



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



OCTOBER 2020 ~ ISSUE #189 ~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449



*Coming to the
Bowraville
Technology Centre*

Free Information & Workshops

*How to use the internet to find
reliable bushfire information
as well as health and wellbeing
information.*

Monday 19th October 10.30am
Tuesday 20th October 10.30am
Thursday 22nd October 10.30am



Now is the time to get online
@ the Bowraville Community Technology Centre
39 High St Bowraville



Due to COVID 19 restrictions please phone
6564 7420
to reserve a seat as these are limited.

Morning tea and light lunch provided

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

Newsletter is also available online at:

www.bowraville.nsw.au/bowraville-newsletter

2020 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscriptions includes 11 issues.

90 x 90 (1/6 pg) - \$12 issue or \$120 year

90 x 180 (1/3 pg) - \$22 issue or \$220 year

90 x 265 (1/2 pg) - \$32 ea or \$302.00 year

190 x 265 (1 page) - \$43 issue or \$430 year

Front Cover (1 issue) - \$60 issue

DEADLINE FOR COPY FOR

THE OCTOBER 2020

ISSUE IS: 4:00PM

TUESDAY, 22nd SEPTEMBER 2020

All contributions and advertisements for the next issue of the Bowraville Community News are due:

by e-mail, fax or hand in at the front counter at:

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 Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services

Is 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.

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

Photocopying Services — We are now able to photocopy/print in A3 colour & print large banners.

Facility Hire

Main Computer Room — Up to 8 computers plus trainer's computer or access port for laptop or another PC. Data projector (if required) - connected to trainer's PC. Whiteboard (if required). High speed internet access —14mb ADSL. Full HD TV connected to network.

Per hour - \$20.00. Half day (4 hours) - \$60.00

Full day up to 8 hours - \$100.00

Tea/Coffee \$2.50 - per person/day or part thereof.

Small office or Computer Room — Includes high speed internet access and access to up to 2 computers.

Per hour - \$7.50. Half day (4 hours) - \$25.00.

Full day - up to 8 hours \$40.00.

Other costs — As per standard rates for printing - 30c per A4 page black and white, other options available.

“Like us on



search for CTCABowra”

Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

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

Missabotti Community Hall AGM

Will be held on Sunday, 18th October at 10am. For more information contact Dawn Kennedy on 6564-7646.

Bowra Pioneer Community Centre 'Meet & Greet'

On Sunday 29 November we will host a "Meet and Greet" with a lunchtime BBQ – bring a plate of food to share.

An appeal for new members from the Bowraville community and surrounds to join the association which manages the "Bowraville Pioneer Community Centre". We need to swell the number of people on the membership register.

Next general meeting of BCDAI (Bowraville Community Development Association Inc) is Monday, November 2nd at 5pm. AGM is scheduled for Monday, December 7 at 5pm.

Bowra Country Market

Saturday, 10 October 9am-1pm at the Pioneer Community Centre. The 'seedling lady' returns with her array of food and flower babies, also our regular stalls with lots of local produce and tasty treats from the cafe.

Next month we will display some of

Claude Teyssier's art works. Claude and Margrit worked together to create the unique giant light sculptures which featured in recent festivals in our valley. (Ah! Life before COVID)

So come along to relax and connect with friends and strangers - socially distanced of course - in our lovely heritage building.

Christmas is Coming!!!

Most Bowravillians will remember Christmases past in Bowra with the community coming together to celebrate the festive season with Carols at the Phoenix, the lighting of the Christmas tree at the school and parties in the main street.

In Bowraville a few locals are putting their heads together to plan a community gathering for this year.

If you would like to be involved please contact Phillida on 0401 481 501 or tessellates@gmail.com

Hospital Auxiliary

Our first meeting since February was held last month. Our meeting commenced with the presentation of a 10-year award to Rita

Continued on Page 5



**FITTING TURNING
MACHINING**

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*Turning - Milling - Welding - Repairs - Parts Made
Worn Shafts Re-Built - Aluminium & Stainless Welding*

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www.fittingturningmachining.com.au

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**

WHAT'S HAPPENING IN BOWRA

SUNDAY, 4TH OCTOBER
at 2am - put your clocks
1 hour forward.



It's TAX TIME!

Do you need assistance with your
Income Tax Return?

Each Monday at the Bowraville
Technology Centre an ATO trained
representative is there to help.

Phone 6564-7420 to make an
appointment. It's free.

Check out the Bowraville Technology Centre's DVD Library

The DVD Library operates on the
same basis as our very popular
Book Nook,

ie: an honesty system - and if
borrowers would like to make a
donation of \$1 each time they
borrow it would be appreciated.



A limit of 2 DVDs per borrower.

Special offer to community groups

Save on paper and ink!

Email your poster and we will place it
on our big screen TV for only \$1.00.

Your poster will remain on the big
screen until your event or promotion
has finished.



WHAT'S HAPPENING IN BOWRA

From Page 3

Williams long time purchasing officer for the coffee shop. Following advice from Central Executive it was decided that an AGM not be held and the present executive remain for this financial year with membership also being rolled over.

Treasurer Dee gave a comprehensive report for the last financial year. Our donation to the hospital was \$68,778 which included the defibrillator and birthing baths. Our volunteer hours were close to 6000. Of special interest was the Café Report - a more varied menu has been introduced and the new Café is much busier. In 2 months of operation the Café has made a profit of close to \$11,000 against a profit of \$23,000 in the 9 months of the old cafe. So, a special thank you to those volunteers who are taking on more duties. President Isabelle told the meeting of the purchase and delivery of the garden seat funded by the 3 Valley garden clubs and which was delivered that week. This seat will be placed in the garden area at the end of the ward. It was constructed and designed to hospital safety standards by the Men's Sheds and made from recycled timber.

The next meeting will tentatively be held at a local club and be our final near-Christmas celebration. We will also investigate the possibility of holding a Christmas raffle.

Bowraville Recreation Club

Women's Golf Championships were delayed due to rain so some players were unable to play on the final day. Gross winner was Eliza McNally 166 gross and Nett winner Maz McNally with 142 nett. Pleasing to note we had our best fields for the year

Continued on Page 7

CRAIG BELLAMY@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 @atrealty Real Estate.

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

See what our clients think of @atrealty go to ratemyagent.com.au

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

10/11

BOWRAVILLE GIFT SHOP


any occasion
LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE
Monday to Friday: 9am - 5pm
PH: 02 6564-7169

5/11

Coronation Kennels & Cattery

"Where your pets are cared for like Kings and Queens"

180 Coronation Road, Congarinni North
(just two kms from Macksville)

PHONE: 02 6568-2018

Email: marcia@coronationkennelsandcattery.com.au

Website: www.coronationkennelsandcattery.com.au

We provide the following services:

Day Care - Check in 8am check out 4-6pm \$10 p/d

Sleepover - Check in 4-6pm check out 8-10am
Cats - \$14 per day.

Long Term Budget -

1/2 price - BYO Food, Bedding and
Kitty Litter.

Not available during school holidays

Short-term Accommodation

Small \$15 - Medium \$20 - Large \$22 - Cats \$14



11/11

How much data is created on the Internet each day?

90% of the data on the internet has been created since 2016 according to an IBM Marketing Cloud study. People, businesses and devices have all become data factories that are pumping out incredible amounts of information to the web each day.

In 2014 there were 2.4 billion internet users. That number grew to 3.4 billion by 2016 and in 2017 300 million internet users were added. As of June 2019 there were over 4.4 billion internet users. This is an 83% increase in the number of people using the internet in just five years!



Not only are there more people using the internet but they are using it in many different ways.

In 2019 each minute of every day the following happened on the internet:

Social Media – Reports show almost 300 million new social media users each year. That's 550 new social media users each minute.

Tweets - Since 2013 the number of Tweets each minute has increased 58% to more than 474,000 Tweets per minute in 2019!

YouTube Usage - More than tripled from 2014-2016 with users uploading 400 hours of new video each minute of every day! In 2019 users were watching 4,333,560 videos every minute.

YouTube Uploads - More than 300 hours of video were uploaded to YouTube every minute!

Instagram - Users uploaded over 100 million photos and videos every day. That's 69,444 million posts every minute!

Facebook - Users spent nearly one hour a day on Facebook but Instagram and Snapchat were quickly catching up.

Facebook Posts - Since 2013 the number of Facebook Posts shared each minute has increased 22% from 2.5 million to 3 million posts per minute in 2016. This number has increased more than 300 percent from around 650,000 posts per minute in 2011!

Facebook Comments - Every minute 510,000 comments were posted; 293,000 statuses were updated and 136,000 photos were uploaded.

Status Updates - there were over 38,000 status updates on Facebook every minute.

Facebook Users - Clicked the like button on more than 4 million posts every minute!, and the Facebook like button was pressed 13 trillion times.

Continued on Page 14

From Page 5

for this event. In the Championships Bowls A Grade winner was David Johnson with Runner-up Paul O'Neil and B Singles winner was Paul O'Neil again. Runner-up in B grade was Sharyn Hay. Work on the new sports facility has begun with the removal of trees on the golf course where new fairways will be. Three new greens will be constructed and others re-turfed. Some trees beside the present 6th fairway will also be removed to position the new club house and bowling greens. The Club's AGM will be held in October and nomination forms are available at the Club. Contact 6564-7349.

Bowraville Garden Club

The first month of spring saw us enjoying the sunshine and sharing plants, cuttings, garden woes and successes. Always a treat at our get togethers is Marge's poem which this time was about the practicality of a weed garden. A visit to Pelican Nursery saw us add to our collections. In October we have several options

for garden and nursery visits so expect an email with final selection.

Bowraville Community Garden

A big Get Well to John Rowsell who has had a few health issues and is greatly missed. However, a few new workers have added to the small number of helpers. If you are learner gardener come along and you will be given a task. If you do not know where this treasure is you will find it on the corner of Cook and River Streets.

Bowraville Seniors

At our last meeting we welcomed back President Geoff Chittick. Our talking point was "Tell us something about yourself that no one knows" but it was hard to extract any secrets. Next month we will meet at the Folk Museum at 10am on Monday 19th October for morning tea and then a leisurely browse through the museum followed by lunch at the Coach House Inn. Come along and join us. If you are new to the district our members have many Bowraville memories to share. Contact 6564-7179.



Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .

TAB - KENO - BINGO
RAFFLES - Wednesdays & Friday
MEMBERS' DRAW min \$1000
KITCHEN Wednesday to Saturday

 Lunch 12-2pm - Dinner 6-8pm

HAPPY HOUR - All Schooners \$4.50
from 5pm to 7pm daily

FREE POOL Everyday

11/11

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

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

33 HIGH STREET, BOWRAVILLE
Ph.6564 7041 Fax. 6564 8471

11/11

Arts @ Nambucca Valley Phoenix

Nambucca Valley Phoenix is proud to introduce our new Arts Coordinator - Tai Chiu-Mei.

Known to locals as Aisha she is an internationally renowned Taiwanese artist who has recently taken up residence in the valley.



Ashia has had a rich career as an artist, businesswoman, university lecturer, studio, gallery and art school owner and a teacher with more than 30 years of experience. Her art has received critical acclaim and has been featured in solo and group exhibitions throughout Asia, Europe and America. She has curated international exhibitions and won numerous awards.

Aisha calls herself an artist but really she is an alchemist, turning simple ingredients into masterpieces. She specialises in transforming:

- ◆ Ceramics - Mud molded into shape, beauty and hardened by heat.
- ◆ Felting - Fibres teased into a tapestry, entwining texture, colour and imagination into material.
- ◆ Glass - Sand crystallised into colourful glass that holds form, function and light...

Keen to share her skills, experience and passion to support arts in our region Aisha has joined Phoenix to develop and teach arts programs for people of all ages and abilities.

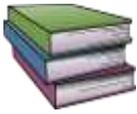
We are currently offering the following courses:

<p>FELT ARTS</p> <p><i>2 Day Courses available in:</i></p> <p>Basic Felting - Nuno Felting Cobweb Method 3 Dimensional Resist Felting</p>	<p>FUNDAMENTALS in CERAMICS</p> <ul style="list-style-type: none"> - Develop ceramic skills - Refine hand building techniques, ceramic surface treatments and glazing skills - Develop sculptural skills - Design ceramic art
<p>ADVANCED CERAMICS - Mold making & Lost Wax Cast Glass - By enquiry</p>	

To enrol or for more information about our arts program please contact Aisha on 0421 154 207 or arts@nvp.org.au - All abilities welcome!

1/1

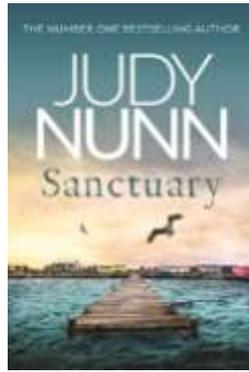
Nambucca Valley Phoenix - Together We Rise
88 High Street Bowraville ~ 6501 0021 ~ info@nvp.org.au
Open Tuesday - Friday 9am to 3pm



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Sanctuary by Judy Nunn

In Judy Nunn's compelling novel, compassion meets bigotry, hatred meets love and ultimately despair meets hope on the windswept shores of Australia.



On a barren island off the coast of Western Australia a rickety wooden dinghy runs aground. Aboard are nine people who have no idea where they are. Strangers before the violent storm that tore their vessel apart, the instinct to survive has seen them bond during their days adrift on a vast and merciless ocean.

Fate has cast them ashore with only one thing in common - fear. Rassen the doctor, Massoud the student, the child Hamid and the others all fear for their lives. But in their midst is Jalila who appears to fear nothing. The beautiful young Yazidi woman is a mystery to them all.

While they remain undiscovered on the deserted island, they dare to dream of a new life . . .

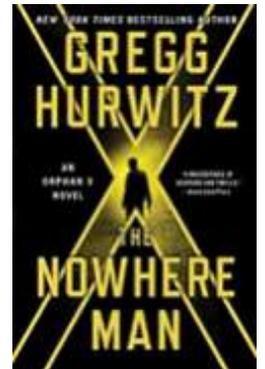
But forty kilometres away on the mainland lies the tiny fishing port of Shoalhaven. Here everyone knows everyone and everyone has their place. In Shoalhaven things never change. Until now . . .

- www.goodreads.com

The Nowhere Man

by Gregg Hurwitz

He was once called Orphan X.



As a boy, Evan Smoak was taken from a children's home, raised and trained as part of a secret government initiative buried so deep that virtually no one knows it exists. But he broke with the programme, choosing instead to vanish off grid and use his formidable skill set to help those unable to protect themselves.

One day, though, Evan's luck ran out . . .

Ambushed, drugged, and spirited away, Evan wakes up in a locked room with no idea where he is or who has captured him. As he tries to piece together what's happened, testing his gilded prison and its highly trained guards for weaknesses, he receives a desperate call for help.

With time running out he will need to out-think, out-manoeuvre and out-fight an opponent the likes of whom he's never encountered to have any chance of escape. He's got to save himself to protect those whose lives depend on him.

Or die trying . . .

- 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.

Now at the BTC A DVD Library

Operating on the same basis as our very popular Book Nook, ie: an honesty system - and if borrowers would like to make a donation of \$1 each time they borrow it would be appreciated.
A limit of 2 DVDs per borrower.

My Plate, My Planet - National Nutrition Week



Eating more veggies is one of the easiest things to do for better health and wellbeing

All vegetables can be considered superfoods as they are naturally packed full of important vitamins and minerals, disease-fighting antioxidants and gut-healthy fibre. Plus they taste really good!

Eating vegetables each day can help you to maintain a healthy weight, lower cholesterol and blood pressure plus protect you against chronic diseases such as type 2 diabetes, heart disease, stroke and cancer.

We all know veggies are good for us so why don't we eat more?

Only 4% of Australian adults eat the recommended 5 serves a day. Many of us don't know what a serve is. So, let's clarify this now . . .

A serve of vegetables is 75g – and this is what it could be

- ½ cup cooked green or orange veggies, like broccoli, carrot or pumpkin
- ½ cup beans, peas or lentils
- 1 cup raw salad leaves like cos lettuce or kale
- ½ medium potato or other starchy veg
- 1 medium tomato



Vitamins and minerals in fruit and vegetables

Fruits and vegetables contain many vitamins and minerals that are good for your health. These include vitamins A (beta-carotene), C and E, magnesium, zinc, phosphorous and folic acid. Folic acid may reduce blood levels of homocysteine, a substance that may be a risk factor for coronary heart disease.

Fruit and vegetables for good health

Fruits and vegetables are low in fat, salt and sugar. They are a good source of dietary fibre. As part of a well-balanced, regular diet and a healthy, active lifestyle a high intake of fruit and vegetables can help you to:

- Reduce obesity and maintain a **healthy weight** - Lower your **cholesterol** - Lower your **blood pressure**.

Fruit and vegetables and protection against diseases

Vegetables and fruit contain phytochemicals or plant chemicals. These biologically active substances can help to protect you from some diseases. Scientific research shows that if you regularly eat lots of fruit and vegetables you have a lower risk of: **Type 2 Diabetes** - **Stroke** - **Heart (cardiovascular) disease** – when fruits and vegetables are eaten as food not taken as supplements - **Cancer** – some forms of cancer later in life - High blood pressure (**hypertension**).

- www.tryfor5.org.au/the-power-of-veg + www.betterhealth.vic.gov.au

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





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SPECIAL

Hydralyte 10packs
Electrolyte Powders
\$9.95



CHEEKI

Assorted Classic
Insulated Bottles
from \$22.95



SPECIAL

Moo Goo
Natural sunscreen
SPF 40 120g
\$13.95

Cancer Council
Ultra sunscreen
\$15.95

CHEEKI

Assorted Classic
Insulated Tumblers
from \$23.95



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



Weird things your brain can do

The human brain is a weird thing. It has incredible processing power and storage capacity, it can handle a huge amount of sensory input at once and it not only makes us who we are but it keeps us going too.

Unfortunately, it's not entirely perfect; it's full of technical glitches, storage issues and not a little bit of confusion.

That can lead to some very weird stuff — some of it so weird we haven't even wanted to admit it's happening for a long, long time.

Here is a sample of the oddball things your wonderful weirdo brain does.

The Paradox of Choice



Not only is your brain fickle, it's sabotaging you and making you miserable. That's the theory behind Barry Schwartz's Paradox of Choice and it makes a lot of sense.

The basic idea is that every day our modern world presents us with an overwhelming number of choices. We call it freedom but it's really presenting us with a sort of crippling indecision even after we make our choice. Our brains compare our choices to the ones that others make and because brains are cruel they always focus on the choices that we think turned out better. We second-guess everything from our career choices to decisions at the grocery store and everything in between.

That's a huge amount of information to process and that means we're as overwhelmed by the things we don't do as much as by the things we do.

Schwartz says that a lot of the time it's this freedom that results in us not doing anything at all. Freedom, coupled with high standards that seem to get worse with the shiny, selective view of reality via social media paralyses us into never deciding which friend to hang out with, which movie to go to, which restaurant to eat at, etc. It's everywhere, it overloads our brains and it gives us less freedom at the end of the day so we just stay home on the couch . . . where we're faced with the choices on Netflix.

- <https://www.grunge.com>



Bowraville Lions Club Inc News Bulletin

OCTOBER 2020



Donate your drink containers to us



Do your bit to help
us raise funds with
RETURN and EARN

Eligible containers

Containers should be empty, uncrushed, unbroken and have the original label attached. Wine, spirits, cordial and plain milk containers are generally not eligible. If a container isn't eligible for a refund, please use a recycling bin.

			
Liquid paperboard (cartons)	Aluminium and steel	Glass	Plastic

Find out more at returnandearn.org.au

The Bowraville Lions Club are raising funds by collecting drink containers for Return and Earn and we need your help.

Drop your drink containers into the collection depots at either Macksville or Nambucca and choose 'donate' to the Bowraville Lions Club.

The funds will help assist in continuing our fire recovery programs.

How much data is created on the Internet each day?

Continued from page 6

Google Searches - Over 3.5 billion Google searches were conducted worldwide each minute of everyday. That's 2 trillion searches per year worldwide. Which is over 40,000 search queries per second!

Messages - Worldwide over 100 million messages were sent every minute via SMS and in-app messages!

Texts - 26 billion texts were sent each day by 27 million people in the US. That's 94 texts per day per person in the US in 2017.

If we do some quick calculations of these 2019 figures we can see the amount of data created on the internet each day. There are 1440 minutes per day...so that means there were approximately:

1,209,600 new data producing social media users each day.

682 million tweets per day!

More than 4 million hours of content uploaded to YouTube every day with users watching 5.97 billion hours of YouTube videos each day.

67,305,600 Instagram posts uploaded each day.

There were over 2 billion monthly active Facebook users compared to 1.44 billion at the start of 2015 and 1.65 at the start of 2016.

Facebook had 1.58 billion daily active users on average.

4.3 BILLION Facebook messages posted daily!

5.76 BILLION Facebook likes every day.



- *blog.microfocus.com by Jeff Schultz 8.6.2019*

BOWRAVILLE DENTAL SURGERY

Vic Bird B.D.S.

"Your local dentist"

Caring for YOUR dental
wants and needs.

No hard sell.

6/11

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31 HIGH ST BOWRAVILLE

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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



10/11

Australians are being targeted by an elaborate new tax office scam

Fraudsters have been targeting Australians with a new tax office scam involving fake phone messages.

The elaborate scam is delivered via phone messages and SMS and urges people to hand over their credit card details - threatening innocent victims with arrest if they don't comply.



Example: "Attention: this call is from the legal department of Services Australia," the message says.

"Your Tax File Identification Number has been suspended and we have filed a case under your name. So, before this matter goes to Federal Court and you could get arrested kindly press 1. I repeat press 1 to know about your legal case."

Communications Minister Paul Fletcher confirmed the rort is real and the technology used to dupe taxpayers is becoming increasingly sophisticated.

A lot of scammers have been using so-called 'spoofing' or overstepping of the number from which the call appears to originate.

THE ATO WILL NEVER:

- Send you an email or text message asking you to send us your information by email or text message.
- Send you an email or text message with a link to log into online services.
- Send a pre-recorded message saying the police are coming to arrest you or demanding urgent payment of money.
- Ask for payment by bank transfers to: a bank that is not the Reserve Bank of Australia; Overseas wire transfers; iTunes or Google Play cards; Cardless cash transfers or Cryptocurrency like Bitcoin.

Source: Australian Taxation Office

Bowraville Bus Timetable

Departs
Bowraville Post Office 7.13am
Bowraville IGA 8.13am & 9.13am

Returns
Macksville to Bowraville 2.35pm
3.35pm
4.35pm
Last bus 5.25pm

Red Ticket — \$2.50 per day
Eligibility: Pension Card

busways Telephone: 6568-3012

N/C

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

PRESIDENT

Mark Scott
M: 0428527545

SECRETARY

Lisa Matters



11/11



Email:

bowraville@lionsdistrict201n1.org.au

PO Box 23 Bowraville NSW 2449



Ngambaga Bindarray Girrwa Community Services Aboriginal Corporation

ABN:19746606729

"Empowering Aboriginal and Torres Strait Islander communities to gain independence and inclusion through the deliver and support of culturally appropriate community services"

Ph: 02-6564 7559, Hrs: Mon to Fri 8:00am to 4:00pm,

Address: 1/53 High St, Bowraville,

Web: nbgscommunityservices.com.au

Email: admin@nbgs.com.au



CHSP & NRCP (In the Nambucca Valley)

- Outings & day trips
- Group Activities
- Meal Assistance
- Friendly telephone calls & visits
- Letter writing and other correspondence
- Assisted Transport
- Advocacy
- Communication with Carers
- Peer Support
- Referrals to other Agencies
- Respite for Carers
- Carer support – group day trips
- Young Carer
- Carer Information
- Carer Referrals
- Carer Counselling/Advocacy
- Transport
- Individual Carer Support/Plans
- Carers Week Activities
- Relaxation Days

The Coordinator will work with you and/or your Carer to a Care Plan to ensure that your care and support needs are met.

It's not uncommon for Carers to become exhausted and overwhelmed. That's why it's so important to take a break – called 'respite'. By taking time off you get a chance to look after your own physical and emotional needs.

Early Linker Program, Mid North Coast (Kempsey to Red Rock, Coffs Harbour)

- Early Links is for:**
- People with a disability aged 0-8 yrs and who are generally not accessing any specialist disability service
 - Carers and families of people with a disability
 - The community
 - People wanting assistance to accessing community and mainstream services, knowledge, resources and opportunities in their communities
- Early Links Mission:**
- "Every child, every opportunity"
- Early Links Vision:**
- "Communities where every child participates and every family is respected"
- An Early Linker will assist with:**
- General development concerns
 - Information and support for families to find out about their children's disability needs
 - Identify concerns, set goals and development plans for the future
 - Connecting with other parents, community and service providers
 - Build confidence to achieve your goals
 - Develop your existing support networks and create new networks
 - Look at ways you can participate and be a part of your community.



Should we . . . Mask Up and Shut Up?

COVID-19 transmission would go down if we spoke less, or less loudly, in public spaces. Why aren't more people saying so?

COVID-19 researchers have rightly extolled the virtues of masks, hailed the necessity of ventilation and praised the salutary nature of outdoor activities. But another behavioural tactic hasn't received enough attention, in part because it makes itself known by its absence. That tactic is silence.



“Every route of viral transmission would go down if we talked less, or talked less loudly, in public spaces,” says Professor Jose L. Jimenez, of the University of Colorado in the USA, who studies disease transmission. “This is just a very clear fact. It’s not controversial.”

Silence is golden as an antiviral strategy because of how this disease spreads. The coronavirus moves primarily through viral particles that erupt from our faces when we sneeze, cough, talk or sing.

Viral particles hitch a ride out of our bodies on these droplets and aerosols. They travel through the air - droplets, for a few seconds; aerosols for several minutes - and can lodge in the noses, throats and lungs of other people. Thus, conveyed by the free transit of our exhalations the virus travels to a new host.

The goal of COVID-19 public health guidance is to shut down this viral transit system: Good ventilation disperses aerosol clouds; distancing reduces other people’s vulnerability to these particles; masks block them from our mouths and noses.

But what if we tried to limit the production of these virus-laden particles before they even left our bodies? That’s where volume control comes in.

Talking less, more quietly or not at all limits the manufacture of both large droplets and aerosols. When you breathe or whisper your respiratory system doesn’t emit large droplets. Professor Jimenez says that, compared with yelling, quiet talking reduces aerosols by a factor of five; being completely silent reduces them by a factor of about 50. That means talking quietly, rather than yelling, reduces the risk of viral transmission by a degree *comparable to properly wearing a mask*.

“The truth is that if everybody stopped talking for a month or two the pandemic would probably die off,” Professor Jimenez said. While still emphasizing the importance of distancing he elaborated that without any close-contact communication it would be difficult for this virus to continue moving between people.

Continued on Page 19

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10/11

October Gardening

Longer, warmer days mean plenty of time outdoors in the garden. Mid spring is the perfect planting time – the soil is warm, temperatures are not too high and there's often good rainfall to encourage plant growth.



Sun Protection

Remember when outside to wear a hat and slop on the SPF 30+ sunscreen to protect against damaging UV rays. Don't let mild days fool you into thinking you won't get sunburn.

Weeds

While the garden's going well so too are the weeds! It's important to get on top of them now before they take over completely.

It's Planting Time

Conditions are optimal nationally for everything from seeds and seedlings of flowers and veggies through to lawns, evergreen trees and shrubs and potted deciduous plants in full leaf. Garden centres will be bursting with stock now so plan a visit next weekend.

Vegetable Patch

It's full steam ahead now no matter where you live! Prepare the soil by hoeing to remove lumps and weeds,

Continued on Page 20

Mask Up and Shut Up - *Continued from page 17*

ONE OF THE MORE curious international success stories of the pandemic is Japan. While much of the world emphasized the importance of testing and tracing Japan initially had no mass testing and no sophisticated means of contact tracing. Yet, adjusted for population, the country currently has approximately 98 percent fewer COVID-19 deaths than the United States. Much credit has gone to its crystal-clear public guidance to avoid the three C's: closed spaces, crowded places and close-contact settings including "close-range conversations."

That third C deserves more amplification. Even after its transit ridership bounced back to normal Japan reported no outbreaks on Tokyo's famously crowded subways. The city's trains are typically well ventilated and Japanese people have had decades of practice wearing masks. But something else is at work here: Japanese commuters have an informal rule to avoid talking loudly on trains, if at all. So while New York City spends \$15 million a month blasting its subways with antimicrobial sprays the Japanese keep their trains safe with a cheaper tactic: masking up and shutting up.

If Americans imported Japan's subway rules to their public life they might be able to accelerate a return to a more muted form of normalcy. No longer would there be people talking loudly on their cell phones in grocery stores and pharmacies sometimes with their masks pushed aside from their mouths to improve the clarity of their diction. Such behaviour displays a total failure to understand how the disease spreads.

Here's one solution: Library rules - every time you walk into a school, a medical clinic, a supermarket, a pharmacy, a hair salon or barbershop, an office, an airplane, a train or a government building you should see a sign that reads: HUSH FOR YOUR HEALTH; or MAKE GOOD CHOICES, LOWER YOUR VOICES.

- From an article in *The Atlantic* by Derek Thompson (Staff Writer) - www.theatlantic.com

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Open Monday - Friday 10am to 3pm
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Admission by Gold Coin Donation.

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enquiries@militarymuseum.org.au 9/11

~ GARDENS & GARDENING ~

From Page 18

then rake level. Moisten well a few days before sowing or planting.

Pruning

The last of the spring blossom trees should be pruned now.

Prune to encourage new

growth that will flower next spring.

Native shrubs like bottlebrushes benefit from a light trim after flowering. Cut just behind the faded bloom to encourage new shoots.

Most of the spring flowering bulbs may be past their best now but don't cut the flowers or leaves off. Allow them to die down naturally.



Indoor Plants

Plants inside the home assist in purifying the air as well as lending a touch of greenery to your living areas. Natural light is important but don't stand pots on north or west-facing windowsills where they will be exposed to direct sun through the glass. As temperatures warm make sure to humidify the air by regularly misting plants with a water atomiser. Wipe leaves occasionally with a damp cloth to keep them clean. Fertilise regularly with a slow release fertilizer.

- www.lovethegarden.com

Bowraville Folk Museum

High Street, Bowraville

Phone/Fax: 6564-8200

MONDAY-FRIDAY 10am-3pm

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~ Groups by appointment ~

9/11

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N/C

Make your own natural cream to soothe itchy, irritated skin

The recipe contains shea butter and oats which are both known moisturising ingredients with skin-calming properties as well as healing lavender essential oil.

Here's how to make it . . .

Ingredients:

1/2 cup coconut oil
1/4 cup shea butter
1/4 cup oats
2 tsp vitamin E oil
20 drops lavender essential oil



Directions:

Start by using a blender, food processor or spice grinder to grind the oats. You need to grind them finely so the oats are more of a powder.

Then place the coconut oil and shea butter in a glass bowl or a mason jar. Place the bowl or jar in a pan of gently simmering water and wait until the oil and butter have melted completely.

Next remove the melted mixture from heat and add in the powdered oats. Stir well to incorporate.

Then pour the vitamin E oil and lavender essential oil into the mixture and stir again.

Once all the ingredients are well incorporated pour the mixture into a small tin or container. Leave it out on the counter to solidify or let it set in your fridge. (If you live in a warm climate you may want to keep storing your finished cream in your fridge to ensure that it stays solid.)

One more note – the oatmeal bits will sink to the bottom of the container as your cream sets. But don't worry – you'll still get all of the benefits of the oatmeal! When you use up enough of the cream that you start unearthing the solid oat bits just whip up a new batch of cream.

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If you live near bush and have been out at dusk lately you would have seen them . . .

Fireflies – Nature’s Flash Dancers

Performing one of nature’s most enchanting spectacles, fireflies (or lightning bugs) are the stars of the insect world.

Despite what their common names suggest fireflies are neither flies nor bugs but beetles from the family *Lampyridae*. There are over 2,000 described species of these nocturnal wonders.

Unlike ground-dwelling, luminescent glow-worms adult fireflies are winged. They flit around all continents, bar Antarctica, preferring warm and wet wooded habitats. In Australia fireflies inhabit the forests and mangroves along the coast of New South Wales, Queensland and the Northern Territory.



How these glitter bugs get their gleam

Fireflies are masters of bioluminescence. Bioluminescence is the production of light in a living organism by the chemical reaction chemiluminescence.

Fireflies have light-producing organs called lanterns under their abdomen. Lanterns contain photocytes, specialised cells that convert chemical energy into light. Oxygen reacts with the pigment luciferin within the photocytes. The chemical reaction, catalysed by the enzyme luciferase (a protein that speeds up the rate of the reaction), produces a flash of light.

Fireflies produce patterns of light flashes rather than a steady shine. Intermittent release of nitric oxide allows oxygen to cyclically build up in the photocytes, fueling bursts of reactions. The light stops once the oxygen is used up, only flashing again after more oxygen has accumulated.

Fireflies are remarkably efficient producing a ‘cold light’. All the energy in the reaction is used to create light rather than wasted as heat. These luminaries also vary in their glow, from yellow green to orange, depending on the arrangement of luciferin molecules - species active during dusk emit a yellow light to ensure they’re seen amongst the greenery.

Why glow?

For these love-bugs it really does start with a spark. Males fly around forests and open meadows in the night flashing to attract a mate. A female charmed by a male’s display will glow in his direction guiding his way to her on the ground

Timing is everything for the firefly. The rate and speed of a male’s flash dance governs his appeal and is distinctive to each species. For some species faster or longer flash patterns are most appealing to a female, while for others slow or short flashes get the girl.

Some species of firefly synchronise their flashy displays, called simultaneous bioluminescence. Males congregate in groups, known as leks, to parade their skills, flashing their lanterns at the same time to attract females.

It’s not only the adult lightning bugs glowing for courtship. All stages of the lifecycle,

from egg to beetle, are luminescent. The light acts as a chemical and visual defence warning predators that they are toxic to taste.

Femme fatales: mimicry and murder

Some feisty females exploit this unique mating ritual. Females of the genus *Photuris* use 'aggressive mimicry' to secure a feed. When males of another genus flash the female responds with the flash pattern. She lures the male in, and once close enough, she eats him.

This deviant behaviour comes down to defence. Unlike other species adult females of the genus *Photuris* don't produce chemical defences. This leaves them as easy pickings for predators. By eating the males his chemical defences are transferred to the female providing her with protection until she mates. But the males have clued in learning to spot the phonies to avoid being duped.

Lights out for the firefly?

The glow of the fireflies is dimming. Around the world urban sprawl, development and light pollution are driving their decline. As forests are cleared and open meadows are paved fireflies are losing their habitat. Fireflies also need the dark.

Light from cars, streetlamps and houses interrupts their flashing patterns disrupting their luminescent messages. If they can't communicate these glitter bugs will disappear.

Fireflies are remarkable creatures. With their whimsical twinkling displays fireflies truly are the stars of the night.

- blogs.unimelb.edu.au



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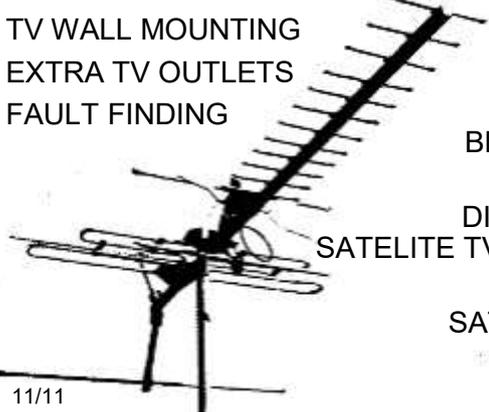
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8/11

Blokes' Breaky
1st Saturday of the month
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St Jimmy's Kitchen
to resume after renovations to
kitchen are completed.

Bowra St Jimmy's Food Hub
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who hold a Centrelink card.

8/11

In the Time of Pandemic

And people stayed at home
And read books
And listened
And they rested
And did exercises
And made art and played
And learned new ways of being
And stopped and listened
More deeply
Someone meditated, someone prayed
Someone met their shadow
And people began to think differently
And people healed
And the absence of people who
Lived in ignorant ways
Dangerous, meaningless, and heartless,
The earth also began to heal
And when the danger ended and
People found themselves
They grieved for the dead
And made new choices
And dreamed on new visions
And created new ways of living
And completely healed the earth
Just as they were healed.

By Catherine M. O'Meara

This poem, about people self-isolating claims it was written in the 19th century and reprinted during the 1918 Spanish flu pandemic. The claim is false; the poem was first published online in March 2020 by Catherine M. O'Meara, a retired teacher in the US, during the novel coronavirus pandemic.

- factcheck.afp.com/poem-was-written-2020-specifically-about-covid-19-pandemic

N/C

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

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levels.



4. KEEP
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BOWRAVILLE CENTRAL SCHOOL

OCTOBER 2020

Year 6 - Waffles and Milkshakes

SIT 20316 Hospitality Food and Beverage Certificate II.

Due to COVID restrictions and the lack of functions involving members of the public Bowraville Central School Year 11 Hospitality class served the Year 4/5/6 class a special treat of waffles and milkshakes.



The class took orders, prepared the food and beverages, served and cleared.



Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Spring 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Music for a Monday Morning ErnaG Energise your week with the ErnaG Music Show	Drive Thru With Jackie Edmunds Mix of 60s, 70s to current music	2NVR Music Mix Gold at Breakfast Dayna Gold Wake up with Dayna. It's gold.	Under The Stinging Tree Poppa All music, news, int...	The Big Breakfast With Jackie Edmunds A mix of community events, news and interviews along with some great music to kickstart your weekend	Here Be Dragons Nuke or Elizabeth No-leave the and ice music and comedy	2NVR Music Mix Sunday Morning Music With Phil	6 AM
7 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Dyer's Loop With The Dyers Music to jive for of course	Isn't It Romantic With Dabas Dert Crooners Easy Listening	Tones of Clairresence Chare Watt-Powell All things local	Talk Of The Town Con Wrobel See what's going down! All things local	Hair Of The Dog Mick Brides Rock, Pop, Covers and Music Trivia	Folk and Aussie music focus from the past few decades	7 AM
8 AM	Baby Boomers Donna Collins	Infopinion Richard Linton, Eddie Omega & Ron Hawkins	Lunch with Gazza With Gary Biden Easy Listening To Rock & Pop	Turning Pages Elizabeth Newman Where anything can happen and probably will!	Dano's Mixed Grill Daniel Gosson Where anything can happen and probably will!	Flashback With Rob Davidson	Phase Out With Faye Faye Aspiotis	8 AM
9 AM	The Weekley Fix Paul Wesley	Rock On With Jimmy & the Bluebirds	Just For You Carole J. Sizemore Featured by Karole's Deutchke Music Standby 2NVR Multicultural Radio	Turn Up The Volume With Les McIlhann	Jacinta's Easy Listening Jacinta Sunderland Music to your ears...	Garage Noise With Sean Ambrose Alternative Music	Lots of Aussie music old and new	9 AM
10 AM	Macca on a Monday Les McIlhann Playing Rock n Roll from the 60s, 70s & 80s	Roving with Bubble 'n' Squeak Michelle & Linda Bible reflections, Gospel & Australiana	MC Grim Mark Seagram Music with a wicked difference	Thursdays Country Self rock & listener requests	Wind Down for the Weekend Su & The Crew Eclectic, emmergent fun with more than a dash of insanity	Saturday Magazine With Rachel Burns	Praise, Prayer & Pop With Linda & Michelle	10 AM
11 AM	Bowra Beats 2NVR Youth Radio with Grace	Sister Act Olivia & Sam	Tune in with Alex 2NVR Youth Radio	Highway Blues With Retro 66 When Only The BEST BLUES Will Do	Rhino On The Radio Eclectic, emmergent fun with more than a dash of insanity	Two For The Money Paul and Rachel Burns Specials on repeat for Spring	That's A Wrap Donna Ngai Mitch Gary & Les Local sports results and in-depth analysis	11 AM
Noon	Hinterland Ben Walters	Melina Sunshine & the Blue Wren Not out of the box radio entertainment	The AMRAP Music Show Ant's Rock Anthony Garrozy Solid Rock	Jeff's Junk Jeff Mills 2NVR Music Mix	The Friday Night Rock Show with Todd Wells Continues overnight	In a Funktional World Ange Parish Funk & World, new to old, with huge smatterings of indigenous Aus music. Junes for groover!	Prog Rock Playlist Retro The best of Progressive Rock	Noon
1 PM	Reggae Mixtape With Ferozy Music outside the usual 2NVR Multicultural Radio	Blues Soul Funk Matt Leibrand & friends Blues, soul, funk and lively interviews.	Ant's Rock Overnight	2NVR Music Mix		Wolffy Wolffy's music & requests		1 PM
2 PM	Music Makers With Yen Mixed music with featured artists	Soul Into Rhyme Just get rapped with Matt	Ant's Rock Overnight					2 PM
3 PM								3 PM
4 PM								4 PM
5 PM								5 PM
6 PM								6 PM
7 PM								7 PM
8 PM								8 PM
9 PM								9 PM
10 PM								10 PM
11 PM								11 PM
Midnight								Midnight

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