

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

SEPTEMBER 2025 ~ ISSUE #243 ~ FREE ~ CIRCULATION 350 ~ POSTCODE 2449

Historical Bowraville

Bowraville Race Course and the Nambucca River Jockey Club

By Ned COWIE

This year, on 20 September, the Nambucca River Jockey Club will celebrate 50 years and the golden anniversary of the first ever Bowraville Cup.

At this first meeting in 1975, the club had just completed upgrades to the facilities at the course, and the entire region was due to celebrate the 100th anniversary of Bowraville itself.

Around 1200 people are expected to attend the race this year with buses running from Stuarts Point, Valla, Macksville and Scotts Head as well as numerous guests expected from further afield.

But this pales in comparison to the attendance on that first meeting day for the Nambucca River Jockey Club at the new Bowraville racecourse on Wednesday, 1st October 1975.

According to the Nambucca Guardian News on the Friday after the event, "In perfect weather with clouds giving way in the early afternoon to glorious sunshine, more than 3000 enthusiastic people celebrated in bright colours – matrons, belles and teenagers in modern and period dresses 'only just' outshone the bright patterned shirts and tweeds of the males."



Front page of the Nambucca Guardian after the first Bowraville Cup

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2025 ADVERTISING CHARGES:

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

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

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

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

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

Front Cover (1 issue) - \$60 issue

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THE OCTOBER 2025

ISSUE IS: 4:00PM

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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

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Bowraville Chamber of Commerce

Next meeting will be at **5pm on Tuesday 2nd September 2025**
at the Bowra Hotel.

Notice of **THE ANNUAL GENERAL MEETING** of the
BOWRAVILLE CHAMBER OF COMMERCE AND INDUSTRY INC.

Tuesday 9th September at 5pm at the Bowra Hotel

All welcome - but only current members can vote.

Enquiries to bcchamber769@gmail.com

The Phoenix Ball - 6th September 2025

Celebrating art, community, and inclusivity on the Mid North Coast. Get ready to shine and dress to impress in emerald green, black, and silver! Join us for a glamorous night with red carpet entry, canapés, dinner, DJ, photo booth, raffles, and surprise performances. Tickets are \$55, with all proceeds supporting Nambucca Valley Phoenix.

Happening at Nambucca Heads RSL, don't miss out! For tickets, call 6501 0021 or email info@nvp.org.au. Let's make it a night to remember!

Radio Nambucca 2NVR - Studio 3 Live **19th September 2025.**

Come along to 2NVR at 834 Rodeo Drive Tewinga for the show, it's from 6 to 8pm. Ceri Wroble hosts Studio 3 Live every 3rd Friday.

Bowraville Theatre - Saturday 27 September **CLARE BOWDITCH**

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CHRISTMAS LIGHTS.... THIS DECEMBER!

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

LIGHT UP BOWRA '25

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



Australian Government



Services
Australia



Australian Government Mobile Services Centre

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

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



Australian Government

Services Australia

Historical Bowraville

Bowraville Race Course and the Nambucca River Jockey Club - *continued from Front page*

Hundreds of cars stretched for more than three kilometres along the road and for one trainer from Grafton finding a park took so long that he reportedly missed his horse's race in one of the earlier events.

Legendary Australian race caller, Ken Howard, came out of retirement to call the race – he was to pass away at his Nambucca Heads home just over one year later.

In the evening of the race, the Brushcutter's Ball was held in Missabotti and there was a grand line-up of celebratory events over ten days including a night street festival, beard judging competition, an open-air country and western concert featuring Gordon Parsons, the burying of a time capsule and a massive procession through Bowraville.

The first Bowraville Cup was won by Gay Pisani a horse trained and owned by A E Deeganaars and ridden by A Walker on a soft course, according to reports.

Glen Hodge a trainer of many Bowraville winners over the years spoke to BCN from his Port Macquarie home. Now 87, the racetrack veteran recalled fondly his memories of the tiny racetrack in Bowraville.

"We go (to the Bowraville meetings) every year," he said, explaining how he believed that it was the staff at the Nambucca River Jockey Club who had been one reason for the club's longevity.



Gay Pisani won the first Bowraville Cup in October 1975.

"A secretary there, Beryl, she used to ring me up and tell me she had nominated me in several races, because they didn't have enough entries," he said. "She wouldn't take 'No' for an answer and I think that is why it was such a good club," he laughed.

"Every course in Australia is different, otherwise the same horse would win every time. "Bowraville is small but that suits some horses," he added before telling the story of a southern jockey who after a disappointing first experience at the course, became a convert some time later when he rode four horses to wins at one Bowraville race day.

"Bowraville went from being the worst course in Australia to the best in one day, according to that jockey," he joked.

Currently the Nambucca River Jockey Club holds four race meetings a year at the Bowraville Track.

A spokesperson for the club attributed the club's 50 years of financial and operational success to "hundreds of dedicated volunteers over the years who have given thousands of hours of their time to the club."

To thank these volunteers, on cup day this year, catering for past volunteers will be provided. Past volunteers are asked to call 0416 606 166 or send an email to nrjc75@bigpond.com to let the Club know so that catering arrangements can be made.

TECHNO LESSONS OPEN TO EVERYONE

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everything.
They make the
best of
everything.”*

– Unknown

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10/11

Forcing companies to delete our data

Giving Australians the right to force the removal of their personal details from company databases would help combat the growing impact of mass data theft, experts say.

More than 25 million customer accounts have been exposed in just three cyber attacks involving major companies in Qantas, Optus and Medibank.

University of Queensland cyber security expert Ryan Ko says the number of Australians exposed to the risk of cybercrimes such as identity fraud or extortion is "increasing by the day".

Professor Ko says there is no end in sight to these mass data heists.

He says that is because highly-organised and opportunistic cybercriminal gangs — some of them state-backed — are well-placed to sniff out the weaknesses of most Australian companies whose "current practice and governance structures [are] not set up to be cyber-resilient".

This is despite Australia ranking as the world's number one position in cyber defence, according to a Harvard University report in September 2022.

That same month, about 9.8 million Optus customers learned that hackers had accessed their sensitive data including names, birth dates, and in some cases home addresses and passport numbers. And, in Queensland alone, the state government had to replace more than 178,000 driver licences. The hackers exploited security flaws including a publicly available application programming interface.

The next month, hackers targeted Medibank with a ransomware attack, threatening to release the medical records of 9.7 million people on the dark web.

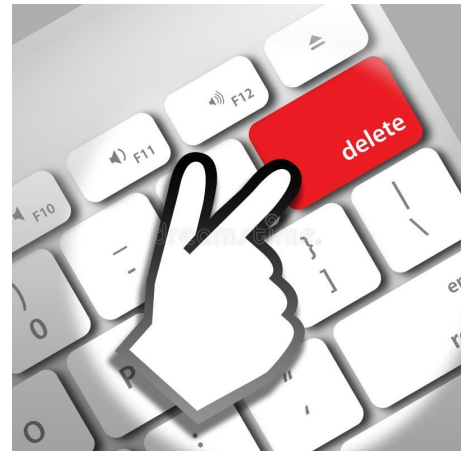
The hackers allegedly swiped an IT staffer's sign-in credentials from his private computer, exploiting Medibank's lack of safeguards such as multi-factor authentication, and its alleged failure to act on alerts and warnings from consultants about system weaknesses.

A way to 'take back control'

With regulator crackdowns and legal battles taking years, some experts say there is another proposed reform to address public distrust of companies holding their personal information.

This is the "right to erasure", which would allow people to force companies to explain what personal information they hold, what they do with it, and to delete or de-identify that information.

Privacy experts such as University of New South Wales academic Katharine Kemp have argued that companies use a "self-serving" interpretation of current



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WHAT'S HAPPENING IN BOWRA

Blokes Brekkie

1st Saturday of the month
at St James - ring Jeff to
book on 0428 578 394

Cuppa and Chat

3rd Saturday of the month
10am — Free
All welcome - St James Hall

Bowra Country Markets

2nd Saturday of Month
Pioneer Community Centre
9am to 1pm

St Jimmy's Kitchen

3rd Thurs of Month
5.30pm at St James Church Hall

St Jimmy's Food Hub

Friday 9-11am
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~ Groups by appointment ~

?1/11

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?6/11

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?3/11

Bowraville Book Fair - 4th and 5th of October.

If your bookshelves are anything like mine, they grow haphazard piles of books. These books exhibit an amorphous tendency for cramming and over-flowing spaces. The word clutter might be appropriate to describe my reading life.

Sometimes I collect authors not caring whether the books are second hand or new. Sometimes I hear a review and think - that seems very appealing. Sometimes I want a character to take me to their world. Sometimes I want to learn things.

Currently my reading life is about being a fan of super-hero comic book writer Alan Moore because his stories dazzle and are full of strangeness. I will even follow Alan down rabbit holes and buy books he mentions as interesting.

There is this idea that a book is only alive while it is being read. That a book's true potential is unlocked through the act of engaging with its content, making it a dynamic, meaningful experience.

Can a reader live a thousand lives before they die? Maybe. Why not come and try to find out.



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

If your bookshelves are like mine and need culling to make space for new adventures and new connections why not bring the gift of a box of books to the Community Centre for other people to enjoy at affordable prices.

President of the centre Michael De Mol can be contacted on 0401 644 522 to arrange a suitable time to drop off some of your beloved darlings that you might have outgrown.

- By Susan Jenvey



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Finding Connections in a Disconnected World

Whether it is finding your place in a new community, connecting with colleagues at work, developing new friendships or just feeling out of place in your own family, we all, at various stages in our lives, find ourselves questioning our place in the world and our connection with the people around us. However, humans aren't built for this disconnection and separation, and the rising epidemic of loneliness shows the catastrophic consequence.



A sense of belonging, of being understood and accepted for who we are, is vital for our health and survival. Research professor and author Dr Brené Brown says, “We’re physically, emotionally, cognitively, and for many of us, spiritually, hard-wired for connection, love, and belonging, and it’s why we’re here, it’s what gives purpose and meaning to our lives”.

Feelings of loneliness often come and go throughout life and can fluctuate depending on circumstances and life events. However, in some cases, loneliness can become chronic, persisting for extended periods of time. Some people may not even realise their low mood stems from loneliness. “Loneliness is the great masquerader,” Dr Murthy writes in his book, *Together*. “It can appear as anger, alienation, sadness, and a host of distressing emotional states.”

How did we get here?

According to the Harvard researchers, the leading causes of loneliness according to all who were surveyed included: technology (73%), insufficient time with family (66%), overwork/fatigue/being too busy (62%), mental health challenges (60%) and living in a society that is too individualistic (58%). No religious or spiritual life, too much focus on one’s own feelings, and the changing nature of work were also perceived causes of loneliness selected by around 50% of people who participated in the survey.

Moving forward

Due to the nature of loneliness being a complex and deeply personal emotional experience, there’s no one strategy to cure it. However, there are many practical steps that offer a path to finding a solution. Harvard researchers state that at least three-quarters of people surveyed highlighted these solutions to loneliness: reach out to family or friends; learn to love yourself; learn to be more forgiving of others; find ways to help others.

Building strong connections

For those looking to learn how to build stronger connections with people, Dr Brené Brown suggests focusing on developing connections through vulnerability, courage and empathy.

She believes that only when we allow ourselves to be vulnerable – by showing our true

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WHERE IS THAT TIME CAPSULE?

By Ned COWIE

The presence of one (or more) time-capsule, believed to have been buried at Bowraville School sometime in 1975 is unknown 50 years on, since its burial.

According to the official Bowraville Central School's Centenary Celebrations Program printed in the Nambucca Guardian

newspaper in 1975, a time-capsule was to be buried on 2 October, 1975 in Bowraville in a lavish ceremony with the Macksville Town Band in attendance.

Further clues as to the location of this can be found in another Guardian news article entitled 'BOWRAVILLE NOW BACK TO NORMAL, from Wednesday October 8, 1975, which explained, "There was a concert by country and western artist with the star performer being Gordon Parsons. This was followed by the beard judging competition and the digging up of old relics planted when the electricity celebrations were on following the burying of time capsules."

A plaque in the middle of the main street of Bowraville, (opposite the Post Office) commemorates two time-capsules buried on this date with instructions that they are to remain underground until 2075; what will be Bowraville's bicentennial year.

Several people who spoke to Bowraville Community News (BCN) were under the impression that a separate time capsule was buried at Bowraville Central School to celebrate the occasion and a statue and tile in the school grounds was believed to signify its location.

However, last year, an attempt was made to unearth the mysterious time capsule, but nothing was found.

"We went down quite deep, even used a metal detector but nothing seemed to be there," a spokesperson for Bowraville Central School told BCN.

Over the past 50 years, several renovations have been made to the school and perhaps the statue was moved by someone who did not understand its significance, the spokesperson went on to explain.

It also means that the capsule may now be covered by a deck, slab or flooring according to retired local structural engineer Ron Hawkins who was involved with four of these renovations just over the past 20 years.

Barney Townley was a student of Bowraville Central School at the time and he recalls the burying of a time capsule in 1975.

"I was only about 8 or 9 then but I remember we made a time capsule. It was definitely on a school day," he asserted.

On the Saturday after the Thursday events, a large gathering of 2000 people



Continued on Page 26

Finding Connections - *from page 11*

selves, expressing our feelings and taking emotional risks – can we truly connect with others.

Another key concept in Dr Brown's work is the power of empathy. She emphasises that empathy – being able to connect with someone's feelings without judgement – is essential for building strong relationships. She explains that empathy requires active listening and a willingness to sit with another person's discomfort.

Building strong, meaningful relationships isn't just about networking or socialising for the sake of it; it's about nurturing bonds that genuinely enrich our lives. Whether personal or professional, strong human connections form the foundation for our emotional and physical wellbeing. Building these connections takes effort, but the rewards are great, providing a sense of belonging and purpose.

Feeling lonely or isolated? Don't go it alone.

Whether it's getting in touch with your friends or family or meeting with a professional (such as a counsellor or doctor), the best thing you can do for yourself is to reach out to someone today.

Making friends or forming connections takes time and effort, but it often starts with a small moment. An awkward hello, a chance encounter, an act of kindness, a compliment, a shared experience or interest or even a funny story – these small but meaningful interactions matter. They spark conversation and help us feel seen and valued.

Make moments matter at home, work, school, online and in the community.

- www.mindfood.com/article/loneliness-and-moments-that-matter/



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26/11

Thread Worms Alert

“Mum, my bum is itchy!” - often but not always, these five words mean ‘thread worms’.

If you suspect someone in your family has thread worms, at Bowraville Pharmacy we can recommend and supply several treatments and are available to give advice, so that you can break the cycle.

So, what are Thread Worms? Thread worms are tiny parasites that live in the intestines of humans. Around 5-10 mm long, although they usually live in the lower part of the gut, at night they come out and lay eggs around the anus. This sometimes causes intense itching.

If you scratch, and this could happen when you are sleeping, the eggs can get onto your hands and if they get into your mouth, the eggs will hatch again in your gut completing the cycle of infestation.

What’s more, these eggs can survive outside the human body for more than two weeks, on bed sheets, towels and floors.

It is possible to spot thread worms with the naked eye.

You could look for worms on the outside surface of bowel motions or on the outside of the anus when a child is complaining of itching at night. Worms are alive and will be moving - i.e. do not mistake fluff or mucous for thread worms. Alternatively, a doctor could prescribe a faecal test to rule out other possible causes of the symptoms.

Medicines for thread worm infection are available from a pharmacist without a prescription. Here are some extra tips for dealing with thread worms.

- Shower on the night the medicine is given, and again the next morning to remove eggs laid during the night. Wash well around the anus.
- After administering treatment, wash bedclothes, underwear, towels and floors (especially around the toilet) where eggs could be remaining to prevent reinfestation.
- Apply protective ointment (e.g., nappy rash cream) to the anal area at bedtime to help stop scratching. Take care not to infect the ointment remaining in the container.
- Follow the dosage instructions on the pack of whatever wormer you decide to use. Ask a pharmacist or doctor about treatment for pregnant or breastfeeding women and children under two years of age.
- A second dose of the worm medicine may be needed two or three weeks later, to catch any eggs/worms that survived the first treatment. Ask a pharmacist or doctor for advice on this.

If after taking medication, symptoms persist, please consult a medical doctor.

Only humans can carry thread worms, but animals can expose us to other types of worms. Dogs, cats and other animals could potentially give us hookworms, hydatid disease or other parasites but these kinds of infestations are not common in Australia. Talk to your pharmacist or a medical professional if you suspect something else is causing your symptoms or if you have recently travelled outside Australia.



Picture supplied by the Pharmaceutical Society of Australia.

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10/11



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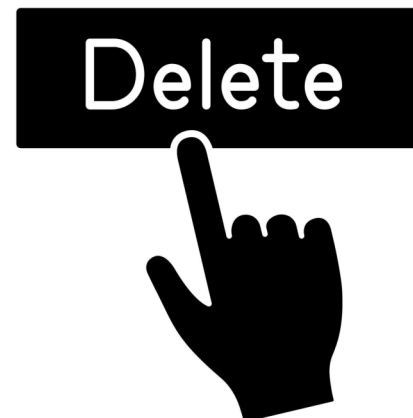


Forcing companies to delete our data - *from page 8*

guidelines to collect as much customer information as they can, use it for more and hold it for longer.

Some experts say the right to erasure, which has been in place in Europe since 2018, would help stop damaging data hacks. And it is a right that 90 per cent of Australians support, according a 2023 survey of about 1,600 people by the OAIC.

James North, who heads the technology practice at law firm Corrs Chambers Westgarth, says there is "a growing sense in the community that ... people want more control over their data". He says people have the right to "have the data about you corrected ... but you don't have an explicit right to say, 'Don't use my personal data'".



"But data minimisation, not collecting data that's not required for identity checks for example, and having these avenues for consumers to understand what information companies have about them and making sure that it's appropriate — and for companies to delete information when it's no longer required — it's much better than having a breach and then a class action.

Removing a 'honey pot for cybercriminals'

Professor Ko says the reform would be "a great move, and a great direction, especially given the fact that individuals can hold companies or organisations to account".

"In terms of implementation, if it's just within an organisation, the right to erasure is actually technically possible," he says.

"It also gives the organisations an opportunity to look into how to communicate that with customers, like, 'If we collect your data, it's used for this, and when you're no longer a customer with us, we'll be deleting this, and you know you can call us'.

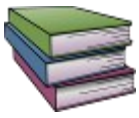
"It's a good system and a good practice to have and it also reduces the chance of your organisation being a honeypot for cybercriminals."

Government 'taking time'

The Albanese government agreed "in-principle" to the reform in 2023, subject to exceptions in the public interest, including for law enforcement and national security.

A spokesman for Federal Attorney-General Michelle Rowland says the government is "aware of the significant impacts of data breaches on people whose personal information has been compromised, often without their knowledge, and is committed to protecting the privacy of all Australians".

- www.abc.net.au/news/2025-07-18/experts-say-right-to-erasure-removes-cybercriminal-honeypot/105539706 - by Josh Robertson.

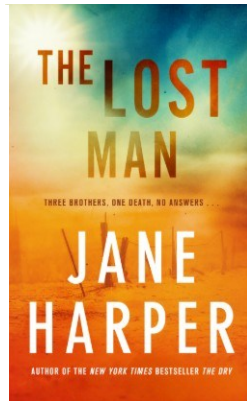


BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

The Lost Man

By Jane Harper

Two brothers meet at the border of their vast cattle properties under the unrelenting sun of outback Queensland.



They are at the stockman's grave, a landmark so old, no one can remember who is buried there. But today, the scant shadow it casts was the last hope for their middle brother, Cameron. The Bright family's quiet existence is thrown into grief and anguish.

Something had been troubling Cameron. Did he lose hope and walk to his death? Because if he didn't, the isolation of the outback leaves few suspects...

Dark, suspenseful, and deeply atmospheric, *The Lost Man* is the highly anticipated next book from the bestselling and award-winning Jane Harper, author of *The Dry* and *Force of Nature*.

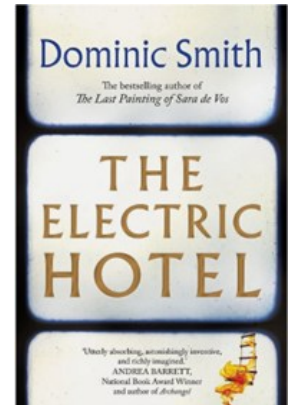
- www.goodreads.com

The Electric

Hotel By

Dominic Smith

A sweeping work of historical fiction, it shimmers between past and present as it



tells the story of the rise and fall of a prodigious film studio and one man's doomed obsession with all that passes in front of the viewfinder.

For nearly half a century, Claude Ballard has been living at the Hollywood Knickerbocker Hotel. A French pioneer of silent films, Claude now spends his days foraging mushrooms in the hills of Los Angeles and taking photographs of runaways and the striplings along Sunset Boulevard. But when a film-history student comes to interview Claude about *The Electric Hotel* - the past comes surging back.

In his run-down hotel suite, the ravages of the past are waiting to be excavated: celluloid fragments and reels in desperate need of restoration, and Claude's memories of the woman who inspired and beguiled him.

- www.goodreads.com

BOOK NOOK NOTICE

We are extremely grateful for book donations but we do not accept old or worn books, text books or old non-fiction books as we have limited display shelving and even more limited storage space.

Beautiful Town ~ Beautiful People

Fiona Welsh, Manager of Nambucca Valley Phoenix

By Ned COWIE

Fiona Welsh is the Manager of Phoenix in Bowraville and she sat down with Bowraville Community News (BCN) to discuss her journey and aspirations.

Born in Talarm, Fiona attended Macksville High School before heading off to the big smoke of Sydney.

After a long career, eventually ending up in marketing for the disability sector, in August 2020, she suddenly found herself temporarily out of work as a 'non-essential worker' because of a COVID focussed society.

"I wanted to insulate myself from that situation happening again and I was looking for self-sufficiency in my retirement," she told BCN.

With that in mind, Fiona bought in to a share property in North Arm with the dream to create a rose farm that she could tend for the rest of her life.

The organisation she now heads, Nambucca Valley Phoenix, is a community-owned social enterprise, dedicated to providing supported employment opportunities for local people with disabilities as well as operating a venue for use by the wider community ie: the Phoenix Art Gallery and the Phoenix Café.

As manager of Phoenix, she aims to elevate disability art as well as provide a space for local artists. "Art is a skill that enables self-healing," Fiona maintains, and she hopes its power will bring people together.

Since joining the organisation in December of last year, Fiona has been instrumental in beginning a very successful 'box divvy hub', run out of the workshop in Adam Street. This project employs two 'supported' employees and sells fresh produce weekly at discounted prices to around 25 subscribers and this number grows daily as locals recognise the savings on offer.

She is also overseeing the creation of a permaculture garden on the grounds of Phoenix.

"Eventually the gardens will become a volunteer-maintained space for others to learn about the science of permaculture," Fiona added.

Another of her ambitious ideas, she told BCN, is to finish the original plan for the facility which currently encompasses three yurts but has designs and space for a fourth.

If you would like to know more about the services offered by Phoenix, contact the café and gallery on High Street – open Monday to Friday between 8am and 2pm.



Doors are open at Nambucca Valley Phoenix Café and Gallery in High Street, Bowraville.



NAMBUCCA PLAZA COMMUNITY MARKET featuring . . .

Teaching Aids and Learning Products

Learning by challenging puzzles can creates an exciting world for all.

My father became a well-respected High School Principal in the NSW Department of Education, in the 1960's. During a discussion I asked him "What did you say to your staff, in a staff meeting, at the beginning of each year?"

He replied "Each of you have chosen your particular subject because you were passionate and enthusiastic about it - your job is to pass on that passion and enthusiasm to your students".

Current education methods in NSW are now structured on a programmed, step by step progression. The flair for the discovery and wonder in learning, is unable to be included in the 'Business Model' required.

Learning hurts!

I had found learning extremely difficult. I found out early in life that ... learning really hurts. My brain hurt with the required effort ... it was an internal blur. So ... I rejected learning because of the mental pain it caused.

Being told that "it is easy" causes intense internal anger to this day.

I'd blurt out "No ... it's not easy" and retreat in a huff.

During my schooling days I developed, what I call, "Spinning Head Syndrome". Thoughts would pile up at overwhelming rates during exams and when being questioned by teachers. A few tears and lots of failures resulted. The fear of failure escalated. Having and wanting to live up to my father's academic standards and expectations proved to be impossible

I faltered at exams. My brain was always an overload of energy ... useless energy. Study provided no help. Reading and comprehending at the same time did not work. The busy background of racing thoughts in my head overwhelmed me.

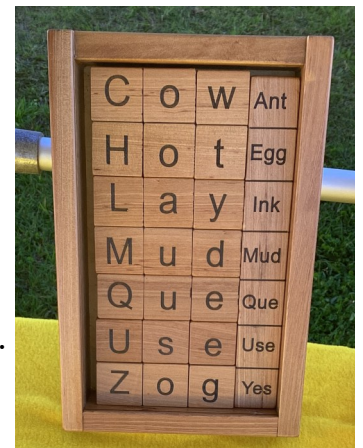
Fear of being judged a failure ... a reoccurring theme.

I wish, to this day, that teachers had been able to DEMONSTRATE stuff At a pace my brain and its unique wiring could handle and then DEMONSTRATE by example, again and again in different ways..... slowly.... then fast blindfolded.

One step at a time giving me a chance to absorb bit by bit.

Learning by challenging puzzles creates an exciting world for all.

- P Kenny.



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

Enquires:

Email: nambuccaheads@lions201n1.au

Phone: Lion Terri 0459515239

2/11

Help change the Narrative

World Suicide Prevention Day - 10 Sept 2025

Every year on 10 September, communities, organisations and governments across Australia and around the globe come together to mark World Suicide Prevention Day. It is a time to reflect, connect, and recommit to our shared goal of preventing suicide and spreading hope.

This year's theme, '*Changing the Narrative on Suicide*', challenges us to transform how we think and talk about suicide.

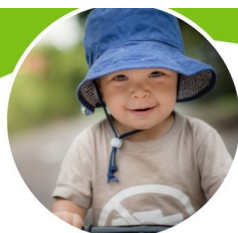
It's a call to shift from silence and stigma to openness, empathy and action, to ensure those who are struggling feel heard, supported, and connected. Together, we can help create a future where more lives are saved and more stories are shared.

In Australia, suicide remains the leading cause of death among people aged 15–44. Every year, more than 3,000 Australians die by suicide, and over 55,000 make an attempt. These are not just numbers, they are families, friends, colleagues and communities. Behind every statistic is a story.

- www.suicidepreventionaust.org/world-suicide-prevention-day/



Suicide Prevention
Australia



RURAL HORIZONS FAMILY DAY CARE

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

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- Earn an income while caring for your own children- balance family life while contributing to the community
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- Benefit from ongoing professional development opportunities
- Support parents/guardians rejoining the workforce by expanding childcare options and assisting families in their return to work



(02) 9779 9908

<http://ruralhorizonsfdc.org.au>

manager@ruralhorizonsfdc.org.au

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



Provider: NSW
Family Day Care
Association

9/11

Radio Nambucca 2NVR 105.9 fm and streaming



Hi Folks,

We have had some great comments about how good our last Studio 3 show was with local band Autumn Blue.

The next show will be one not-to-miss as well. Ceri Wrobel has lined up Jason Lowe a Bellingen slide guitarist. Jason played in the I Shall Be Released show (tribute to Bob Dylan). He will be on Friday 19th September from 6 to 8pm at 2NVR. Thank you, Ceri!

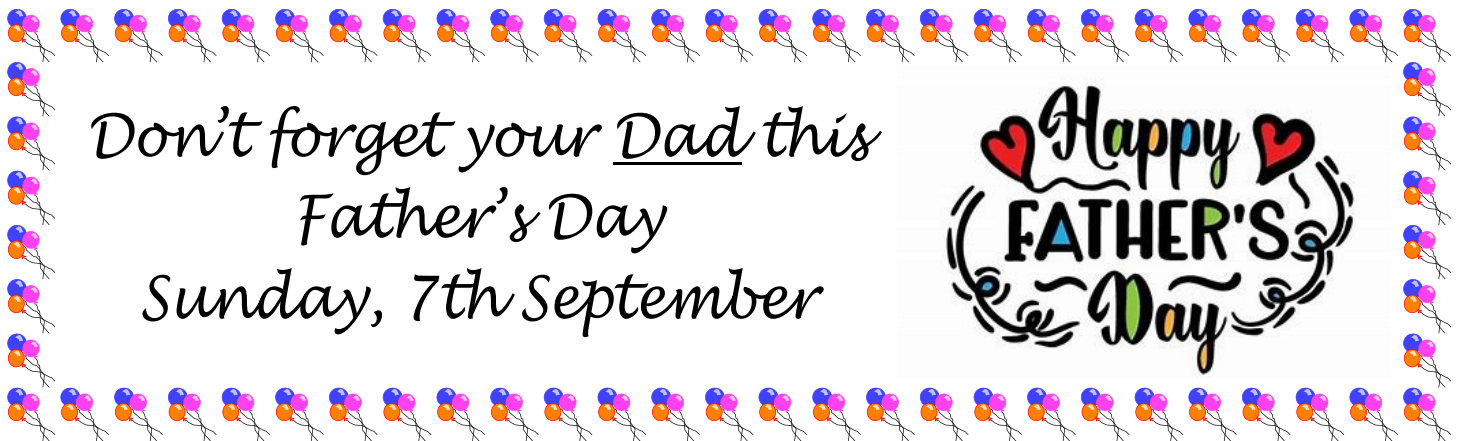
2NVR are seeking an Infrastructure Grant for an extension of our verandah. Thanks to the work of Beverly Gibbs, Paul Burns and Ron Hawkins, the grant application has been lodged and if successful the verandah roof will extend to the garden and will have plastic blinds to keep rain and wind out. We thank these 3 volunteers for all the time they put in - grants require work.

Our intention is to be the voices of our community and to keep our community together. We have a wide variety of shows presented by local people. News of the Area is now played three times a week. Read by Beverly, Linda, Phil and Celeste, it's for people whose vision makes reading difficult, and it's also good for busy people who can listen while they work.

Our AGM will be on the 13th September at 11am in the Tewinga Studio at 834 Rodeo Drive. All are welcome to attend.

105.9 FM on your radio or 2NVR.org You can listen on the website and find all our program info.

See you round the valley. - Luise.



*Don't forget your Dad this
Father's Day
Sunday, 7th September*

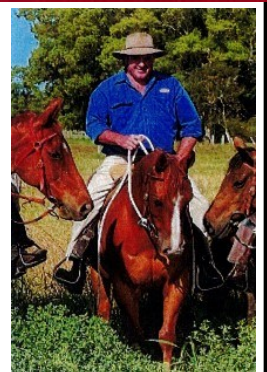


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Barney Townley is a local farmer well known for his knowledge of the Nambucca Valley farming community.

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

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



10/11

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products for pasture, cropping,
horticulture and gardening applications
from a wide variety
of well known brands.

8/11

Growing Spices in your Garden
*Replicating the intoxicating aromas and
flavours we experience in restaurants
can be as simple as obtaining high
quality spices, and there's no
better way than growing spices at
home this spring!*

Spice History

The spice trade has a rich history. In the early days, spices did more than simply improve the flavour of food, they served in the vital function of food preservation. Early sea traders carried spices from the exotic east and introduced them to western civilisation where they soon became more valuable than gold. In the 21st century, spices such as saffron can still, gram for gram, command prices that rival some of our precious metals.

Growing Ginger (Zingiber offi cinale)

Ginger (Zingiber offi cinale) is one of the world's most familiar spices. Its strong flavour and aroma make it an essential ingredient in a range of Asian dishes and is associated with sweets like desserts, cakes, biscuits and drinks throughout the western world. The part we use is the underground rhizome of the plant. Give ginger an open, full sun position and plenty of room as it will spread and multiply quickly. Harvest during its winter dormancy period and store some rhizomes for re-planting in spring. Crushed or minced ginger can be frozen in ice cube trays for later use. In frost-prone areas, grow ginger in pots and move to a sheltered position during cold periods.

Growing Cardamom

(Elletarria cardamomom)

Two close relatives of ginger are cardamom and turmeric. Cardamom (Elletarria cardamomom) is a large,

Continued on Page 24





Health

Mid North Coast

Local Health District

Quality and Excellence in Regional Healthcare

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Free Confidential Women's Health Clinic

Cervical Screening (Pap Smears), Breast Checks, Postnatal Checks, Contraception advice, Continence advice and other Women's issues.

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

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Macksville, Stuarts Point,
For an appointment call
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and leave a message

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

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

N/C



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25/11

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.

Women's Health Week

1 - 5 September 2025

Taking care of your physical and mental health paves the way for better holistic well-being down the track. But it's not always easy to do so, especially for women juggling career and household responsibilities.

If not taken care of, unseen mental health burdens that women carry can manifest into physical ailments.

A recent Victoria University study found that up to 80 per cent of heart disease, stroke and type-2 diabetes and over a third of cancers could be prevented by better self-care – by regular exercise, healthy eating and quitting alcohol and smoking.

Research suggests sleeping well, eating well, and having a steady routine - with exercise scheduled in - can make a significant difference to your wellbeing.

Sometimes, just taking fifteen minutes to have a cuppa can also makes a world of difference. Drink it slowly and look outside or go out into the garden.

- womens-health-week

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**Fill a bag of clothing for just \$5
during September. Excludes
jackets which will be ½ price**

Look for our monthly specials.

~ GARDENS & GARDENING ~

Growing Spices - *from page 22*

clumping plant up to 2 metres in height, so make sure you give it space. Native to Sri-Lanka, the fragrance of its foliage will permeate rice dishes and is also great wrapped around fish or meat on the barbecue. Its highly fragrant seed pods are also used in cooking. Grow it in a semi-shaded corner of the garden where it will fill up an unused space with ease.

Growing Turmeric

(*Curcuma domestica*)

Turmeric (*Curcuma domestica*) is the spice that gives a curry its distinctive, mustard-yellow colouring. The subtle flavour of turmeric is used to enhance curries, soups, stews, vegetable and rice dishes. Like ginger, turmeric is a clumping plant that produces rhizomes that are best harvested during winter when the plant is completely dormant. Unlike ginger, it prefers to be planted in light shade where the brilliant, lemon-cream flowers can be enjoyed throughout the summer months. Turmeric can be used either fresh or ground and will store many months if dried. Turmeric is one of the most ornamental spices when in flower.

Growing Galangal (*Alpinia galanga*)

Galangal or greater galangal (*Alpinia galanga*) is an important ingredient in many Thai dishes. It is a close relative of both cardamom and ginger but is easier to grow in cooler regions. Great for growing in pots, its butterfly-shaped, apricot flowers make it a handsome ornamental plant. Again, it is the thick rhizome that brings a warming flavour to curries.

*- www.abouththegarden.com.au/growing-spices-at-home-this-spring
More next month*

Medlow Public School Citizen Scientists

'Decoding the Universe' in National Science Week 2025

On Thursday, 14th August, during National Science Week (9th-14th August), the Upper Taylors Arm River was speckled with 15 enthusiastic students from Medlow Public School. National Science Week is the annual celebration of science and technology in Australia.

The theme for the week, 'Decoding the Universe', encouraged students to 'explore the unknown with nature's hidden language'. The Nambucca Riverwatch team of volunteers collaborated with Medlow Public School students and their teacher, Mrs. Laura Donnelly, to examine the river flow patterns, landscape patterns, and water quality in the Taylors Arm River. The main outcome of this field day was to encourage students to question their use of the river and identify what contributes to a thriving river.

The students engaged in a number of Citizen Science activities utilising mathematical and scientific concepts. They inspected macro-invertebrates (water bugs), mapped the river pattern, river bed and landscape, completed a sound map, and rated the health of the river. The students were given guided instruction by the Nambucca Riverwatch volunteers. Elizabeth Newman said, 'The students were very keen and focused throughout the activities. It was a joy to work with such well-behaved and interested students.'

Water samples were collected from the river by the students to measure pH, oxygen, electrical conductivity, phosphate, turbidity, and water temperature. One student remarked, 'I liked watching the solution change colour during the experiment,' while another student enjoyed chasing the water bugs. Many students also created Rock Art towers from the unusual flat faced rocks at the river bed.

Medlow Public School is located near the Taylor's Arm River. It is the last of the small rural schools in the Nambucca Valley and has provided continuous education in the Taylors Arm area for 117 years. The Nambucca Riverwatch team would like to thank Medlow Public School for their involvement in this year's National Science Week Field Day, which took place on Thursday, 14th August. It was evident on the day that the school demonstrated a 'warm, caring, and friendly learning environment'.

- Beverly Gibbs



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Email: admin@nambuccaanglicans.com.au

Office: 02 6568 9029

*Baptisms, weddings
and funerals.*

10/11

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

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

St Jimmy's Kitchen ^{10/11}
3rd Thursday of Month at 5.30pm

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

ST. JAMES CHURCH HALL

WHERE IS THAT TIME CAPSULE? From page 12



attended the official centenary ceremony at Bowraville Central School, along with a visiting dignitary, Mr J H Brown MLA representing the Minister for Education.

News reports and a commemorative booklet published at the time make no mention of a time capsule being buried at this event adding weight to Mr Townley's recollections of it being on a school-day.

With Bowraville Central School celebrating its 150th anniversary on 14 November this year, if any members of the public have information regarding the missing time capsule or capsules, they are urged to contact the BTC or Bowraville Central School to discuss their recollections.

A plaque - found in High Street Bowraville, opposite the Post Office, commemorates the burial of two time-capsules in 1975 "during the centenary celebrations of the Bowraville Central School and the diamond jubilee (60 yrs) of the Nambucca Shire Council."



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28/11

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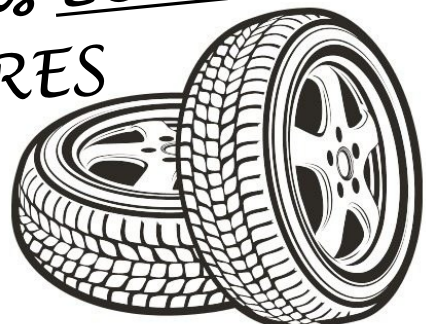
26/11



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Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2025							Studio 3 Live	Community Radio Network
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Clairessence Sounds from Screen With Claire Watt	The Bohemian Beat With Riddhi	Aussie Grown Across the Nation Aussie Christian grassroots to charts.	Tones of Clairessence Claire Watt	TGIF Bethina Goodwin	Rise N Shine Ron Hawkins	Sunday Morning Soul Sound	6 AM
7 AM	Paradigm Shift With Geoff Moyle	Real World Gardener + Living Planet	A Country Tea Time With DJ Tina	Get that musical clairessence!	News, tunes and interviews Great music to start your day	Random ravings in a musical mix with: Heavens Above: 6:30 Saltwater People: 7:30 It's Only Words: 8:30	With Clairessence	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe	From Then To Now With Paul & Rachel Burns	Smoko with Gazza With Gary Biden	FlipSide With Phill	Talk Of The Town Ceri Wrobel	Local News of the Area Audio news, with Beverly & Linda	Scoob's Smorgasbord With Scoobs	8 AM
9 AM	Baby Boomers Donna Collins	Infopinion With Richard & Eddie	Mystical Music & Musings With Luise	Turning Pages Elizabeth Newman	Peter's Pops & Classical Tunes & Melodies	Noisy Neighbours Trenck de Groot	That's A Wrap Donna, Nigel, Gary & Les	9 AM
10 AM	Flashback With Rob Davidson	Mixed Grill With Macca	33 Blues With Lizzie	Environmental Matters with Elizabeth & Earth Matters	Robertson's Rollercoaster With Tom	Garage Noise With Sean Ambrose	Local sports calls and in-depth sporting analysis	10 AM
11 AM	Hot, Sweet & Jazzy From "The Pulse"	Rock On With Jimmy & the Bluebirds	DJ Casey DJ Casey's selected music	Tewinga Tunes With Ralph	MHS Radio From Macksville High	Soul Quench With Lizzie	AND THAT'S A WRAP	11 AM
Noon	A Breath of Fresh Air With Sandy Kaye	Sister Act Olivia & Sam	The Sixties in Australia Rob Davidson	Thursdays Country Trickivic	The Wire Weekly News wrap weekly	Music with a Message Geoff Stone	Praise, Prayer & Pop With Michelle	Noon
1 PM	Bowra Beats With Grace Walters	Retro Birds Robyn Wren & Sally Swan	The Curious World of Lisa Z	Hit Singles From Your Past With Macca	The Local Source All Aussie Music	Meet Me @ The Movies Narrative about Narratives	The Antisf Radio Show With Nuke	1 PM
2 PM	Hinterland With Ben Walters	Not out of the box	Tracy's Eclectic Tunes With TracyO	Politics & the Environment Michael Jones	Fish's Favourites With Dave P	Saturday Date With Stu	Imagine This Radio drama & stories	2 PM
3 PM	Reggae Mixtape With Fitzroy	On the Flipside With CJ	Musical reminiscences, favourites and fun.	Tim Unsupervised Tim Hood	Tunes I like to hear...	Wolfy Wolfy's music & requests	Prog Rock Playlist Rhino	3 PM
4 PM	Music Makers With Yen	Space Nuts Lost in Science	Ant's Rock Anthony Gamsey	Late night humour, music, interviews and more...	Dark Side of the Moon My Generation	2NVR Music Mix	The best of Progressive Rock	4 PM
5 PM	Music outside the usual	Zed Games & Diffusion	Solid Rock Aussie Focus	2NVR Music Mix	The Gary Jackson Show & Sounds of the Seventies	Overnight entertainment plus +	2NVR Overnight Music Mix	5 PM
6 PM	2NVR Overnight Music Mix		Ant's Rock Overnight					6 PM
7 PM								7 PM
8 PM								8 PM
9 PM								9 PM
10 PM								10 PM
11 PM								11 PM
Midnight								Midnight