



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



SEPTEMBER 2020 ~ ISSUE #188~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449

Sharing Bowraville's best-kept secret . . .

Have you seen the walkway by the river!!

A few years ago Landcare started the restoration of the North Arm of the Nambucca River which flowed close to the sports playing fields on the edge of Bowraville. The river flow was degraded by the clearing of native vegetation in the riparian zone and floodplain, gravel extraction, dredging, de-snagging and other human activities.

The river restoration work carried out by Nambucca Valley Landcare and many local farmers has helped it regain its previous flow patterns enabling its natural surroundings to flourish.

Nambucca Valley Landcare, Nambucca Shire Council and many volunteers, including pre-school children, replanted native species along the riverbanks and they are now thriving.

Tons of rubbish was removed, privet and non-native species taken out and concrete paths have been installed on some of the walks so they are user friendly for those with disabilities. In the height of the summer the shade on these walks is a pleasant relief as it can be several degrees cooler.

The sporting facilities, including the skate park, bike circuit and the most spectacular playground for children with all sorts of moving equipment, a climbing tower, a flying fox and the old fashioned swings as well but so upmarket, makes it a great place to visit. The netball courts and other sporting facilities have also received extra attention with seating and shading.



This is an excellent place for families and visitors and with plenty of entertainment for children it ticks all the boxes for a great family outing - why not take Dad there for a Fathers' Day BBQ?

It's also the place where you might see local school children enjoying their 'learning to skateboard' class as well as other sporting activities.

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

Newsletter is also available online at:

www.bowraville.nsw.au/bowraville-newsletter

2020 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscriptions includes 11 issues.

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

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

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

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

Front Cover (1 issue) - \$60 issue

DEADLINE FOR COPY FOR

THE OCTOBER 2020

ISSUE IS: 4:00PM

TUESDAY, 22nd SEPTEMBER 2020

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

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

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

e-mail: admin@bctc.com.au

DISCLAIMER

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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 Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services

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

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

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

Facility Hire

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

“Like us on



search for CTCABowra”

Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

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

Most of us are misusing disinfectant hand gel

Did you know that disinfecting your hands should be done a certain way?

Until now we've never had to disinfect our hands when visiting the supermarket. Nowadays it is almost normal and we look for the gel before we enter the store. However, disinfecting your hands turns out to be more difficult than expected. In addition, most of us are doing it wrong. Oops!

Wash hands

We all know that hand washing is the best way to disinfect our hands. In the early days of the Coronavirus a lot of attention was paid to washing our hands properly. This was explained in detail in various instructional videos. However, running water is not always available at every store or gas pump. The solution: a pump with disinfectant hand gel. But how does this actually work?

How do you disinfect your hands?

First of all, you have to press the pump of disinfectant hand gel – if possible, with your elbow. If this is not possible then disinfect the fingertips with which you pressed the pump extra carefully. To really disinfect your hands rub your hands for 30 seconds. Do not forget to clean the top of your hands and between the fingers. Do you find it difficult to time those 30 seconds? Then sing the song Happy Birthday three times and voila your hands are disinfected!

Suffer from dry hands?

Many people are experiencing drier skin on their hands than normal from the increased hand washing. How can you make sure your hands are nice and soft and hydrated again? Simple - use a lot of hand cream. Try to do this routinely and also rub your hands with cream immediately after you have disinfected them. Avoid hand creams that contain alcohol or perfume because these ingredients will dry your hands even further.

- www.tips-and-tricks.com



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*Turning - Milling - Welding - Repairs - Parts Made
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2 Park Street Bowraville 2449

www.fittingturningmachining.com.au

TECHNO LESSONS OPEN TO EVERYONE

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

Absolute beginners are most welcome!



Free Techno Lessons
Bookings essential

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

For technical issues contact BTC for a booking.

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

WHAT'S HAPPENING IN BOWRA

Bowraville Pioneer Community Ctr

The Bowraville Pioneer Community Centre is owned by your community and is managed by the Bowraville Community Development Association Incorporated (BCDAI). The hall hosts the Bowra Country Markets and is home to the Aunt Emily Craft Centre.

We welcome more members and volunteers. **Next meeting will be held, by Zoom, on Monday 7 Sept at 5pm.** Please contact bcdainc@gmail.com for your invitation to join the meeting, meet the current members and find out how you can make your mark. Enquiries to 0400 828 471. The AGM will be held on Monday 7 December at the hall.

BOWRA COUNTRY MARKETS

**Saturday 12 September 9am – 1pm
Pioneer Community Ctr, 70 High St.**

The reopening of the community market in August was a relaxing and rewarding event for all participants.

Jen P lent us colourful 'shams' to decorate the walls, demonstrating some of the great creativity we have in our community to be sold at Aunt Emily's. (Shams are special large European pillow covers made for display – not the real thing?!).

As well as the regular range of stalls we had a fantastic range of local fresh produce and preserves and Maureen was back with her avocados and pecans.

The café had hot soups with Turkish toast and tempting treats to go with the range of hot drinks... all consumed on the sunny back deck overlooking the green creek with social distancing no problem.

HOPE TO SEE YOU THERE



Special offer to community groups

Save on paper and ink!

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

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

WHAT'S HAPPENING IN BOWRA

It's TAX TIME!

Do you need assistance with your Income Tax Return?

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

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

New at the Bowraville Technology Centre A DVD Library

The DVD Library will operate 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.

Macksville Bowraville Hospital Auxiliary

Our first meeting since February will be held at the Bowraville Recreation Club on Friday 4th September. Our treasurer will give a financial report and the Café Committee an update on Hospital Café news. As so many of our volunteers were unable or ineligible to work at the café a call went out for new volunteers and we now have 5 new recruits working the rosters. Our meeting will include morning tea with all Covid rules in place.

Bowraville Seniors

Congratulations to our member who suggested a change of

Continued on Page 8

CRAIG BELLAMY@realty

YOUR NAMBUCCA VALLEY SPECIALIST

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

We can offer competitive fees, creative marketing and the backing of one of the fastest growing nationwide agencies being @atrealty Real Estate.

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

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

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

9/11

BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE

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

4/11

Coronation Kennels & Cattery

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

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

PHONE: 02 6568-2018

Email: marcia@coronationkennelsandcattery.com.au

Website: www.coronationkennelsandcattery.com.au

We provide the following services:

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

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

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

Not available during school holidays



Short-term Accommodation
Small \$15 - Medium \$20 - Large \$22 - Cats \$14

10/11

FACIAL RECOGNITION ALGORITHMS and FACE MASKS

Study finds that face masks usually break facial recognition

Plus, what to do if you use facial recognition on your phone.



Face masks play a vital role in limiting the spread of coronavirus but wearing them has one downside: facial recognition systems, such as Face ID on the iPhone, generally can't handle them.

A new US study reaffirms that wearing a face mask can reduce the effectiveness of face recognition systems by as much as 50%.

The study, from the National Institute of Standards and Technology (NIST), examined 89 commercial face recognition systems and tested their ability to recognise faces which had been digitally supplemented with one of nine mask designs.

"Algorithm accuracy with masked faces declined substantially across the board," the NIST summary of the study noted. "Using unmasked images the most accurate algorithms fail to authenticate a person about 0.3% of the time. Masked images raised even these top algorithms' failure rate to about 5% while many otherwise competent algorithms failed between 20% to 50% of the time."

The study also found that the shape and colour of a mask can make a big difference. Round masks didn't interfere with recognition as much as oblongs or other shapes. Darker masks also seemed harder to recognise though NIST says further research is needed in this area.

The lesson? If you're a keen Face ID user, a pale coloured round mask might work out better than something with a complex darker design.

The result isn't surprising. Facial recognition systems rely on a variety of signals,

Continued on Page 22

Fathers' Day Sunday, 6th September

Fathers' Day in Australia is celebrated on the first Sunday in September. It's a day for families to honour their fathers and to celebrate fatherhood.

One of the first mentions of Father's Day in Australia was seen in the Newcastle Sun on September 4, 1936. The idea had also surfaced a week earlier on August 29, 1936, in The Daily News Perth, with an advertorial suggesting gifts be given on the day.

But an article in the Western Herald in 1964 said the day was first celebrated in 1935. The same article says the day was officially chosen as the first Sunday in September.

No reason was for the choice of date but it is widely believed the month was chosen for commercial benefit.

September spaces Father's Day almost perfectly between Mother's Day and Christmas, in a calendar year, giving shoppers ample time to save up for each.

- www.abc.net.au

BE HEARD

The BCU Bowra branch has re-opened as a cashless store (hub).

If you would like to be part of a community push to restore the branch to its former status we invite you to:

Sign the petition – this will be available at various venues around town and possibly also on social media

Share your BCU story – including how the move to cashless is impacting you and/or your business.

Contact BCU directly to express your concerns – via mail or email.

It is intended to also have a table placed outside the BCU, probably on Thursdays, for people to sign and note their opinions.

If you would like to participate in this drive to save our Community Credit Union then please contact 0400 828 471 or marion.syratt@gmail.com



Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .

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

 Lunch 12-2pm - Dinner 6-8pm

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

FREE POOL Everyday

10/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

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

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

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

10/11



PROGRAMS at the

BOWRAVILLE THEATRE

CLOSED UNTIL FURTHER NOTICE

WHAT'S HAPPENING IN BOWRA ~ WHAT'S HAPPENING IN BOWRA

From Page 5

routine. Eight of our 13 members arrived for our August meeting held at the Coachouse Inn. After listening to a rather negative poem about Covid-19 we discussed some of the positives of our new normal and were able to share lots of hints and suggestions. Our 2 raffle prizes were also a new novelty. Our meeting finished with a delightful meal served by our hosts Michelle and Glen. Our next meeting will be Monday 21st September, same venue, same time but a different discussion topic. Come and join us. Most of our members are long time residents of Bowraville and most meetings contain reminiscences of our history and an update on local news. Did you know that Daniel Andrews, Victoria's premier, has associations with Argents Hill? As we went our various ways it was agreed by all that a happy time was had and we all felt safe from the virus.

Bowraville Garden Club

Our August meeting was the first since March to renew our friendships and discuss our gardens. At conclusion we visited the local markets which have recommenced on the 2nd Saturday. With Covid-19 in mind it was decided our next time together would be at Bellwood with fish and chips for lunch and a visit to the nursery as an option. We will have the

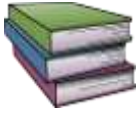
usual raffle. As Spring will be everywhere we will have a sharing table of plants, cuttings etc. If you have something special from your garden bring it along to show.

Bowraville Recreation Club

Lyn commenced her suggestions of Rec Club news by saying financially the club is doing well and we have quite a few new members. If you are interested in sports - bowls gear and golf sticks are available for you to have a go. Bowls Championships are underway and the greens look very colourful with members decked out in their tiger outfits and some brightly coloured bowls on the green to mix with the black. Thursday social bowls is very popular. Keep your eyes on the notice board for updates. Men's golf championships also commenced in August. Saturday numbers vary but it is great to see so many women playing on Saturday. Women's Thursday golf continues but is lacking participants so please get in touch if you have ever considered starting golf. Chook run is finalised each Thursday. Social groups are welcome any time. And as always, a big thank you to our many volunteers. The Club has a Covid-19 safe plan in operation and all are asked to cooperate. Meetings can still be held at the club. Contact 6564-7179.

REMEMBERING JEAN GOODWIN

Nambucca Valley Phoenix expresses its deepest sympathies to the family of Jean Goodwin. We would like to acknowledge Jean's long-time support and dedication to Phoenix.



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

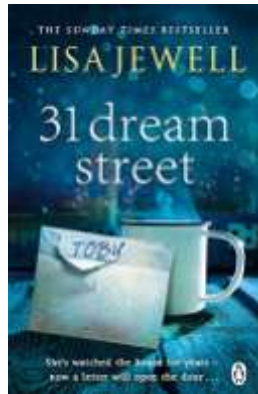
31 Dream Street

by Lisa Jewell

Toby Dobbs received a big Victorian house with too many bedrooms to count as a wedding present from his father, but his marriage is over within a month. Very alone, and very lonely, Toby posts an advertisement seeking the "Unexpectedly Alone" to become his roommates. Fifteen years later the wayward souls he takes in are still living with him with no intention of leaving.

Toby Dobbs has met Leah Pilgrim from across the road and they're falling in love. But before they can begin a new life together Toby and Leah must help Toby's house of sweet slackers and lovelorn misfits grow up, solve their problems and set themselves free. But can their new relationship survive the test?

- www.goodreads.com

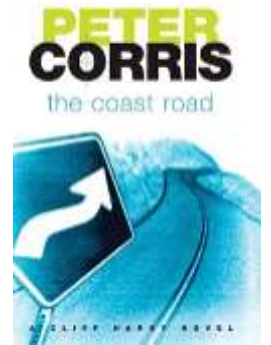


The Coast Road

by Peter Corris

In this latest hard-boiled detective novel, Cliff Hardy trades the mean streets of Sydney for the Illawarra escarpment, a rugged undeveloped area of Australia. First hired by the daughter of the late, wealthy Frederick Farmer to investigate his mysterious and fiery death, Hardy is then called in on a second case—the disappearance of the young daughter of Marisha Karatsky, an exotic, dark-eyed interpreter who gets under Hardy's thick skin. Questionable insurance agents and feral bikers round out the colourful cast as Hardy battles through personal turmoil on the road to justice.

- 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.*

Recognise **STROKE** Think **F.A.S.T.**



If you see any of these symptoms
Act FAST
call 000

NATIONAL STROKE AWARENESS

What is a stroke?

Stroke attacks the brain - the human control centre - changing lives in an instant.

Your brain is fed by blood carrying oxygen and nutrients through blood vessels called arteries. A stroke happens when blood cannot get to your brain because of a blocked or burst artery. As a result your brain cells die due to a lack of oxygen and nutrients.

There are two types of stroke

Both types of stroke stop blood getting to areas of the brain:

1) Ischaemic Stroke

A stroke that is caused by a blood clot is called an **ischaemic stroke** (is-key-mick).

In everyday life blood clotting is beneficial. When you are bleeding from a wound blood clots work to slow and eventually stop the bleeding. In the case of a stroke, however, blood clots are dangerous because they can block arteries and cut off blood flow.

There are two ways an ischaemic stroke can occur:

Embolic stroke

If a blood clot forms somewhere in the body (usually the heart) it can travel through the bloodstream to your brain. Once in your brain the clot travels to a blood vessel that's too small for it to pass through. It gets stuck there and stops blood from getting through.

These kinds of strokes are called **embolic strokes**.

Thrombotic stroke

As the blood flows through the arteries it may leave behind cholesterol-laden 'plaques' that stick to the inner wall of the artery. Over time these plaques can increase in size and narrow or block the artery and stop blood getting through.

In the case of stroke the plaques most often affect the major arteries in the neck taking blood to the brain. Strokes caused in this way are called **thrombotic strokes**.

2) Haemorrhagic Stroke

Strokes caused by a break in the wall of a blood vessel in the brain are called **haemorrhagic strokes** (hemm-orr-ragic).

This causes blood to leak into the brain stopping the delivery of oxygen and nutrients.



Continued on Page 14

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





NATIONAL STROKE WEEK
31 AUGUST - 6 SEPTEMBER 2020

BECOME A
F.A.S.T. HERO
LIKE STEWART

JUST BY KNOWING THE F.A.S.T. SIGNS OF STROKE
FACE. ARMS. SPEECH. TIME.
YOU COULD SAVE A LIFE



BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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



Weird things your brain can do

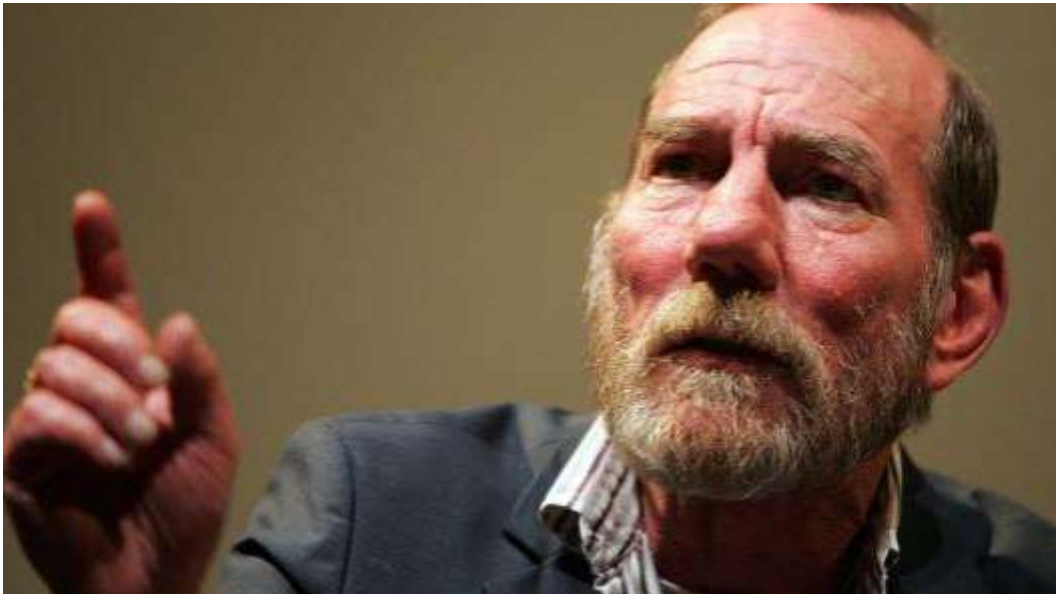
The human brain is a weird thing. It has incredible processing power and storage capacity, it can handle a huge amount of sensory input at once and it not only makes us who we are but it keeps us going too.

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

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

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

Lethologica



You've been there, trying to think of a word or a name that you know but can't come up with. It's the thing you're looking for, the whatsit you need for work, that guy in that movie. (It's Pete Postlethwaite.)

What's going on when you forget a name or word basically has to do with the way we store information. When we're trying to think of something (like that guy from Inception, wasn't he in Jurassic Park, too ... what's his name?) our memories tend to follow a series of pathways to get to the words we're looking for. Since there are a huge number of words in the English language it makes sense that we use some more than others.

Those pathways are clear, paved, well-travelled roads. Pathways to other words are overgrown, muddy, bug-infested roads that we have to machete our way through and that takes a little while.

The words at the end are part of what's called our passive vocabulary and since we don't use them all the time we file them away and forget where we left them. Proper names are one of the most commonly forgotten combos which explains why every movie and television show we watch has at least one of "those guys we've seen before" in it.

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



Bowraville Lions Club Inc News Bulletin

SEPTEMBER 2020



Donate your drink containers to us

return AND earn

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

Eligible containers

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

Liquid paperboard (cartons) Aluminium and steel Glass Plastic

Find out more at returnandearn.org.au

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

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

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

What is a stroke? *Continued from page 10*

Types of haemorrhagic stroke

Haemorrhagic strokes are described by their location in the brain. There are two types:

Intracerebral haemorrhage occurs when an artery inside the brain bursts and bleeds into the brain. The most common cause is high blood pressure (hypertension).

Subarachnoid haemorrhage (SAH) is bleeding on the surface of the brain. There are 3 layers of membrane (or meninges) that cover the brain. A subarachnoid haemorrhage is a bleed that happens between the layer closest to the brain and the second layer.

Causes of haemorrhagic stroke

Haemorrhagic stroke can be caused by a number of disorders which affect the blood vessels including long-standing high blood pressure and cerebral aneurysms.

Aneurysm

This is a weak or thin spot in the wall of an artery that balloons out. As the aneurysm gets bigger it gets weaker and can burst. If the aneurysm bursts it leaks blood into the brain.

The weak spots that cause aneurysms are usually present at birth. Aneurysms develop over a number of years and usually don't cause detectable problems until they break.

A burst aneurysm is usually caused by high blood pressure (hypertension) or trauma (a sudden injury to the head).

Arteriovenous malformation (AVM)

An AVM is a tangled mass of blood vessels (arteries and veins). It can occur anywhere in the body including the brain.

An AVM is usually present at birth. It may be that as you get older the blood vessels get bigger and weaker.

If the AVM is located in the brain and the blood vessel walls burst then you will have a haemorrhagic stroke.

- <https://strokefoundation.org.au>

BOWRAVILLE DENTAL SURGERY

Vic Bird B.D.S.

"Your local dentist"

Caring for YOUR dental wants and needs.

No hard sell.

5/11

58 HIGH STREET
BOWRAVILLE
6564-7246

BOWRAVILLE PHARMACY

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

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

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

Pharmacist
KERRIE SAVINS



9/11

SCHOOL PHOTOS PROJECT



We are searching for Bowraville School Photos from the 1930s through to 1967, and the names of all of the students.

Can you help???

Contact: 0400 828 471 or marion.syratt@gmail.com

Find us on Facebook "OLD PHOTOS OF BOWRAVILLE", with school photos, photos of the buildings and activities of days gone by, and many friendships renewed and memories rekindled.

Bowraville Bus Timetable

Departs	
Bowraville Post Office	7.13am
Bowraville IGA	8.13am & 9.13am
Returns	
Macksville to Bowraville	2.35pm
	3.35pm
	4.35pm
<i>Last bus</i>	5.25pm

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

busways Telephone: 6568-3012

N/C

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

PRESIDENT

Mark Scott
M: 0428527545

SECRETARY

Lisa Matters



10/11



Email:

bowraville@lionsdistrict201n1.org.au
PO Box 23 Bowraville NSW 2449



Ngambaga Bindarray Girrwa Community Services Aboriginal Corporation
ABN:19746606729

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

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

Address: 1/53 High St, Bowraville,

Web: nbgscommunityservices.com.au

Email: admin@nbgs.com.au



CHSP & NRCF
(In the Nambucca Valley)

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

The Coordinator will work with you and/or your Carer to a Care Plan to ensure that your care and support needs are met. It's not uncommon for Carers to become exhausted and overwhelmed. That's why it's so important to take a break – called 'respite'. By taking time off you get a chance to look after your own physical and emotional needs.

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

- Early Links is for:**
- People with a disability aged 0-8 yrs and who are generally not accessing any specialist disability service
 - Carers and families of people with a disability
 - The community
 - People wanting assistance to accessing community and mainstream services, knowledge, resources and opportunities in their communities
- Early Links will assist with:**
- General development concerns
 - Information and support for families to find out about their children's disability needs
 - Identify concerns, set goals and development plans for the future
 - Connecting with other parents, community and service providers

- Early Links Mission:**
- Build confidence to achieve your goals
 - Develop your existing support networks and create new networks
 - Look at ways you can participate and be a part of your community.
- Early Links Vision:**
- "Every child, every opportunity"
 - "Communities where every child participates and every family is respected"



COVID-19 lockdown caused 50 percent global reduction in human-linked Earth vibrations

The lack of human activity during lockdown caused human-linked vibrations in the Earth to drop by an average of 50% between March and May 2020.

This quiet period, likely caused by the total global effect of social distancing measures, closure of services and industry, and drops in tourism and travel is the longest and most pronounced quiet period of seismic noise in recorded history.

The new research, led by the Royal Observatory of Belgium and five other institutions around the world including Imperial College London, showed that the dampening of 'seismic noise' caused by humans was more pronounced in more densely populated areas.

The relative quietness allowed researchers to listen in to previously concealed earthquake signals and could help differentiate between human and natural seismic noise more clearly than ever before.

Co-author Dr Stephen Hicks, from Imperial's Department of Earth Science and Engineering, said: "This quiet period is likely the longest and largest dampening of human-caused seismic noise since we started monitoring the Earth in detail using vast monitoring networks of seismometers."

"Our study uniquely highlights just how much human activities impact the solid Earth and could let us see more clearly than ever what differentiates human and natural noise."

Anthropause

Measured by instruments, called seismometers, seismic noise is caused by vibrations within the Earth which travel like waves. The waves can be triggered by earthquakes, volcanoes and bombs -- but also by daily human activity like travel and industry.

Although 2020 has not seen a reduction in earthquakes the drop in human-caused seismic noise is unprecedented. The strongest drops were found in urban areas but the study also found signatures of the lockdown on sensors buried hundreds of metres underground and in more remote areas.

Human-generated noise usually dampens during quiet periods like over the Christmas/New Year period and Chinese New Year and during weekends and overnight. However, the drop in vibrations caused by COVID-19 lockdown measures eclipse even those seen during these periods.

Some researchers are dubbing this drop in anthropogenic (human-caused) noise and pollution the 'anthropause'.

Dr Hicks said, "This is the first global study of the impact of the coronavirus anthropause on the solid Earth beneath our feet."

To gather the data researchers looked at seismic data from a global network of 268 seismic stations in 117 countries and found significant noise reductions compared to before any lockdown at 185 of those stations. Beginning in China in late January 2020 and followed by Europe and the rest of the world in March to April 2020 researchers tracked the 'wave' of quietening between March and May as worldwide lockdown measures took hold.

The largest drops in vibrations were seen in the most densely populated areas, like Singapore and New York City, but drops were also seen in remote areas like Germany's Black Forest and Rundu in Namibia. Citizen-owned seismometers, which tend to measure more localised noise, noted large drops around universities and schools around

Continued on Page 19

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10/11

**In the garden –
Springtime is the best time**

There's no doubt that gardening on the Mid North Coast in spring is glorious and as the days get longer it means more time to be out in the garden.



First up, get out your pruners and give native shrubs such as grevilleas a trim to encourage bushy growth.

It's also time to fertilise the lawn with a lawn builder. As the weather warms, coming out of winter, it will help strengthen roots and promote growth.

Azaleas and camellias will benefit from some fertiliser after flowering too.

Keep an eye on watering needs - plants use more water when they start to flower.

Prepare for summer and top up the mulch on garden beds to help protect soil and plant roots. Use organic mulches like pea straw and lucerne which break down and help improve the soil. Apply about 5-7cm to the bed - thick enough for good coverage but which will also allow water to penetrate.

Continued on Page 20

COVID-19 lockdown caused 50 percent global reduction in human-linked Earth vibrations - *Continued from page 17*

Cornwall, UK and Boston, USA -- a drop in noise 20 per cent larger than seen during school holidays. Countries like Barbados, where lockdown coincided with the tourist season, saw a 50 per cent decrease in noise. This coincided with flight data that suggested tourists returned home in the weeks before official lockdown.

Listening in

Over the past few decades seismic noise has gradually increased as economies and populations have grown.

The drastic changes to daily life caused by the pandemic have provided a unique opportunity to study their environmental impacts such as reductions in emissions and pollution in the atmosphere. The changes have also given us the opportunity to listen in to the Earth's natural vibrations without the distortions of human input.

The study reports the first evidence that previously concealed earthquake signals, especially during daytime, appeared much clearer on seismometers in urban areas during lockdown.

The researchers say the lockdown quietening could also help them differentiate between human-caused noise and natural signals that might warn of upcoming natural disasters.

Lead author Dr Thomas Lecocq, from the Royal Observatory of Belgium, said, "With increasing urbanisation and growing global populations more people will be living in geologically hazardous areas. It will therefore become more important than ever to differentiate between natural and human-caused noise so that we can 'listen in' and better monitor the ground movements beneath our feet. This study could help to kick-start this new field of study."

The study's authors hope that their work will spawn further research on the seismic lockdown as well as finding previously hidden signals from earthquakes and volcanoes.

Dr Hicks said, "The lockdowns caused by the coronavirus pandemic may have given us a glimmer of insight into how human and natural noise interact within the Earth. We hope this insight will spawn new studies that help us listen better to the Earth and understand natural signals we would otherwise have missed."

- www.sciencedaily.com

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10/11

Frank Partridge VC Military Museum

*Named in honour of Frank Partridge -
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Victoria Cross in WW2.*

The museum houses a fantastic collection of military memorabilia and artefacts including uniforms, medals, weapons, vehicles and much more.

This museum is a 'must see'.

Open Monday - Friday 10am to 3pm
Saturday & Sunday 10am - 12 noon
or by appointment.

Admission by Gold Coin Donation.

29 High Street, Bowraville 6564-7056
enquiries@militarymuseum.org.au

8/11

~ GARDENS & GARDENING ~

From Page 18



Pick silverbeet and pull up leeks. Harvest parsley continuously to promote growth. Pull onions once the tops start to die down. Pick beans when they're young and tender as picking encourages more to come. Keep picking lettuce too.

Put in a passionfruit. Select somewhere suitable to grow your vine. Along a fence, trellis or over a pergola are ideal spots. They need a sunny, frost-free area. Allow plenty of room for roots to grow as well as the vine. It could take at least 18 months for your new vine to start fruiting. Get some advice in store about what to feed your passionfruit in spring and regularly through summer.



Petunias say summer so put some in your garden for a beautiful display of colour. Plant in a pot or in the garden. Lavenders are good to plant now too as are daisies and salvias.

So...the bees are out, it's warming up, flowers are out...what better time to be in the garden?

- www.bunnings.com.au

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 ~

8/11

FOOD HUB

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N/C

Come join our sewing group



WHEN: First Thursday of each month 10.00 am – 3.00 pm

WHERE: Bowraville Pioneer Community Centre, 70 High Street

WHAT: Bring along whatever you like to sew, crochet or knit or your unfinished quilt or your darning – we would love to meet you! If you want to learn a new skill we can teach you.

COST: A \$5 donation (to help pay for the electricity for the hall) OR if you cannot afford \$5 whatever you can afford.

CONTACT: Jenny on 6564 4168

We are a fun-loving group of like-minded people sharing our sewing skills – be it patchwork, applique, embroidery, quilting, knitting or crochet. We gather as part of the Bowraville Circle just to sew and have a chat or we can teach you new skills. We will always be close by if you need a bit of help.

It's up to you.

You can stay as long as you like. We provide morning tea and if you want to stay all day please bring your lunch.

Come join our sewing group or

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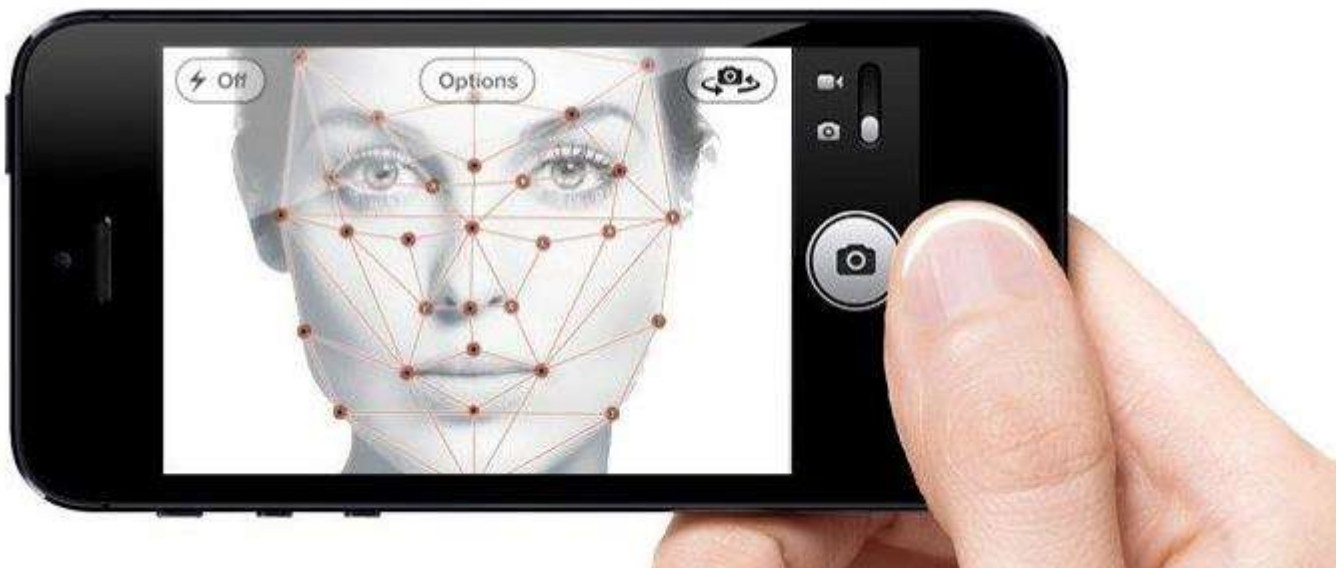
Face masks usually break facial recognition

Continued from page 6

including the angles of the face and the shape of the mouth and nose. Wearing a face mask obscures all of those. While some systems can cope with people wearing glasses masks present a bigger challenge.

Facial recognition is widely used for security and validation purposes including the SmartGate system used for border control in Australia. In the (currently unlikely) event that you're heading overseas any mask would need to be removed before using SmartGate.

Can I still use facial recognition on my phone?



Facial recognition is a popular choice for unlocking smart phones, supported on both iPhone and Android models. Looking at your phone is less hassle than using a fingerprint or entering a passcode.

However, since recognition technology can't currently cope with face masks, you'll need to use a different authentication method when you're out and about wearing a mask. Switch to fingerprint recognition or a passcode instead. While you could remove your mask that's frankly a recipe for unnecessary face touching.

iOS 13.5, Apple's most recent operating system update, includes tweaks designed for people wearing face masks. The update doesn't change the recognition algorithm but makes it easier to switch to using your passcode instead.

If Face ID fails and calculates a mask might be the reason, the passcode option will now appear immediately, rather than requiring several attempts. You can also swipe up from the login screen to bring up the passcode login screen.

As face masks look set to become the new normal research into their effectiveness and impact continues. One recent Australian study confirmed that multi-layer masks are more effective in blocking the spread of droplets.

- www.finder.com.au/face-masks-facial-recognition

Domestic Violence Safe Phone



The global COVID-19 crisis has left many victims of domestic and family abuse locked inside their homes with their abuser and with no way to escape. A mobile phone is something many of us take for granted but it can be a lifesaver for victims of domestic violence.

Donate your unused mobile phone and DV Safe Phone will ensure your old phone is erased, tested and distributed to someone in need.

How to get your un-used working phones to us

Drop your phone into the Jeep manager at Bellbowie Motors on the Pacific Highway. Jeep will send your phone on to King IT to ensure information has been erased and that the phone works. King IT will then inform Red Rose Foundation, a registered not-for-profit charity, who will receive the phones and distribute to those who need them the most. Red Rose Foundation will keep track of where the phones are sent however, this information cannot be shared due to the security and safety of those who receive them.

Do you need a phone?

If you're a victim of domestic violence and are in need of a phone, please contact Red Rose Foundation directly at www.redrosefoundation.com.au

If you are in immediate danger, please dial 000 for police or ambulance.

If you need to speak with someone regarding domestic violence urgently, please call DV Connect on 1800 811 811.

- dvsafephone.com.au



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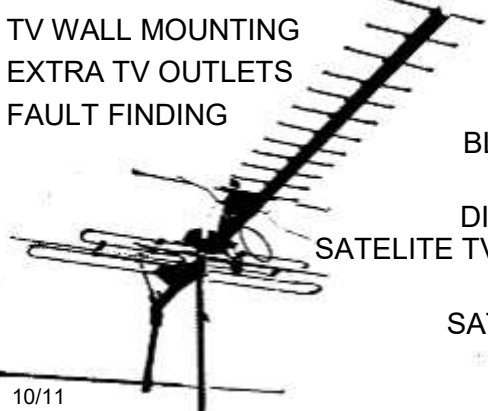
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7/11

Blokes' Breaky
1st Saturday of the month
at St James - ring Tony to
book on 0456 257 757

St Jimmy's Kitchen
to resume after renovations to
kitchen are completed.

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

7/11

Origin of the name Bowraville

In the 1850s, our town now known as Bowraville, was known simply as Bowra. This was changed in the 1870s because of confusion with Bowral in the NSW Southern Highlands.

It is unlikely that the origin of the two words was a single Aboriginal word and consequently where Bowral is thought to mean 'high', Bowra has been variously translated as 'cabbage palm', 'bullrout fish', 'scrub turkey' or 'bald head'.

In other words: no one knows.

There is even an argument that the town's name comes from a Captain Bowra who sailed up the Nambucca River looking for cedar.

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

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what to do if a
bush fire
threatens your
home.



2. PREPARE
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season.



3. KNOW
the bush
fire alert
levels.



4. KEEP
all the bush fire
information numbers,
websites & the smart
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BOWRAVILLE CENTRAL SCHOOL

SEPTEMBER 2020

Lots of Laptops for Lucky Learners

Last term, at the end of May, Bowraville Central School was contacted by *Variety the Children's Charity*. Bowraville Central School had been identified as part of a community in particular need and the charity wanted to offer all BCS students from 5 years old to 18 years the opportunity to apply for their own laptop through the Tech 4 Schools grant.

Staff and parents got to work compiling and submitting applications by 30th June. It was with great delight during July that emails kept arriving announcing the success of applications. A final tally established that **129** laptops had been granted to students at our school. That fact is worth repeating – **129** students from Kindergarten to Year 12 received their very own laptop through the TECH 4 School grant.

The laptops came with 4GB installed capacity, 128GB capacity and other great features. Each laptop also came with a year's technical support from Harvey Norman.

Variety representatives said 'Variety believes all kids deserve a fair go and right now we believe we can best achieve that goal for kids by facilitating access to education



Ryan Czisz from Year 4

technology supplies. We see a laptop as being essential to learning'. These laptops will improve student access to learning both in the classroom and at home. However, the generosity of *Variety* has done more than provide this access, they have hugely lifted the spirits of many who have faced hardships over the past year.

What some of the students said about their new laptops:

Ryan from Year 4: *It's good. I can do my Maths homework on it.*

Saira from Year 10: *It has been very helpful and to be given one was very generous.*

Briana from Year 7: *I don't think we could have afforded to buy one ourselves.*

Savannah from Year 7: *You don't randomly get given a laptop. That is so generous.*

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Music for a Monday Morning EmmaG Energise your week with the EmmaG Music Show.	Drive Thru With Jackie Edmunds Mix of 80s, 70s to current music.	2NVR Music Mix Gold at Breakfast Dayna Gold Wakes up with Dayna. It's gold.	Under The Stinging Tree Poppa All music, news, info...	2NVR Music Mix Talk Of The Town Ceri Vrobel See what's going down! All things local.	2NVR Music Mix The Weird Desk With Michael Morgan When the going gets weird, the weird turns pro.	2NVR Music Mix Sunday Morning Music With Phil Folk and Aussie music focus from the past few decades.	6 AM
7 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Dyer's Loop With The Dyers Music to dye for, of course.	Isn't It Romantic With Dallas Dent Crimmers Easy Listening Popular Classics	Tones of Claressence Clara Watt-Powell All music, news, info...	Hair Of The Dog Mick Britles Rock, Pop Covers and Music Trivia	Classical Corner Mark For the past 100 weeks... The Lovely Arts 3 radio Noel Robertson Folk and Aussie music focus from the past few decades.	7 AM	
8 AM	Baby Boomers Dionna Collins	Infopinion Richard Lorton An eclectic time with Richard	Lunch with Gazza With Gary Biden Easy Listening To Rock & Pop	ETP Views, Voices & Inter-views With Elizabeth Newman When anything can happen and probably will!	Flashback With Rob Davidson Pop & Rock	Classical Corner Mark For the past 100 weeks... The Lovely Arts 3 radio Noel Robertson Folk and Aussie music focus from the past few decades.	8 AM	
9 AM	The Weekly Fix Paul Weekley	Rock On With Jimmy & the Bluebirds	Just For You Carolyn J. Simmons Kerola's Classics With Blunnie 2NVR Walkabout Radio MC Grim Mark Seagram Music with a wicked difference.	Jacinta's Easy Listening Jacinta Simonsland Music to your ears...	Garage Noise With Sean Ambrose Alternative Music	Classical Corner Mark For the past 100 weeks... The Lovely Arts 3 radio Noel Robertson Folk and Aussie music focus from the past few decades.	9 AM	
10 AM	Rob's Roving Robbie & Linda 80s reflections Gospel & Australiana	Rob's Roving Robbie & Linda 80s reflections Gospel & Australiana	Just For You Carolyn J. Simmons Kerola's Classics With Blunnie 2NVR Walkabout Radio MC Grim Mark Seagram Music with a wicked difference.	Jacinta's Easy Listening Jacinta Simonsland Music to your ears...	Garage Noise With Sean Ambrose Alternative Music	Classical Corner Mark For the past 100 weeks... The Lovely Arts 3 radio Noel Robertson Folk and Aussie music focus from the past few decades.	10 AM	
11 AM	Sister Act Olivia & Sam	Sister Act Olivia & Sam	Just For You Carolyn J. Simmons Kerola's Classics With Blunnie 2NVR Walkabout Radio MC Grim Mark Seagram Music with a wicked difference.	Jacinta's Easy Listening Jacinta Simonsland Music to your ears...	Garage Noise With Sean Ambrose Alternative Music	Classical Corner Mark For the past 100 weeks... The Lovely Arts 3 radio Noel Robertson Folk and Aussie music focus from the past few decades.	11 AM	
Noon	Melina Sunshine & the Blue Wren Not out of the box, extraordinary, easy radio entertainment	Melina Sunshine & the Blue Wren Not out of the box, extraordinary, easy radio entertainment	Just For You Carolyn J. Simmons Kerola's Classics With Blunnie 2NVR Walkabout Radio MC Grim Mark Seagram Music with a wicked difference.	Jacinta's Easy Listening Jacinta Simonsland Music to your ears...	Garage Noise With Sean Ambrose Alternative Music	Classical Corner Mark For the past 100 weeks... The Lovely Arts 3 radio Noel Robertson Folk and Aussie music focus from the past few decades.	Noon	
1 PM	2NVR Music Mix With Fitzroy Music outside the usual 2NVR Music Mix at 10:30	2NVR Music Mix With Fitzroy Music outside the usual 2NVR Music Mix at 10:30	Just For You Carolyn J. Simmons Kerola's Classics With Blunnie 2NVR Walkabout Radio MC Grim Mark Seagram Music with a wicked difference.	Jacinta's Easy Listening Jacinta Simonsland Music to your ears...	Garage Noise With Sean Ambrose Alternative Music	Classical Corner Mark For the past 100 weeks... The Lovely Arts 3 radio Noel Robertson Folk and Aussie music focus from the past few decades.	1 PM	
2 PM	Music Makers With Yen Mixed music with featured artists	Soul Into Rhyme Matt Leibrandt Whack up the bass and cop a wicked mix of hip hop and July sick tracks	Ant's Rock Anthony Gannery Solid Rock	Jeff's Junk Jeff Mills BEST BLUES WIG DO	The Friday Night Rock Show with Todd Wilks Edgic, incoherent fun with more than a dash of insanity	Wolffy Wolffy's music & requests	Classical Corner Mark For the past 100 weeks... The Lovely Arts 3 radio Noel Robertson Folk and Aussie music focus from the past few decades.	2 PM
3 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Anthony Gannery Solid Rock	Jeff's Junk Jeff Mills BEST BLUES WIG DO	The Friday Night Rock Show with Todd Wilks Edgic, incoherent fun with more than a dash of insanity	Wolffy Wolffy's music & requests	Classical Corner Mark For the past 100 weeks... The Lovely Arts 3 radio Noel Robertson Folk and Aussie music focus from the past few decades.	3 PM
4 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Anthony Gannery Solid Rock	Jeff's Junk Jeff Mills BEST BLUES WIG DO	The Friday Night Rock Show with Todd Wilks Edgic, incoherent fun with more than a dash of insanity	Wolffy Wolffy's music & requests	Classical Corner Mark For the past 100 weeks... The Lovely Arts 3 radio Noel Robertson Folk and Aussie music focus from the past few decades.	4 PM
5 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Anthony Gannery Solid Rock	Jeff's Junk Jeff Mills BEST BLUES WIG DO	The Friday Night Rock Show with Todd Wilks Edgic, incoherent fun with more than a dash of insanity	Wolffy Wolffy's music & requests	Classical Corner Mark For the past 100 weeks... The Lovely Arts 3 radio Noel Robertson Folk and Aussie music focus from the past few decades.	5 PM
6 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Anthony Gannery Solid Rock	Jeff's Junk Jeff Mills BEST BLUES WIG DO	The Friday Night Rock Show with Todd Wilks Edgic, incoherent fun with more than a dash of insanity	Wolffy Wolffy's music & requests	Classical Corner Mark For the past 100 weeks... The Lovely Arts 3 radio Noel Robertson Folk and Aussie music focus from the past few decades.	6 PM
7 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Anthony Gannery Solid Rock	Jeff's Junk Jeff Mills BEST BLUES WIG DO	The Friday Night Rock Show with Todd Wilks Edgic, incoherent fun with more than a dash of insanity	Wolffy Wolffy's music & requests	Classical Corner Mark For the past 100 weeks... The Lovely Arts 3 radio Noel Robertson Folk and Aussie music focus from the past few decades.	7 PM
8 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Anthony Gannery Solid Rock	Jeff's Junk Jeff Mills BEST BLUES WIG DO	The Friday Night Rock Show with Todd Wilks Edgic, incoherent fun with more than a dash of insanity	Wolffy Wolffy's music & requests	Classical Corner Mark For the past 100 weeks... The Lovely Arts 3 radio Noel Robertson Folk and Aussie music focus from the past few decades.	8 PM
9 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Anthony Gannery Solid Rock	Jeff's Junk Jeff Mills BEST BLUES WIG DO	The Friday Night Rock Show with Todd Wilks Edgic, incoherent fun with more than a dash of insanity	Wolffy Wolffy's music & requests	Classical Corner Mark For the past 100 weeks... The Lovely Arts 3 radio Noel Robertson Folk and Aussie music focus from the past few decades.	9 PM
10 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Anthony Gannery Solid Rock	Jeff's Junk Jeff Mills BEST BLUES WIG DO	The Friday Night Rock Show with Todd Wilks Edgic, incoherent fun with more than a dash of insanity	Wolffy Wolffy's music & requests	Classical Corner Mark For the past 100 weeks... The Lovely Arts 3 radio Noel Robertson Folk and Aussie music focus from the past few decades.	10 PM
11 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Anthony Gannery Solid Rock	Jeff's Junk Jeff Mills BEST BLUES WIG DO	The Friday Night Rock Show with Todd Wilks Edgic, incoherent fun with more than a dash of insanity	Wolffy Wolffy's music & requests	Classical Corner Mark For the past 100 weeks... The Lovely Arts 3 radio Noel Robertson Folk and Aussie music focus from the past few decades.	11 PM
Midnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Anthony Gannery Solid Rock	Jeff's Junk Jeff Mills BEST BLUES WIG DO	The Friday Night Rock Show with Todd Wilks Edgic, incoherent fun with more than a dash of insanity	Wolffy Wolffy's music & requests	Classical Corner Mark For the past 100 weeks... The Lovely Arts 3 radio Noel Robertson Folk and Aussie music focus from the past few decades.	Midnight

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