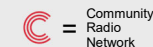
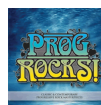




# Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2025

Studio 3 Live



| Time     | Monday                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                 | Wednesday                                                                                                                           | Thursday                                                                                                                                                                | Friday                                                                                                                                                      | Saturday                                                                                                                        | Sunday                                                                                                                                    | Time     |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|----------|
| 6 AM     | <b>Clairessense Sounds from Screen</b><br>With Claire Watt  | <b>The Bohemian Beat</b><br>With Riddhi                                                                                                                                | <b>Aussie Grown Across the Nation</b><br><i>Aussie Christian grassroots to charts.</i>                                              | <b>Tones of Clairessense</b><br>Claire Watt                                                                                                                             | <b>TGIF</b><br>Bettina Goodwin                                           | <b>Rise N Shine</b><br>Ron Hawkins           | <b>Sunday Morning Soul Sound</b><br>With Clairessense  | 6 AM     |
| 7 AM     |                                                                                                                                              | <b>Real World Gardener + Living Planet</b>                                                                                                                             | <b>A Country Tea Time</b><br>With DJ Tina          |   |                                                                                                                                                             | <i>Random ravings in a musical mix with:</i><br>Heavens Above: 6:30<br>Saltwater People: 7:30<br>It's Only Words: 8:30          |                                                                                                                                           | 7 AM     |
| 8 AM     | <b>Paradigm Shift</b><br>With Geoff Moyle                                                                                                    | <b>From Then To Now</b><br>With Paul & Rachel Burns                                                                                                                    | <i>Sipping and spinning it all!</i>                                                                                                 | <i>Get that musical clairessence!</i>                                                                                                                                   | <i>News, tunes and interviews</i><br><i>Great music to start your day</i>                                                                                   |                                                                                                                                 |                                                                                                                                           | 8 AM     |
| 9 AM     | <b>Classic Hits &amp; Jukebox</b><br>Paul Rowe              |                                                                                                                                                                                                                                                         | <b>Smoko with Gazza</b><br>With Gary Biden         | <b>FlipSide</b><br>With Phill                                                        | <b>Talk Of The Town</b><br>Ceri Wrobel                                   | <b>Local News of the Area</b><br>Audio news, with Beverly & Linda                                                               | <b>Scoob's Smorgasbord</b><br>With Scoobs              | 9 AM     |
| 10 AM    | <i>Great Rock 'n' Roll</i>                                                                                                                   |                                                                                                                                                                                                                                                         |                                                                                                                                     | <i>All Aussie artists</i><br><i>All recent releases</i>                                                                                                                 | <i>See what's going down!</i>                                                                                                                               | <b>Maidensong</b><br>Dianna Galbraith                                                                                           | <i>Haunting ballads to electrifying beats with a dash of the unknown!</i>                                                                 | 10 AM    |
| 11 AM    | <b>Baby Boomers</b><br>Donna Collins                        | <b>Infopinion</b><br>With Richard & Eddie <br><i>Information with opinion, but no alternative facts + eclectic music</i><br>You are invited to take part.              | <b>Mystical Music &amp; Musings</b><br>With Luise  | <b>Turning Pages</b><br>Elizabeth Newman                                              | <b>Peter's Pops</b>                                                      | <b>Noisy Neighbours</b><br>Trenck de Groot   | <b>That's A Wrap</b><br>Donna, Nigel, Gary & Les                                                                                          | 11 AM    |
| Noon     |                                                                                                                                              |                                                                                                                                                                                                                                                         |                                                                                                                                     |                                                                                       | <b>Classical Tunes &amp; Melodies</b><br>With Peter K                    |                                                                                                                                 |                                                                                                                                           | Noon     |
| 1 PM     | <b>Flashback</b><br>With Rob Davidson                       | <b>Mixed Grill</b><br>With Macca                                                                                                                                       | <b>33 Blues</b><br>With Lizzie                     | <b>Environmental Matters</b><br>with Elizabeth + Earth Matters                                                                                                          |                                                                                                                                                             | <b>Garage Noise</b><br>With Sean Ambrose     | <i>Local sports calls and in-depth sporting analysis</i>                                                                                  | 1 PM     |
| 2 PM     | <i>1960's to 1990's</i><br><i>with a weekly featured artist</i>                                                                              | <i>A little bit of everything hot!</i>                                                                                                                                                                                                                  | <i>Tune in and join Lizzie for a Blues extravaganza.</i>                                                                            | <b>Tewinga Tunes</b><br>With Ralph                                                   | <b>Robertson's Rollercoaster</b><br>With Tom                             | <i>Alternative Music</i>                                                                                                        |                                                                                                                                           | 2 PM     |
| 3 PM     | <b>Hot, Sweet &amp; Jazzy</b><br>From "The Pulse"           | <b>Rock On</b><br>With Jimmy & the Bluebirds                                                                                                                                                                                                            | <b>DJ Casey</b><br>DJ Casey's selected music                                                                                        | <i>Guaranteed ear candy</i>                                                                                                                                             | <i>Music from up and down and all over the place.</i>                                                                                                       | <b>Soul Quench</b><br>With Lizzie                                                                                               |                                                        | 3 PM     |
| 4 PM     | <b>A Breath of Fresh Air</b><br>With Sandy Kaye             | <b>Sister Act</b><br>Olivia & Sam                                                                                                                                      | <b>The Sixties in Australia</b><br>Rob Davidson                                                                                     | <b>Thursday Country</b><br>                                                          | <b>MHS Radio</b><br>From Macksville High                                                                                                                    | <i>Soulful vocals; soulful lyrics, soulful beat — dance, cry or fall in love again</i>                                          |                                                                                                                                           | 4 PM     |
| 5 PM     | <b>Bowra Beats</b><br>With Grace Walters                   | <b>Retro Birds</b><br>Robyn Wren & Sally Swan                                                                                                                         | <b>The Curious World of Lisa Z</b>                | Trickivic                                                                                                                                                               | <b>The Wire Weekly + Aussie Music is BG</b>                              | <b>Music with a Message</b><br>Geoff Stone  | <b>Praise, Prayer &amp; Pop</b><br>With Michelle      | 5 PM     |
| 6 PM     | <b>Hinterland</b><br>With Ben Walters                     | <i>Not out of the box</i>                                                                                                                                                                                                                               | <b>Tracy's Eclectic Tunes</b><br>With TracyO     | <b>Hit Singles From Your Past</b><br>With Macca                                    | <b>The Local Source</b><br>All Aussie Music                            |                                                                                                                                 |                                                                                                                                           | 6 PM     |
| 7 PM     | <b>Reggae Mixtape</b><br>With Fitzroy                     | <b>On the Flipside</b><br>With CJ                                                                                                                                    | <i>Musical reminiscences, favourites and fun.</i>                                                                                   |                                                                                                                                                                         | <b>Meet Me @ The Movies</b><br>Narrative about Narratives              | <b>Saturday Date</b><br>With Stu           | <b>The AntiSF Radio Show</b><br>With Nuke            | 7 PM     |
| 8 PM     | <i>Music outside the usual</i>                                                                                                               | <i>CJ flips vinyl records, CDs and ideas!</i>                                                                                                                                                                                                           | <b>Ant's Rock</b><br>Anthony Gamsey              | <b>Politics &amp; the Environment</b><br>Michael Jones                             | <b>Fish's Favourites</b><br>With Dave P                                | <i>Don't forget to keep your date!</i>                                                                                          | <b>Imagine This</b><br>Radio drama & stories         | 8 PM     |
| 9 PM     | <b>Music Makers</b><br>With Yen                           | <b>Space Nuts</b> <br><b>Lost in Science</b><br><b>Zed Games &amp; Diffusion</b>  | <i>Solid Rock</i><br><i>Aussie Focus</i>                                                                                            | <b>Tim Unsupervised</b><br>Tim Hood                                                | <i>Tunes I like to hear...</i>                                         | <b>Wolfy</b><br>Wolfy's music & requests   | <b>Prog Rock Playlist</b><br>Rhino                   | 9 PM     |
| 10 PM    |                                                                                                                                              |                                                                                                                                                                                                                                                         |                                                                                                                                     | <i>Late night humour, music, interviews and more...</i>                                                                                                                 | <b>Dark Side of the Moon</b><br><b>My Generation</b><br><b>The Gary Jackson Show &amp; Sounds of the Seventies</b><br><i>Overnight entertainment plus +</i> |                                                                                                                                 | <i>The best of Progressive Rock</i>                                                                                                       | 10 PM    |
| 11 PM    |                                                                                                                                              | <b>2NVR Music Mix</b>                                                                                                                                                | <b>Ant's Rock</b>                                                                                                                   | <b>2NVR Music Mix</b>                                                              |                                                                                                                                                             | <b>2NVR Music Mix</b>                      |                                                                                                                                           | 11 PM    |
| Midnight | <b>2NVR Overnight Music Mix</b>                                                                                                              |                                                                                                                                                                                                                                                         | <b>Overnight</b>                                 |                                                                                                                                                                         |                                                                                                                                                             |                                                                                                                                 | <b>2NVR Overnight Music Mix</b>                                                                                                           | Midnight |

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New shows on 2NVR for Winter include:  
*Tracy's Eclectic Tunes* with Tracy O (pictured on-air above)  
*On the Flipside* with CJ  
*Robertson's Rollercoaster* with Tom  
*33 Blues* with Lizzie

Visit our website  
[2nvr.org.au](http://2nvr.org.au)

2NVR is a part of the  
Community Radio Network



Dial Up 2NVR  
**105.9 FM**



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## Program Guide



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