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 2022 ~ ISSUE #211 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

Get Online Week '22
Try One Thing

Try One Thing @ the BTC

Try something new with us for this year's
Get Online Week 2022 celebrations!

Feel free to drop in with your 'online query' and enjoy a cuppa and cake while our IT Guys explain.

Thursday 20th October 10am and 2pm
10am SESSION - Getting the most from Google
2pm SESSION - How to avoid being scammed

Bring your own tablet or smart phone.

Free Wi-Fi is available.

Get Online Week takes place from 17-23 October and is a campaign organised by The Good Things Foundation that aims to support people to improve their digital skills and close the digital divide.

Bowra Technology Centre - 39 High Street.

FREE but please book on 6564-7420

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

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

Computer Usage

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

Printing and copying

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

Other services

Hire of data projector + Portable screen - $10 day
Shredding - ask for a quote
Computer repairs - $25 minimum
Laminating A4 and A3 **Binding & Guillotining**

We now take credit card payments!

ALL ADVERTISING ENQUIRIES to
admin@bctc.com.au

ADVERTORIAL and GENERAL CONTENT ENQUIRIES to
wendy@bowraville.nsw.au

Bowraville Technology Centre
39 High St, Bowraville Ph. 02 6564 7420
Open 9.30 to 4pm Weekdays
Email: admin@bctc.com.au

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

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

Newsletter is also available online at:
www.bowraville.nsw.au/newsletter/

2022 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.
Annual subscription includes 11 issues.

62 x 62 (1/6 pg) - $12 issue or $120 year
62 x 130 (1/3 pg) - $22 issue or $220 year
90 x 130 (1/2 pg) - $32 ea or $320.00 year
185 x 130 (1 page) - $43 issue or $430 year
Front Cover (1 issue) - $60 issue

DEADLINE FOR COPY FOR THE NOVEMBER 2022 ISSUE IS: 4:00PM TUESDAY, 18th OCTOBER 2022

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.

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

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

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

centrelink

medicare

Australian Government

Services Australia

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6/11

TECHNO LESSONS
OPEN TO EVERYONE

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

Absolute beginners are most welcome!

Free Techno Lessons
Bookings essential

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

For technical issues contact BTC for a booking.

You can ring the Bowraville Technology Centre on

6564-7420

"You will enrich your life immeasurably if you approach it with a sense of wonder and discovery and always challenge yourself to try new things."

- Nate Berkus -

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

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

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

Call Cynthia on 6564 7420 for more information.

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

eftpos

Spring Holiday Pop Up Gallery - till 9th October

The South Pacific Islands and It's People

An Exhibition of Paintings and Sculptures from Claude Teyssier
Pioneer Community Centre - 70 High St. Bowraville
Exhibition will open daily from 10am - 2pm (Closed Mondays)

- -

BOWRA COUNTRY MARKET

SATURDAY ~ 8TH October ~ 9am to 12noon
Pioneer Community Centre, 88 High Street
$3 Sausage Sizzle

- -

Try One Thing this **Get Online Week** FREE at the
Bowraville Technology Centre
Thursday 20th October
10am Session - Getting the most from Google
2pm Session - How to avoid being scammed
Bring your own tablet or smart phone

- -

Bowraville Arts Council ANNUAL GENERAL MEETING
Sunday, 23rd October 2022 @ 2pm

Looking for passionate, enthusiastic volunteers and committee members to run the Bowraville Theatre.

Coronation Kennels & Cattery
"Where your pets are cared for like Kings and Queens"
180 Coronation Road, Congarinni North
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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
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Small $15 - Medium $20 - Large $22 - Cats $14
9/11

BOWRAVILLE GIFT SHOP
Gifts for any occasion
LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE
Monday to Friday: 9am - 5pm
PH: 02 6564-7169
9/11

Considering the Sustainability of Cloud Energy Use

When COVID-19 started causing havoc around the world and forced governments to implement lockdown measures in an attempt to slow its progress, daily life changed quite significantly for most people. Business operations of all kinds were disrupted — offices closed, inessential brick-and-mortar stores shut down, and jobs were lost — and a lot of panic resulted.

On the whole, though, it's remarkable how well organisations everywhere (private or public) have adapted to these difficult circumstances, and it's mostly due to the convenience and ubiquity of the cloud. Without it, the sudden move to remote working would have been too much for many: if this pandemic had struck 15 years ago, the effects would have been *very* different.

After a short period of remote working being standard practice and traffic dropping enormously across the board, you probably saw the stories about pollution levels dropping drastically and air quality improving proportionately. People started to focus on the positives of the lockdown: after the pandemic is eventually thwarted, surely we should stick with this new approach to business.

There is one major concern that the new business world has highlighted — and that's the energy use of cloud technology. In this post, we're going to consider how sustainable the cloud really is, and what can be done (or is *already* being done) to make things better:

The drain of early blockchain technology

Concerns about the energy use of technology really hit the mainstream when cryptocurrencies started to pick up steam and people everywhere invested heavily in crypto mining. High-power GPUs were set up to run at full capacity on a 24/7 basis, all in the hope of producing some profit, and environmentalists were understandably frustrated. The proofs being generated weren't valuable outside of finding and allocating coins: it was purely about making money.

Continued on Page 24

WHAT'S HAPPENING IN BOWRA

Bowra Country Markets
Every 2nd Saturday of Month
Pioneer Community Centre
9am to 1pm

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

St Jimmy's Kitchen
3rd Wednesday of Month
6pm

St Jimmy's Food Hub
Monday, Friday & Saturday
9am until 11am
Must hold a Centrelink card.

BOWRA HOTEL
OPEN 10AM - MIDNIGHT

BISTRO

WOOD-FIRED PIZZA Wed - Sun
LUNCH 11:30am-2:00pm Tues - Sun
DINNER 5.30pm - 8pm Tues - Sun
All menus available for takeaway
Regular Live Music
Holy Goat Coffee 6/11

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

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

BOWRAVILLE AND DISTRICT EX-SERVICES'S CLUB LTD.

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 $5.00
from 5pm to 7pm daily

8/11 **FREE POOL Everyday**

Bowraville Folk Museum
High Street, Bowraville
Phone/Fax: 6564-8200

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

email: bowravillefolkmuseum@gmail.com
twitter.com/bowravillefolk
~ Groups by appointment ~
7/11

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

We can offer competitive fees, creative marketing and the backing of one of the fastest growing nationwide agencies being **@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

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www.atrealty.com.au
8/11

MORE HAPPENINGS ON HIGH . . .

As well as the new barber at the top end of High, and the revived takeaway near the theatre and the renewed tyre and auto service down at the #60, the computer service centre next-door at #62 has expanded to become 4KIDS.

This venture is the vision of locals Christy Laird and Sabrina Compton and includes a broad range of fun items for kids to enjoy including Anime clothing, Squishy animals, novelty socks and beach wraps and lots of toys and bits and pieces. Most importantly children can come in with just a few dollars and leave with something special.

But it is not just limited to children – dreamcatchers and mugs may appeal to those beyond childhood. And the creators hope to expand this range into candles and soaps… the possibilities are huge.

They are also considering expanding into wooden toys and locally made products in natural materials. Such expansion will depend upon how this stage evolves.

For now they are open from 10am to 4pm on Thursday and Friday, and 10am to 2pm on Saturdays. So make sure to call in and check out their range and bring the kids with their pocket money. Explore and Enjoy.

BOWRAVILLE COMMUNITY DEVELOPMENT ASSOCIATION INCORPORATED (BCDAI)
Pioneer Community Centre

70 High Street – in the heart of Bowraville

Monthly meetings, 1st Monday of each month, 4pm in winter months. Welcoming community participation.

Bowra Country Market, 2nd Saturday of every month. Enquiries: 6568 3370

Line Dancing. Every Tuesday, from 6pm. Enquiries: 6564 7791

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

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

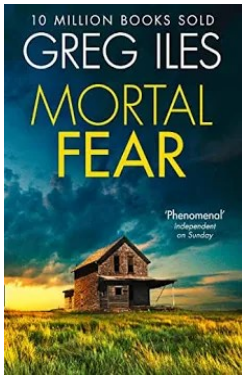
Find us on Facebook.
Enquiries to Marion 0400 828 471 email: bcdainc@gmail.com

BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Books reviewed are available at the Technology Centre's Book Nook at time of printing.

Mortal Fear

by Greg Iles



By day, Harper Cole trades commodities from his farmhouse in the isolated Mississippi Delta. But at night, Harper serves as system operator for E.R.O.S., a highly exclusive, sexually explicit on-line service whose clients range from the glitterati of Hollywood to the literati of New York.

Shielded by anonymity, these clients pour their secrets into the digital confession box of E.R.O.S. Only "sysops" like Harper - the high priests of the system - know and see all.

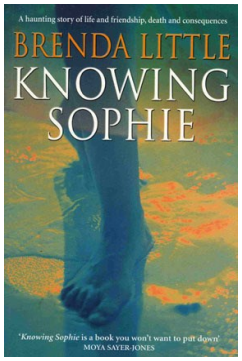
When six female clients inexplicably drop off the network, Harper suspects that something is amiss. But when a world-famous New Orleans author - and E.R.O.S. client - is decapitated in her mansion, Harper breaks the code of silence and contacts the police.

They are as shocked as Harper to learn that all six women have been brutally murdered, each with a different weapon, and in a different city. And each time the killer has claimed the same bizarre trophy. Horrified to find himself the prime suspect in the murders he reported, Harper is swept into a secret manhunt led by the FBI's Investigative Support Unit.

While the FBI uses the technology of the future and the psychology of the past to trap the brilliant killer, Harper realizes that he alone stands a chance of luring the elusive madman into the open.

Knowing Sophie

by Brenda Little



Why would a woman so loving and beloved choose to die? After Sophie Martin's death those who loved her are left with their guilt and a need for answers. Knowing Sophie draws us into the lives of Sophie's husband David, her friends, her mother-in-law Nell, and her twin sons, Ben and Tom. Relationships shift and values alter now that the Sophie they thought they knew is gone.

- 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.

Mental Health Awareness

TUNING IN MEANS BEING PRESENT

It means being aware of what is happening within you - and in the world around you.

Being present by tuning in has been shown to help build self-awareness, help make effective choices, reduce the impact of worry, and build positive connections.

You can tune in to many things:

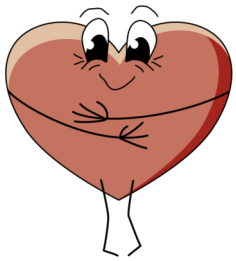
- Tune in to yourself – What can you sense right now? What can you feel?
- Tune in to others – What might people around you be feeling? How can we connect?
- Tune in to your communities – What is happening that you can be part of, or that you can help others be part of?
- Tune in to stigma – How do attitudes and understandings of mental health and wellbeing impact on people's ability to live the lives they want? How can we help?

Tune in to Yourself

Wear something that makes you feel like 'you'.

Tuning In to yourself can start with checking in with yourself and asking a simple question: "what can I sense right now?" See, touch, taste, smell, and listen to the world around you and experience the way it makes you feel. You can also ask the question "how do I feel right now?" Identifying what you feel can improve awareness of your surroundings, help focus your mind and understand what is going on inside you.

Tuning in to yourself can also mean identifying things that help or harm your own mental health. For example, exercise may help improve your mental health and engaging in conflict might negatively impact your mental health.



Practice self-compassion

Tune in to Others

Tuning into others can build positive connections. Can you imagine what other people might be feeling and why? Does someone you love seem a bit down? Maybe you can head over and help them out with a chore or task, or just sit and have a casual chat..

Alternatively, if you're having difficulty connecting with others, it can help to let them know that. Sharing with others that things are a bit tough right now could help them understand how you're feeling.

- mentalhealthmonth.wayahead.org.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
6/11

MedAdvisor

Are you having trouble keeping your scripts straight?

With the introduction of e-scripts, people young and old are having an increasingly hard time keeping track of what scripts they have, when they need to visit the doctor and what they need to order.

With MedAdvisor, we can help you with all of that.

Helping you take medication safely, effectively and on time.

MedAdvisor is revolutionary software that puts a virtual pharmacist - 'Pharmacist Phil' on your smart phone, tablet or PC.

MedAdvisor connects with your local pharmacy to help you take medication safely, effectively and on-time. Plus it's entirely FREE.

Come and see us here at Bowraville Pharmacy - we can set you up in no time!

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PHONE: 6564 7925 or FAX: 6564 7364
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Three benefits of volunteering

1. Volunteering makes you feel less time-poor

Studies have found that volunteering time makes people feel less time-poor than wasting time, spending it on themselves, or even having more free time. So if you volunteer your time, you'll feel like you have more of it!

2. Volunteering is good for your health

Research has also shown that volunteering leads to better health. Volunteers have greater functional ability and lower mortality rates, as well as lower rates of depression later in life than those who don't volunteer. Volunteering can combat depression by creating a solid support system and providing a sense of purpose. Working with pets and other animals has also been shown to improve mood and reduce stress and anxiety. Plus, older volunteers are the most likely to receive physical and mental health benefits from their volunteer activities!

"US based The National Institute on Aging has reported that participating in social leisure activities and meaningful activities such as volunteering may lower the risk of health problems in seniors, including dementia."

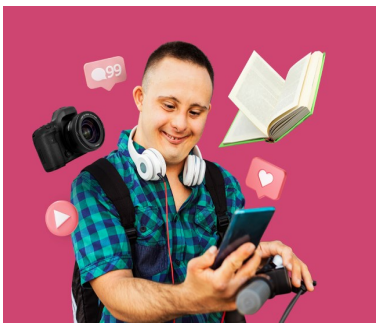
3. Volunteering makes you happier

Researchers at the London School of Economics discovered that the more people volunteered, the happier they were. Part of the reason for this is that volunteering serves to build empathy, strengthen your social bonds and make you smile, and these factors also increase the feeling of love.

- *www.seniors.com.au*

Get Online Week 17 - 23 October 2022

*Get Online Week is a campaign organised by **Good Things Foundation** aiming to close the digital divide.*



According to the Australian Digital Inclusion Index (ADII), 1 in 4 Australians are digitally excluded and less than 40% of Aussies are confident they can keep up with the rapid pace of tech changes. For people more at risk of digital exclusion, such as older people, people with disability, low-income families and First Nations people this rate is even higher.

Being digitally included means having affordable access to the internet and the skills and confidence to use it safely. If the last two years have taught us anything, it's how vital this is for work, school, staying connected with loved ones and for our health and wellbeing.

Introduced to Australia in 2018, Get Online Week is a week-long annual campaign supporting people to improve their digital skills and close the digital divide.

Digital inclusion is a social issue

Digital inclusion means ensuring people can use the internet and technology to improve their daily lives. This is not just a tech issue. Digital inclusion is about enabling access to everything the digital world has to offer to ensure no one is left behind.

The Australian Digital Inclusion Index shows that while digital inclusion is slowly increasing across Australia, there remains a substantial digital divide in Australia.

People with low levels of income, education and employment, those living in some regional areas, people aged over 65 and people with a disability are at particular risk of being left behind.

Recent natural disasters and the COVID-19 pandemic highlight the need for every Australian to have the digital skills to find reliable information online and connect with friends, family and essential recovery services.

The bushfire crisis followed by the COVID-19 pandemic highlighted digital inclusion as an issue for all Australians. People in our communities need to have the digital skills and confidence to find reliable information online and connect with friends, family, community and essential recovery services.

Australian adults increased their internet usage during the first COVID-19 lockdown in 2020 and saw it as essential for paying bills, accessing news and information, staying in touch with loved ones, working and entertainment. The pandemic has also seen a rapid digitisation of many workplaces and services.

But not everyone in Australia has equal access to the internet and many do not have the skills to use it confidently and independently. This has put many people at a disadvantage when it comes to participating in online education and remote work arrangements, keeping socially connected with friends and family and accessing services such as online shopping.

The Good Things Foundation believes that those who are most at risk of digital exclusion plus those with low levels of understanding of misinformation could benefit from tailored programs and supports.

- www.goodthingsfoundation.org.au

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

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

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

For the home garden or big acre farming . . .

SEEDS

POTTING MIXES

COMPOST

FERTILISERS

SOIL & WATER CONDITIONERS

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

Norco Rural

51 CARBIN STREET BOWRAVILLE 6564 8648

7/11

Gardening for Self-Care

Continued from last month

Working with nature

Gardening not only encourages us to plant and harvest our own food and flowers, it allows us to grow as humans. We learn from our mistakes, and we understand that no matter how hard we try we are not in control of this universe.

Natural rhythms within nature are all around us: our heartbeat, our breath as we inhale and exhale and the seasons as they ebb and flow. At times in a garden you'll reap a bountiful harvest, and at others things won't go to plan. We see farmers who look to the heavens for rain that never comes, and those whose crops are decimated by insect plagues — they know that nature is unpredictable. Within that comes acceptance, that at times we can do our very best, nurture the soil, feed the crops, but things out of our control can happen.

Dr Sue Stuart-Smith, author of The Well Gardened Mind, says gardening is indeed a living relationship in which we are not completely in control. "When you make an intervention in the garden, you have to wait to see what happens, to notice and you have to respond," she says. "It forces us to slow down and we become part of something much larger than ourselves."

Time poor? No excuses

Green interventions to soothe and boost mental wellbeing are becoming increasingly accepted. We all lead busy lives, so even if you are short on time or don't have green space to plant

Continued on Page 16

TYPESETTER WANTER

Here at the Bowraville Technology Centre we typeset and print the Bowraville Community News. This small, local publication is produced each month and we are looking for someone to volunteer to take over the typesetting.

This would require volunteering one day per week at the our office in 39 High Street, Bowraville.

The Community News has several 'reporters' - local community minded persons who keep their ear to the ground when it comes to things local - so mostly the 'job' consists of typesetting, running in copy - and finding articles of interest to our Bowra readers, if you have time.

The Community News is produced using Microsoft Publisher and training can be provided if necessary.

If interested, email **admin@bctc.com.au** using the subject line - **Att: KARIN/ BCNews** with some background on yourself and ideas you may have for the Bowra Community News.

BOWRAVILLE PHARMACY

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PH: 6564 7925
FAX: 6564 7364

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

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

Pharmacist
KERRIE SAVINS

6/11

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

President:
Greg Lamberth

Secretary:
Mark Scott

9/11

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

Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing Machines & Driers.

Tokens available at the Pub and IGA

Commercial Washers and Dryers

Enquiries: ph 6564 7401

9/11

Make Your Own

Seed Starter Pots

Use a cardboard tube to start seeds for your garden. Press part of one edge down, then turn the tube slightly and press the next section of edge down. Repeat until you've formed a flat surface. Turn the tube upside down, fill with seed raising mix, and plant your seeds!

Once the seedlings are big enough, you can plant them out - tube and all - into your garden.

Just saturate the cardboard tube with water first to make sure it will start breaking down quickly.

Cardboard egg cartons can be used in the same way - split up, fill with seed raising mix and plant the while thing in the ground once the seedlings are big enough to be planted out.

~ GARDENS & GARDENING ~

From Page 14

an ornamental garden or vegetable patch, it's still possible to immerse yourself in the feel-good benefits of gardening.

Dr Stuart-Smith suggests that even if you are busy or new to gardening you can grow things that are dependable, which will give you results relatively quickly. "Nasturtiums and sunflowers for example are both colourful and easy to grow," she says. "And if you don't have a garden, you can still bring green nature inside by growing herbs on the window sill or introducing flowers or potted plants into the house."

Building positive connections

Gardening builds a sense of community that can also make us better people.

Dr Stuart-Smith says while research shows that gardening alleviates anxiety, revitalises cognitive functioning and more, the presence of plants and trees also shifts us towards being more generous and empathetic. "This has been called the 'pro-social' effect of nature," she says.

Basically, this means exposure to nature can improve social connection and build unity and solidarity. Specific pro-social behaviours linked to exposure to nature include greater orientation to others — gardeners seek out other gardeners.

Gray says gardeners are by and large a very friendly bunch. "You become part of the 'gardening tribe'," she says. While under "stay at home" orders during the pandemic, her family met many neighbours on their daily walks. "We added some colourful plants on the

Continued on Page 20

~ DON'T GET SCAMMED ~

Protect yourself Online

- Do **not** click on any links or open attachments from emails claiming to be from your bank or another trusted organisation and asking you to update or verify your details – just press delete.
- Do an internet search using the names or exact wording of the email or message to check for any references to a scam – many scams can be identified this way.
- Look for the secure symbol. Secure websites can be identified by the use of 'https:' rather than 'http:' at the start of the internet address, or a closed padlock or unbroken key icon at the bottom right corner of your browser window. Legitimate websites that ask you to enter confidential information are generally encrypted to protect your details.
- Never provide your personal, credit card or online account details if you receive a call claiming to be from your bank or any other organisation. Instead, ask for their name and contact number and make an independent check with the organisation in question before calling back.

If you think you have provided your account details to a scammer, contact your bank or financial institution immediately.

Report scams to the ACCC via the 'report a scam' page. This helps to warn people of current scams, monitor trends and disrupt scams where possible. Include details of the scam contact you received, for example, email or screenshot.

The ACCC also provide guidance on protecting yourself from scams and where to get help.

Spread the word to your friends and family to protect them.

AUSTRALIA POST

Bringing banking to your Community.

Bank in-store today.

Australia Post provides the following services
- withdrawals
- deposits
- balance enquiries.

These services are available at Bowraville Post Office with more than 70 banks and financial institutions.

9/11

Bank@Post is an agency service provided by Australia Post on behalf of over 70 financial institutions. Bank@Post is available at participating Post Offices. Services available are cash withdrawals, deposits and balance enquiries.

Bowraville Chamber of Commerce News

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

Some recent activities of the Chamber include:

The bullock dray outside the pub has been repaired and painted by Shoretrack, a local project for youth engagement, under the auspices of the Chamber.

The recent Drag-ens Twilight Hot Rod cruise on High Street was developed in co-operation with Chamber and Nambucca Valley Council (NVC)

The signage on the approaches to town have been cleaned up, the plants tidied and further improvements are being negotiated with NVC. We recognise that they need to be welcoming and informative to locals and visitors alike.

With the NVC, a very successful 3-month trial of independent free camping was conducted at McKay Park near Lanes Bridge at the northern entrance to town. We are now in discussion with them as to the next steps in the development of a permanent site which will provide a safe accessible area without disturbing local community amenity. As such visitors will access town facilities - these visitors will be contributors to the economic stability of our town.

Creation of a community gym is being pursued.

Some concerns of the Chamber include:

Ongoing concerns about the rubbish around the bench outside the supermarket has led to a trial of placing butt bins and a rubbish receptacle there. There are ideas for further improvements in that area.

Our next meeting will be on the second*
Tuesday, 11 October at 5 pm at the Bowra Hotel.

ALL WELCOME- come along and become a part of creating our common future.

*Meetings are generally held on the first Tuesday of each month.

Historic St James Anglican Church
High St. Bowraville

The 10am Sunday Service has resumed.

Unfortunately with the Covid19 restrictions you now have to 'book in' as space is limited.

Phone: 6568 9029

email: nambuccaanglicans@tpg.com.au

6/11

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

St Jimmy's Kitchen
3rd Wednesday of Month at 5.30pm.

Bowra St Jimmy's Food Hub
Monday, Friday and Saturday 9am until 11am for all people who hold a Centrelink card.

6/11

You can help the Glossy Black Cockatoo

BIRDLIFE Australia is calling on citizen scientists to support the bushfire recovery of South-eastern Glossy Black Cockatoos on the Coffs Coast.

Anyone who will be on the Coffs Coast, that's Coffs Harbour, Bellingen and the Clarence Valley, during Saturday 29 and Sunday 30 October can take part in the Coffs Coast Glossy Count, no previous experience required.

Citizen scientists will learn how to identify Glossy Black-Cockatoos and their feed trees at the following local training workshops.

– Coramba Community Hall on Saturday, 15 October 2022 at 2:00 – 4:00pm
– Coffs Harbour on Sunday, 16 October 2022 at 1:00 – 3:00pm.
– Online via Zoom on Wednesday, 19 October 2022 at 6:30 – 7:30pm.

Citizen scientists can register for the event and sign up for a workshop via the BirdLife website at **bit.ly/glossyproject**. They can also prepare for the event using training materials and guides found on the web page.

The devastating bushfires of 2019–20 impacted over a third of the South-eastern Glossy Black-Cockatoo's distribution, damaging large areas of vital foraging and breeding habitat. Two years on, it is now listed as Vulnerable under the Environment Protection and Biodiversity Conservation Act 1999.

Glossy Black-Cockatoos feed on particular she-oak trees for food, creating an urgent need to identify and protect remaining feed trees.

This is a considerable challenge for a widely distributed bird and so citizen scientists will be crucial to efforts to collect data on the birds and their habitat.

The Coffs Coast Glossy Count is part of the Glossy Project (Coffs Coast), a new citizen science project focusing on the recovery of South-eastern Glossy Black-Cockatoos on the Coffs Coast, NSW.

BirdLife and collaborators will work with the community to monitor Glossy Black -Cockatoos then use this data to guide actions to protect, enhance and create foraging habitat.

This will both secure existing feed trees and ensure there will be foraging habitat to support the birds in the years to come.

This project is funded by BirdLife Australia and the NSW Government's Saving our Species program.

- birdlife.org.au/projects/bushfire-recovery/glossy-project

~ GARDENS & GARDENING ~

From Page 16

footpath, a fun scarecrow and an old bench seat with 'rest-a-while' painted on it, to encourage people to stop and chat," she says. "Soon we were sharing cuttings and seeds and some neighbours extended an invitation to the area's garden club."

We've got this

The global pandemic shook the world, at times clawing at the very beating heart of our humanity. But we were up to the task. Edible gardening became a huge part of building community and household resilience. We found new ways to connect with each other through gardening. We took our kids outdoors and taught them how to grow their own food. We shared the bounty of our home-grown produce with our communities. The pandemic has taught us that humans are spirited — we evolve, we learn, we grow — and perhaps most importantly that no matter what, we have each other.

By Carrol Baker - a freelance journalist who writes for lifestyle and health magazines across Australia and New Zealand.
- www.wellbeing.com.au

Repurpose this usually disposed of item

We can all strive to be conscious of the resources we consume and the waste we create, so to aid in that effort, here are a couple of ideas for repurposing those mesh bags which usually come with a quantity of avocadoes or onions.

Mesh Produce Bags

- Use a mesh produce bag as a yarn holder. Place your yarn inside the bag, thread the end through one of the holes, then pull it through.
- Use it as a scrubber for cleaning jobs around the house. Just wad it up and use it to scrub dishes, countertops, and more.
- Stretch the mesh bag over an old picture frame, staple it in place, and use it as an organizer for your earring collection.

To Market, to market . . .

Nambucca Plaza Lions Market- 2nd Sunday every month. Nambucca Plaza, Nambucca Heads from 8am. Enq. 6568 5447

Funkya @ Unkya Markets Last Sun even months (not Dec) Eungai Reserve Pacific Highway Eungai 8am-1pm Enq. 0425 205 737

Bowra Country Markets - 2nd Saturday each month Pioneer Community Ctr - 70 High St. Bowraville 9am to 1pm. 0401481501

Bellingen Community Market an all-weather outdoor event held on the 3rd Saturday of each month. 1 Oak St Bellingen. 6655 2151

Bellingen Growers Market from 7.30 to 11.30am at the Bellingen Showground every Saturday except the third Saturday of month.

HOW TO RIDE A BUS!

Last months newsletter had an article on how you can ***save money*** and help ***make the world a better place.*** It was about how to use less petrol; and one option is to take public transport

Around Bowraville this means to take a bus when possible.

And taking the bus is so simple and so relaxing, you can often meet other travellers and looking out the window from on high is a scenic tour.

If you are a concession holder a whole day's travel will only cost you $2.50. (Unlimited travel for an adult is $20, to Nambucca Heads is $4.50 each way, Coffs $7.50)

But it will take a little longer than a car journey and you need to plan your journey.

All busses from Bowra go to Macksville, #351 & 352, there are 3 in the morning and 2 in the afternoon with more during school terms. The 7.13am and 9.03am holiday/9.13 term-time busses connect to Nambucca and Coffs #360 or drive seemingly all-around Nambucca and on to Bellingen #358. Too easy. Busways say that soon there will be a proper bus shelter on the old highway at the transfer point!

For a transfer or whole day pass you must tell the driver and they will issue you with the appropriate ticket. I have found them all to be very helpful and patient, they even help passengers on and off if needed.

Busses are usually on time at their designated stops, but never early so if you are there at the right time you cannot miss it. And, wonderfully, it is possible to hail a bus on its route and it will stop and pick you up, or let you down upon request when it's a safe place to do so.

So rather than always simply hopping into a car and driving off (if you are lucky enough to have one) consider taking a bus and having a relaxing time out… a few weeks ago I had to get something small from Bunnings and talk with the shed builders nearby, so I took the bus to the hospital, a short walk, plenty of time and a good day out. And I saved more than $10.

Why not give it a go - *see the bus timetable on page 25*.

4 SIMPLE STEPS
to making your Bush Fire Survival Plan

Preparing for a bush fire is easier than you think.
It's your responsibility to prepare yourself, your home and your family.

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

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

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

3. KNOW the bush fire alert levels.

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

What's on in OCTOBER 2022

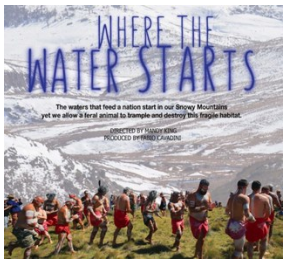
BOWRAVILLE THEATRE

Saturday, 2nd October 2022 @ 2pm
Manhattan Short 140 MINS | MA |

Manhattan Short Film Festival is one of a kind, a worldwide event taking place in over 400 venues across six continents over one week. The final films represent the best short films from over 1,000 submissions from around the world, covering an extraordinary range of genres including drama, science fiction, suspense, animation and comedy.
Box Office Tickets: Adults $14 – BAC Members $10

Sunday, 9th October 2022 @ 2pm
Smoke Between Trees 105 MINS | M |

An intimate portrait of a reluctant Grandfather on a heart-warming journey of transformation - one that will lead him back to a home unlike any he ever imagined.
Online Sticky Tickets: Buy tickets now Adults $14 – Pensions/ Concessions $12—Members & Kids $10 - Family $35



Sunday, 16th October 2022 @ 2pm
Where the Water Starts 70 mins | PG |

After seeing the destruction of the fragile alpine ecology of Australia's Snowy Mountains firsthand, Richard Swain with the support of his wife, Alison decides to speak out. The film explores our shared Indigenous and colonial histories and identities. Tickets: Adults $14 – no concessions.

Friday, 28th October 2022 @ 7pm
Kutcha 'Circling' 80m | no intermission

Proud Mutti Mutti songman Kutcha Edwards will bring focus back to his significant and wonderfully acclaimed album 'Circling Time' as he travels regional NSW to support the release of his new single.

Sunday, 23rd October 2022 @ 2pm BAC AGM Expressions of Interest

All Committee Positions Vacant. We are looking for passionate and enthusiastic volunteers and committee members to run the Bowraville Theatre. Our theatre brings the community together, offering a social network hub and provides various benefits and opportunities for individuals, groups and community organisations. Community theatre offers volunteer opportunities with many roles to manage, operate and maintain the theatre. Only a few hours of your time each month or less if preferred.

Bowraville Theatre - 74 High Street, Bowraville
For further details Ph: 02 6564 7808
Email: bowravilletheatre@bigpond.com www.bowravilletheatre.com.au

The importance of play

'Play' is defined by Dr Stuart Brown as 'pleasurable and apparently purposeless activity' and is an essential psychological function in children and adults. Dr Brown has dedicated his life to understanding 'play'. He studied the brains of murderers and noticed a pattern; a lack of play in childhood, which led to a deficiency of empathy.

"The opposite of play is not work, it's depression," he said in a TED talk. "Try and imagine a culture or a life, adult or otherwise without play … no humour, no flirtation, no movies, no games, no fantasy."

The benefits of 'play' aside, the battle to define whether video games are 'good' or 'bad' plays out in politics, schools and in the minds of worried parents, and science offers inconclusive results.

A 2017 study from publisher *Frontiers in Human Neuroscience* analysed 116 academic articles on the neural and cognitive effects of videogames and found definitive links to attention, cognitive control, visuospatial skills, cognitive workload and reward processing. The type of brain changes depends on the game so it's difficult to make a blanket assessment. A 2013 study found that players of Super Mario 64 had increased activity in the hippocampus, which relates to spatial processing and navigation, whereas 'shoot 'em up' games showed decreased activity in the hippocampus due to the different skills required.

Many games are played online with other people, creating virtual communities – which can be less intimidating for those with social difficulties. For someone who is neurodivergent, games can give a sense of control that may not be felt in the 'real world'. Conte describes it like a sandbox: "It's a defined area of play, I know the barriers and the boundaries. If I don't know how to play, there's an instruction manual or cheat guides online. I can meet people without fear of going outside and if the person on the other end is obnoxious, I can disconnect."

Games can offer a safe space to role play real-world scenarios (minus the dragons). With gaming you've got to think things through, people with autism don't always think about the ramifications of their actions but gaming gives you a chance to practise and understand consequences."

Psychologist Alexander Kriss claims that many storytelling games have become an art form: "They might offer more than immediate gratification of unconscious desire but could also be utilised to explore complex aspects of the human experience – from love to grief to alienation and beyond".

But the lingering perception of gaming as frivolous entertainment, or just plain 'bad', continues to linger. The Australian National Disability Insurance Scheme has been clunky in its roll-out. The concept of 'reasonable and necessary supports' leaves a world of interpretation, often left to the person dishing out the money to decide if video games are reasonable and necessary in the lives of people with disabilities?

Luckily, this is changing, and it's programmes like genU GAMER that are making strides in this field, challenging the attitudes and unconscious biases towards gaming. The world can be an unforgiving place, even for those who know how to play by the rules. It's nice to know there are alternate worlds out there that are a little kinder and more inclusive.

- *www.mindfood.com*

Sustainability of Cloud Energy Use - *Continued from Page 6*

Over time, things began to change. Blockchain itself matured, being embraced as a decentralisation framework by ambitious enterprises such as Everipedia, a more open -minded alternative to Wikipedia — and the benefits of pursuing crypto went down at the same time as manufacturers started disincentivising the use of consumer-grade hardware for mining.

Computing solutions to environmental problems

Blockchain didn't just become more energy efficient as it grew: it also started to be used to address environmental issues. Companies arose to use cryptocurrencies to encourage the trading of resources like additional electricity from solar panels. Simultaneously, cloud processing was brought to bear as a powerful tool for calculating energy solutions.

Machine learning deployed at a massive scale can create models on everything from climate change to the potential efficacy of alternative energy systems — models that go far beyond what we could ever achieve without it. There's still so much that we don't know for sure about these things, which makes it extremely difficult to make things better because any given change could ultimately have unforeseen consequences, but the cloud can lend us prescience.

Yes, cloud computing requires an enormous amount of electricity to function, but if it ultimately devises new ways to reduce consumption elsewhere and produce more efficient systems, then it's sure to constitute a net positive in the long run. It's a sacrifice that must be made.

Huge data centers are actually *more* energy-efficient

Lastly, the biggest reason why the sustainability of cloud computing isn't as big a problem as some think is that it's actually *more* efficient than conventional computing. Think about various personal computers working hard to process calculations: the parts will vary in energy efficiency due to their age and quality levels, particularly since improvements in processing technology consistently make processors more energy efficient.

Now redistribute that work to one massive data centre that features all the latest hardware and software innovations. Everything is built around optimisation. That centre will use an incredible amount of power, certainly, but not compared to the net energy use of all the home computers that *would* handle the tasks otherwise.

If every personal computer in the world could be replaced with something like a cloudbook that passed almost all of its processing to the cloud, energy use would go *down* quite heavily. You can contend that it would be even better if less processing were done overall, but there's no putting that genie back in the bottle: we'll all continue to use computers all the time regardless, and cloud computing is by far the lesser of two evils.

With so much work being done remotely, it's understandable that people are getting concerned about the sustainability of cloud processing, but there really isn't much reason to be worried. Using the current form of cloud computing is already vastly more efficient than relying on personal computers to get things done, and technology will continue to improve at a rapid clip. If we want a more energy-efficient world, we need to *embrace* the cloud, not shy away from it.

- www.comparethecloud.net

Routes 351 352

Macksville - Bowraville - Macksville via Rodeo Dr
Macksville - Bowraville - Macksville via Wilson Rd

Includes connecting services to/from Nambucca Heads & Coffs Harbour

Busways

	Monday to Friday	♿	♿	♿	♿	♿	♿	♿	♿
map ref	Route number	351	352	351	351	351	351	352	352
		am	am	am	am	pm	pm	pm	pm
1	*Connecting bus departs Coffs Harbour Park, Beach Plaza*	–	–	–	–	–	1:50	S2:50	3:50
30	*Connecting bus departs Nambucca Heads Opp. Centrelink*	–	–	–	–	2:04	3:08	S4:15	5:05
35	*Connecting bus departs Nambucca Heads Nambucca Plaza*	–	–	–	–	2:17	3:13	S4:20	5:10
37	*Connecting bus departs Macksville Post Office, Cooper St*	–	–	–	–	2:34	3:35	S4:35	5:25
37	**Macksville** Macksville Post Office, Cooper St	6:53	S7:53	H8:42	S8:44	S2:35	3:35	S4:35	5:25
40	**Wirrimbi** Rodeo Dr & Wirrimbi Rd	6:59	–	H8:48	S8:49	S2:41	3:41	–	–
43	**Congarinni North** Wilson Rd & Congarinni Rd North	–	S8:09	–	–	–	–	S4:51	5:41
41	**Bowraville** Bowraville Post Office, Belmore St	7:13	–	–	–	–	3:55	–	–
map ref	Route number	352	351	351	351	351	352	351	351
42	**Bowraville** Belmore St, IGA	–	S8:13	H9:03	S9:13	S2:55	–	S4:55	5:45
43	**Congarinni North** Wilson Rd & Congarinni Rd North	7:17	–	–	–	–	3:59	–	–
40	**Wirrimbi** Rodeo Dr & Wirrimbi Rd	–	S8:27	H9:13	S9:27	S3:20	–	S5:09	5:59
39	**Macksville** Macksville Aquatic Centre, Cooper St	–	S8:38	H9:19	S9:35	S3:28	–	S5:17	6:07
37	**Macksville** Macksville Post Office, Cooper St	7:38	–	H9:23	–	–	4:17	–	–
37	*Connecting bus departs Macksville Post Office, Cooper St*	7:38	–	H9:38	A9:39	–	–	–	–
35	*Connecting bus arrives Nambucca Heads Nambucca Plaza*	7:47	–	H9:47	A9:47	–	–	–	–
33	*Connecting bus arrives Nambucca Heads Police Station*	7:53	–	H9:53	A9:53	–	–	–	–
1	*Connecting bus arrives Coffs Harbour, Park Beach Plaza*	9:14	–	H11:14	A11:14	–	–	–	–

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Land for Wildlife

The Land for Wildlife (LFW) program is a voluntary property registration scheme for landowners who wish to manage areas for biodiversity and wildlife habitat.

Land for Wildlife is free to join and not legally binding.

Registration in the scheme is confidential and will not change the legal status of the property.

LFW supports landholders who want information about wildlife management on their property and provides opportunities for landholders to share their experiences with other landholders and partner organisations, through:

- A free property assessment and information about wildlife management
- information about the role of wildlife and native vegetation in sustainable agriculture to control pest species, provide shade and shelter, manage salinity and control wind and water erosion
- annual newsletters
- links and contacts with like-minded people
- a Land for Wildlife sign and membership certificate once the property is registered with the scheme.

Benefits to Landholders:

- Membership to a nationwide program
- Free individual consultation on land management issues
- Site report including advice on managing environmental issues such as; erosion, wildlife habitat and weed control techniques
- Access to education programs and activities such as workshops
- Information on how to collect and grow native plants
- Assistance in applying for grant funding.

To find out more or to join Land for Wildlife go to:

cen.org.au/projects/land-for-wildlife/join-lfw-land-for-wildlife-229

- www.cen.org.au

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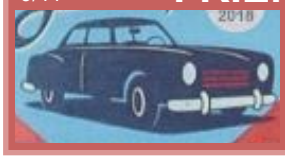

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Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Spring 2022

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

C = Community Radio Network

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	**Green Eggs On Toast** Lawrie Medbury	**Dirt Music** C *With Stuart Cope*	**Aussie Grown Across the Nation** *Aussie Christian grassroots to charts.*	**Tones of Clairessense** Claire Watt-Powell	**JAM CHART** C *With Naomi Wenitong*	**Here Be Dragons** Nuke or Elizabeth	**Paint Ya Wagons Red** Sean & Tim	6 AM
7 AM		**Jazz Made in Australia** C *Talented Aus Musicians*	**Gold at Breakfast** Dayna Gold		**Step Back In Time** C *With Mark Barnes*	*No-fear fire and ice music*	*All the beats and all the drum*	7 AM
8 AM	*Markets info, news, movies, local news. Nude.*	**Tuesday Roundup** With Rachel Burns	*Wake up with Dayna. It's gold.*	*Get that musical clairessence!*	**Continental Drift** C *Music of the world...*		**Sunday Morning Music** With Phill	8 AM
9 AM	**Classic Hits & Jukebox** Paul Rowe	**Two For The Money** Paul and Rachel Burns	**Smoko with Gazza** With Gary Biden *Easy Listening To Rock & Pop*	**The Sit Down** With Clint Waaka	**Talk Of The Town** Ceri Wrobel	**Travel Tales** Beverly Gibbs		9 AM
10 AM	*Great Rock 'n' Roll 1950s-2010s*	*Music, banter and double the fun!*		*Interviews, music, history, culture and good times!*	*See what's going down! All things local*		*Folk and Aussie music focus from the past few decades*	10 AM
11 AM	**Baby Boomers** Donna Collins	**Infopinion** Richard Laxton, Eddie Orrego, Dale & Ron Hawkins	**Mystical Music & Musings** With Luise L	**Turning Pages** Elizabeth Newman	**Real World Gardener & All the Best** C	**Flashback** With Rob Davidson	**Scoob's Smorgasbord** With Scoobs	11 AM
Noon				**Cinemascape & The Assignment (BBC)** C	**Earth Matters & Aus Music is Bloody Great** C			Noon
1 PM	**The Weekley Fix** Paul Weekley	**Life Words with Linda**	**The Bohemian Beat** C *Riddhi*	**Fine Music Live** C *On stage*	**Dhirendra The Time Traveller**	**Garage Noise** With Sean Ambrose	*You never know what you'll get. It's a musical feast!*	1 PM
2 PM		*Bible reflections, Gospel & Australiana*	**The Chill** C *Corey Barnett*	**Blues Roots n Boots** C *A heart journey*	*Timeless Albums*	*Alternative Music*	**That's A Wrap** Donna, Nigel, Mitch, Gary & Les	2 PM
3 PM	**Groovin With Grace** L	**Rock On** With Jimmy & the Bluebirds	**The Folk Show** C *Radio Adelaide*	**Arts Alive** C *A National perspective*	**Peter's Pops** *With Peter K*	**Phase Out With Faye** Faye Aspiotis	*Local sports calls and in-depth analysis*	3 PM
4 PM	*Grace plays her favourite modern music*	**Sister Act** Olivia & Sam	**MC Grim** Mark Seagrim	**Thursday Country**	**Jammin' With Gin** *Gin's terrific tracks!*			4 PM
5 PM	Bowra Beats With Grace Walters	**Retro Birds** Robyn Wren & Sally Swan	*Music with a wicked difference*	Trickivic	**Turn Up The Volume** With Macca	*Lots of Aussie music old and new*	**Praise, Prayer & Pop** With Michelle	5 PM
6 PM	**Hinterland** With Ben Walters	*Not out of the box radio entertainment*	**Loudhouse** With Alex	**A Breath of Fresh Air** C With Sandy Kaye	STUDIO 3 *Three hours of soft rock & listener requests.* ***School's In*** *from 5pm and* ***Studio 3*** *from 6-8pm on the 3rd Friday of each month.*	**Aussie Music Weekly** C With Noddy		6 PM
7 PM	**Reggae Mixtape** With Fitzroy	**Blues Soul Funk** Matt Leibrandt & friends	2NVR Youth Radio	**Highway Blues** With Retro		**Saturday Date** With Stu	**The AntiSF Radio Show** With Nuke	7 PM
8 PM	*Music outside the usual* 2NVR Multicultural Radio		**The AMRAP Music Show** C	*When Only The BEST BLUES Will Do*	**Saturday Night Gold On Friday**	**Wangi, Wonga Mirri** With Stu	**Imagine This** *Radio drama*	8 PM
9 PM	**Music Makers** With Yen *Mixed music with featured artists*	*Blues, soul, funk and lively interviews.*	**Ant's Rock** Anthony Garnsey	**Space Nuts & Overdrive** C		**Wolfy** *Wolfy's music & requests*	**Prog Rock Playlist** Rhino	9 PM
10 PM		**2NVR**	*Solid Rock*	**Meet Me... at the Movies** C			*The best of Progressive Rock*	10 PM
11 PM		**Overnight Music Mix**	**Ant's Rock**	**2NVR Music Mix**	With Allan Quinn			11 PM
Midnight	2NVR **Overnight Music Mix**		**Overnight**			2NVR **Overnight Music Mix**	2NVR **Overnight Music Mix**	Midnight

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