver instead of pumping efficiently. This irregular rhythm allows blood to pool, which can lead to clots that may travel to the brain and cause a stroke. Alarmingly, one in four strokes in Australia is linked to undiagnosed AF, and the condition can strike without obvious symptoms.



Why a 30-Second Pulse Check Matters

Checking your pulse for just half a minute can reveal an irregular heartbeat – one of the earliest warning signs of AF. The test is simple: sit quietly, place two fingers on your wrist or neck, and feel for your pulse. Count the beats for 30 seconds and note whether the rhythm feels steady or erratic. If it's irregular, repeat the check later, and if the pattern continues, see your doctor for further testing such as an electrocardiogram (ECG).

Symptoms and Risk Factors

Some people with AF experience clear warning signs, such as a fluttering heartbeat, shortness of breath, dizziness or fatigue. Others may have no symptoms at all, which makes regular checks even more important. Risk increases with age, but other factors—such as high blood pressure, obesity, diabetes, sleep apnea, thyroid problems and excessive alcohol use—also play a role. Even younger adults are not immune.

If you detect an irregular pulse, don't panic, but do take it seriously.

A GP can confirm AF and recommend treatment, which may include medications to control heart rhythm or prevent clots, lifestyle changes, or medical procedures. Early diagnosis dramatically reduces the risk of stroke and other complications.

Prevention and management of AF start with everyday choices.

Maintaining healthy blood pressure, staying active, managing weight, limiting alcohol, getting adequate sleep, and controlling conditions such as diabetes can all help protect your heart. Wearable devices can also complement traditional pulse checks by alerting you to possible irregularities.

A 30 Second Life-Saving Routine

Incorporating a quick pulse check into your daily routine is a small habit with big potential benefits. Whether you're relaxing on the couch or waiting for the kettle to boil, those 30 seconds can offer peace of mind—and possibly save your life.

- www.mindfood.com/article/the-30-second-heart-check-that-could-save-your-life/

We're coming to your community

We're bringing NSW Government Services to: 29 High St. Bowraville
10th November 2025
1pm to 3pm

Visit our mobile service to access: Driver tests, Licenses, Checks, Certificates, Cost of living support and more.



N/C



WHAT'S FEATURING in NOVEMBER at the

BOWRAVILLE THEATRE

www.bowravilletheatre.com.au

Saturday, November 1st - Buttercats + Jacq Heart and Jaquis DJ

Performance by Indie-pop sensation and dancefloor-fillers

Buttercats on the final stop of their National Tour, with support from **Jacq Heart (duo)**, a genre-bending alt-pop artist and storyteller, known for bold, emotionally charged performances, raw songwriting, and warm melodies.

Doors: 6:30pm **DJ finishes:** 10:30pm. This is an all-ages event.

Tickets \$25 adults. \$15 child (+ booking fee) at

www.bowravilletheatre.com.au



Back to Bowra Special Screening

Friday, November 14th

Movie - Umbrella Woman for Back to Bowra

A screening of this locally made movie, featuring Bryan Brown, Rachel Ward and Sam Neill, and many locals as extras. It is a little raunchy so parental judgement needed on bringing the youngsters. Start time 7pm. Doors Open 6.30. Free Event.

Saturday, November 15th

Café and Theatre open for Back to Bowra



Saturday, November 29th - Liz Stringer – To Survive Tour

With special guest Bellingen local, Maddi O'Brien

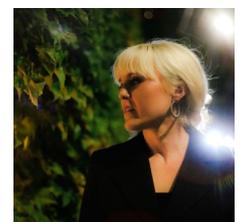
Tickets \$45 + Booking Fee at www.bowravilletheatre.com.au

Bowraville Youth Theatre Every Tuesday 3.30 to 5pm

Enquiries to Hannah 0412 872989. Still a few places left.

Sunday & \$5 Friday Sessions

Relax, unwind, and enjoy a film in classic style at our special Sunday screenings.



N/C

Is AI sparking a cognitive revolution? - *from page 8*

They are, in essence, mirrors that reflect collective human creative output back to users – rearranged and recombined, but fundamentally derivative.

And this, in many ways, is precisely why they work so well.

Consider the countless emails people write, the slide decks strategy consultants prepare and the advertisements that suffuse social media feeds. Much of this content follows predictable patterns and established formulas. It has been there before, in one form or the other.

Generative AI excels at producing competent-sounding content – lists, summaries, press releases, advertisements – that bears the signs of human creation without that spark of ingenuity. It thrives in contexts where the demand for originality is low and when “good enough” is, well, good enough.

When AI sparks – and stifles – creativity

Yet, even in a world of formulaic content, AI can be surprisingly helpful.

In one set of experiments, researchers tasked people with completing various creative challenges. They found that those who used generative AI produced ideas that were, on average, more creative, outperforming participants who used web searches or no aids at all. In other words, AI can, in fact, elevate baseline creative performance.

However, further analysis revealed a critical trade-off: Reliance on AI systems for brainstorming significantly reduced the diversity of ideas produced, which is a crucial element for creative breakthroughs. Systems tend to converge toward a predictable middle rather than exploring unconventional possibilities at the edges.

I wasn't surprised by these findings. My students and I have found that the outputs of generative AI systems are most closely aligned with the values and worldviews of wealthy, English-speaking nations. This inherent bias quite naturally constrains the diversity of ideas these systems can generate.

More troubling still, brief interactions with AI systems can subtly reshape how people approach problems and imagine solutions.

One set of experiments tasked participants with making medical diagnoses with the help of AI. However, the researchers designed the experiment so that AI would give some participants flawed suggestions. Even after those participants stopped using the AI tool, they tended to unconsciously adopt those biases and make errors in their own decisions.

What begins as a convenient shortcut risks becoming a self-reinforcing loop of diminishing originality – not because these tools produce objectively poor content, but because they quietly narrow the bandwidth of human creativity itself.

Navigating the cognitive revolution

True creativity, innovation and research are not just probabilistic recombinations of past data. They require conceptual leaps, cross-disciplinary

Continued on Page 29

Is AI sparking a cognitive revolution? - from page 28

thinking and real-world experience. These are qualities AI cannot replicate. It cannot invent the future. It can only remix the past.

What AI generates may satisfy a short-term need: a quick summary, a plausible design, a passable script. But it rarely transforms, and genuine originality risks being drowned in a sea of algorithmic sameness.

The challenge, then, isn't just technological. It's cultural.

How can the irreplaceable value of human creativity be preserved amid this flood of synthetic content?

The historical parallel with industrialisation offers both caution and hope.

Mechanisation displaced many workers but also gave rise to new forms of labour, education and prosperity. Similarly, while AI systems may automate some cognitive tasks, they may also open up new intellectual frontiers by simulating intellectual abilities. In doing so, they may take on creative responsibilities, such as inventing processes or developing criteria to evaluate their own outputs.

This transformation is only at its early stages. Each new generation of AI models will produce outputs that once seemed like the purview of science fiction.

The responsibility lies with professionals, educators and policymakers to shape this cognitive revolution with intention.

Will it lead to intellectual flourishing or dependency? To a renaissance of human creativity or its gradual obsolescence?

The answer, for now, is up in the air.

-by **Wolfgang Messner**, *Clinical Professor of International Business, University of South Carolina*
- theconversation.com/is-ai-sparking-a-cognitive-revolution-that-will-lead-to-mediocrity-and-conformity

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and funerals.*

?1/11

Blokes' Breaky
1st Saturday of the month
Ring Jeff to book on **0428 578 394**

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Everyone welcome. 10am - Free

St Jimmy's Kitchen ?1/11
3rd Thursday of Month at 5.30pm

St Jimmy's Food Hub
Fridays from 9am to 11am
Must hold a current Centrelink card.
For more info call 6568-9029

ST. JAMES CHURCH HALL

Radio Nambucca 2NVR 105.9 fm and streaming via www.2nvr.org.au



Hi Folks,

A few items for your calendar that may be of interest to you.

The tennis court beside 2NVR's studios at Tewinga Community Centre 834 Rodeo Rd, Tewinga is available to all and free to use - bring your own rackets and ball.

Studio 3 Live is a free live music event held on the 3rd Friday of the month from 6 to 8pm at 2NVR. Ceri Wrobel has lined up *The Replacements* for Friday 21st of November. They are a Mid-North Coast band bringing blues, soul and pub classics to life with passion and energy. Fronted by powerhouse vocalist Freesia Hovermann.

2NVR have a fundraising event on Tuesday 18th November at Bowraville Sports Hub. There are free trivia games supplied by the Hub and the Rotary Chocolate Wheel. Tickets for the wheel are \$5 each and you have the chance to win cash prizes. 2NVR is the charity which is the beneficiary of the wheel. Thank you to the Rotarians for holding this event. Please book a table with the club soon, so you don't miss out.

On a personal note I invite interested people to learn to be presenters. I love sharing my choice of music and my interests with the community. The training is free and we welcome those who are willing to learn. Please contact our trainer Ion Newcombe on 0408696184 for further information.

Wishing everyone safe travels and good health.

Luise Pearson-Bernoth



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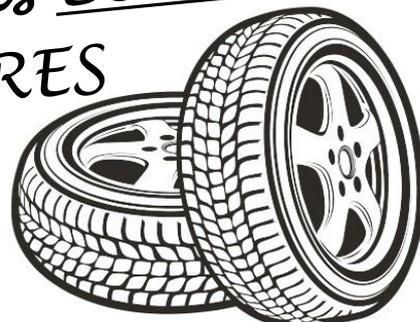
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Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Spring 2025 — Studio 3 Live — 3rd Friday each Month							Community Radio Network	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Clairessense Sounds from Screen With Claire Watt	Continental Drift With Garry Havillay	Aussie Grown Across the Nation Aussie Christian grassroots to charts.	Tones of Clairessense Claire Watt	The Fourth Estate +Cyberbeat	Rise N Shine Ron Hawkins	Sunday Morning Soul Sound	6 AM
7 AM	Paradigm Shift With Geoff Moyle	Real World Gardener + The Assignment	A Country Tea Time With DJ Tina	FlipSide With Phill	Top of the Pops UK With Kim Robson	Random ravings in a musical mix with: Heavens Above: 6:30 Saltwater People: 7:30 It's Only Words: 8:30	With Clairessense	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe	From Then To Now With Paul & Rachel Burns	Smoko with Gazza With Gary Biden	Turning Pages Elizabeth Newman	The Wire Weekly + Aussie Music is BG	Local News of the Area Beverly, Linda, Phill, & Celeste		8 AM
9 AM	Baby Boomers Donna Collins	Infopinion With Richard & Eddie	Mystical Music & Musings Luzise gives us her favourite music and muses on the great mystery of Life	Environmental Matters with Elizabeth + Earth Matters	Talk Of The Town Cen Wrobel	Maidensong With Dianna Galbraith	Scoob's Smorgasbord With Scoobs	9 AM
10 AM	Flashback With Rob Davidson	Mixed Grill With MaCCA	33 Blues With Lizzie	Tewinga Tunes With Ralph	Peter's Pops & Classical Tunes & Melodies With Peter K	Noisy Neighbours Trenck de Groot	Brunch Bops Celeste, with a pinch of empowerment	10 AM
11 AM	Hot, Sweet & Jazzy From "The Pulse"	Rock On With Jimmy & the Bluebirds	Sister Act Olivia & Sam	Thursdays Country Trickvic	Robertson's Rolleroaster With Tom	Garage Noise With Sean Ambrose	FlipSide Again With Phill - All Aussie	11 AM
Noon	A Breath of Fresh Air With Sandy Kaye	Retro Birds Robyn Wien & Sally Swan	The Sixties in Australia Rob Davidson	Hit Singles From Your Past With MaCCA	MHS Radio From Macksville High	Soul Quench With Lizzie	The Folk Show Traditional, retro & new folk	Noon
1 PM	Bowra Beats With Grace Walters	Not out of the box On the Flipside With CJ	The Curious World of Lisa Z	Tim Unsupervised Tim Hood	Life in the Valley Beverly - interviews and more...	Southern vocals: soulful lyrics, soulful beat — dance, cry or fall in love again	That's A Wrap Donna, Nigel, Gary & Les Local sports calls and in-depth sporting analysis	1 PM
2 PM	Hinterland With Ben Walters	Music outside the usual	Tracy's Eclectic Tunes With TracyO	Late night humour, music, interviews and more...	The Local Source All Aussie Music	Local News of the Area Beverly, Linda, Phill & Celeste	Local News of the Area Beverly, Linda, Phill & Celeste	2 PM
3 PM	Reggae Mixtape With Fitzroy	Space Nuts Lost in Science, Zed Games, & Diffusion	Ant's Rock Anthony Gamsey	Local News of the Area Beverly, Linda, Phill & Celeste	Meet Me @ The Movies Narrative about Narratives	Local News of the Area Beverly, Linda, Phill & Celeste	Praise, Prayer & Pop With Michelle	3 PM
4 PM	Music Makers With Yen	Local News of the Area Beverly, Linda, Phill & Celeste	Solid Rock Aussie Focus	2NVR Overnight Music Mix	Fish's Favourites With Dave P	Local News of the Area Beverly, Linda, Phill & Celeste	Imagine This Radio drama & stories	4 PM
5 PM	Mixed music with featured artists	Local News of the Area Beverly, Linda, Phill & Celeste	Ant's Rock Overnight	2NVR Overnight Music Mix	Tunes I like to hear...	Local News of the Area Beverly, Linda, Phill & Celeste	Prog Rock Playlist Rhino	5 PM
6 PM	2NVR Overnight Music Mix	Local News of the Area Beverly, Linda, Phill & Celeste	Overnight	2NVR Overnight Music Mix	Dark Side of the Moon My Generation The Gary Jackson Show & Sounds of the Seventies Overnight entertainment plus +	Local News of the Area Beverly, Linda, Phill & Celeste	The best of Progressive Rock	6 PM
7 PM	2NVR Overnight Music Mix	Local News of the Area Beverly, Linda, Phill & Celeste	Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Local News of the Area Beverly, Linda, Phill & Celeste	The Antisf Radio Show With Nukie	7 PM
8 PM	2NVR Overnight Music Mix	Local News of the Area Beverly, Linda, Phill & Celeste	Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Local News of the Area Beverly, Linda, Phill & Celeste	Don't forget to keep your date!	8 PM
9 PM	2NVR Overnight Music Mix	Local News of the Area Beverly, Linda, Phill & Celeste	Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Local News of the Area Beverly, Linda, Phill & Celeste	Wolffy Wolffy's music & requests	9 PM
10 PM	2NVR Overnight Music Mix	Local News of the Area Beverly, Linda, Phill & Celeste	Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Local News of the Area Beverly, Linda, Phill & Celeste	2NVR Music Mix	10 PM
11 PM	2NVR Overnight Music Mix	Local News of the Area Beverly, Linda, Phill & Celeste	Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Local News of the Area Beverly, Linda, Phill & Celeste	2NVR Music Mix	11 PM
Midnight	2NVR Overnight Music Mix	Local News of the Area Beverly, Linda, Phill & Celeste	Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Local News of the Area Beverly, Linda, Phill & Celeste	2NVR overnight Music Mix	Midnight

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