

Nambucca Valley Radio Summer 2025



2NVR Nambucca Valley Radio

105.9 FM Community Radio, Streaming Worldwide

Email: admin@2nvr.org.au

Message from the President.

Hi folks,

I hope everyone is doing well and I thank you for being part of our great team. On behalf of the Committee, I invite all members and friends of 2NVR to attend our Christmas Party on Friday December 19 at Studio 3 Live– Coastal Dave. Ceri says, 'Coastal Dave is an acoustic artist deeply rooted in the soulful sound of blues, dark country and timeless classics.' Please come and enjoy the show together, and we will provide ham, turkey and salads for all.

Best wishes, Luise



The 2NVR Committee of Management 2025-2026

(L-R) John Wilson, Luise Pearson-Bernoth (President), Celeste Howden, Ron Hawkins, Paul Burns (Assistant Secretary), Dave Pirani (Treasurer), Beverly Gibbs (Secretary).

The Hitching Post Award for Radio Excellence



Donna Collins was recognized at the Annual AGM for work on her programs 'Baby Boomers' and 'That's a Wrap' as well as her regular newsletter and technical and leadership skills organizing the regular Outside Broadcasts at events such as The Rusty Iron Rally, football games, market days and other fundraisers. Donna received The Hitching Post Award for Radio Excellence.

The Golden Peg Award

Beverly Gibbs received the Golden Peg Award at 2NVR's AGM for her exceptional volunteer work.

The award acknowledges her contributions for producing the seasonal newsletter, writing grant applications and organizing a team of broadcasters for the News Of The Area recordings.



The **AUSIFY your algorithm** campaign ran during November 1-30 to encourage presenters to focus on local artists. The campaign celebrated hundreds of acts throughout November and highlighted the incredible diversity of the country's music scene.

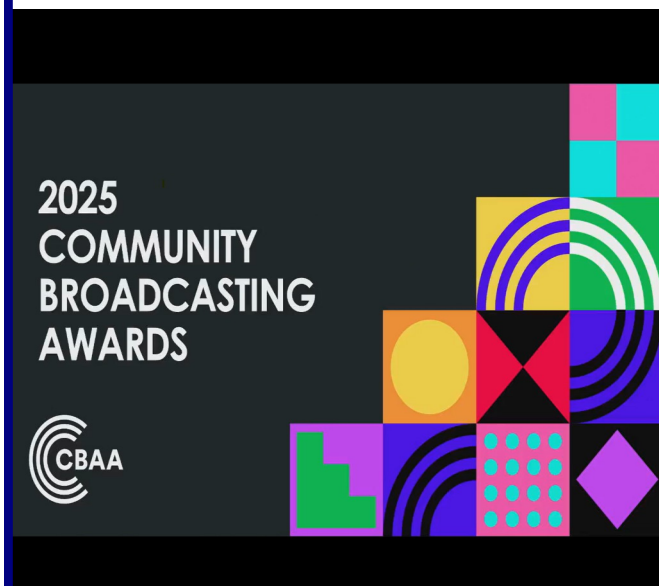
<https://ausify.com.au/>





The CBAA Conference in 2025 was held at the Crowne Plaza in Nipaluna-Hobart on October 23-25 October. Beverly attended and was supported with funds from the 2NVR committee to pay for and attend the workshops at the conference. The CBAA Conference is the biggest event in the community broadcasting sector and it's a chance to meet other broadcasters and learn something new along the way.

The finalists for the awards were announced in September 2025 and unfortunately 2NVR missed out this year. There were over 260 entries for more than 20 categories. These three special awards were announced on the night of October 25.

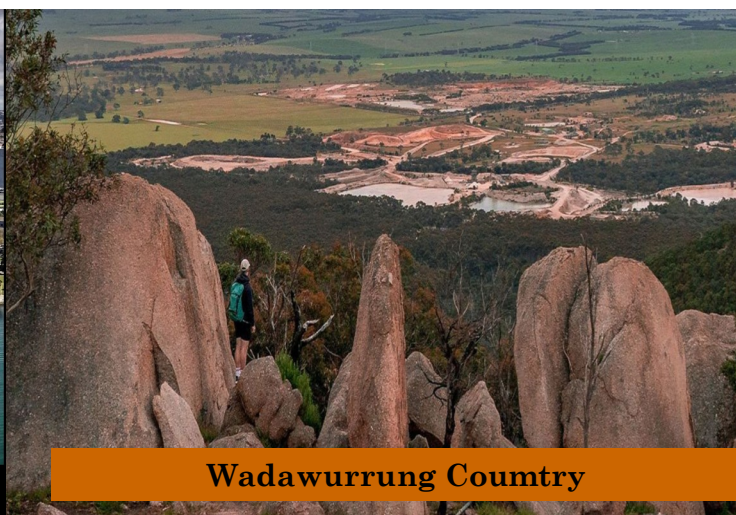


Community Broadcasting Honour Roll— 6 people were acknowledged for their hard work and dedication as long— serving broad casters who contributed to a single station for over 15 years.

Tony Staley Award -Excellence in CommunityBroadcasting (Perth) RTRFM
<https://rtrfm.com.au/>

Michael Law Award— James 'Jim' Parish
 OAM (Tasmania) Technorama.org.au

The 2026 CBAA Conference will be held in Victoria at the Nyaal Banyul Geelong Convention and Event Centre.





Dave Banks from Nambucca Rotary with Ceri, winner of the spin, and our spinner helper on the night, Harrison.



It was an excellent night. 2NVR should get together like this more often'



2NVR Fundraiser at Bowra Sports Hub by Nambucca Valley Rotary

2NVR teams and friends met at the Bowra Sports Hub on Tuesday November 18 for the Rotary Club of Nambucca Valley's fundraiser for the station. These events bring together different not-for-profit community groups each week for a night of fun, trivia and fundraising. The Rotary Chocolate Wheel draws strong community support and delivers real benefits to local groups. 2NVR received \$400.00 on the night with one wheel winner donating their winnings to 2NVR. Harrison from Valla was invited to be the wheel spinner which he took to with enthusiasm. Ceri Wrobel and Michelle Walker were some of the lucky spinner winners. Children are invited to spin the wheel, adding a family-friendly atmosphere to the event. A special thanks to Harrison, Robyn and Paul Dyer's grandson, for his powerful spins!



Public Forum 'Chat' feedback from the 2NVR website.

- Really enjoying your show, thanks MHS!
- Jake and the Fatman are sensational!!
- I've been listening today on the app! All sounding good!
- I'm currently in Nambucca for 3 days and I've been listening to this station every time I go, good stuff!

Outside Broadcasting Events



Some of the usual suspects at the Rusty Iron Rally—Paul & Rachel Burns, Donna Collins & Les McMahon



Rachel Burns & Jen Hetherington (NOTA) getting their wiggle on at Back to Bowra
(Below) Paul & Rachel Burns broadcasting at Back to Bowra



Frank Partridge VC School
Annual Fete Day

Les, Donna, Aunt Nerida & Maddi Year 5

Around the station



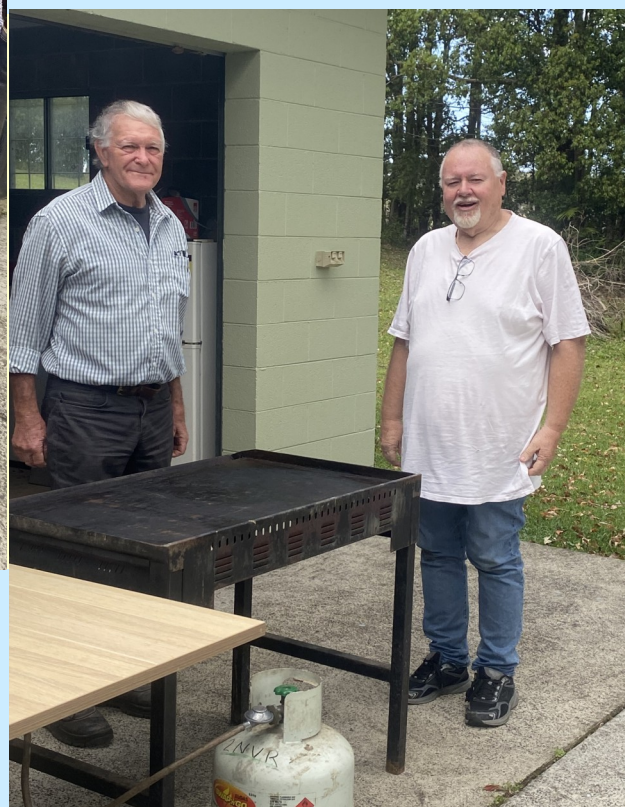
Thanks to Geoff for the great job cleaning the tennis court and bringing his family along to utilize it. Extra thanks to Geoff Moyle for sorting our faulty water tank pump.



Jake always ready with a smile for all of us.



The team in action to sort out the placement of the new centre's sign. Thanks to Paul, Tim and Dave.



*Peter and Geoff manning the BBQ
And Elizabeth and Lizzie networking at Start of Season
BBQ*



2NVR Presenter Rachel Burns launching her book with many 2NVR members attending including Linda and Michelle



Detective Chief Inspector (DCI) Darren Jameson visited 2NVR on November 20 and contributed to community radio content about Domestic Violence. He has been in command at Nambucca heads for the past 4 years, and prior to that as Crime Manager at Coffs Harbour. He and his family arrived on the Mid North Coast in 2013.

Darren has always been interested in policing though his parents were hoteliers. He has always wanted to make the community safer. His philosophy is 'service to others'. In his present role at Nambucca Heads, he makes strategic decisions that make a difference to community safety. The issues faced by the police in this area are quite diverse compared to his work in Sydney.

He has received many awards for his service but when he worked in Child Protection he found it rewarding to help children and teenagers to seek justice for themselves and make them safe.

CBAA staff visiting 2NVR at Tewinga November 21, 2025



Thanks to members who supported our CBAA visitors. Madeleine Mitchell—Station Development Coordinator and Eleanor Zurowski— Station Development Manager. Madeleine said, 'thank you to the team for taking the time to meet... it was lovely to have a chat with everyone. A special thanks to our youth representative Thomas from Robertson's Rollercoaster.



Presenter Profile: Celeste Howden

‘Brunch Pops’ Sundays 11am



Celeste heard about 2nvr via Facebook when Ion was advertising a new training opportunity for community radio broadcasting. Celeste wanted to find something with purpose in semi-retirement, to serve the community, and is pleased to become part of Nambucca Valley Radio as it links her interest in music and engagement with the community.

Celeste is enjoying the technical side of community radio with her regular program, and in 2025, she joined the committee. She has taken on the task of revising the 2NVR website as well as joining the team to record News Of The

Area. Celeste's radio program on Sunday focuses on uplifting, boppy, positive and empowering music with a great beat. She likes songs that link to messages around social justice issues and features groups that don't receive prominence, such as LGBTQ+ artists and other diverse groups, such as First Nations.

Celeste has a strong background in music, learning piano as a child (which she wasn't fond of), but persisted as she loved music and enjoyed the creative side. Music was in the family's genes, as her father had been a singer in local Barbershop

Quartets, and her grandmother had played the piano and cello. Celeste, at the age of 14, chose the guitar and then switched over to bass, 'much to the horror of her mother!' Celeste started playing in garage bands around Melbourne, but singing has never been Celeste's thing!

Celeste's first career was as a professional musician in the late 1970's when she played in Melbourne with a band named 'Stiletto' as a Bass Guitarist. (See below). Celeste would set up sound systems for bands as a sound engineer when she played with different bands. She was involved with Stiletto for over 2 years before joining Circus OZ as a bass guitarist with some 'tumbles and balancing acts' that were expected of all participants. They then had a residency in Sydney, where Celeste eventually stayed after Circus OZ went overseas. In the 1980s, a strong feminist music scene existed in Sydney, and Celeste joined many women's bands. These included the popular 'Stray Dags' https://en.wikipedia.org/wiki/Stray_Dags and 'Doris Dazed' - a country band which played at the Tamworth Music Festival many times.

Celeste enjoys the technical side of community radio

In the 1980s, Celeste supported women survivors of domestic violence and/or sexual abuse, and helped to set up the first refuge for single women in Sydney to prevent homelessness. She also studied and practised as a counsellor and nearly completed her Social Work Degree, but was hampered by the need to complete unpaid work placements. Celeste then moved away from music and began studying in 1990, completing a Communications Degree at UTS and has worked 'at the back end' of The National training packages system. Then, in 2016, Celeste continued moving north to the Nambucca Valley, as she wanted to escape the overcrowding and lack of infrastructure in the inner city.

STILETTO



Members: Jane Clifton (lead vocals), Celeste Howden (bass), Andrew Bell (guitar, keyboards), Chris Worrall (guitar), Eddie Van Rosendaal (drums), Janie Conway (vocals/guitar), Marnie Sheehan (bass)

<https://historyofaussiemusic.blogspot.com/2016/03/stiletto.html>

*'Criminally underrated, **Stiletto** were an alternative/pseudo-feminist band from Carlton formed in the mid 70's. The original lineup was Jane Clifton on vocals, Janie Conway on vocals and guitar, Andrew Bell on guitar, Marnie Sheehan on bass and Eddie Van Rosendaal on drums. Stiletto rode a wave of popularity that was unprecedented for a band of its kind at the time. With its women-oriented lyrics and tough, loud, highly arranged music the band gained a strong following without really trying. In 1977 guitarist Chris Worrall (ex Pelaco Brothers) replaced Conway and Celeste Howden replaced Sheehan. The band signed to the OZ label and released a couple of singles and an album. Unfortunately, the single releases failed to chart, and the label dropped them.*

The band did a lot of gigs in and around Melbourne, Sydney, Adelaide and quite a few very memorable shows in Brisbane when the powers that be that ran the place had a size 12 boot firmly on the throat of anything that looked like fun. And one thing Jane and the band liked was fun – and the giving of it to loving audiences. The band supported Elvis Costello and The Attractions in Melbourne on their Australian tour in 1979. They disbanded not long after. Chris Worrall died in 2024.'

Volunteering at 2NVR

Have you ever wondered who does all the extra work around the Tewinga Community Centre?

Here is a short list of some of the duties our wonderful team of volunteers complete:

- Peter brings the bins in on Fridays.
- Ceri (at right) cleaning the sign and inserting the advertising for the monthly Studio Live performer/s.
- Electrical work—Paul
- Water Filter replacement— the 2 plumbers Trench and Beverly
- Cleaning Luise and Peter and Gary—Angie (paid worker)
- Ground work— Trench and Ben
- Wheelie bin out— Tim
- Minor carpentry work—Tim & Sean
- Tennis Court cleaned— Geoff
- Publicity on Facebook and News of the Area, Valla Views— Ceri
- Website— Ion and Celeste
- Training and Programming— Ion
- Music library— Dave

Our new sign in place, thanks to the team work of Tim, Paul and Dave.

A special mention to Paul for all his to and fro travel and communications with men's sheds to bring the project to completion.





4 ESSENTIAL TIPS FOR GROWING YOUR ONLINE AUDIENCE

How to implement a simple on-air strategy to increase your online listening audience.



01 **Announce your station every break**

We call them station formatives. The basic building block of a break. They give your station consistency & structure. And may include call letters, time checks, taglines, and regularly scheduled features, such as contests, your socials and ways to listen.



02 **Think of your programs in 15-minute sections. Promote the ways to listen regularly**

Your listeners are always tuning in and out. Try and represent the sound of your program/station in a 15-minute window. Promote your socials in one quarter, your website the next, online listening in another quarter and mobile/smart speakers the last.



03 **Top of hour has highest tune in. Take advantage of it**

The minutes before and after the top of the hour are your highest listening periods. Schedule a station promotion highlighting the ways listeners can engage with you on Insta, Facebook, your audio stream on Amazon speakers, Community Radio Plus and your website.



04 **Get your presenters cross promoting each other**

Grow your listening across the station by encouraging your presenters to cross promote each others shows. Great when you have audio-on-demand on your website.

The tools at your disposal

Use a mix of short stings, sweepers, produced promos, and live announcer liners across each hour.





Because *every* call for help should be heard.

For domestic and family violence victims, a safe phone is a powerful tool, amplifying their voices and empowering them to feel safe and stay connected.

At DV Safe Phone, we're committed to ensuring that every voice from every background is heard and supported.

You can make a difference.

By collecting and donating phones, fundraising, or donating funds, you'll ensure we can continue changing lives.

Join us in our mission to break the cycle of violence and create a future where everyone is safe and valued.

