

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

OCTOBER 2025 ~ ISSUE #244 ~ FREE ~ CIRCULATION 350 ~ POSTCODE 2449

Back to Bowra is Back and turning 50!

Get ready, Bowraville - our beloved Back to Bowra is back and turning 50, and we're throwing the biggest celebration yet!

This milestone event is a joyful tribute to our town's rich history, colourful characters, and the incredible community that makes Bowra feel like home.

Mark your calendars!

Back to Bowra returns on Saturday 15th November 2025, from 10am to 4pm.

Expect a day packed with live music, billy cart races, a dazzling street parade, bustling market stalls, delicious food, and plenty of family-friendly fun.

Whether you're a long-time local or visiting for the first time, there's something for everyone to enjoy.

Now's the time to start building your billy carts and designing your parade floats - let your creativity shine and be part of this historical event!

From quirky creations to heartfelt tributes, every entry adds to the magic you'll feel - the magic of Bowra in full swing.

Let's come together to honour Bowra's past, celebrate its present, and dream big for its future.

We can't wait to welcome you back.

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

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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.

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BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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www.bowraville.nsw.au/newsletter/

2025 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.
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62 x 130 (1/3 pg) - \$22 issue or \$220 year

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

Front Cover (1 issue) - \$60 issue

DEADLINE FOR COPY FOR

THE NOVEMBER 2025

ISSUE IS: 4:00PM

TUESDAY, 21ST OCTOBER 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

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

Bowra Book Fair - 4th & 5th October

Bowraville Community Centre is holding its annual Book Fair on the October long weekend the 4th and 5th of October. This is the community centre's main fund-raising event for the year, and it helps to keep the centre open and affordable.

President of the centre Michael De Mol can be contacted on 0401 644 522 to arrange a suitable time to drop off any pre-loved books that you might have outgrown.

- - - - -

Bowraville Chamber of Commerce

Next meeting will be at **5pm on Tuesday 7th October 2025**
at the Bowra Hotel.

- - - - -

The Bowraville Arts Council's Annual General Meeting Sunday, 12th October 2023 @ 2PM at Bowraville Theatre

All Positions will be vacant: President, Vice President, Secretary,
Treasurer and three Committee Members.

Nominations for positions must be made in writing and received by the Secretary seven days prior to the meeting. **Due by the 5th October 2025.** Nominations for any positions not filled will be called from the floor. Nomination forms are available on the Bowraville Theatre website. Email the form to bowravilletheatre@bigpond.com, or post to Bowraville Arts Council, PO Box 6, Bowraville, NSW 2449.

Please be our guest for refreshments and mingling following the meeting.

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Radio Nambucca 2NVR - Studio 3 Live 17th October 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.

CHRISTMAS LIGHTS.... THIS DECEMBER!

We are planning a lights spectacular for the High Street in Bowra and we'd like your involvement to create this great event - we are looking for any Christmas decorations and lights that you can donate.

LIGHT UP BOWRA '25

This event may evolve into a street party involving the whole town. So collect up your Chrissie paraphernalia and we will collect it later.

SEP1

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 . . .***

Great Koala National Park announced

Australia's most famous tree-dwelling animals are getting a massive new home: The Great Koala National Park in New South Wales will protect around 12,000 koalas from deforestation and habitat loss.

Located between Coffs Harbour and Kempsey on the east coast, the cuddly marsupials will now be able to climb safely and undisturbed from branch to branch in what promises to be a true paradise for this iconic but endangered species.

The regional government, led by Premier Chris Minns, has announced plans to add 176,000 hectares of forest to existing protected areas, creating one of the largest national parks in the state, spanning an impressive 476,000 hectares.

Logging in the area will be immediately halted, and impacted forestry workers will be supported through a compensation programme.



“Koalas are at risk of extinction in the wild in NSW – that’s unthinkable. The Great Koala National Park is about turning that around,” Minns said. The WWF described the plan as offering koalas a real chance of survival.

The park is not just a lifeline for koalas but also a significant economic opportunity. It is expected to generate an additional \$163m (\$182m NZD) in tourism revenue, making it a new attraction on Australia’s east coast.

“It will ensure koalas survive into the future so our grandchildren will still be able to see them in the wild,” said Environment Minister Penny Sharpe.

Sharpe also highlighted the importance of the region’s ancient forests for other wildlife. “These amazing old-growth forests are among the world’s top biodiversity hotspots – home to more than 100 threatened species including greater gliders, the powerful owl and yellow-bellied gliders.”

Koalas, or *Phascolarctos cinereus*, are endemic to Australia. They spend most of their day sleeping in trees and feed exclusively on eucalyptus leaves.

According to the Australian Koala Foundation, there are likely no more than 60,000 koalas left in the wild — a dramatic decline compared to the millions that roamed Australia at the start of the 20th century. The animals were once hunted extensively for their fur, bringing them to the brink of extinction in some areas.

In New South Wales and Queensland, concerns about koala populations are particularly acute due to natural disasters, deforestation and road accidents.

During the devastating “Black Summer” bushfires five years ago, the WWF estimates that more than 60,000 koalas were killed, injured, displaced or traumatised. Images of koalas with singed fur and burned paws captured global attention at the time.

- www.mindfood.com/article/australia-to-create-huge-national-park-for-thousands-of-koalas/

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**

*“Nobody cares
how much you
know, until
they know
how much
you care.”*

- Theodore Roosevelt

*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

Photography Competition

**To Bowra
With Love
On your 150th
birthday**



More info on page 10.

1 ST PRIZE ADULTS COMP. \$250

2 X RUNNERS UP \$50 EACH

1 ST PRIZE KIDS COMP. \$150

3 X RUNNERS UP KIDS \$50 EACH

The theme of our competition is “To Bowra with Love”.
Entries are welcome from 19th September to 30th October 2025.

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11/11

Some clinicians are using AI to write health records

What do you need to know?

Imagine this. You've finally summoned up the courage to see a GP about an embarrassing problem. You sit down. The GP says: *"before we start, I'm using my computer to record my appointments. It's AI – it will write a summary for the notes and a letter to the specialist. Is that OK?"*

Wait . . . AI writing our medical records? Why would we want that?



Records are essential for safe and effective health care. Clinicians must make good records to keep their registration. Health services must provide good record systems to be accredited. Records are also legal documents: they can be important in insurance claims or legal actions.

But writing stuff down (or dictating notes or letters) takes time. During appointments, clinicians can have their attention divided between good record-keeping and good communication with the patient. Sometimes clinicians need to work on records after hours, at the end of an already-long day.

So there's understandable excitement, from all kinds of health-care professionals, about "ambient AI" or "digital scribes".

What are digital scribes?

This is not old-school transcription software: dictate letter, software types it up word for word.

Digital scribes are different. They use AI – large language models with generative capabilities – similar to ChatGPT (or sometimes, GPT4 itself).

The application silently records the conversation between a clinician and a patient (via a phone, tablet or computer microphone, or a dedicated sensitive microphone). Then AI converts the recording to a word-for-word transcript.

The AI system then uses the transcript, and the instructions it is given, to write a clinical note and/or letters for other doctors, ready for the clinician to check.

Most clinicians know little about these technologies: they are experts in their speciality, not in AI. The marketing materials promise to "let AI take care of your clinical notes so you can spend more time with your patients."

Put yourself in the clinician's shoes. You might say "yes please!"

How are they regulated?

Recently, the Australian Health Practitioner Regulation Agency released a code of practice for using digital scribes. The Royal Australian College of General Practitioners released a fact sheet. Both warn clinicians that they remain responsible for the contents of their medical records.

Some AI applications are regulated as medical devices, but many digital scribes are not. So it's often up to health services or clinicians to work out whether scribes are safe and effective.

What does the research say so far?

There's very limited data or real world evidence on the performance of digital scribes.

In a big Californian hospital system, researchers followed 9,000 doctors for ten weeks in a pilot test of a digital scribe.

Continued on Page 16

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
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email: bowravillefolkmuseum@gmail.com
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~ Groups by appointment ~

?2/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

?7/11

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Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .

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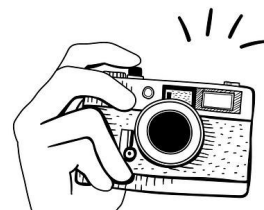
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?4/11

To Bowra with Love photo competition

Continued from page 7

Winner 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 \$10 per entry and Kids (under 18 years) \$5.

To enter, pick up your entry form at the Bowraville Technology Centre in High Street then email your original “To Bowra with Love” photos to photocomp@bctc.com.au.

To enter: Visit the Bowraville Technology Centre in Bowraville to complete an entry form and pay. Then, send your original photograph(s) in an email which includes your name, receipt number, and phone number to photocomp@bctc.com.au

Attach your photo files noting the size and acceptable formats.

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 as well as 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 Centre.

All proceeds 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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Back to Bowra Committee spokesperson addresses Nambucca Valley Council

By Ned Cowie

Bowraville local man, Barney Townley addressed the September general meeting of Nambucca Valley council requesting support for the Back to Bowra Festival which is planned for 15 November 2025.

2025 marks the town of Bowraville's 150th anniversary and the 50th anniversary of the Back to Bowra celebrations.

Mr Townley spoke of his memories and the significance of the well-known event for the town.

"We've been through so much together over the past 150 years, the good and the bad, and we believe a community celebration is exactly what this struggling region needs," he said.

Mr Townley acknowledged the short timeline the group has set for themselves in order to bring the event together by 15 November.

"We know it's short notice so we are going to need all the help we can get," he added, imploring the council and community to assist with the project.

According to NV Council's general manager Bede Spanagle, the group have been allocated a Community Development Officer who is working with them to enable the group to apply for funding through various avenues.

"We want this to happen," Mr Spanagle said, pledging the support of Council for the event.

Despite this, BCNews understands that as of September 20, final approval for the festival's date had not yet been given.

Several councillors voiced their support for the festival and questioned Mr Townley over the anticipated events of the festival.

Mr Townley explained that this year's festival was to be held in the style of previous events with Tug-O-Wars, Billy Cart races and open-air markets.

An exhibition of local memorabilia and photographs will be on view at the Pioneer Community Hall in High Street and local businesses will participate with activities throughout the weeks leading up to and including the November weekend of the festival.

Insurance, decorations, waste disposal and road closures are expected to add to the cost of the venture.

The town of Bowraville began in 1875 when local farmers and timber getters asked the NSW government of the day to contribute to the wages of a local schoolteacher and the building of a school-house, establishing what was to become today's Bowraville Central School.



Barney Townley addressed Nambucca Valley Council on 16 September, 2025.

How will the weather impact mosquitoes this season?

Like all insects, mosquitoes thrive in warmer weather. But they also need water.

It doesn't really matter if it's a "wet" or "dry" summer, mosquitoes are always active. But sometimes there are more – lots more.

In most parts of Australia, there is currently no shortage of water. Many regions have had record rainfall this winter, with more on the way.

The Bureau of Meteorology is predicting above-average rainfall through to the end of the year. Once the weather warms up, it could be a "buzzy" start to mosquito season.

This doesn't mean outbreaks of mosquito-borne disease are inevitable. But we need to be alert to the risks and how best to protect ourselves and family.



Monitoring mozzies

More rain means a greater risk of mosquito-borne disease. But outbreaks aren't easy to predict, so surveillance is critical.

Australian state and territory health authorities undertake monitoring of mosquitoes and the pathogens they carry each year. The objective is to provide an early warning of elevated risk of mosquito-borne diseases. This may be due to increased mosquito activity or the detection of mosquito-borne pathogens.

Given the uncertainty around Japanese encephalitis, it's also important to monitor locations where the virus has not yet been detected.

How to stay safe this spring and summer

There's a lot you can do to protect yourself and family from mosquito bites and mosquito-borne disease.

A vaccine is available for those at risk of Japanese encephalitis. See your local health professional for advice on accessing the vaccine.

But there aren't vaccines for the other local mosquito-borne diseases. Nor are there any specific treatments for these diseases. So, preventing mosquito bites is the best way to protect yourself.

If you're outdoors when mosquitoes are active, cover up with long pants, a long-sleeved shirt and covered shoes. Apply an insect repellent containing diethyltoluamide, picaridin, or oil of lemon eucalyptus to all exposed skin.

Skip the stickers, patches and wristbands, as the evidence shows they aren't a reliable way to prevent bites.

Keep your property free of mosquito breeding grounds, too. Mosquitoes can lay eggs in any container that collects water: a plant saucer, a bird bath, discarded plastic buckets, bottles or tins. Tip them out each day regularly, cover them up or better still throw them away.

- theconversation.com/a-warm-wet-spring-means-more-mozzies-how-to-protect-yourself-from-the-diseases-they-spread

Beautiful Town ~ Beautiful People

Bowraville Cup Day 2025

By Ned Cowie

Under sunny skies, the 50th Annual Bowraville Cup was held on Saturday 20 September, 2025.

The race was won by Taree horse and previous winner, Scotland, ridden by jockey Emily Parr.

Some 900 people attended the event, and the mood was festive and fun.

Many out-of-towners came to our beautiful town, with visitors from as far away as Junee in the Riverina District, Armadale, Taree, Coffs Harbour and Grafton for the event.

Bowraville Community News was there to catalogue some of the beautiful people enjoying our beautiful town.



Bowraville Cup winning horse Scotland, Jockey Emily Farr on the right.



Best Dressed winners Carmel (Taree) and Bill of Nambucca.

Macksville Hotel staff and friends enjoying the Bowraville Cup.



Continued on page 21

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27/11

Embracing Mental Health Together

As the leaves change and we welcome a new season, we also have a special opportunity to focus on something incredibly important: our mental health. This month is **Mental Health Month**, a time to talk openly about our feelings and remind each other that it's okay not to be okay.

In a close-knit community like ours, we have an opportunity to look out for one another. Share a friendly wave on the main street, lend a hand with a broken fence, or bring a hot dish to a neighbor in need. Sometimes, the struggles we face aren't visible. They're battles fought quietly in our minds and hearts. Things like stress, anxiety, or feeling down can affect anyone, regardless of age, background, or how strong we seem on the outside.

Life in a rural area has its own unique challenges. The long drives to appointments, limited access to resources, and the pressure to be "tough" can feel like barriers to reaching out for help. Some might say that strength isn't about hiding our pain; it's about having the courage to face it and seek support.

Taking the First Step

So, what can we do? The first step is to simply **start a conversation**. You don't have to be an expert to make a difference. Asking a neighbor, "How are you really doing?" and genuinely listening to their answer can mean the world. Sharing your own experiences can also help someone feel less alone.

This month, let's make an effort to connect. Check in on your family members, friends, and neighbors. Invite someone for a cup of coffee, or just take a moment to sit and chat. These small acts of kindness and connection are powerful tools for building a more resilient community.

Resources Are Closer Than You Think

While it might feel like we're on our own, there are resources available. Our local GP's can also connect you with mental health professionals, provide confidential support and connect you with local services. Community centers and even churches often have information on local in-person support groups.



 24/7 Mental Health Services	
NSW Mental Health Access Line Professional help and referrals to services  1800 011 511  health.nsw.gov.au	Lifeline Anyone having a personal crisis  13 11 14 24/7 TEXT LINE  lifeline.org.au 0477 13 11 14
Kids Helpline Counselling for young people aged 5 to 25  1800 55 1800  kidshelpline.com.au	Beyond Blue Anyone feeling anxious or depressed  1300 22 4636  beyondblue.org.au
Suicide Call Back Service Anyone thinking about suicide  1300 659 467  suicidecallbackservice.org.au	MensLine Australia Men with emotional or relationship concerns  1300 78 99 78  mensline.org.au
Open Arms Veterans and families counselling  1800 011 046  openarms.gov.au	 Is it an emergency? If you or someone you know is at immediate risk of harm, call triple zero (000)

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



Prescriptions to improve mental health

Physical Activity:

Engaging in regular exercise can improve mood and promote good mental health.

Sleep: Establishing healthy sleep habits is crucial for mental and physical wellbeing.

Nutrition: A balanced diet plays a significant role in managing mental health.

Stress Management:

Techniques like mindfulness and other relaxation methods help manage stress effectively.

Nature Connection:

Spending time outdoors in natural environments has been shown to reduce negative emotions and stress.

Socialising and/or connecting with community groups and services including volunteering and community service.

Remember, seeking help is a sign of courage. Your mental health is just as important as your physical health.

This month let's plant seeds of hope. Let's create a community where everyone feels safe and supported, where talking about our feelings is as normal as talking about the weather.

When we support each other, we all grow stronger together.

If you or someone you know needs help, please have the conversation that you care. Be actively present, listen to where they are at and any ideas of what they could do to manage the situation. Don't be quick to give advice without being asked, and if you want to share advice ask first e.g. "Is it okay if I share something with you?"



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Clinicians using AI to write health records - *from page 8*

Some doctors liked the scribe: their work hours decreased, they communicated better with patients. Others didn't even start using the scribe.

And the scribe made mistakes – for example, recording the wrong diagnosis, or recording that a test had *been* done, when it *needed* to be done.



So what should we do about digital scribes?

Recommendations of the first Australian National Citizens' Jury on AI in Health Care show what Australians want from health care AI, and provide a great starting point.

Building on those recommendations, here are some things to keep in mind about digital scribes the next time you head to the clinic or emergency department:

- 1) **You should be told** if a digital scribe is being used.
- 2) **Only scribes designed for health care should be used** in health care. Regular, publicly available generative AI tools (like ChatGPT or Google Gemini) should not be used in clinical care.
- 3) **You should be able to consent, or refuse consent**, for use of a digital scribe. You should have any relevant risks explained, and be able to agree or refuse freely.
- 4) **Clinical digital scribes must meet strict privacy standards**. You have a right to privacy and confidentiality in your health care. The whole transcript of an appointment may contain a lot more detail than a clinical note usually would. So ask:
 - are the transcripts and summaries of your appointments processed in Australia, or another country?
 - how are they kept secure and private (for example, are they encrypted)?
 - who can access them?
 - how are they used (for example, are they used to train AI systems)?
 - does the scribe access other data from your record to make the summary? If so, is that data ever shared?

Is human oversight enough?

Generative AI systems can make things up, get things wrong, or misunderstand some patient's accents. But they will often communicate these errors in a way that sounds very convincing. This means careful human checking is crucial.

Doctors are told by tech and insurance companies that they must check every summary or letter (and they must). But it's not that simple. Busy clinicians might become over-reliant on the scribe and just accept the summaries. Tired or inexperienced clinicians might think their memory must be wrong, and the AI must be right (known as automation bias).

Some have suggested these scribes should also be able to create summaries for patients. We don't own our own health records, but we usually have a right to access them. Knowing a digital scribe is in use may increase consumers' motivation to see what is in their health record.

Clinicians have always written notes about our embarrassing problems, and have always been responsible for these notes. The privacy, security, confidentiality and quality of these records have always been important.

Maybe one day, digital scribes will mean better records and better interactions with our clinicians. But right now, we need good evidence that these tools can deliver in real-world clinics, without compromising quality, safety or ethics.

- **Stacy Carter**, Professor and Director, Australian Centre for Health Engagement, Evidence and Values, **University of Wollongong**; **Farah Magrabi**, Professor of Biomedical and Health Informatics at the Australian Institute of Health Innovation, **Macquarie University**, and **Yves Saint James Aquino**, Research Fellow, Australian Centre for Health Engagement, Evidence and Values, **University of Wollongong** This article is republished from **The Conversation** under a Creative Commons license. Read the original article. - www.uow.edu.au/media/2024/some-clinicians-are-using-ai-to-write-health-records



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>



Gallery Exhibitions

running now: Phoenix Art Prize

next: Artists in Action / Mud Warriors

opens 25 Oct

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**

88 High Street, Bowraville NSW 2449

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

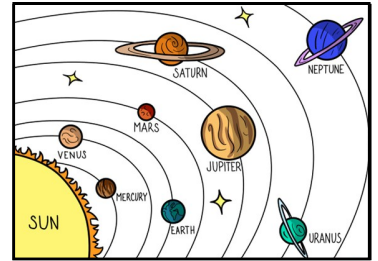
[@nambuccavalleyphoenix](https://www.instagram.com/nambuccavalleyphoenix)

Planets in Retrograde : How to Survive and Thrive

Retrogrades are a common cosmic phenomenon where planets appear to move backward in their orbit from our perspective on Earth. Though retrogrades often get a bad reputation – especially Mercury retrograde – astrologically, they offer opportunities for reflection, recalibration and growth.

Retrogrades occur when a planet slows in its orbit relative to Earth, creating the illusion of moving backward. This signifies a time to review and reassess the areas of life governed by that planet. While retrogrades can bring challenges, they are also opportunities to revisit the past, heal wounds and realign with your higher self.

In 2025, several retrogrades will influence our lives, each carrying unique energies and lessons. Here's a breakdown of the key retrogrades and practical tips for navigating them with grace and intention.



2025 Planet Retrogrades

Mercury Retrogrades (The Messenger Planet), Venus Retrograde (The Planet of Love), Mars Retrograde (The Planet of Action), Jupiter Retrograde (The Planet of Expansion), Saturn Retrograde (The Planet of Discipline), Uranus Retrograde (The Planet of Innovation), Neptune Retrograde (The Planet of Illusion), and Pluto Retrograde (The Planet of Transformation).

There have been eight retrogrades this year and the last two are:

Jupiter Retrograde (The Planet of Expansion)

October 10, 2025 – February 7, 2026 (Gemini) Theme: Growth, learning, and opportunities. Jupiter retrograde encourages introspection around personal growth and wisdom.

How to Thrive:

- Reassess your goals and ensure they align with your values.
- Engage in self-study or revisit abandoned learning opportunities.

Mars Retrograde (The Planet of Action)

November 6, 2025 – January 25, 2026 (Aries) Theme: Drive, ambition, and conflict resolution. Mars retrograde in its home sign of Aries may slow momentum but offers a chance to rethink your goals and approach.

How to Thrive:

- Channel frustrations into physical movement like yoga or walking.
- Avoid impulsive decisions and focus on long-term strategies.

How to Navigate Retrogrades Gracefully

While retrogrades can bring delays and challenges, they are also periods of profound growth. Here are some practical tips to help you survive and thrive:

1. **Pause and Reflect:** Retrogrades are times to slow down and reassess. Avoid rushing into decisions or launching new projects.
2. **Be Flexible:** Expect the unexpected and stay open to changes in plans. Adaptability is key.
3. **Focus on Self-Care:** Use retrogrades as an opportunity to recharge your energy and nurture your wellbeing.
4. **Embrace Journaling and Meditation:** These practices help you gain clarity and insight during introspective periods.
5. **Revisit the Past:** Retrogrades are ideal for reconnecting with old friends, revisiting past ideas, and tying up loose ends.
6. **Avoid Major Changes:** Postpone significant commitments or life changes until retrograde ends.

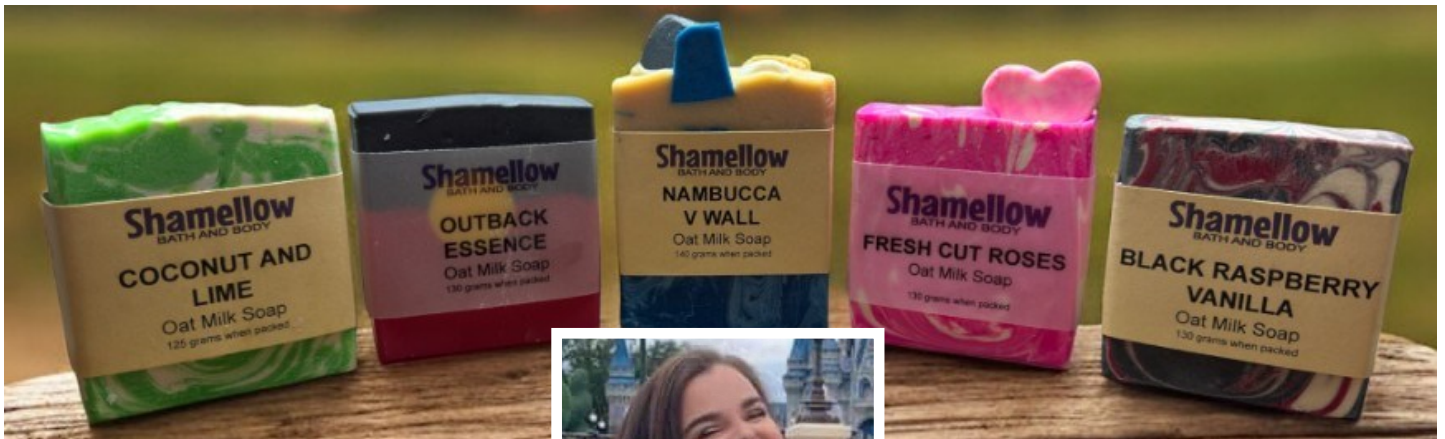
Retrogrades offer Opportunities for Growth

Rather than fearing retrogrades, embrace them as a chance to realign and refocus. These cosmic cycles remind us to slow down, reflect, and approach life with intention. By understanding the energy of each retrograde and how it affects your life, you can thrive even during these periods of pause and reflection.

- by Anne Clark - www.envisionempowersucceed.com.au/planet-retrogrades-in-2025-how-to-survive-and-thrive/



NAMBUCCA PLAZA COMMUNITY MARKET featuring . . .



The name *Shamellow* is a loving (see photo). In 2019, at just 21 in a 4WD accident. In the midst honour her memory in a way that During Melbourne's COVID my hands and a heavy heart, I tutorials on soap making. Shannon and I had both struggled with eczema for years, so the idea of creating gentle, natural skincare really resonated with me. I set out to craft a soap that was free from harmful chemicals and kind to sensitive skin.



tribute to my daughter, Shannon years old, we tragically lost her of our grief, I knew I wanted to would make her proud.

lockdown in 2020, with time on discovered a few YouTube

After months of experimenting and sharing my soaps with friends and family, I developed a recipe I truly believed in. Instead of using water, I chose oat milk as a base—known for its soothing qualities and perfect for irritated or dry skin. The result? A luxuriously creamy soap that not only feels beautiful to use but offers real skin benefits.

What began as a personal project has since grown. Today, *Shamellow* offers a range of natural, skin-loving products including:

- **Manuka Lotion** – made with one of the highest grades of Manuka honey available
- **Magnesium Gel** – ideal for muscle relaxation and overall wellbeing
- **Natural Insect Repellent** – skin-safe and powered by high-quality essential oils

Every product is handmade with care and inspired by love. My goal is simple: to help as many people as possible enjoy and benefit from these gentle, natural creations.

Thank you for supporting *Shamellow* and being a part of this journey. - Deb.



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

Enquires:

Email: nambuccaheads@lions201n1.au

Phone: Lion Terri 0459515239

3/11



Bowraville Chamber of Commerce News

OUR COMMITMENT

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

The Bowraville Chamber of Commerce held its September meeting and AGM on Tuesday, 9 September. There was lots of discussion about the upcoming Back to Bowra Festival and information sharing about the Great Koala National Park. At the AGM Craig Bellamy was reelected as President. Our email is bchamber769@gmail.com and we are pleased to hear from you with your concerns and ideas for the future of our town.

Of great current interest is the review and implementation of the Bowraville Masterplan which was developed some years ago. This plan is available to read and comment upon at the Bowraville Technology Centre and they can also send it to you digitally. With the coming of the summer sun the need for cooling shade with seating becomes paramount and is still not happening in spite of years of concern and ideas. Hopefully before another year passes at least some progress can be achieved.

We are also concerned to find a solution to out-of-towners putting their rubbish into the bins in the middle of town and would love to hear your ideas to help with this problem before we talk with NVC. We understand this is also an issue in Macksville,

The next meeting will be back at our regular day so 5pm at the Bowra Hotel on the *first* Tuesday 7 October...and everyone is welcome to attend.



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



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

(02) 9779 9908

<http://ruralhorizonsfdc.org.au>

manager@ruralhorizonsfdc.org.au

Beautiful Town ~ Beautiful People

Bowraville Cup Day 2025



Above - Punters Club from Armadale here to support horse 'Little Prophet' who came second in the Bowra Cup.

Left - Best Dresses Men Tim and Glenn.

Right - Two fancy Nambucca locals, Alisha and Sophie.



Left - Coffs Harbour ladies, Wendy and Karen (front) in one of the catered marquee tents.

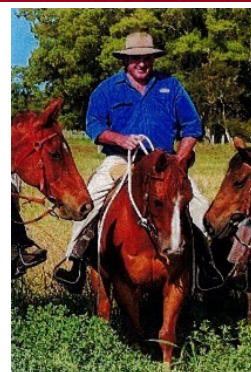


BARNEY TOWNLEY 0428 647 340

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.



11/11

**RURAL
SALES**

NAMBUCCA VALLEY & SURROUNDS
www.ruralsales.com.au

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

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

*Call in to Norco and speak with
one of our friendly staff.*

*They will be happy to assist you
choose the correct products
for your garden.*

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

SEEDS

POTTING MIXES

COMPOST

FERTILISERS

**SOIL & WATER
CONDITIONERS**

MULCHES

**ORGANIC GARDENING
SUPPLIES**

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

9/11



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

Growing Spices in your Garden

Continued from last month

Growing Chilli peppers (*Capsicum* spp.)

Chilli peppers are always on the list for those wanting to put some 'fire' into their cooking and these days there is a huge variety to choose from. The 'temperature' of chillies is graded on a scale of one to ten (1 = mildest and 10 = hottest). If you're unsure of your tolerance, try something like Serrano, which rates 3, and work your way up from there. For those daredevil fire eaters in the kitchen, the Habanero is one of the hottest forms and easily rates 10. This is not to be confused with the Jalapeño which many food chains add to takeaway meals and rates about 6. All chillies enjoy full sun and well-drained soil. When fruiting, continual harvesting will encourage further fruit production throughout the warm season. If space is limited or you want to keep them out of reach of children, chillies can be grown in pots.

Growing Curry leaves (*Murraya koenigii*)

This native of Sri-Lanka is a large shrub or small tree to 3 metres. It can be frost tender in some districts so protection may be needed in winter. The leaves carry a delightful flavour that brings any curry to life. When added to boiling rice it will impart a soft flavour and perfume. Its small berries can be used in chutneys and spicy relishes. Curry leaves freeze well and can be stored in the freezer for many months. Curry leaves can be used in their dried form, but their flavour is best when used fresh.



Curry Foliage

Growing Cinnamon (*Cinnamomum zeylanicum*). This beautiful small tree will grow up to 4 metres and the leaves exude the most intoxicating fragrance when crushed. Cinnamon has an alluring, almost hypnotic fragrance

Continued on Page 24

Phoenix Ability Arts Prize

The Ability Arts Connect 2025 was again a huge success, providing professional development opportunity for Artists identifying as living with disability on the Mid North Coast, through several workshops on many aspects of the Art world including how to navigate the road to self-sustainability as an Artist.

The program highlight was the Phoenix Art Prize, which saw 46 entries and an overflowing gallery on September 6th for the opening of the exhibition and announcement of prize winners:

Winner Open - Sue Wilson -

Marks in Time – Diptych;

Second Open - Cheryl Blacklock –

Woremoeteyenner;

Highly Commended - Edward

Barns - *Edward in Blue*;

Highly Commended - Stephen

Goodwin - *Macksville Town*;

Highly Commended - Stephanie

Smith – *Dreamworks*;

Winner Youth - Sophie Lien -

Superstar Stacy & Windy Wendy;

Highly Commended Youth - Bryan

Ferguson - *The Hunters Game*.

People's choice - voting is now open, winner to be announced 21st October 2025, votes via QR code or form in Gallery, or by following the link: <https://www.surveymonkey.com/r/5VF3JXT>

We encourage the community to call past the gallery and view the works, and vote for the People's Choice award.



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- deposits
- balance enquiries.

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Bowraville Theatre Singers

present

WE ARE MANY *Songs of Australia*



The Bowraville Theatre Singers will be presenting their next concert on Saturday 25th and Sunday 26th October. Both concerts will be held in the Bowraville Theatre and will commence at 2 pm.

The concert is called WE ARE MANY and features songs of Australia which are composed by Australian artists. Some of the songs are composed by our very own local Paul Jarman and his wife Bonnie Nilsson. Paul is now the Choir Director of the Bowraville Theatre Singers and has arranged a very exciting concert with guest artists Lesa Scully on piano and Laura McNeil on cello.

A wide variety of music will be performed including music celebrating our history, our adventurers and dreamers and our Torres Strait neighbours. There is something for everyone to enjoy.

Tickets are available now from Tickethost.com.au and are \$25 each.

Be quick, tickets are already selling fast.

~ GARDENS & GARDENING ~

Growing Spices - *from page 22*

that cannot be matched by any other spice. Its mysterious qualities have been utilised for centuries in food, medicine and perfumes. Adopted by the western world about 200 years ago, it has become synonymous with sweet dishes throughout Europe and the Mediterranean. Small stems impart their distinctive flavour when used to stir beverages such as tea and coffee. Cinnamon likes a semi-shaded spot with deep, rich, well-drained soil.

Growing Saffron (*Crocus sativus*)

Possibly the most expensive spice in the world This delightful spice can bring dimension to a variety of dishes and remains one of the world's most expensive spices. Although difficult to grow in warmer districts, this small bulb thrives in cool climates. It produces purple or mauve

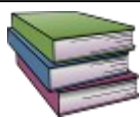


flowers at the end of winter or early spring. The spice comes from the tiny, bright orange stamens of these flowers, which need to be meticulously

harvested by hand. Planted into pots they make a delightful floral display!

Growing Lemon grass (*Cymbopogon citratus*) is a grass-like plant that grows to a height of 1.5 metres and has a number of uses. Traditionally, it is the swollen base of the stem that is used in curries and stir fries. The mid-section can be blended with olive oil in the blender to make a subtle lemon grass paste or marinade for fish or chicken dishes. The green, strappy leaves can be steeped in boiling water for a refreshing lemon grass tea. This easy-to-grow plant will accommodate any place in the garden and its soft blue green, weeping foliage can be effective in a landscape. Lemon grass is best used fresh and can be harvested at any time of the year.

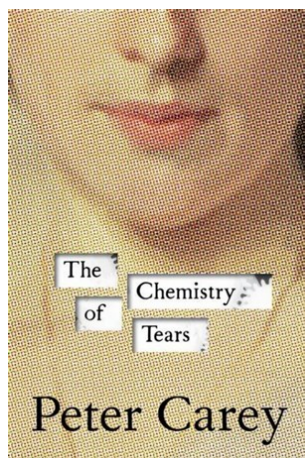
- www.abouththegarden.com.au/growing-spices-at-home-this-spring/ by Noel Burdette



The Chemistry of Tears

By Peter Carey

Catherine Gehrig is a middle-aged horologist working in "the Georgian halls" of the Swinburne Museum, London SW1. For the last 13 years she has been in love with her married colleague, Matthew Tindall, and when he dies suddenly she is distraught.



Her boss Eric Croft moves her to the museum annexe in Olympia and gives her a recent acquisition to assemble: a complex mechanical toy that she first thinks might be a monkey, then decides is a duck. Croft's hope is that Catherine will be led towards recovery by "the huge peace of mechanical things". She slowly becomes entranced by a story that has some peculiar parallels with her own.

This story, which is told in sections that alternate with Catherine's own, involves Henry Brandling, scion of a wealthy 19th-century railway family, husband of sourpuss Hermione and father of sickly Percy. When Percy falls ill, and all the usual Victorian therapies have failed, Henry becomes convinced that a foreign and mechanical entertainment might heal him. Henry's search for the mechanism and Catherine's restoration of it provide the novel's counterpoints.

- [en.wikipedia.org/wiki/](https://en.wikipedia.org/wiki/The_Chemistry_of_Tears)

Three Perfect Liars

By Heidi Perks

From the author of *Her One Mistake* comes a riveting new suspense novel about three ambitious women whose lives are turned upside down in the aftermath of a horrifying fire, which destroys a successful advertising agency and threatens to expose a tangled web of lies.



Laura has returned to work at Morris and Wood after her maternity leave, only to discover that the woman she brought in to cover for her isn't planning on going anywhere. Despite her close relationship with the agency's powerful CEO, Harry Wood, she feels sidelined—and outmaneuvered—as she struggles to balance the twin demands of work and motherhood.

Mia was only supposed to be a temporary hire at Morris and Wood, but she's managed to make herself indispensable to everyone. Everyone, that is, except Laura. If people only knew why she was so desperate to keep her job, they might not want her to stay.

Janie gave up everything to support her husband and the successful agency he runs. But she has her own dark secret to protect... and will go to any lengths to keep it safe.

With signature prose *Three Perfect Liars* is an unputdownable thriller for fans of *Watching You* and *The Couple Next Door*.

- 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.

NATIONAL CARERS WEEK 12-18 October



National Carers Week

Sunday 12th to Saturday 18th October 2025

National Carers Week is an opportunity to raise community awareness about the diversity of a carers role.

Recognise and to celebrate the millions of carers around the country who provide outstanding care and support to their loved ones.

This week is supported by Carers NSW. With funding from NSW Government Department of Communities and Justice. Also this year the group received a Donation from Logger Heads Malibu Club.

The support group will be having a special day out to celebrate all the carers and to thank them for the work they do and to have a day relaxing and lots of fun.

Something different this year there will be a theme for the day.



There will be a lucky door prize, also a prize for the Best Dressed and Most Colourful.

Morning Tea and lunch. No cost for carers.

Date: Wednesday 15th October 2025

Time: 9.45am to 2.00 pm

Venue: The Cubana Resort Nambucca Heads.

56-58 Riverside dr Nambucca Heads NSW 2448



R.S.V.P No later Friday 10th October 2025

For more information and to register

Ring Bev (02) 65 694 337

N/C

BOWRAVILLE UNITING CHURCH

***The hidden* OP SHOP**

Right up the end of George Street - No 33

***Come find us for Bargains Galore @ our HIDDEN Op Shop
33 George Street, Bowraville. Tues, Wed, Thurs 9-3***

Accepting clean donations - Only on our open days.

Volunteers needed please.

Look for our monthly specials.

?1/1

Bowraville Public School, 1926



Bowra Old School Photos Exhibition 2025

Bowraville School Photos from 1872 to 1967

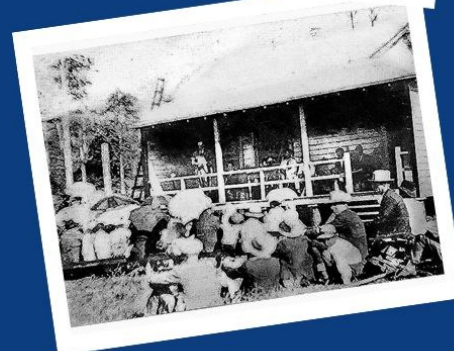
Plus photos of St Marys, South
Arm/Ketelghay, Argents Hill/Upper
Nambucca River & Missabotti schools.

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



Pickleball is coming to Bowra!

Nambucca Valley Pickleball Club is holding an Open Day in Bowraville

Location: Bowraville Tennis Courts, Coronation St, Bowraville

SATURDAY 11th OCT 8am to 2pm

Suitable for ALL ages and the whole family!

Currently the world's fastest growing sport!

Come along, check it out and have a go!

For more information, please

email nambuccavalleepickleball@outlook.com



FISHING PROGRAM

**CULTURAL FISHING DAY FOR COMMUNITY
STAYING CONNECTED TO COUNTRY**

SESSION 2

STUART ISLAND, NAMBUCCA HEADS
BOAT RAMP (NEAR GOLF CLUB)

SUNDAY 12 OCTOBER, 2025

10:00AM TO 4:00PM

FREE MORNING TEA
& BBQ LUNCH

SESSION 3

STUARTS POINT MARINE PARADE,
STUARTS POINT CARAVAN PARK

SUNDAY 26 OCTOBER, 2025

10:00AM TO 4:00PM

BRING HAT &
SUNSCREEN

FOR MORE INFORMATION CONTACT:

Anthony Donovan on 0413 599 419
E: anthony@balmuun.com.au

Belinda Donovan on 0435 750 736
E: bee.dono82@gmail.com

Bowra Youth Hub

These activities are open to all youth aged between 12yrs and 17yrs during the school term.

For more information contact Kasey Oliver 0492 975 115 or Anthony Donovan 0413 599 419

Jaanyмили Bawrrungga email: yc@jb.org.au



TEEN CHECK IN

Every Wednesday Afternoon

In School Term
Ages: 12 yrs - 17yrs
3:30PM - 5:00PM
At Bowra Youth Hub

CONNECTIVE FITNESS

ACTIVITIES

Starting Wed 27th August 2025 - 29th October 2025

Connective Fitness Program with Kane Gois

Heaps More Activities and Afternoon Tea Provided

For more information contact:

Kasey Olivera - Youth Coordinator
Jaanyмили Bawrrungga
M: 0492 975 115
E: yc@jb.org.au

Anthony Donovan
Balmuun Girrwa
M: 0413 599 419
E: anthony@balmuun.com.au



Girls Art & Craft Sessions ages 9yrs and up

Bowra Youth Hub
Every Tuesday Afternoon's
3:30pm - 4:30pm

All materials provided

Snacks and drinks will be available

For more information contact:
Kasey Olivera - Youth Coordinator
Jaanyмили Bawrrungga Aboriginal Corporation
Mobile: 0492 975 115 or Email: yc@jb.org.au

National Carers Week - 12 to 18 October 2025

National Carers Week is a time to recognise, celebrate and raise awareness of the 3 million Australians who provide care to a family member or friend.

About Carers

Carers are people who provide unpaid care and support to family members and friends who have a disability, mental health condition, chronic condition, terminal illness, an alcohol or other drug issue or who are frail aged. Anyone can become a carer, at any time.

Tips to support carers

The Carer Wellbeing Survey found carers who had good access to support had healthy levels of wellbeing compared to those who had no or limited access to help.

Below are some ideas of how you can help a carer today.

Check-in regularly

Show your support for carers by checking-in on them regularly.

Offer a break

Offer to provide carers with a break and time for themselves to recharge.

Acknowledge and appreciate

Recognise the exceptional role carers play in the lives of those they care for.

Initiate support

Ask them on how you can help them. Listen to what they need – don't assume you know!

Encourage self-care

Remind carers to take care of themselves and prioritise their own physical and mental health.

Where can carers get support?

Carer Gateway provides information and advice on the supports available to carers across Australia, and has a great range of online resources to help promote carer wellbeing. To find out more, and to access online support services, go to carergateway.gov.au

National Carers Week is an initiative of Carers Australia, funded by the Australian Government Department of Health, Disability and Ageing, and coordinated with the assistance and participation of the National Carer Network. - <https://carersweek.com.au>



**Historic
St James Anglican
Church**
High St. Bowraville



10am Service every Sunday

Rector: Peter Shayler-Webb 0439 770 487

Email: admin@nambuccaanglicans.com.au

Office: 02 6568 9029

*Baptisms, weddings
and funerals.*

11/11

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

Cuppa and Chat
3rd Saturday of the month
Everyone welcome. 10am - Free

St Jimmy's Kitchen ^{11/11}
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,

2NVR has a new committee since 13th September. Welcome and thank you to Paul Burns, Vice President and Beverly Gibbs, Secretary. David Pirani kindly continues to be our Treasurer. Thank you to members Celeste Howden and Les McMahon for joining the team this year along with John Wilson, Tina Keel and Ron Hawkins who are returned members.

2NVR have a fundraiser event booked at Bowraville Sports Hub on the 18th of November. This is the Tuesday night Trivia and Rotary Chocolate Wheel. Starting at 6pm, tickets are \$5 for two spins, giving you a chance to win cash.

2NVR will receive funds from the wheel too, as we are the charity being sponsored on this night. Please come along and bring your friends, the trivia game is free and meals can be ordered if you wish.

Our next Studio 3 Live is on Friday 17th of October from 6 to 8pm. Ceri Wrobel has booked Yarrow and Band. Ceri says, "Yarrow has the voice of an angel".

You are invited to be part of the live audience at 2NVR. Just come along between 5.30 and 6pm, bring your snacks and drinks and enjoy a free night of live music at 834 Rodeo Drive Tewinga. If you can't make it, listen on your radio - 2NVR 105.9 FM or at www.2nvr.org.au to catch the show.

Wishing you fine skies and sunshine.

Luise Pearson-Bernoth, President 2NVR.



Bernard Laverty Funerals

24 hours 6568 1555

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Tradies
by keeping
it local.



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Gutter Cleaning
Window Cleaning

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29/11

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AND
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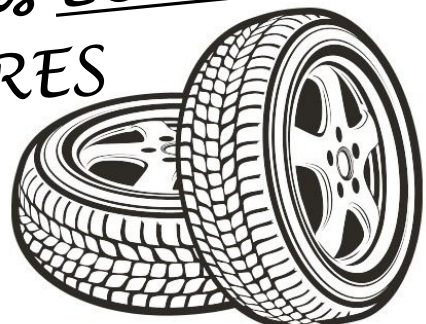
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Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Spring 2025							Studio 3 Live — 3rd Friday each Month		Community Radio Network	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time		
6 AM	Claire'sense Sounds from Screen With Claire Watt	Continental Drift With Garry Havillay	Aussie Grown Across the Nation Aussie Christian grassroots to charts.	Tones of Claire'sense 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 Du 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 Claire'sense	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, Phil & Celeste		8 AM		
9 AM	Great Rock 'n' Roll	Infopinion With Richard & Eddie	Mystical Music & Musings Lise gives us her favourite music and musings 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	Baby Boomers Donna Collins	Mixed Grill With Maoca	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	Flashback With Rob Davidson	Rock On With Jimmy & the Bluebirds	The Sixties in Australia Rob Davidson	Thursdays Country Trickvic	Robertson's Rollercoaster With Tom	Garage Noise With Sean Ambrose	FlipSide Again With Phill - All Aussie	11 AM		
Noon	Hot, Sweet & Jazzy From "The Pulse"	Sister Act Olivia & Sam	The Curious World of Lisa Z	Hit Singles From Your Past	MHS Radio From Mooksville High	Soul Quench With Lizzie	The Folk Show Traditional, retro & new folk	Noon		
1 PM	A Breath of Fresh Air With Sandy Kaye	Retro Birds Robyn Wren & Sally Swan	Tracy's Eclectic Tunes With TracyO	With Maoca	Life in the Valley Interviews and more...	Souful 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	Bowra Beats With Grace Walters	On the Flipside With CJ	Musical reminiscences, favourites and fun.	Tim Unsupervised Tim Hood	The Local Source All Aussie Music	Music with a Message Geoff Stone	Local News of the Area Beverly, Linda, Phil & Celeste	2 PM		
3 PM	Hinterland With Ben Walters	Not out of the box	Ant's Rock Anthony Gamsey	Late night humour, music, interviews and more...	Meet Me @ The Movies Narrative about Narratives	Don't forget to keep your date!	Praise, Prayer & Pop With Michelle	3 PM		
4 PM	Reggae Mixtape With Fitzroy	Space Nuts Lost in Science, Zed Games, & Diffusion	Solid Rock Aussie Focus	Local News of the Area Beverly, Linda, Phil & Celeste	Fish's Favourites With Dave P	Wolfy Wolfy's music & requests	The AntisF Radio Show With Nuke	4 PM		
5 PM	Music outside the usual	On the Flipside With CJ	Ant's Rock Anthony Gamsey	Local News of the Area Beverly, Linda, Phil & Celeste	Tunes I like to hear...	2NVR Music Mix	Imagine This Radio drama & stories	5 PM		
6 PM	Music Makers With Yen	Local News of the Area Beverly, Linda, Phil & Celeste	Ant's Rock Overnight	2NVR overnight Music Mix	Dark Side of the Moon My Generation The Gary Jackson Show & Sounds of the Seventies Overnight entertainment plus +	2NVR overnight Music Mix	Prog Rock Playlist Rhino	6 PM		
7 PM	Reggae Mixtape With Fitzroy	On the Flipside With CJ	Ant's Rock Anthony Gamsey	Local News of the Area Beverly, Linda, Phil & Celeste	Dark Side of the Moon My Generation The Gary Jackson Show & Sounds of the Seventies Overnight entertainment plus +	2NVR overnight Music Mix	The best of Progressive Rock	7 PM		
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Midnight	2NVR overnight Music Mix	Local News of the Area Beverly, Linda, Phil & Celeste	Ant's Rock Overnight	2NVR overnight Music Mix	Dark Side of the Moon My Generation The Gary Jackson Show & Sounds of the Seventies Overnight entertainment plus +	2NVR overnight Music Mix	The best of Progressive Rock	Midnight		