

Captains Flat
Markets on this
Saturday

65th Tarago Show:
Reimagine -
Sunday March 2

Pet
of the
Week



Regional Independent

Free

An independent, community newspaper distributed throughout the
Queanbeyan - Palerang region.

Wednesday 29 January, 2025

No. 427

Celebrating our local heroes

Perfect weather for the Australia Day ceremonies took place last Sunday across the region, with Braidwood, Bungendore, Captains Flat, and Queanbeyan honouring their local heroes during special award presentations. In addition, 37 residents proudly became Australian citizens at the Citizenship Ceremony held in Queanbeyan Park.

Each event celebrated the remarkable contributions of local

volunteers whose tireless efforts help make our communities thriving and welcoming places to live. Speakers emphasized the importance of respect and kindness, sharing how these values can bring people together and lead to extraordinary achievements.

More information and photos on pages 12 and 13.

Lot's coming up:

Music by the River is on this Saturday, February 1

Queanbeyan Multicultural Festival - Sunday March 2

The 65th Tarago Show - Reimagine, returns on Sunday, March 2nd.

Sharon Baxter-Judge

Below: the crowd at the Bungendore Ceremony at the Bungendore Bowling Club. Photo: Sharon Baxter-Judge

Right: the Queanbeyan ceremony. Photo: QPRC



\$200
Lucerne
rounds



\$350
Masport elite
mower



\$125
20L
Glyphosate 450

brural.com.au

| 02 6238 1517

| sales@brural.com.au

Rotary and Community Bank receive ShelterBox Award

For over 20 years, Rotary have conducted a Foreign Notes and Coin project. Collection boxes are placed in various locations, including Bendigo bank branches, where people can place their foreign notes and coins, even Australian currency including the old 1c and 2c coins and going back further, even pennies are more than welcome.

The Community Bank branches of Bendigo Bank of Braidwood, Bungendore and Crookwell have partnered with the project for many years with our communities in full support. The Australian dollar figure raised from the 3 branches last year was \$3,907.15.

When the coins and notes have been sorted and returned to their country of origin, they are then converted into Australian dollars. Through this process, over \$800,000 has been raised to date, a fantastic achievement. These funds are donated to various Rotary International charities. One

of these charities is ShelterBox Australia.

ShelterBox Australia delivers emergency shelter (family sized tents) and disaster relief to people around the world along with tools and shelter kits, solar lights, blankets and drinking water. People affected include those affected from conflicts and wars to volcanoes and tsunamis. Rotary has partnered ShelterBox since 2012.

The Rotary Club of Hornsby District (Sydney) oversee the Foreign Notes and Coin Project in our district. They were recently awarded a Bronze Champion Award from ShelterBox Australia due to supporting ShelterBox for 3 consecutive financial years.

Member of Hornsby Rotary and Project Co-Ordinator, Mr Stephen Bruce said "Rotary Hornsby are indeed honoured to receive this award, however, we feel this could not have been achieved without

the support from the Community Bank branches of Braidwood, Bungendore and Crookwell. We felt it only fitting to congratulate the branches with their own Certificate Award."

It is estimated that there is over AUD \$25M of foreign notes and coins sitting around in homes throughout Australia in their chest of drawers, bottom of cupboards and the like. if you do find any, drop into a Bendigo bank branch and place it in a collection box provided. It is a lot better supporting organisations such as ShelterBox Australia than the notes and coins sitting in drawers hiding.

The Community Bank branches of Braidwood, Bungendore and Crookwell are indeed proud to support Rotary International and the local Rotary Clubs with this project.

For further information regarding ShelterBox Australia the link is



<https://www.shelterboxaustralia.org.au>

Photo supplied of Nick Fry, Community Engagement Manager (Braidwood/Bungendore/Crookwell), Christine Allard from Rotary Club of Bungendore and Sally Harrison, Bungendore Community Bank, Customer Relationship Manager

Bungendore Seniors

The Bungendore Seniors Association Incorporated welcomes anyone over the age of 55 to come along and join in.

Get Togethers

Our get togethers are weekly and we alternate between Thursdays and Fridays, so mark your calendar and join us on a Thursday or a Friday or come along to both.

Enjoy great conversation, a few laughs, some games and morning tea.

We meet at 10am at the Bungendore Sports Hub

amenities building (parking near the netball courts).

Cost is \$5.00 per person, which includes morning tea.

See right for dates.

Membership

Yearly membership is only \$5.00 per person. We welcome everyone over the age of 55.

Monthly Lunches

Join us for lunch held the 4th Wednesday of each month. Next lunch is Wednesday February 26, at Erics at The Malbon, at



12.30pm. All are welcome to come along.

For more information contact Sharon on 0419 025 533 or email bungendoreseniors@gmail.com

Bungendore Seniors are pleased to announce that for the month of February Jordan will be running our Tuesday afternoon sessions while Sue our Yoga teacher is away.

Beginning Tuesday Feb 4 - these classes, specifically catered for seniors are a fantastic way to boost strength and flexibility.



THURSDAYS

Thursday 30 January
Thursday 13 February
Thursday 27 February
Thursday 13 March
Thursday 27 March
Thursday 10 April
Thursday 24 April
Thursday 8 May

FRIDAYS

Friday 7 February
Friday 21 February
Friday 7 March
Friday 21 March
Friday 4 April
Friday 18 April - Good Friday, so no gathering
Friday 2 May
Friday 22 May

The one-hour sessions are on Tuesdays at 2.00pm and then again at 3.30pm at the Bungendore Scout Hall.

Cost: \$13 per session for members, \$15 for non-members. All welcome to attend

2025 ClubGRANTS open this Saturday

Start preparing your applications for the 2025 Queanbeyan-Palerang ClubGRANTS (Category 1).

Applications for this round of funding will open at 9am Saturday 1 February and will close at 5pm 31 May 2025.

ClubGRANTS is one of Australia's largest grant programs, providing more than \$100 million each year to a variety of worthy causes across NSW. The Queanbeyan-Palerang ClubGRANTS Committee is made up of four local clubs: Campbell & George, Queanbeyan Kangaroos Rugby League Football Club, Queanbeyan Leagues Club and Queanbeyan Tigers Australian Football Club, plus representatives of Council and the NSW Department of Communities and Justice.

Learn more about eligibility and submit an application online at <https://www.clubgrants.com.au/>

For tips on completing a ClubGRANTS application visit <https://www.qprc.nsw.gov.au/Community/Grants-Donations#section-3>

Regional Independent

The Regional Independent is the only free, printed, independent, community newspaper within the Queanbeyan-Palerang local government area.

Distribution is 5,500 copies every fortnight and covering the entire Queanbeyan-Palerang local government area

We welcome local stories. For editorial and advertising enquiries please email: info@regionalindependent.com.au or phone Sharon Baxter-Judge on 0419 025 533.

The Regional Independent is produced and distributed from our base located in Bungendore within the traditional lands of the Ngunawal and Ngambri peoples. We acknowledge and pay our respect to their elders, past, present and their emerging leadership and pay tribute to their resilience as First Nations peoples. We acknowledge and embrace the wisdom, richness and diversity of all Australian First Nations peoples and their cultures.

Palace

Chartered Accountants

Business Financials & Tax Returns
Personal Tax Returns, Business Advice
Tuesday to Friday 10.00am to 3.00pm
Saturday 10.00am to 12.00pm
Please drop in or call to arrange an appointment

Shop 2, 28 Malbon Street, Bungendore
Phone 6164 2008

TAYLOR'S SELF STORAGE

NEW CONTAINERS - VERMIN AND WATER PROOF
SHORT OR LONG TERM STORE ALMOST ANYTHING
SUIT HOME OFFICE OR BUSINESS
24 HR 7 DAYS SECURITY PIN CODE ACCESS 7 DAYS

TAYLOR'S OF BUNGENDORE
44 KING ST BUNGENDORE - 6238 1350

42b Ellendon St Bungendore 2621
Ph 02 62381640
61 0450893943

Bungendore Fine Art Inc

Celebrating 20 Years

20 % discount on selected artworks

Marked with a green sticker

Join us to help celebrate 20 years

Opening Saturday 1 Feb
all welcome
open 10-4.30 pm Friday - Monday
www.bungendorefineart.com.au

ON ELLENDON

HAIR BEAUTY

Shop 3/30 Ellendon Street,
Bungendore

6238 0512

Wide Span Sheds

No Compromise Steel Building Solutions

MOJO Constructions

0481 195 714

Your local authorised agent.

Stay Scam Savvy: Digital tips for seniors

Friday, February 28, 9am

Learn, Protect, and Connect: Special Presentation for Seniors
The Bungendore Seniors are excited to invite all seniors (aged 55 and over) from across the region to join us for an informative and engaging Presentation Morning designed to empower you in the digital age. Whether you're a seasoned tech user or just starting out, this event will offer invaluable insights to help you stay safe and secure online.

The session will be presented by Adrian, an nbn™ Local Community Engagement Specialist, and will cover essential topics tailored for today's digital world. Here's what you can look forward to:

Scams Awareness and e-Safety

Have you ever been concerned about online or phone scams? Do you want to build your confidence in navigating the digital world safely? Adrian will share practical advice on recognizing and avoiding scams, what steps to take if you fall victim to one, and where to seek help. This session is perfect for anyone looking to enhance their digital safety and protect

themselves from online threats.

Digital Legacy: Managing Your Online Presence
In this interactive session, Adrian will guide you through the concept of digital legacy. Learn how to manage your digital assets and plan for your online presence to ensure peace of mind for you and your family. From securing your accounts to preserving important digital memories, this session will leave you better prepared for the future.

Time for Tea and Connections
Of course, no Bungendore Seniors event is complete without a scrumptious morning tea, especially at the Carrington. Indulge in tea, coffee, juice, and an assortment of tasty goodies.

If you have any dietary requirements, please let us know when you book.

When: Friday, February 28, 9:00 am to 12:00 noon
Where: Rose Cottage, The Carrington Inn conference room, Ellendon Street, Bungendore
Cost: \$10.00 per person (includes morning tea)

Book Your Spot Today!
Spaces are limited, so make sure to reserve your place early. To book, please contact Sharon at 0149 025 533 or email bungendoreseniors@gmail.com.

Join us for an informative morning of learning, laughter, and connection. Let's make the digital world a safer and more empowering space for everyone!



Bungendore Show needs you: keep the tradition alive for 2025!

Exciting News!
The Bungendore Show is back on 26 October, and we can't wait to see you there!

But here's the catch - we need your help to make sure the 2025 Bungendore Show happens!

Bungendore, We Need YOU!
We're on the hunt for passionate volunteers to join our team. If roles aren't filled by 8 March, we won't be able to host the 2025 show. Let's make sure this beloved community tradition keeps going strong!

Roles to Fill (or Share!):

- Vice President
- Treasurer
- Pavilion Stewards
- Cattle Stewards
- Sheep Stewards
- Website & Social Media Coordinators
- Young Woman of the Year Coordinators
- Pet Events Coordinators

Whether you're a seasoned volunteer or looking to try something new, there's a role for everyone. No experience? No problem! We'll provide guidance and support to help you shine.

Why Volunteer?
Make a difference in your

community
Meet new people and have fun
Help keep this much-loved event alive

Get in touch today!
Message us on Facebook or email president@bungendoreshow.com.au.

Let's come together to ensure the Bungendore Show remains an unmissable event for our region. Every pair of hands counts, and with your help, we can make 2025 the best show yet!



ANZAC COMMEMORATIVE DINNER 2025



The Bungendore War Memorial Committee is pleased to be hosting the annual Bungendore ANZAC Day Commemorative Address and Dinner at 'The Cottage' (Carrington Inn) on Saturday 3rd May 2025.

The Dinner is open to all members of the community. There will be two guest speakers to provide entertainment during the evening. Door prize and Raffles to be conducted.

Date: Saturday 3rd May, 2025
Venue: 'The Cottage' @ The Carrington Inn, Ellendon Street, Bungendore
Time: 7:00pm pre-dinner drinks for a 7:30pm dinner
Dress: After 5 (coat and tie) / Mess Dress (with miniatures)
Cost: \$85 per head – includes 3 course dinner and first drink (full bar service then available)

Bookings

Bookings via [trybooking](https://www.trybooking.com) for individual tickets or tables of 8, Scan the QR code or go to

<https://www.trybooking.com/events/landing/1341511>



PRD. REAL ESTATE
Rural & Lifestyle

For Sale

79 Vaughan Drive, Sutton



\$2,800,000

4 2 7 40.40 Acre

For Rent

73 Malbon Street, Bungendore
Available: Now



\$520 per week

3 1 1

For Sale

2 Murray Grey Place, Bungendore



\$1,050,000

4 2 2

For Rent

26b Sugarloaf Ridge Road, Primrose Valley
Available: Now



\$500 per week

2 1 1

2/33 Ellendon St, Bungendore
0414 264 441
02 6238 0999
[PRD.com.au/bungendore](https://www.prd.com.au/bungendore)

Locals
supporting
locals!



Empowering Community leaders: South East Local Landcare Leaders Program : EOI close January 31

Are you passionate about creating positive change in your community and fostering a sustainable future? The South East Local Leaders Program, a flagship initiative by South East Landcare, is now inviting Expressions of Interest for its 2025 intake.

For the past 10 years, this innovative rural leadership development program has supported individuals working for or with communities on projects delivering sustainable agriculture, climate-smart solutions, environmental stewardship, or biodiversity outcomes. The program is tailored to those in the South East Local Land Services region in NSW.

Recent updates to the program ensure it continues to meet the evolving needs of community, industry, and government leaders. By blending inclusive and generative learning methodologies, the program acknowledges the wisdom in the room and values the voices of all participants.

Combining cutting-edge leadership practices, immersive workshops, and hands-on learning projects, the program empowers participants to lead from within while driving meaningful change. Participants will engage in a three-day immersive residential workshop, online modules, coaching, and mentoring, and will apply their new skills through action-learning projects that deliver tangible community outcomes.

Graduates of the program have spoken highly of its impact:

- "If you think that there is room for positive change in your community, this program can help to make it happen. The leadership program is a valuable initiative that will help build community resilience."
- "I cant recommend it highly enough If you are wanting to create impact and change in your work or community, and want cutting edge information on new paradigm ways to do this, by experienced passionate skilled trainers, this is the program for you. It has touched me deeply and lifted me to a whole new level of confidence and skill. And I'd do it all over again tomorrow if there was the chance - Like re reading a great book - you keep gaining new insights. "
- "If you're someone who is moving into a leadership space and are looking for a way to think outside the box and get a deeper understanding of what it actually means to be a people leader, then this course is for you."
- "I valued the whole program, as it gave me an opportunity to both learn and to practice those learnings in an open, trusting, safe environment. The collegial nature of the program and the connections I have made will be invaluable in my work and home life."
- "A cutting edge leadership program that can draw out the leader within everyone. Developing leadership understanding and

collaborative skills for tomorrows world."

Expressions of Interest close on 31st January 2025. This is your opportunity to connect, grow, and lead for a more resilient and sustainable future in our region.

For more information and to submit your Expression of Interest, visit: <https://bit.ly/SELocalLeaders>

This program is proudly funded by the Australian Government's Natural Heritage Trust and delivered by South East Local Land Services, a member of the Commonwealth Regional Delivery Partners panel.

Photo: South East Local Landcare



Royal Hotel reigns as most popular NSW pub name

The most popular names for NSW pubs have been revealed, with Royal Hotel taking the top spot as the most common watering hole in 2025.

The latest data from Liquor & Gaming NSW shows that 73 out of the state's 2,112 licensed hotels share this prestigious name, reflecting its iconic status in Aussie pub culture.

From the bustling streets of Sydney to the quiet charm of the bush, you are never too far from a Royal Hotel, with 12 located in metropolitan hubs and 51 spread across regional NSW.

Variations such as Royal Oak, Royal Exchange, and Royal Mail bring the total number of 'Royal' pubs to an impressive 111.

The enduring popularity of regal-inspired hotels dates back to the mid-20th century, reflecting Australia's strong cultural ties to the UK. The late 1950s marked the golden age of the Royal Hotel moniker, with 43 new venues licensed with this name between 1958 and 1960 alone.

Commercial Hotel takes second place, boasting 34 venues across NSW, highlighting the vital role these pubs played as

gathering spots for business travellers and centres of local commerce during the 19th and early 20th centuries.

Railway Hotel comes in third on the list, with 20 venues across the state. These pubs emerged alongside the NSW rail network, with the venues providing rest and refreshments for both travellers and railway workers.

Historically, the term "hotel" was used for many Australian pubs due to early liquor licensing laws, which required these establishments offer accommodation alongside the service of alcohol on premises.

NSW's most popular licensed hotel names in 2025

1. Royal Hotel - 73 venues
2. Commercial Hotel - 34 venues
3. Railway Hotel - 20 venues
4. Imperial Hotel - 19 venues
5. Tattersalls Hotel - 13 venues
6. Grand Hotel - 12 venues
7. Court House Hotel - 11 venues
8. Australian Hotel - 9 venues
9. Central Hotel - 8 venues
10. Star Hotel - 7 venues

Feral pig workshops to provide landholders latest advice on management options

South East Local Land Services are encouraging Southern Tableland landholders to attend one of two upcoming feral pig workshops to learn more about management tools and techniques.

The workshops will include practical demonstrations of different feral pig management tools and techniques, as well as presentations from experienced industry leaders and South East Local Land Services.

Feral pig populations pose a significant threat to agriculture by killing, harassing, or competing with livestock, spreading disease, and contributing to soil erosion. Beyond their impact on primary production, feral pigs are a major threat to the environment, causing damage to aquatic and terrestrial ecosystems and devastating native vegetation. They are also known to destroy habitats critical to threatened and endangered

species, further endangering local biodiversity.

The impact they have to a landholder's bottom line is considerable, so we all need to be working together to mitigate their impacts as much as possible. These workshops will help to give landholders the tools they need to do just that.

Workshop locations and dates:

- Bungendore - Bungendore Scout Hall, 20 February 2025
- Goulburn - Goulburn Race Club, 21 February 2025

Presentation topics:

- feral pig control tools
- baiting techniques
- seasonal conditions and what that means for feral pig management
- monitoring

All workshops run 9:00 am - 2:00 pm and include lunch. People



planning to attend are asked to RSVP two weeks prior to the date of workshop.

Please register online at <https://www.lls.nsw.gov.au/regions/south-east>


Local Land Services is currently

delivering the Feral Pig and Pest Program 2024-25 on behalf of the NSW Government to continue supporting landholders in managing feral pigs and pest animals.

Find out more about the Feral Pig

Program and how it is supporting landholders by visiting [lls.nsw.gov.au/what-we-do/our-major-projects/feral-pig-and-pest-program-2024-2025](https://www.lls.nsw.gov.au/what-we-do/our-major-projects/feral-pig-and-pest-program-2024-2025)

Photo: Local Land Services




cleanseeds rural

Now in store: BoviMag Plus

Magnesium supplement for growing cattle: an economic and convenient complete supplement, rich in magnesium, and designed to be fed to cattle at times of magnesium deficiency, grass tetany and other nutritional deficiencies associated with fresh pasture and grazed cereal crops.

45 Molonglo Street, Bungendore sales@cleanseeds.com.au **6238 0000**



Order now: BoviPro FlyBye

High protein dry feed supplement with fly control for cattle

Community News

Love Your Sister by celebrating International Women’s Day with high Tea at the Queanbeyan Bicentennial Hall

On International Women’s Day Saturday 8th March 2025, the Queanbeyan Evening Branch of the Country Women’s Association of NSW is hosting High Tea at the Queanbeyan Bicentennial Hall from 2.00 to 4.00pm. This event supports Love Your Sister, a charity committed to advancing precision cancer treatment to vanquish all cancers.

Samuel Johnson OAM, co-founder of Love Your Sister, Gold Logie winning Australian television actor, Dancing with the Stars Winner 2019 and 2018 Victorian Australian of the Year will join us to honour the inspiring legacy of his late sister, Connie. Samuel will share the ongoing mission of Love Your Sister, a million-strong village of everyday Aussies committed to vanquishing cancer with hard science and the best new technologies. Love Your Sister supports precision treatment for ALL cancer patients and strives for the right treatment for every cancer patient, first time, every time.

We invite you to be part of this afternoon where the joy of shared High Tea and conversation will fund life-saving cancer research. All proceeds go towards Love Your Sister to support precision medicine for ALL cancer patients.

Tickets are \$75 and can be purchased online at theq.net.au
If you wish to support this event through donations or prizes for the silent auction, email us at qbn.cwa.lys.event@gmail.com



GUEST SPEAKER

SAMUEL JOHNSON OAM

Co-founder, Love Your Sister

Gold Logie winning Australian television actor

Dancing with the Stars Winner 2019

2018 Victorian Australian of the Year

Councillor Workshop items

The Ordinary Meeting of QPRC on Wednesday 29 January 2025.

Agenda Item 10.9 Councillor Workshops

Councillor workshop items are published in the Agenda of the next Council meeting. From 12 December 2024 to 22 January 2025, the following workshop was held.

Workshop Date: 22 January 2025

Workshop Items and External Presenter/s (if applicable)

Draft South East and Tablelands Strategic Regional Integrated Transport Plan

Presentation by TfNSW on the draft South East and Tablelands Strategic Regional Integrated Transport Plan (SRITP), which is on public exhibition and open for broader community feedback. More information about the draft plan and other resources including local government area summaries is at the project webpage at <https://www.haveyoursay.nsw.gov.au/sritp/south-east-and-tablelands>

Presenters: Vanessa Wilson, Brendan James and Alexandra Lyle; from Transport for NSW (TfNSW)

Monaro Street Upgrade

In August 2024 Council agreed to prepare detailed designs and cost estimates for the Monaro Street Upgrade. These plans and options were presented for discussion for the proposal to upgrade the road pavement and promote place activation by, improving pedestrian connectivity, improving lighting, reducing pavement noise and enhancing the Queanbeyan CBD.

Draft Deed of Settlement - Minister Education and Early Learning and QPRC

A Deed of Settlement has been prepared that will formalise the return of properties in Bungendore, from the NSW Minister for Education and Early Learning to QPRC. Subject to Council approval, this will provide the legal framework for the current Land and Environment Court proceedings to be discontinued and facilitate the return of Bungendore properties, refurbished and at no cost; to Council ownership.

Community Engagement Strategy

A new draft Community Engagement Strategy is being prepared as the overarching guide for how Council will engage with the community. The strategy replaces and combines the Community Engagement and Participation Plan, an out-of-date Community Engagement Strategy, and the Stakeholder and Community Engagement Policy Framework. It has been prepared in line with Office of Local Government guidelines for a Community Engagement Strategy and functions as the Community Participation Plan under the Environmental Planning and Assessment Act 1979.

Revised Draft Solid Fuel Policy

Staff have revised the draft Solid Fuel Policy, and have updated to provide clarity of where the policy will be enacted and does not require existing approved heaters to be removed and allows for these heaters to be replaced with new solid fuel heaters in the future. The policy does not apply to existing heaters that have been installed with Council approval. A communications strategy was presented, with public exhibition of the policy closing 3 March.

Briefing on break-ins around QPRC

Unfortunately, the past year and more recently just prior to Christmas, there have been up to 10 reported break-ins, vandalism or security breaches at a number of Council facilities. This update provided an opportunity for staff to advise Council of the investigations, damage assessment, insurance and response plans, including short-term repairs and security improvements such as sensor lighting and cameras, and longer term strategic policies, procedures and work programs in order to increase deterrents and improve security across all facilities and operational sites.

Business papers and full agenda can be found at <https://www.qprc.nsw.gov.au/Council/Council-Business/Minutes-Agendas>The meeting can be viewed at webcast.qprc.nsw.gov.au



BUNGENDORE

MANAGER SPECIALS



\$6.00
800gms



\$2.99
170gm varieties



\$9.99



\$7.99
24pack 600ml



\$9.50
18 pack

BUNGENDORE



Open: Monday to Friday 7am to 9pm
Saturday: 7am to 8pm
Sunday: 8am to 9pm
6238 1178
30-40 Malbon Street, Bungendore



On sale Wed 29 Jan to 12 Feb 2025. While stocks last. Visit iga.com.au for more info

Tarago Area Women’s Shed: February News

TAWS
December was overall a happy time for our members.
We had a great joint Christmas Party with the Men’s Shed at the Loaded Dog. As always, they provided a lovely buffet meal. The hot chicken wings and the pavlova dessert were particularly fabulous.
Bunnings held their regular “Christmas Night” event. The Women’s Shed had a stall and we again ran the activity called the

“Ryobi challenge”. Contestants had to change the batteries on five hand tools as quickly as possible in order to win a Ryobi prize pack. A very nice man won the challenge and it was lovely to see him proudly photographing his son accepting the prize.
In January we ‘womanned’ the Bungendore IGA sausage sizzle. Thanks to IGA for again providing practically all the ingredients needed. We had a successful day

and met quite a few locals who were interested in our goals.
January was our month at the Loaded Dog Pub raffle. Thank you to the Loaded Dog for all the work they do to support the local community and, of course, the pub patrons who buy the tickets.
We will have a stall at the Goulburn Hobby Expo. This is at Goulburn Library on February 1, 3 - 5 pm. Drop in and see all the opportunities available in our district.

Sadder news is that the Tarago Women’s Shed is leaving the Showground pavilion at the end of January. We never minded moving out for the Annual Show but, unfortunately, the demands of the new Show Society Executive have made it too difficult for us to stay. We really loved the three years we spent there, and have many happy memories of teaching local women new skills in our workshops and making new friendships.
We know that our time there left the building in much better condition than when we arrived - we removed the rats and mice, repaired the walls and doors and



used grants to upgrade the lighting and electrical system to the point where you could turn on the kettle and the toaster at the same time! Hopefully the local community will be able to enjoy all the improvements we have made.
Many thanks to Bendigo Bank, Bunnings, The Veolia Mulwaree Trust and, of course, our wonderful Tarago Men’s Shed for all their support.
We are, however, temporarily homeless. It will mean that we

cannot offer as many workshops but we are definitely not closing, and we are working hard to find another permanent venue or some land where we can build our own Shed.
Workshops we hope to bring you in 2025 include leatherwork, calligraphy, making a handmade book, bead jewellery, busted canvas pictures and using the Cricut machine.
Photos supplied



2025 Australian of the Year Awards

2025 Australian of the Year - Neale Daniher AO (VIC)
2025 Senior Australian of the Year - Brother Thomas Oliver Pickett AM (WA)
2025 Young Australian of the Year - Dr Katrina Wruck (QLD)
2025 Australia’s Local Heroes - Vanessa Brettell and Hannah Costello (ACT)
The award recipients were presented with a handcrafted trophy, a traditional Indigenous coolamon and clap sticks.
The 2025 Australian of the Year is Co-founder of FightMND and former Australian rules footballer, Neale Daniher AO.
Neale is a co-founder of FightMND, a charity that’s raised and invested over \$100 million into medical research to find a cure for motor neurone disease (MND).
Since his diagnosis in 2013, Neale and his family have been battling the effects of the disease, but he remains a tireless campaigner for a cure and is always raising

awareness of MND.
Neale has lived his condition very publicly, even in the advanced stages of the disease. He’s often front and centre at FightMND’s Big Freeze charity event held annually.
A former AFL player with Essendon FC who went on to coach the Melbourne Demons, Neale’s implemented his team-based football experience to galvanise community and corporate support for the cause.
The now 63-year-old has lived with the debilitating disease for more than 10 years, defying the average life expectancy of just 27 months. With amazing courage and relentless drive, he’s dedicated his life to helping prevent the suffering of those who’ll be diagnosed in the future.
The 2025 Senior Australian of the Year is Brother Thomas Oliver Pickett AM, Co-founder of Wheelchairs For Kids. Brother Thomas Oliver (Olly) Pickett AM co-founded



Wheelchairs For Kids in 1996 to provide adjustable wheelchairs and occupational therapy expertise for children in developing countries, free of charge.
Since then, more than 60,000 custom-built wheelchairs have been gifted to children in over 80 countries. With over 250 retiree workshop volunteers, Wheelchairs For Kids is one of Western Australia’s largest (and with an average age of 74, one of

Australia’s oldest) volunteer-led charities.
A further 550 people from aged care and community groups sew covers for wheelchair soft supports, and crochet rugs and soft toys.
Olly also spearheaded the development of an innovative, low-cost wheelchair design to World Health Organization standards that grows as the children do - a world first.

Wheelchairs For Kids is just one way that Olly has improved the lives of others. For 26 continuous years, 84-year-old Olly’s life-changing community service has ignited a ripple effect of kindness and generosity.
For more information the 2025 recipients head to <https://australianoftheyear.org.au>
Above: 2025 Australians of the Year with the Prime Minister and Governor-General

SAMSUNG C&T RENEWABLE ENERGY AUSTRALIA

Boro Solar Farm – Community Information Session (Tarago)

Samsung C&T Renewable Energy Australia Pty Ltd (SREA) is proposing a solar farm and battery energy storage system (BESS) in the local area.
The Boro Solar Farm would be around five kilometres south of Tarago and would help provide sustainable and secure energy to the people of NSW.
With the Project in the early planning phase, we are keen to hear from you and understand the potential impacts of the project as we progress.

Have your say

We’re hosting an information session in Tarago to hear from the community and answer your questions.
Please join us at the Tarago Town Hall to find out more about the project and meet our team.
When Monday 17 February 2025
4pm-7pm
Where Tarago Town Hall
18 Wallace St, Tarago

Find out more

For more information please contact the project team on 1800 607 484 or email borosolarfarm@samsung.com



Scan to learn more

Community News

A ‘crafty’ makeover at the Queanbeyan Lions Community Bookshop

Over the Christmas holidays, the Queanbeyan Lions Bookshop underwent a redesign to make shopping more enjoyable and convenient for its customers. The craft and book areas have been

revamped, with craft items now displayed neatly along one wall, allowing for easy browsing and accessibility. The new layout is spacious and inviting, with the addition of a table

and chair for customers. This welcoming nook is perfect for those who wish to sort through individual craft baskets or take a moment to review books before making their selections. Craft enthusiasts will find an array of reasonably priced items, with prices ranging from just 50 cents to \$10. The stock is refreshed regularly, ensuring there’s always something new to discover. Whether you’re a seasoned crafter, a book lover, or just looking for a unique find, the shop offers a little something for everyone. Located in Queanbeyan Park, with parking available on Lowe Street, the Queanbeyan Lions Bookshop is open from 10 am to 4 pm, Tuesday to Saturday. The Lions team invites the community to visit, explore the redesigned space, and enjoy the treasures it holds. Photos supplied of the new redesigned space

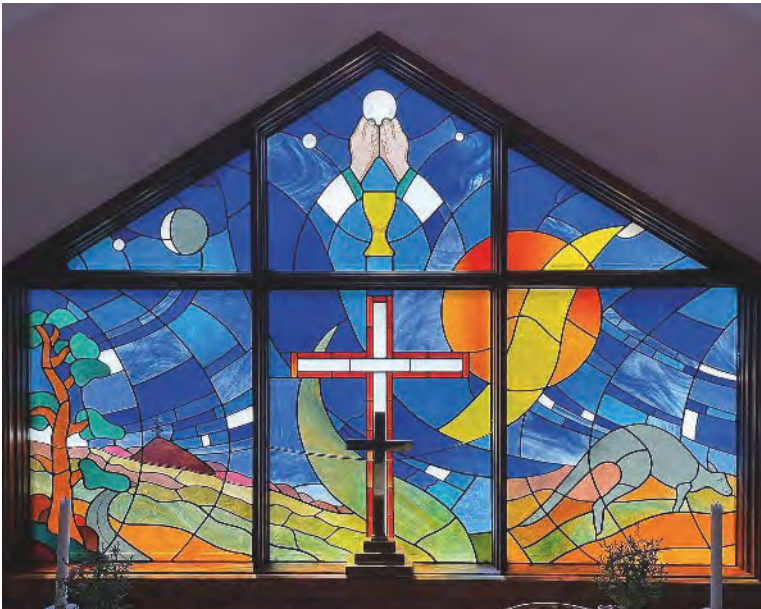


A celebration of faith and community: St Andrews turns 40

Forty years ago, the first Anglican service in Wamboin was held in a humble community hall. It was a far cry from a traditional church setting—parishioners gathered on hay bales, creating an atmosphere that was as rustic as it was heartfelt. Rev. Paul Woodhart delivered the first sermon that day, laying the foundation for what would become a beloved local church. Since those modest beginnings, St Andrew’s Anglican Church has flourished. Thanks to the dedication of locals like Lance and Meriel Schultz and Captain David Robertson, OBE, RN, the church found a permanent home at the corner of Norton and Poppet Roads. Captain Robertson’s widow, Robyn, joined parishioners today to celebrate the church’s remarkable journey. The anniversary service was a fitting tribute to the past and a celebration of the present. Attendees admired the stunning leadlight window crafted by Rob Crafter, a work of art that beautifully captures the essence of Wamboin. Rob himself was present to share the story behind

his creation, adding a special touch to the occasion. Following the service, the community gathered for a champagne morning tea. Laughter and reminiscing filled the air as familiar faces, including Rev. Woodhart, who had traveled from Bathurst, reunited with some of the original attendees of that first hay bale service. The current

pastor, Ven Dr Royce Thompson, welcomed both long-time parishioners and newer members, creating a sense of unity and gratitude for the milestone. As the congregation shared stories, cake, and champagne, it was clear that St Andrew’s is much more than a building—it’s a testament to the faith and



community spirit that has endured for 40 years. Happy 40th birthday, St Andrew’s Anglican Church, and congratulations to everyone who has been a part of this inspiring journey. Photos courtesy of Ross Macdonald

**SAFER DRIVING
STARTS WITH YOU**



Australian Government

**DON'T LET A CAR
CHANGE WHO YOU ARE**

Healthy Heart, Sharp Mind: the link between heart health and ageing well

This February is REDFEB, Heart Research Australia's heart awareness month, dedicated to raising awareness about heart disease and encouraging Australians to wear red and donate to fund vital research.

Millions of Australians are at risk of heart disease, but fewer realise that keeping their heart healthy can also help protect their brain, memory, and cognitive function, reducing the risk of conditions like dementia as they age. With cardiovascular disease affecting more than 4 million Australians and remaining the leading cause of death, it's not just your heart at stake – your brain health depends on it too.

The Heart-Brain Connection "Heart health and brain health are intimately connected," says Clinical Neuropsychologist Dr Miranda Say. "The brain relies on a steady supply of blood from the heart. Conditions like high blood pressure, high cholesterol can disrupt blood flow, increasing the risk of stroke and cognitive decline, including dementia."

In Australia, more than 421,000 people are living with dementia in 2024 – a number projected to double by 2054. Vascular dementia, which is linked to cardiovascular health, is a growing concern. This REDFEB, Heart Research Australia urges all Australians to prioritise their heart health by adopting simple lifestyle changes that can have a profound impact on their future wellbeing.

Nicci Dent, CEO of Heart Research Australia, stresses the importance of taking proactive steps now. "Prioritising heart health isn't just about preventing heart attacks—it's also about safeguarding your brain health and reducing your future risk of cognitive decline, including dementia. The message is simple, what's good for your heart health is also good for your brain health" she said.

Steps You Can Take: The 4-M Approach As part of REDFEB, Heart Research Australia's heart awareness month, their 4-M Approach encourages Australians to take small, simple steps that can benefit both their heart and brain health:

- **Meals:** High cholesterol levels can not only block the arteries of the heart, increasing the risk of heart disease, but also those leading to the brain impairing blood flow, which is crucial for cognitive health. Recent Australian research demonstrated that high cholesterol plays a key role in Alzheimer's disease and other types of dementia. Heart Research Australia nutritionist Chloe Steele says "it's important to know what you are eating and understand how to read the backs of packets. Avoiding processed foods and keeping your diet simple and fresh can help support your heart and brain health". This February, Heart Research Australia invites all Australians to wear red and donate to support research into life-saving heart disease prevention and care.
- **Movement:** As we age, incorporating functional strength training – focusing on balance and strength – into our weekly routines, along with aerobic exercise like walking, becomes essential. This combination of aerobic and resistance training can help lower

- blood pressure, increase good cholesterol, reduce bad cholesterol, and even promote neuroplasticity, the brain's ability to form new connections.
- **Measurement:** Regular health check-ups to monitor blood pressure, cholesterol and blood sugar are crucial. "Knowing your numbers" is key to preventing cardiovascular disease and helping protect cognitive functions. During REDFEB, Heart Research Australia encourages Australians to take control of their health by regularly scheduling these vital check-ups, ensuring they stay heart and brain healthy.
 - **Mental Wellness:** High blood pressure and high cholesterol often go unnoticed in daily life, but they can significantly harm both your heart and brain, impacting cognition and memory. Beyond knowing your numbers and managing these risk factors, incorporate regular mindfulness moments into your day. These short breaks allow you to reset your thinking and can greatly support cognitive



and cardiovascular health. This REDFEB, build positive habits that will make a lasting difference for your future well-being. For REDFEB, Heart Research Australia has launched an on demand webinar "Healthy Heart, Sharp Mind: 4 Simple Steps to Improving Heart & Brain Health" available here. This February, Honour Loved Ones and Support Heart Research This REDFEB, Heart Research Australia encourages all Australians to wear red to honour loved

ones affected by heart disease, and to raise funds for life-saving research. "Taking care of your heart today can have lasting benefits for both your heart and brain," says Nicci Dent. "By supporting REDFEB, you're not only helping to fund vital research, but also empowering yourself and your loved ones to live healthier, longer more active lives." For more information on REDFEB and to donate, visit www.heartresearch.com.au

Maria's community corner



Happy New Year everyone. Hope you've had a great start to 2025! I would like to tell you a little about an upcoming CWA Queanbeyan Evening Branch fundraising event which will happen on Saturday 8th March. The event is a High Tea from 2.00pm-4.00pm at The B (Bicentennial Hall, Queanbeyan) for

International Women's Day and Love Your Sister charity. Co-founder of the charity, Samuel Johnson, OAM, will be the VIP Guest Speaker. There will be some fabulously amazing prizes in the silent auction as well as raffle prizes. And yes Sam will be the fun auctioneer on the day. All money raised on the day will go to the charity, one that is

committed to advancing precision medicine in cancer treatment. Do yourself a favour and check the Regional Independent for more details and how to acquire tickets for this amazing event. Hope to see you all there. The Queanbeyan Senior Citizen's Association has quite a few activities that you can participate in. Also

looking at adding more activities this year. Check out their offerings under 'Queanbeyan Seniors (55+) News'. Membership is only \$10.00 pa, and there are many benefits in becoming a member of this very progressive association. If you like walking and enjoy a good coffee and chat and looking for something to do on a Thursday morning then why not join the

Queanbeyan Health Walking Group. They meet at 8.50am at the BBQ area at Queen Elizabeth Park (opposite Riverside Plaza). After an enjoyable walk the group meets in the Riverside Plaza food court for a coffee and more chatting. You walk according to your ability and with a buddy. See you soon! Maria Porreca

Stay Scam Savvy: Digital tips for seniors. Friday February 28

Learn, Protect, and Connect: Special Presentation for Seniors

The Bungendore Seniors are excited to invite all seniors (aged 55 and over) from across the region to join us for an informative and engaging Presentation Morning designed to empower you in the digital age. Whether you're a seasoned tech user or just starting out, this event will offer invaluable insights to help you stay safe and secure online. The session will be presented by Adrian, an nbn™ Local Community Engagement Specialist, and will cover essential topics tailored for today's digital world. Here's what you can look forward to:

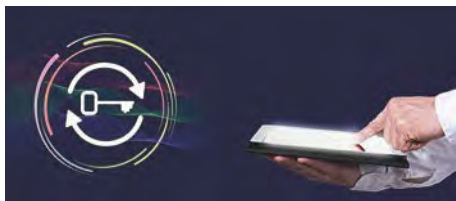


Scams Awareness and e-Safety Have you ever been concerned about online or phone

scams? Do you want to build your confidence in navigating the digital world safely? Adrian will share practical advice on recognizing and avoiding scams, what steps to take if you fall victim to one, and where to seek help. This session is perfect for anyone looking to enhance their digital safety and protect themselves from online threats.

Digital Legacy: Managing Your Online Presence

In this interactive session, Adrian will guide you through the concept of digital legacy. Learn how to manage your digital assets and plan for your online presence to ensure peace of



mind for you and your family. From securing your accounts to preserving important digital memories, this session will leave you better prepared for the future.

Time for Tea and Connections

Of course, no Bungendore Seniors event is complete without a scrumptious morning tea, especially at the Carrington. Indulge in tea, coffee, juice, and an assortment of tasty goodies. If you have any dietary requirements, please let us know when you book.

When: Friday, February 28, 9:00 am to 12:00 noon

Where: Rose Cottage, The Carrington Inn conference room, Ellendon Street, Bungendore

Cost: \$10.00 per person (includes morning tea)

Book Your Spot Today!

Spaces are limited, so make sure to reserve your place early. To book, please contact Sharon at 0149 025 533 or email bungendoreseniors@gmail.com.

Join us for an informative morning of learning, laughter, and connection. Let's make the digital world a safer and more empowering space for everyone!



Community News

School's back! Helping kids navigate friendships, bullying, and social challenges

As families across Australia return to school, excitement may be mixed with anxiety, especially for parents and carers who are concerned about their child's mental health and wellbeing. Whether it's worrying about social challenges, bullying, or the tricky dynamics of 'frenemies', going back to school can be a stressful time.

Triple P International Country Director, Carol Markie-Dadds, said that while the new school year offers children fresh opportunities for learning and development, it can also be a time of uncertainty. Navigating friendships and potentially managing bullying – whether from peers, pretend friends, or 'frenemies' – may be weighing on the minds of children and their families.

"Sadly, 2024 saw regular news headlines highlight the long-term and sometimes devastating impacts of bullying on children and young people, along with the damaging ripple effects it has on families, and communities more broadly," Ms Markie-Dadds said. Research from the Australian Council for Educational Research recently revealed Australia has the highest level of bullying compared to other OECD countries, with one in six students being bullied at school. The impact of this extends far beyond the schoolyard and can lead to long-term mental health impacts, including anxiety and depression.

"Bullying or mean behaviours can happen in-person or online on social media or games, be it verbal name calling, deliberately leaving someone out, toxic group chats, or even escalating to the physical, like pushing or worse."

"To help kids cope, parents and carers play a vital role in helping their children develop resilience and the skills to deal with bullying and unhealthy friendships this school year," Ms Markie-Dadds said.

Triple P's six practical strategies to foster positive social interactions and help kids navigate social challenges

1. Reinforce resilience and self-esteem: Help build your child's self-confidence by encouraging hobbies or activities that they enjoy or are good at. This will help strengthen their ability to face challenging situations or setbacks. Remind them that they are loved and valued, no matter what.
2. Regular check-ins with your child: Create a safe, non-judgmental space at home for kids to share their thoughts and feelings. Ask open-ended questions like, "What was the best part of your day?" and "Was there anything that upset you or could have been gone better?" to encourage open and honest communication with your child.
3. Recognise the signs of bullying: Look for subtle changes in behaviour that may indicate your child is being bullied, such as not

wanting to go to school, avoiding friends they used to speak to, or unexplained physical marks/tears to clothing. Empower your child by educating them about bullying and encouraging them to speak up or seek help.

4. Role model empathy and social skills: Help kids understand the importance of kindness, respect and inclusion by modelling this behaviour in your day-to-day activities.

5. Role-play or consider scenarios: Build your child's confidence in handling difficult social situations by discussing or acting out what to do in challenging situations. Help them consider what to do if someone is teasing them or they see others being bullied. Teach your child how to set healthy boundaries with friends and help them practice positive communication to express their feelings effectively.

6. Reach out to the school: Partner with teachers or school counsellors to address any concerns early on. Familiarise yourself with the school's anti-bullying policies and programs to ensure a consistent approach.

"If your child is experiencing bullying or friendship worries, it's vital not to ignore what they're telling you or leave them to deal with bullying on their own - create a positive, safe environment by calmly listening and encouraging them to describe exactly what has happened," Carol said. "When adults are aware of what is



happening, they can watch more closely, act quickly, and help children learn new skills to prevent and respond to bullying."

"It's important for parents and carers to remember they are not alone in helping their children navigate these challenges. There are resources available to help families navigate bullying-related issues, including your school, counsellors, Kids Helpline (kidshelpline.com.au) and eSafety Commissioner (esafety.gov.au)."

Triple P also offers free, online, evidence-based programs that give parents and carers the skills to help children develop coping skills and boost social and

emotional well-being. Together, we can help our children thrive socially and emotionally in the coming school year," Ms Markie-Dadds said.

Delivery of the Triple P - Positive Parenting Program to parents and carers of children in Australia is supported by funding from the Australian Government Department of Health and Aged Care under the Parenting Education and Support Program. Parents and carers can access free, online parenting support 24/7 at triplep-parenting.net.au

Photo supplied of Triple P International Country Director, Carol Markie-Dadds,



KRISTY McBAIN

Member for Eden-Monaro




Working for our community

Here to help

 02 6284 2442

 Kristy.McBain.MP@aph.gov.au

Authorised by Kristy McBain, ALP, 21-25 Monaro Street, Queanbeyan, NSW




Let our expert team guide you through your legal matters

www.bdn.com.au


- Conveyancing
- Wills & Estates
- Criminal Law
- Workplace Injury

- Commercial Law
- Family Law
- Migration
- Employment Law


Principal Lawyers:



Tanya Nadin



Lorraine White



Richard Baker

Please phone for an appointment

Queanbeyan
6299 3999

Canberra
6230 1999

Accessible. Responsive. Innovative.

Community News

Queanbeyan Seniors (55+) news

Come and join us in these fun activities and see for yourself!

Mondays

Chair Yoga - 9.30am
Mat Yoga - 11.00am

Bookings essential for Mat Yoga, contact Sue on <https://www.agewell.yoga>

Tuesdays

Zumba - Beginners 9.30am - Normal Impact 11.00am - Monday Yoga & Tuesday Zumba at AXIS Centre, 22 Campbell Street (building next to the LionS Community Bookshop in Queanbeyan Town Park). NORMAL IMPACT ZUMBA & MAT YOGA OPEN TO EVERYONE (not just seniors)!



Monday and Tuesday classes during school terms.

Wednesdays

Mat Yoga - 9.30am
Chair Yoga - 11.00am
With Louise... no bookings required at 1 Farrer Place, Queanbeyan
BYO Mat for yoga if you have one, some will be supplied.

Cost for abovementioned activities \$10.00 per session for members & \$18.00 for non-members.

Monday

Craft weekly on Mondays - 11.00am till 2.00pm. Cost \$2.00. Bring your own lunch and your own project or work on a project for the Seniors.

Wednesdays

- Canasta - 10.00am -12.00noon Cost \$2.00
- Euchre - 1.00pm Cost \$3.00

- Mahjong - 1.00pm - 3.00pm Cost \$2.00

Thursdays

- Thursdays - Rummikin - 1.00pm Cost \$2.00

Fridays

- Carpet Bowls - 1.00pm Cost \$2.00

Delicious afternoon tea follows these activities.

Seniors Monthly meeting on the 3rd Tuesday of the month at 1.00pm, Rear 1 Farrer Place. Next meeting February 18, 2025.

Riverside Plaza Stall - monthly - our wonderful stalls are back. First one for the year will be Thursday February 20, so keep an eye out!

Membership only \$10.00 per annum.

New members very welcome.



Contact - Brenda (0407 201 392), Melissa (0411 342 788), e-mail - queanbeyanseniors@gmail.com or just drop in during opening times - Rear of 1 Farrer Place, Queanbeyan

LOOKING FORWARD TO SEEING YOU AT ONE OF THESE ACTIVITIES IN 2025

Photos supplied

Peter Baines and the legacy of Hands Across the Water

In 2004, on Boxing Day, a devastating tsunami swept across Southeast Asia, leaving a trail of unimaginable destruction. For Peter Baines, a forensic specialist from Australia who was deployed to Thailand in the aftermath, the experience was life-changing. As he worked tirelessly to identify victims and bring closure to grieving families, he encountered something that would forever alter his path: dozens of orphaned children, left with nothing but the clothes on their backs and the scars of loss.

It was their resilience, despite their suffering, that stayed with Peter long after he returned to Australia. Unable to shake the memories of their plight, he realised he couldn't just walk away. He knew he had the skills to make a difference, but more importantly, he had the determination. In 2005, this resolve gave birth to Hands Across the Water, a charity with a

mission to support vulnerable children in Thailand and provide them with a brighter future.

What set Hands Across the Water apart from other charities was Peter's unwavering commitment to transparency and sustainability. He vowed that every dollar donated would go directly to helping the children, a promise that has resonated with supporters around the world. From humble beginnings, Hands Across the Water grew to fund and build homes, schools, and community centers for children who had lost their families, ensuring they had access to education, healthcare, and a safe place to call home.

But Peter's vision went beyond just providing basic needs. He wanted to empower the children to dream and thrive. Through innovative programs, including vocational training and scholarships, Hands Across the Water has helped countless young

people become independent, confident, and hopeful about their futures.

A cornerstone of the charity's success has been its adventurous fundraising initiatives. From cycling challenges across Thailand to treks and immersive experiences, these events not only raise money but also connect participants with the communities they are supporting. For many,

these journeys are transformative, offering a glimpse into the resilience and gratitude of the children whose lives they are helping to change.

Today, Hands Across the Water stands as a testament to what can be achieved when compassion meets action. Peter Baines' legacy is more than the homes built or the funds raised; it is the lives transformed, the hope restored,

and the enduring reminder that one person truly can make a difference in the world.

For more information and to donate to Hands Across the Water head to <https://www.handsacrossthewater.org.au/>

Photo: Peter Running 1400 km in 26 days in the hope of raising \$1 million for children in Thailand. Hands Across the Water



OPAN - Older Persons Advocacy Program

The new Aged Care Act was passed in the Australian Parliament on 25 November 2024. It will commence on 1 July 2025. Much of the detail around how it is to be implemented is contained in the subordinate legislation, or rules. These rules have yet to be finalised. We will update this article as more information becomes available.

Why does Australia need a new Aged Care Act?

The current Act is primarily a business arrangement between government and aged care service providers. The Aged Care Royal Commission said it was no longer fit for purpose.

A new Act that focuses on the needs of the people who are accessing aged care services was the top of the commission's list of recommendations. By putting older people at the centre of their aged care, the new Act aims to address the current power

What the new Aged Car Act means for you

imbalance between older people and aged care service providers.

The new Act provides us with the legislative building blocks we need to:

- improve aged care quality and safety
- better protect the rights of older people
- ensure the financial sustainability of the aged care sector for generations to come.

What are the key changes?

A rights-based focus

The new Act introduces a Statement of Rights for older people, which includes rights like independence, autonomy, and respect for privacy.

Enhanced quality standards
The new Act implements strengthened Aged Care Quality standards to ensure care is safe, high-quality and tailored to the needs of the older person.

Greater protections

The new Act increases protections for whistleblowers and expands the range of issues they can report on.

Safeguards around decision-making

Older people can register one or more people of their choice to assist them in their decision-making under the new Act. These 'supporters' have an explicit duty to maintain the person's capacity to make their own decisions.

An independent complaints process

An independent Complaints Commissioner, appointed by the minister, will promote the independence, transparency, and accountability of complaints handling by the Aged Care Quality and Safety Commission.

A new funding model

Older people will be required to make means-tested co-

contributions for their non-clinical care under the new Act. There will be new hardship measures for older people with limited means.

The government is applying a 'no worse off' principle through grandfathering arrangements so older people who were in the aged care system prior to 12 September 2024, when the Bill was tabled in Parliament, will not be disadvantaged.

Register for our webinar on Tuesday 25 February to learn more from our panel of experts who will provide information and insight into the changes to the Act and how it will affect you.

<https://opan.org.au>

If you would like to speak to an advocate about what the changes to the Act will mean for you, call the Aged Care Advocacy Line on 1800 700 600.

Agenda QPRC meeting Wednesday January 29, 2025

The Ordinary Meeting of QPRC will be held at 5.30pm on Wednesday 29 January 2025. This meeting will be held in the WB Freebody Council Chambers in the Nellie Hamilton Centre, 257 Crawford Street Queanbeyan, starting at 5.30pm. Presentations for items on the Agenda can be made in writing, via Zoom or in person. A live stream of the meeting can be viewed at: <https://webcast.qprc.nsw.gov.au/>

Reports To Council - Items for Determination

- 9.1 Demolition of Local Heritage Item - Jembaicumbene Bridges, Araluen Road, Reidsdale
- 9.2 Warrigal Residents Committee Donation Request
- 9.3 Naming of Bungendore Sports Hub Playing Fields
- 9.4 Renewal of Alcohol Restrictions in Local Government Area and Addition of New Area at 1 Farrer Place, Queanbeyan
- 9.5 Monaro Street Upgrade - Detailed Design
- 9.6 Investment Report - December 2024
- 9.7 Policy Review

9.8 Register of Declarations of Pecuniary Interests and Other Matters - Councillors and Designated Persons

Reports To Council - Items for Information

- 10.1 Fines Amendment (Parking Fines) Bill 2024 and Draft Regulations
- 10.2 Jerrabomberra Traffic Campaign - Project Update
- 10.3 Summary of Road Renewal and Maintenance Activities - 2nd Quarter 2024/25
- 10.4 2024 QPRC Business Survey
- 10.5 Green Flag Award 2024-25
- 10.6 Bi-Annual Compliance Reporting
- 10.7 Sale of Land for Unpaid Rates
- 10.8 HSEQ Quarterly Report - 1 October to 31 December 2024
- 10.9 Councillor Workshops
- Reports of Committees
- 11.1 Local Traffic Committee Meeting Minutes - 3 December 2024
- 11.2 Bungendore Floodplain Risk Management Committee Meeting Minutes - 559
- 11.3 Audit, Risk and Improvement Committee Minutes December 2024

Questions With Notice

- 14.1 Questions With Notice - Bus Shelter Program
- 14.2 Questions With Notice - Bungendore Lead Contamination Works
- 14.3 Questions With Notice - Proposed Car Park off Wallace Street, Braidwood
- 14.4 Questions With Notice - Nerriga Road, Braidwood
- Notice Of Intention to Deal With Matters In Closed Session 60

Reports For Closed Session

- Confidential - Not for Publication
- 16.1 RFT 2024-78 Supply and Installation of Road Safety Barrier Systems - Tender

Evaluation Item 16.1 is confidential in accordance with s10(A) (c) of the Local Government Act 1993 because it contains information that would, if disclosed, confer a commercial advantage on a person with whom the Council is conducting (or proposes to conduct) business and discussion of the matter in an open meeting would be, on balance, contrary to the public interest.

16.2 Deed of Agreement Minister Education and Early Learning: Bungendore Properties Reinstatement

Item 16.2 is confidential in accordance with s10(A) (e) of the Local Government Act 1993



because it contains information that would, if disclosed, prejudice the maintenance of law and discussion of the matter in an open meeting would be, on balance, contrary to the public interest.

16.3 Restart NSW Fund: RNSW1934 - South Jerrabomberra Innovation Precinct Notice of Project Financial and Scope Management Audit Item

16.3 is confidential in accordance with s10(A) (c) of the Local Government Act 1993 because it contains information that would, if disclosed, confer a commercial advantage on a person with whom the Council is

conducting (or proposes to conduct) business and discussion of the matter in an open meeting would be, on balance, contrary to the public interest.

If you'd like to make a presentation on any of the matters on the agenda, you have three options.

Written presentation - submit by midday on Tuesday before the meeting

Zoom presentation - register by midday on Wednesday

Verbal presentation - register by midday online, or

between 5.00pm-5.30pm on Wednesday at the meeting.

You can register to make a presentation, view or download meeting documents for Council meetings at www.qprc.nsw.gov.au

Business papers and full agenda can be found at <https://www.qprc.nsw.gov.au/Council/Council-Business/Minutes-Agendas>The meeting can be viewed at webcast.qprc.nsw.gov.au Above: the Monaro Street Project highlighted in yellow

STEVE WHAN MP

MEMBER FOR MONARO

Here to help

Labor

Contact my office for assistance with:

Social Housing • Service NSW • Fair Trading • Education • NSW Health and Hospitals • State Roads • Police • Ambulance • Fire + Rescue • State Emergency Service • Revenue NSW • Public Transport • National Parks • Crown Lands • Family and Community Services • Justice of the Peace Services and Applications • Birthday and Wedding Anniversary Congratulatory Messages

02 6299 4899

monaro@parliament.nsw.gov.au

www.stevewhan.com.au

Authorised by Steve Whan MP, 213 Crawford Street, Queanbeyan NSW 2620. Paid for by Parliamentary Entitlements

TAYLOR'S

AUTOMOTIVE

BUNGENDORE

Car servicing & repairs

Truck servicing

Trailer servicing & repairs

All Rego Inspections (except Gas)

SafeTstop brake inspections

Auto Electrical work

Air conditioning work

(02) 6238 0305

autoelec@tob.net.au

40 KING STREET, BUNGENDORE

New homes • Extensions

Pergolas and decks • Carports

and farm sheds • Joinery shop

Office fitouts and renovations

Mark Osarek Licensed builder

NSW Lic: 149698C • ACT Lic: 19926069

MOJO CONSTRUCTIONS

0411 647 697

Email: mojoconstructions@bigpond.com

FOR ALL YOUR CONSTRUCTION NEEDS

Painting • Decorating

Tim Snowdon

Lic No: 239625C

familysnowdon@bigpond.com

Tel: 6238 0693

0405 180 980

TREWORKS

tree specialists

Improve the health, appearance and safety of your trees

Fully insured to work in NSW / ACT

Qualified arborists, tree surgeons and climbers

Tree assessments and diagnostic reports by a Level 5 arborist

Tree pruning and removals

Branches taken away or mulched

Full clean up

Free quotes

Visit our website www.treeworks.net.au or

call 1800 TREEHELP (1800 873 343)

Australia Day Awards 2025

Braidwood

Congratulations to all the recipients of Australia Day Awards this year.

Marjorie Lemin

Marjorie Lemin was awarded Citizen of the Year for Braidwood for her impressive service to her community, especially her leadership of the Braidwood Book Fair. The event runs twice a year and has steadily grown over the last 30 years to become a major fundraising event in Braidwood. The success of the event is largely thanks to the selflessness, diligence and hard work of Marjorie. Marjorie is also an active

and respected member of the Anglican Parish and other community groups.

Isaac Gardiner

Braidwood's Young Citizen of the Year was awarded to Isaac Gardiner for being community minded and committed to helping others through Scouts. Isaac is a proud member of the 1st Braidwood Scout Group, joining as a Cub in 2019, moving up to Scouts in 2020. During this time he has been a constant and active member in all activities, particularly helping younger members at camps. Isaac has



been a member of the Junior section of the Braidwood RFS brigade since October 2023, participating in training sessions on a regular basis and developing his skills until he reaches the age where he can participate in active call outs. He also works casually at the Braidwood Capital Chemist and is widely regarded as a kind,

respectful and helpful team member.

The Majors Creek Hotel Woodchop

The Majors Creek Hotel Woodchop was awarded Event of the Year for Braidwood. The inaugural event brought the whole

community together and lots of people came to town to be part of the day. During the lead up to the event, over ten thousand dollars of sponsorship money and goods in kind were donated, including skips, toilets, and 28 raffle prizes.

Photos: QPRC

Bungendore

Congratulations to all the recipients of Australia Day Awards this year.

Anthony Rayner

Bungendore's Citizen of the Year was awarded to Anthony Rayner for his quiet dedication to his community. Tony exemplifies the true spirit of selflessness, consistently offering his time, effort, and support without expecting anything in return. Tony embodies the belief that true service is not about recognition but about making a difference. He firmly believes that no one, particularly the youth in Bungendore, should go without and always does what he can to make sure they don't miss out on opportunities others might have. A longtime member of the Bungendore Tigers and regular face at fundraising events in Bungendore, Tony is the person behind the scenes.

Evan Ball

Evan Ball was awarded Young Citizen of the Year for Bungendore for his dedication to the 1st Bungendore Scouts. Evan is a kind and respectful young person who has grown enormously with Scouts over the last few years. He is a hard worker who takes care of his peers. Evan is the first to put up his hand to volunteer with any community event at scouts, school, or other community organisations and always looking to support those around him.

The Bungendore Show

The Bungendore Show was awarded Event of the Year for Bungendore. Featuring sheep and cattle judging, equestrian events, woodchop displays, performances from local dance groups and so much more. The show was a

fantastic community event that showcased Bungendore's community spirit.



Australia Day Awards 2025

Captains Flat

Congratulations to all the recipients of Australia Day Awards this year.

John Gough

Citizen of the Year was awarded to John Gough in Captains Flat for his unwavering commitment to serving his community. John is a remarkable member of the Captains Flat Brigade and shows commendable courage in responding to emergencies and fires. His readiness to protect and serve is deeply appreciated by all. John also takes meticulous care in



the upkeep of the town, particularly the rose garden. He also creates plaques and memorials for various causes in town, showing his incredible creativity and craftsmanship. John has made significant contributions to the town's rich heritage and sense of community.

Isabelle Hume

Captains Flat's Young Citizen of the Year was awarded to Isabelle Hume for her ongoing support and dedication to the Captain's Flat Rural Fire Service (RFS). Isabella

is an active member of the Captains Flat RFS and is dedicated to improving her skills. She is a young leader, taking on a mentoring role and sharing her impressive knowledge with new members. Isabelle's commitment to the Captain's Flat community goes beyond her role in the RFS. She is an active in various community events and initiatives, always willing to lend a helping hand where needed.

Captains Flat Bush Dance

The Event of the Year was the Captains Flat Bush Dance. This fun local event was made possible by many members of the community coming together to make sure everything ran smoothly. There were fun prizes for best boots and hats. Snacks to share were provided by the community. It was an event made for and by the Captains Flat community.

Photos: QPRC

Queanbeyan

Congratulations to all the recipients of Australia Day Awards this year.

Wendy Grant

Queanbeyan's Citizen of the Year was Wendy Grant. Wendy is a core member of the Queanbeyan Park Tennis Club (QPTC) and her dedication to the club and the sport directly benefits the community. Wendy is driven to provide high quality tennis and pickleball facilities for both tennis club members and the broader community. She has helped to provide subsidised fees for junior players to play, to grow participation, and support access to sport in our region. Wendy is the primary grant writer for QPTC and was instrumental securing funding for LED court lighting replacements at the Campbell Street complex and the Waniassa Street complex. The upgrade at Waniassa Street introduced pickleball last year. Wendy took on the significant project management responsibilities for the Waniassa Street complex upgrade. The club can now host more social, casual and



competition tennis. The opening of the upgraded complex has resulted in a significant increase to the Club's membership.

Jerikye Williams

Jerikye Williams was awarded Young Citizen of the Year for Queanbeyan for his work with

music and young First Nations people. Jerikye is a proud Ngunnawal and Wiradjuri man who followed his passion for music through school, taking opportunities to perform in front of his peers at Queanbeyan High School and improve his confidence and skill as a musician. Jerikye is a well-known

face around town, whether it's for his volunteering with First Nations groups or performing locally. His career has reached a new level with his recent acting performance in a play in Cowra, NSW. This has seen him being nominated for a Canberra Area Theatre (CAT) Award. Jerikye inspires local youth to stay in school, follow their heart and work hard to achieve their goals. His newly released original music encourages the uniting of Indigenous and non-Indigenous Australians to celebrate this land and the joy of storytelling through the arts.

Googfest 2024

Googfest 2024 was awarded Event of the Year for Queanbeyan. Googfest has been 'putting Googong on the map' since 2015 and in 2024 it was headlined by country singer, Travis Collins. Last year's country theme proved enormously popular

attracting new audiences to the event, with visitors getting into the theme with cowboy hats and boots. The event was truly all ages, with grandparents, toddlers, teenagers, and adults mixing and enjoying the show. Googfest 2024 amplifies Googong's strong sense of community and provides a unique free event during a cost-of-living crisis.

This year two Mayoral Awards were presented to the **Queanbeyan Country Muster** for a great night of music featuring some of Country's biggest stars and the **Formally Formal Wear Op Shop** for taking the financial pressure out of this milestone event for high school students.

Photos QPRC
Left: Residents taking the oath of Citizenship at the Queanbeyan Ceremony



Community News

Bungendore CWA Cookery Competition: Saturday, March 1

Bungendore CWA will host its branch cookery competition on Saturday March 1st.

It's open to young & old, and you don't have to be a CWA member to enter. There are 18 sections available, including junior categories. Cakes, slices, puddings, jams, chutneys & relishes are all being judged, so put a marker in your calendar and get cooking. More details about how to enter will be coming very soon and we look forward to welcoming entrants from our wonderful Bungendore community.

One of the yummy recipes is listed below. If you have any questions, please reach out to our Land Cookery Officer, Libby Raymond on our social media page or drop an email to bungendore.secretary@gmail.com

Section Six: Coconut Loaf

This recipe must be used

Ingredients:

- 125g melted butter
- 1 cup desiccated coconut
- 1 cup self-raising flour
- 1 cup caster sugar

- ½ cup milk
- 2 eggs

Method

Melt butter and add to all other ingredients and mix well. Pour into a loaf tin, well-greased and lined on the sides. Bake at 180°C for 30 minutes or until baked through.

Ice with white glacé icing.

NEXT MEETING DATE :
Sunday Feb 16th 930 am for a 10am start.

Image: Shutterstock



Birthday celebrations - Bungendore Fine Art Inc celebrates 20 years



The gallery is unique in this region's galleries as it is run by eight partners, Jenny Becker, Val LeMaitre, Sue Grieves, Janette McGuffog, Sukhvinder Saggu, Oliver Cheng, Denise Moule and

Gay Mouat all local artists in the Bungendore area. All artists contribute a different style to the paintings that are on show in the gallery. Work on display includes a wide range of styles, from

traditional landscapes florals, still life, botanical and abstract. All painted with a range of mediums, watercolour, oils, pastels, inks and acrylics. These artists share an impressive record of prizes from local, interstate and national art shows.

Over the past 20 years Bungendore Fine Art Inc has been responsible for hundreds of artworks finding new homes in Canberra, interstate and overseas

Also Bungendore Fine Art regularly features other artists

locally and from interstate - either as newcomers or following on an established reputation.

The past success of the gallery in bringing affordable and accessible art to the buying public means that Bungendore Fine Art can look forward to many more birthdays.

The partners invite all buyers and friends to birthday celebrations on the Saturday 1 February.

There will be a 20% discount on selected artworks throughout the



Gallery marked with a green sticker.

The Gallery is opened from Friday to Monday from 10am to 4.30pm.

Photos supplied

OVER 700 GAMES SOLD - HUGE EFFORT BUNGENDORE



THANKS FOR YOUR SUPPORT

To date we have sold over 700 copies of our Monopoly Bungendore Edition.

LOVE IT or HATE IT you can still secure your copy of this limited edition board game focussed entirely on our wonderful village of Bungendore.

Sent to the United Kingdom our game is now in the collection of the Guinness World Record for the largest collection of Monopoly board game memorabilia – the record holder said this was an important one due to it being a “LIMITED EDITION”.

So visit the IGA, The Malbon, BRural or the Bendigo Bank for your copy of this game. Keep it in the cupboard, it doesn't matter but DON'T MISS OUT !

Remember your purchase supports your community. All proceeds from sales will be used by the Rotary Club of Bungendore in support of community projects.



Community News

Crafters cannot hide their enthusiasm for leather working



The Bungendore Crafters' Co-Operative proudly welcomed Tarago Area Women's Shed president Jenni Cole to the Learning Hub on Saturday 18th January for the group's first leather workshop. Jenni, equipped with 50 years of experience working with leather, guided the eager participants through the processes of cutting, slicking, stamping and dyeing leather, sharing her wealth of knowledge and leatherworking tools with the group. Working with a brand new shoulder piece of cowhide, each participant was able to make a variety of bag tags and keyrings in a range of shapes, sizes and colours. We had gum leaves, ginkgo leaves, cattle ear tags, butterfly and fish-shaped keyrings in a range of colours as we were able to experiment with leather dyes and finishing polish. Jenni generously shared so much knowledge and new skills with the group, who are excitedly planning future leathercraft projects including notebook covers, cushion covers, wallets and coasters.

The Crafters' Co-Op also held their regular craft evening on Thursday. The group welcomed new members, while many loyal regulars returned from holidays and were able to share their new craft projects and tales of their recent adventures. Members brought along their individual projects to work on, which showcased a vast array of skills such as knitting, sketching, junk journaling, crochet, beading, embroidery, applique and sewing. The Crafters' Co-Op continues to provide a space for women to gather and share their stories, skills, knowledge and love of crafts, without the pressure of a certain level of ability or creating successful products. The philosophy of the group instead aligns with enjoying the creative process and sharing the successes and lessons learnt along the way with the support of those in our community. Co-Op craft evenings are held every second Thursday at 55 Gibraltar Street from 6-8pm. The next craft evening will be held on Thursday 6th February. For further information, follow the Bungendore



Crafters' Co-Operative on Facebook or contact Thalia on 0412 884 120. Photos supplied

Trump's withdrawal from Paris Agreement 'disgraceful and destructive'

Climate Action Monaro (CAM) concurs with the response of the Union of Concerned Scientists that US President Trump's decision to withdraw from the Paris Agreement on climate was 'disgraceful and destructive'. CAM President Jenny Goldie says the decision is particularly heinous in light of the Los Angeles fires which, all experts agree, were made worse by climate change. "At a crucial point in history, when the world needs to be getting on a war footing to mitigate climate change, Trump calls "drill, baby, drill" and does all he can to support fossil fuels at the expense of renewable energy," says Ms Goldie.

"It's not just the still-burning Los Angeles fires. In 2024, hurricanes Helene and Milton caused catastrophic damage in the United States. "The last couple of years saw record-breaking water temperatures in the Atlantic Ocean and Gulf of Mexico thanks to climate change. Higher sea temperatures mean more powerful storms. "President Trump's failure to act on climate change, indeed, make the situation worse, will likely backfire on him. US citizens will be hurt by more frequent and more intense extreme weather events. They will be hurt by higher tariffs that will restrict the flow of renewable products from China, such as electric vehicles and solar panels.

"The LA fires are costing hundreds of billions of dollars and threaten the collapse of the insurance industry. When people are no longer able to insure their homes they may well turn around and blame their President for his profound lack of responsibility." Ms Goldie notes that by withdrawing from the Paris Agreement, the United States will join Iran, Libya and Yemen as the only four countries not party to the agreement, which was set up to avoid environmental catastrophe. "If one is judged by your friends, then Iran, Libya and Yemen are hardly countries that will enhance your credibility," she says.

"Former President Biden's Inflation Reduction Act (IRA) was a monumental effort to financially underpin the energy transition to renewables, a transition critical if we are to minimise climate change. The IRA spurred rapid growth in solar and wind power. "Despite the IRA, emissions levels stayed relatively flat in the US last year because demand for electricity surged nationwide. "If Trump dismantles the IRA as promised, emissions will rise again thanks to continuing demand and fewer renewables to meet that demand, making it ever harder for the world community to achieve a safe climate".

Community Bank Bungendore

Need help with the costs of study?

Applications are invited from eligible students who require assistance with tertiary education costs in 2025. Applications open now. <https://palerangfsl.smartygrants.com.au/>

APPLY NOW



Community Bank Scholarships will be funded from management accounts of the Community Enterprise Charitable Fund ABN 12 102 649 968 (the Fund), The Bendigo Centre, Bendigo VIC 3550. Sandhurst Trustees Limited ABN 16 004 030 737 AFSL 237906, a subsidiary of Bendigo and Adelaide Bank Limited ABN 11 068 049 178, AFSL 237879, is the trustee of the Fund. OUT_41367611, 04/11/2024

Community News

Delivering for Eden-Monaro

Kristy McBain, Member for Eden-Monaro, Happy New Year! We are already at the end of January, and I hope you enjoyed some time with family and friends over the summer.

2025 is set to be a big year with a federal election to be held some time before May. Parliament resumes in February and the number one priority of the Government is to take pressure off families.

January marks six months of Labor's Tax Cuts, giving every taxpayer more money in their pocket. Did you know the Labor Government has also:

- Given every household connected to the grid \$300 off their power bill, and \$325 to small businesses.

Wiped \$3 billion in student debt and fixed indexation - including for 13,600 students in Eden-Monaro.

- Frozen the price of PBS medicines and made medicines cheaper.
- Cracked down on misleading and deceptive pricing in supermarkets.
- Invested in an additional 24,100 Home Care Packages, to support people live independently for longer.
- Delivered the first back-to-back increase to Rent Assistance in more than 30 years -benefiting 4,395 households in Eden-Monaro.
- Invested \$90 million in TAFEs and industry registered training organisations to bolster the

- number of skilled construction worker training places.
- Enabled more than 200,000 Australians buy their own home thanks to the Labor Government's expanded Home Guarantee Scheme.
 - Invested \$59.6 million over three years to support continued access to valuable health and support programs for veterans and families.
 - Funded the upgrade of Australia's remaining national fibre to the node network through an equity injection of up to \$3 billion, with NBN contributing more than \$800 million to the project.
 - Increased the maximum childcare subsidy to 90 per cent for families earning \$80,000 or less

- Increased the base subsidy childcare rates from July 2023 for all families earning up to \$530,000.
 - Delivered a 15% pay increase for early childhood educators so centres can attract and retain good staff.
 - Expanded Paid Parental Leave to 26-weeks by 2026 (up from 20 weeks)
 - Legislated paid superannuation on Government-funded Paid Parental Leave
- These are just some of the measures we've delivered to ease cost-of-living pressures and help make a real difference to people in Eden-Monaro.
- Together, there is more to do - I will keep working hard for our



community.
If I can assist you in any way, please contact my office on 6284 2442 or email me at Kristy.McBain.MP@aph.gov.au
Kristy McBain
Member for Eden-Monaro
Photo supplied of Kristy with Captains Flat Youth of the Year Isabelle Hume last Sunday.

Some tips to kickstart 2025

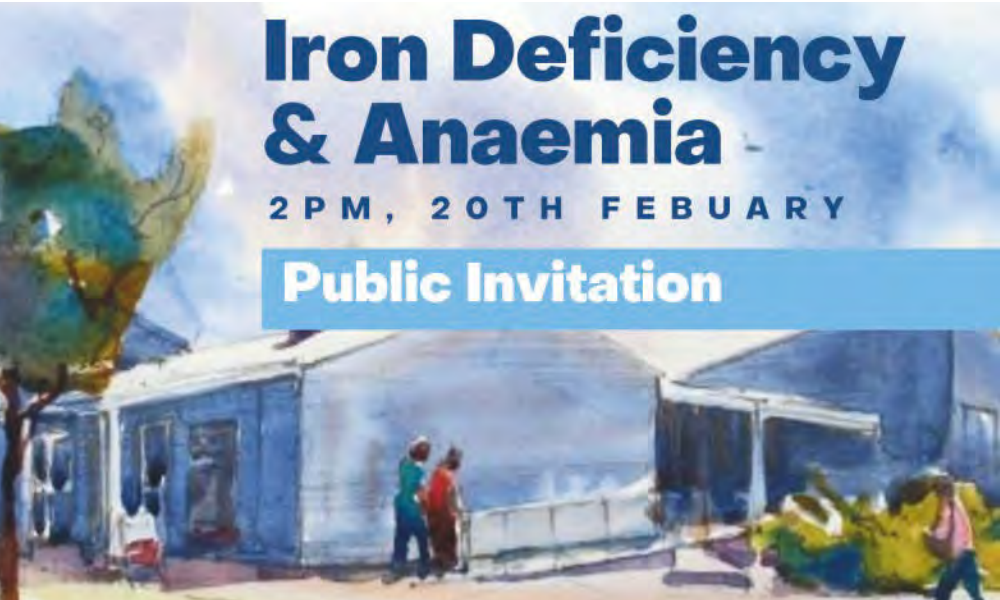
National Seniors Australia
You should regularly reassess your financial position. Now is a good time to do it.
As we ease into the new year, it's the perfect time for you to reassess your financial plans and ensure they are on track for a comfortable and secure future.
Here are some key strategies to help you make the most of your finances in 2025.
Start the year by revisiting your budget. Consider your income sources, including pensions, superannuation, or part-time work, and evaluate your regular expenses.
Account for any new costs, such as increased utility bills or

healthcare needs, and adjust discretionary spending to maintain a balanced budget.
If you're still contributing to your superannuation, ensure you're taking advantage of any applicable tax benefits.
Review your super fund's performance and consider consolidating accounts if you have multiple funds to reduce fees. For those nearing retirement, explore strategies such as transitioning to a retirement income stream.
You should also take time to understand what government support you may be entitled to, such as the Age Pension or Commonwealth Seniors Health Card.

Changes to eligibility thresholds or benefits occur regularly, so stay informed and apply for any assistance that fits your circumstances.
Healthcare needs often increase with age, making it essential to plan for potential expenses. If you have private health insurance coverage, ensure it aligns with your current needs.
Consider setting aside a portion of your savings for out-of-pocket medical expenses and prescription costs.
Manage investments wisely
Diversifying your investment portfolio can help reduce risk and provide more stable returns. Seek professional financial advice to

assess whether your current investment strategy is aligned with your goals and risk tolerance.
For those already retired, ensure your investments generate sufficient income without overexposing you to market volatility.
This is also a good time to ensure your will and power of attorney documents are up-to-date.
Discuss your plans with family members to avoid misunderstandings and ensure your wishes are carried out. You should also review beneficiary nominations on your super and insurance policies.
Finally, stay informed about economic conditions, such as

inflation and interest rate changes, which can affect your savings and expenses.
Regularly review your financial plan and seek advice from a trusted, registered financial planner if needed.
By taking these proactive steps and revisiting your financial plan annually, you can navigate future challenges with confidence and peace of mind.
Disclaimer: National Seniors is not a financial advisor. You should consider seeking independent legal, financial, taxation or other advice to check how any information provided relates to your unique circumstances.



Bungendore Medical Centre invites you to attend the free community event: 'IRON DEFICIENCY AND ANAEMIA'

The third in a series of free information events discussing common health issues in the community.

Iron deficiency and anemia are common conditions that can significantly impact your overall health and well-being.

This event will be hosted by Dr. Chaitali, who will provide valuable insights into recognising, preventing, and managing these conditions.

Please help us prepare and communicate any changes by sending an RSVP to reception@bungendoremicalcentre.com.au, accepting this invitation via our Facebook page, or calling us on 6238 1417.

Location: Bungendore Medical Centre, Ellendon Street
Date: 20th February 2025
Time: 2pm

Bungendore Medical Centre
COMMUNITY INFORMATION EVENTS

BUNGENDORE JUNIOR TIGERS



SAVE THE DATE

REGO DAY 2025

Friday 7th February

Bungendore Bowling Club 5pm - 7pm

- Get help with registration and have any queries answered
- Sausage sizzle
- Find out how you can help this season
- Beat the price rise (Rego rates increase after rego day)

Even if you've already registered, please join us to kick off the season.

Stay strong, stay social: seniors fitness classes in Bungendore

Looking for a way to stay active, strong, and social? Our Seniors Strength Class at Familia Fitness is the perfect place to start!

This class is designed to help you improve balance and coordination, reduce the risk of falls, and stay mobile and independent. It's more than just exercise—it's about feeling confident in your everyday activities and keeping your body and mind engaged.

We also make it a point to provide dementia-friendly training in a safe and supportive environment. And let's not forget the best part—being part of a welcoming community where you can connect with others, share a laugh, and enjoy your fitness together.

Classes run every Monday and Friday at 10:00 AM, Contact Jordan on 0498 989 127 or admin@familiafitness.com.au Or simply drop in at Unit 1, 30 Ellendon Street.



Bungendore Seniors are pleased to announce that for the month of February Jordan will be running our Tuesday afternoon sessions while Sue our Yoga teacher is away.

Beginning Tuesday February 4 - these classes, specifically catered for seniors are a fantastic way to boost strength and flexibility.

The one-hour sessions are on Tuesdays at 2.00pm and then again at 3.30pm at the Bungendore Scout Hall.

Cost: \$13 per session for members, \$15 for non-members.

Photos supplied of Monday and Friday classes at Familia Fitness

2025 Bungendore CWA Bulb fundraiser

Want to get ready for Spring!

We are back with the bulb fundraiser for 2025. February to May is perfect time for planting, and whether you are a passionate gardener or someone just discovering the joy of plants, you will love the exciting selection.

Order early to avoid disappointment, our sales deadline is April 11, 2025.

To order your bulbs direct head to <https://bulbfundraiser.com.au/BUNGENDORECWA>



Jerrabomberra Pump Track official opening party

QPRC

To celebrate the official opening of the Jerrabomberra Pump Track, we are having a free community event at the track on Friday 14 February!

From 3:30pm to 6:30pm there will be a live DJ, BMX demos, activities for kids and a free BBQ.

Site fencing will remain up at the pump track to give the grass a chance to grow before the official opening.



CRAFTERS, CO-OPERATIVE



BUNGENDORE CRAFTERS, CO-OPERATIVE

Craft Evenings

Thursday 6th February

Thursday 20th February

55 Gibraltar Street

6-8pm

\$5

Contact Thalia: 0412 884 120

#IWD2025 #ACCELERATEACTION

JOIN US FOR

High Tea

IN SUPPORT OF



AN INTERNATIONAL WOMEN'S DAY EVENT

SATURDAY 8 MARCH 2025

2.00-4.00PM

THE B (BICENTENNIAL HALL)

253 CRAWFORD STREET, QUEANBEYAN

TICKETS \$75



GUEST SPEAKER

SAMUEL JOHNSON OAM

Co-founder, Love Your Sister

Gold Logie winning Australian television actor

Dancing with the Stars Winner 2019

2018 Victorian Australian of the Year

PROUDLY SUPPORTED BY



All proceeds go towards Love Your Sister to support precision medicine for ALL cancer patients.



PURCHASE TICKETS ONLINE

THEQ.NET.AU

If you wish to support the event through donations or prizes for the silent auction, contact us qbn.cwa.lvs.event@gmail.com



How to manage your passwords

National Seniors Australia

Forgotten your password and been locked out of your favourite website? Don't panic, there is a way to safely store that essential information.

If you use a computer, mobile phone, or other device for important transactions, such as banking, shopping, and dealing with government departments, you will have been advised to change your password on a regular basis.

It is very good advice, but many people find it easier said than done.

With so many websites and apps requiring logins these days, it's easy to become overwhelmed and find it impossible to remember that elusive combination of letters, numbers, and keyboard symbols that unlock your access to the information you need.

Managing passwords effectively is essential for protecting personal information and reducing the mental load of remembering all your online credentials.

A good solution is to use a password manager, which is a tool designed to store, generate, and organise passwords securely.

Password managers operate as a digital vault, encrypting and storing passwords in one secure location. Users only need to remember a single "master password" to access the tool.

Once you are logged in, the manager can generate complex, unique passwords for different accounts, which it then stores securely.

Many password managers also offer browser extensions or mobile app integrations to autofill your login details seamlessly across devices and platforms.

They also often provide features such as:

- Password audits: to assess the strength of your existing passwords and identifying reused or weak ones.
- Two-factor or multi-factor authentication integration: adding an extra layer of security by requiring further verification steps

(such as sending a code to your mobile phone or email address).

- Secure notes storage: safeguarding sensitive information such as credit card details.
- Dark web monitoring: alerting users if their details appear in data breaches.

Password managers also minimise the frustration of account lockouts caused by forgotten passwords. With auto-fill features, logging into accounts becomes quick and effortless, saving time and reducing stress.

While password managers are highly effective, users should take steps to maximise their benefits. Creating a strong master password is essential, as it's the key to accessing the tool, while enabling two-factor authentication will add an additional layer of security.

Selecting a reputable password manager with robust encryption standards will ensure your data remains secure.

A recent New York Times article recommended two password managers: 1Password and Bitwarden. These both also feature in a Wired magazine article about the best password managers.

Others are available but whichever one you choose, it's important to satisfy yourself that the product is genuine and robust.

This article is for information only. If you have concerns about cyber security, seek advice from a trusted IT professional.

Image: Shutterstock

Safety is the key

As part of National Seniors' Keep SAFE campaign it is recommended that passwords are changed regularly, especially after you have received an unusual or unexpected phone call, text message, or email.

This can be simple to achieve with a password manager as you don't have to remember each individual or new password that you have.

The Keep Safe campaign aims to protect older Australians so they are more aware, confident, and resilient online by providing information and education.

For more information about Keep SAFE, or to sign up to the campaign, head to <https://nationalseniors.com.au/resources/keep-safe>

Federal initiative

With messaging similar to NSA's Keep SAFE campaign, the Federal Government has launched an initiative called Fighting Scams

Minister for Financial Services, Stephen Jones, said the aim was to increase awareness of three simple steps to keep us all safe from scams:

STOP: before sharing personal information

CHECK: that you know who you're dealing with

PROTECT: against scams by taking actions like reporting them to [Scamwatch.gov.au](https://www.scamwatch.gov.au)

Join an Advisory Committee in 2025

Queanbeyan-Palerang Regional Council are looking for representatives from the community to be part of our Advisory Committees.

These committees help provide advice to Council on environmental issues, public art, community facilities, sport and heritage. Members share their experiences and views to help influence decisions that impact communities where they live and work.

We are looking for members to join the:

- Access Committee
- Arts and Cultural Development Advisory Committee
- Flood Risk Management Committees - Bungendore, Braidwood and Queanbeyan
- Heritage Advisory Committee
- Queanbeyan Showground Advisory Committee
- Queanbeyan Sporting Gallery Committee
- Sports Council
- Sustainability and Climate Change Advisory Committee
- Youth Advisory Committee

Learn more and apply to join a committee by Monday 24 February.

Read the Terms of Reference for each of these committees at www.qprc.nsw.gov.au/advisory-committee

At the council meeting December 18, council resolved to *Develop Terms of Reference for the Bungendore Town Centre and Environs Advisory Committee and the Seniors Advisory Committee* with delegates to be appointed at an early 2025 meeting of Council.

Register now - Clean Up Australia Day takes place on Sunday March 2

In the 35th year, let's make this the biggest one ever!

This year, Australia's longest running and largest national day of environmental action, Clean Up Australia Day, will celebrate 35 years of bringing local communities together to Clean Up and help to improve and conserve our environment. To commemorate this milestone, Clean Up Australia is calling on all Aussies to register for this year's event which will be held on Sunday March 2 and join their local communities in making this year the biggest one yet.

Clean Up Australia was founded in 1990 by Ian Kiernan AO. Since its inception, over 22 million Australians have registered as a volunteer for Clean Up activities within their local community year round. The 2024 Clean Up Australia Day campaign alone collected an estimated 140,000 bags of litter nationally, highlighting the continued importance and relevance of Clean Up events and volunteers.

Pip Kiernan, Chair of Clean Up Australia said: "Clean Up Australia has a rich history of mobilising Australians to take practical action to clear up the mass amount of litter and waste that makes its way

into our beautiful waterways and other natural surroundings. We know that 35 years on from when my father, Ian Kiernan, started this iconic organisation, our fight against litter is nowhere near over, but we also know that as a society we need to shift our habits to consider litter prevention and best practice to stop it from entering our environment in the first place."

The FY23 Clean Up Australia Litter Report which provides an annual snapshot of litter collected by volunteers in a calendar year, highlighted that plastics continue to dominate, marking 81% of all surveyed litter. The report also showed that 44% of all litter was cleared from waterway sites, 16% from parks and 11% from bushland, demonstrating the need to encourage as many Australians as possible to glove up and get out into the community on Clean Up Australia Day and events throughout the new year.

"I truly hope that this year we can rally as many Aussies as possible to get behind Clean Up Australia and make it the biggest year of action to date. Nothing makes us prouder than to see communities from all walks of life and generations coming together with a common goal of making a



difference for our precious environment," Pip said.

Registrations for Clean Up Australia Day are open. Volunteers can receive a free Clean Up kit, containing gloves, bags and other resources, with

packs for individuals, families and community groups available (businesses are asked to pay a small fee to cover costs).

If you are unable to participate, donations to Clean Up Australia are welcome, with 100% of funds

raised going directly to empowering Australians to take positive action for the environment and providing Clean Up kits.

Photo of Pip Kiernan supplied.

Queanbeyan-Palerang Regional Council

FOR YOUR INFORMATION



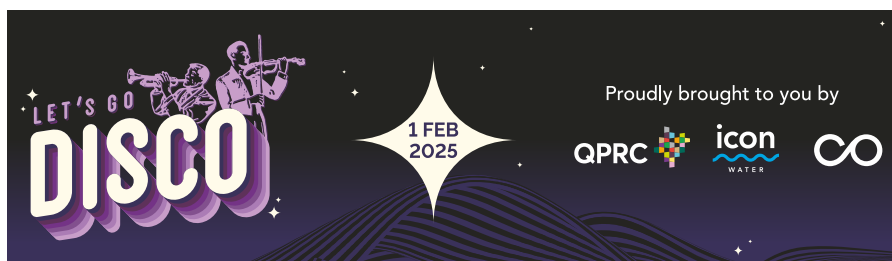
Sale of land for unpaid rates

At the 27 November 2024 meeting, Council agreed to proceed with the sale of land for unpaid rates for eligible properties.

The sale of land for unpaid rates is a last resort. The properties listed for sale have rates and charges debts that are more than five years old before being considered for sale.

Following the public auction on 2 May 2025 Council will deduct the cost of selling the properties, and any rates and any charges owing. The proceeds then go back to the rateable person or their estate.

- ▶ You can read more and find the list of properties at qprc.nsw.gov.au/public-notice



Music by the River - 1 February

Have you got your tickets to Music by the River?

We have a HUGE night of disco, good food, and great dance moves planned for Saturday 1 February!

You must have your ticket on you to enter the venue as Queen Elizabeth II Park will be fenced on the night.

Scan the code to learn more and book your tickets.

This event is proudly presented by Icon Water and Queanbeyan-Palerang Regional Council.



Advertising of Notices and Documents under the Environmental Planning and Assessment Act 1979 and Regulations

Notices and documents required to be advertised under NSW planning legislation are published on Council's website.

- ▶ Documents can be viewed at bit.ly/DPnotices



We have a series of road safety events coming up in Queanbeyan.

- Improve your confidence as a learner driver or supervisor on Tuesday 18 February
- Have your child seats checked for safety and fit on Saturday 22 February
- Get your car and caravan weighed on Saturday 15 March
- ▶ Learn more and register to attend by heading to qprc.nsw.gov.au/events

QPRC Waste Info app

Download our Waste Info app to:

- Set bin reminders
- Find Waste Transfer Stations
- Check what can go in your bins
- And so much more!

Find it on the **App Store** or **Google Play**.

Council Meetings and Times

Council holds Ordinary Meetings twice a month on a Wednesday, excluding December and January. Meetings start at 5.30pm. Agendas and business papers for the meetings are available on the Friday prior to the meeting from bit.ly/MinutesAgendas. Meetings are live streamed via bit.ly/QPRCwebcast.

Members of the public can watch the meetings via bit.ly/QPRCwebcast and make a presentation during the public forum via Zoom, by submitting a written presentation, or in person.

Members of the public can make a:

- Written presentation - submit by midday on Tuesday
- Zoom presentation - register by midday on Wednesday

- ▶ Register to make a presentation at bit.ly/QPRCinvolved

Next meeting dates are:

- 29 January
- 12 February (in Braidwood)

Written Questions on Notice

Questions on notice from the community must be submitted in writing or via email to public.forum@qprc.nsw.gov.au by 12pm on the Wednesday prior to the meeting. All questions and responses will be tabled at each Public Forum, provided to the person who asked the questions and published on our website.

Join an Advisory Committee!

We are looking for representatives from the community to be part of our Advisory Committees. Share your experiences and help influence decisions that impact our community.

- ▶ Learn more and apply to join a committee by Monday 24 February qprc.nsw.gov.au/advisory-committee

Have Your Say

Share your thoughts, ask questions and provide feedback through our online engagement portal.

Sign-up today and request to be notified about projects that matter to you!

Projects & initiatives open for community comment	Closing Date
2024 Code of Meeting Practice review	3 February
Naming of bridge after Ludwig Baumgardner	25 February
Draft Braidwood Structure Plan	25 February
Development Adjacent to Water Sewer and Stormwater Mains Policy review 2025	25 February
Councillor Induction and Professional Development Policy review 2025	25 February
Councillor Expenses and Facilities Policy review 2025	25 February
Councillor and Staff Interaction Policy review 2025	25 February
Revised Draft Solid Fuel Heater Policy	14 March

- ▶ Find all the details at yourvoice.qprc.nsw.gov.au

Submissions can be made:

- By registering and commenting via yourvoice.qprc.nsw.gov.au
- By email to council@qprc.nsw.gov.au (referencing the item in the subject line)
- By mail to PO Box 90, Queanbeyan NSW 2620
- Delivered in person to our Queanbeyan, Bungendore or Braidwood offices

Follow us on social media

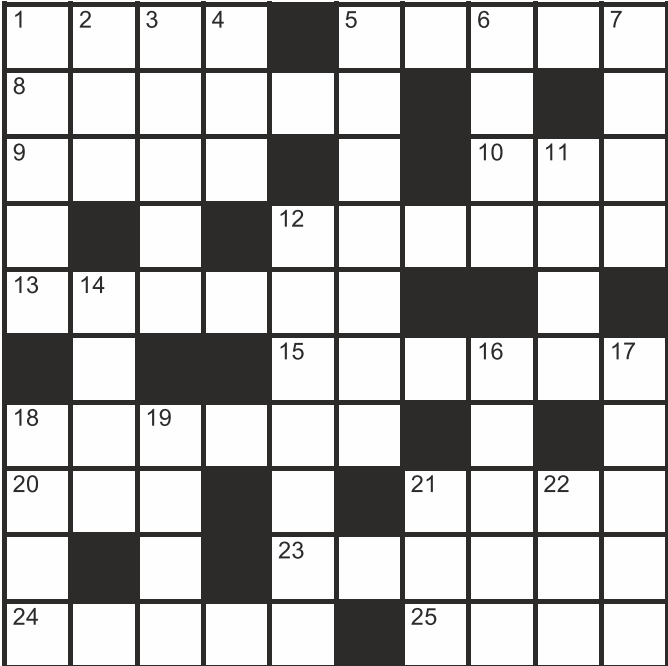
- @QbnPalrangRC
- @QbnPalrang
- @QbnPalrang

Sign up for our weekly eNewsletter
eepurl.com/codv-v

Queanbeyan-Palerang Regional Council
PO Box 90, Queanbeyan NSW 2620
1300 735 025
council@qprc.nsw.gov.au
www.qprc.nsw.gov.au

Puzzles

Quick-Time Crossword



Across
1 Part of a church
5 Step's upright portion
8 Edict
9 Venture
10 Frozen treat
12 Controlled food intake for weight loss

13 Long slender sword
15 Letting contracts
18 Sifting implements
20 Light blow
21 Entrance
23 Coating on teeth
24 Transmits
25 Fasting period

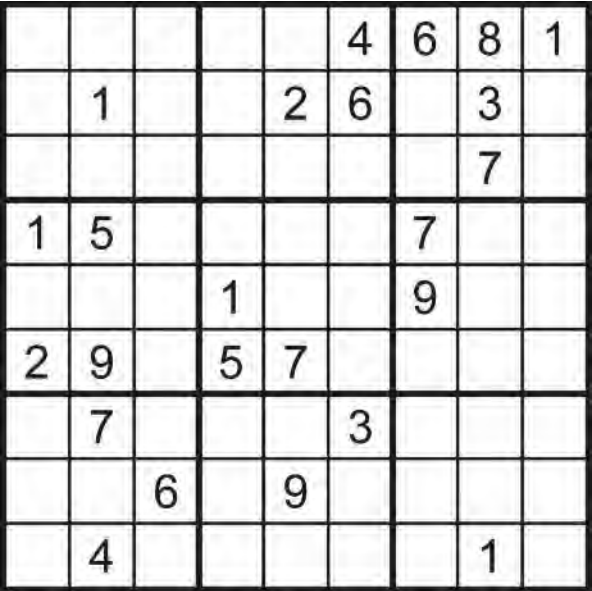
Down
1 Snake
2 Vegetable
3 Certificate
4 Before (poet)
5 Withdraws
6 Humorous hit
7 Regretted
11 Yield
12 Cancels
14 Continent
16 Ignominy
17 Kind of wheat
18 Mineral springs
19 British boys' college
21 Girl (coll)
22 Number

Target Time



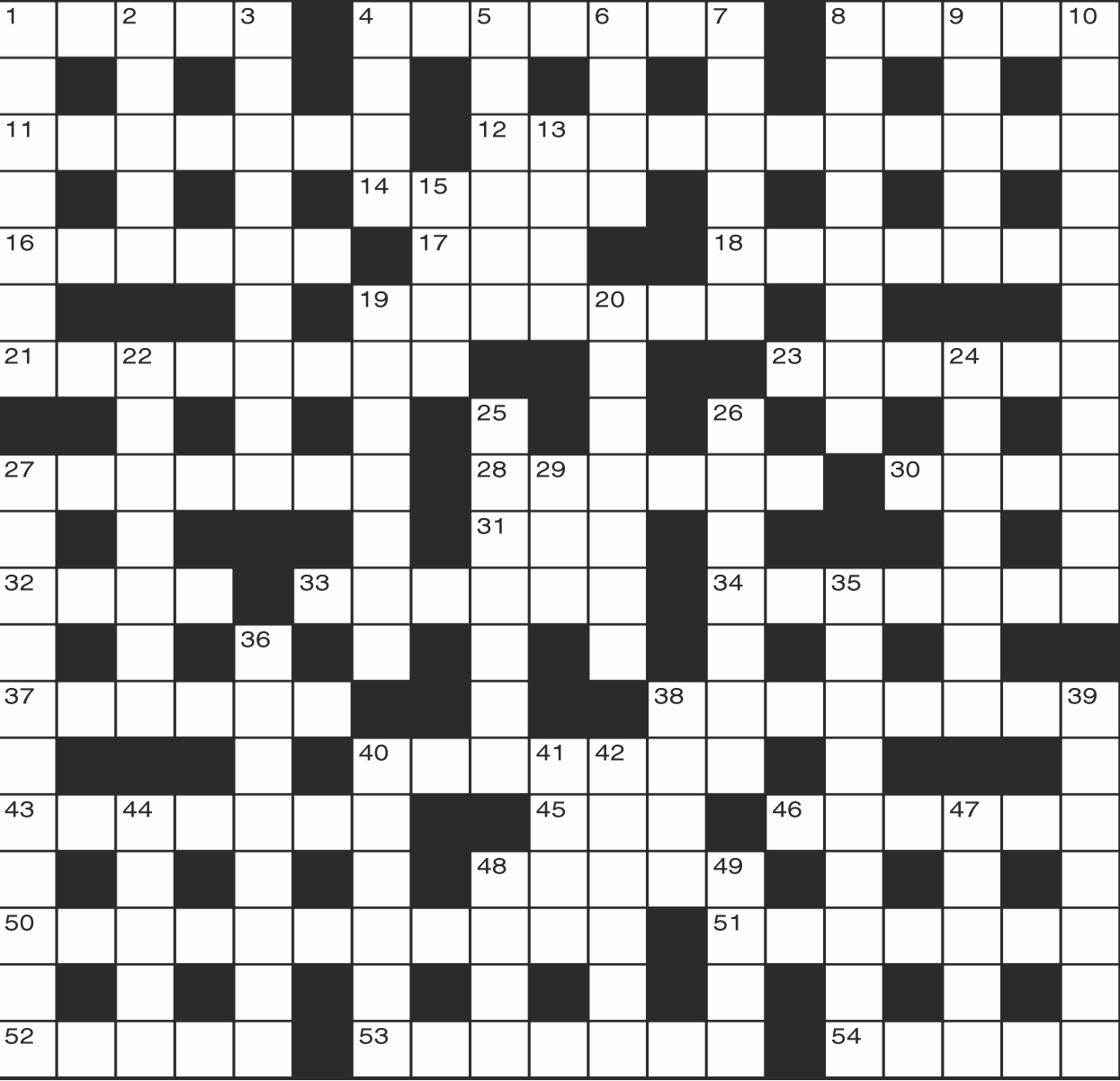
Target: Average - 8, Good - 10, Excellent - 14+
Using the nine letters in the grid, how many words of four letters or more can you make? The centre letter must be included and be used only once. Find at least one nine letter word.

Sudoku



Sudoku, it's a game of deduction rather than maths. Fill each row, column and 3x3 square with the numbers 1 - 9, without repeating. Each number can only appear once in each row, column, and frame.

Crossword



Across
1 Stomach
4 Epicurean
8 Clear, of mind
11 Intrigue
12 Orchestrate (5-6)
14 Celtic priest
16 Sweet pastry
17 Water vessel
18 Urges strongly
19 Guided
21 Flower
23 Type of hairy goat
27 Pocket billiards
28 US state
30 Glimpse
31 Flying mammal
32 Skein of yarn
33 Downright
34 Cleverer
37 Casualties
38 Running shoes
40 Weapon
43 Type of covered desk (4-3)
45 Clinch
46 Assistant
48 Cat (coll)
50 Stringently enforced (4-3-4)
51 Infested
52 Aggressive
53 Leftover
54 Three score
Down
1 Width
2 Disclose (3,2)
3 Standard
4 Precious metal
5 Unconfident
6 Honey drink
7 Poured with rain
8 Abhorring
9 Preside
10 Hunter's hat
13 Spike
15 Famous baseballer, Babe ____
19 Cook in a wok (4-3)
20 Ribboned badge
22 Consecrates
24 Former (3-4)
25 Cigarette ingredient
26 Snack food for the movies
27 Student aid
29 Managed
35 Inaudible
36 Type of education after high school
38 Pulls
39 Gristly
40 Huntsman, eg
41 Therefore
42 Blew
44 Home of cricket
47 Strong glass (tm)
48 Cushions
49 Past (poetic)

Brain Alert

Boost your brain power! Complete each of these puzzles as fast as you can and record your time.

Word Find 132
Find the following words in the grid.

C	O	L	L	A	R
O	M	I	T	A	E
A	A	R	T	P	W
K	T	C	O	T	R
P	E	R	A	W	U
N	D	Y	R	A	N

Apt

Art

Collar

Cry

Drop

Key

Law

Mat

Nectar

Oak

Oar

Omit

Ran

Raw

Rope

Row

Run

Word Sudoku 133
Enter the word PEON in each row, column and 2x2 square, in each combination there should be only one of each letter.

	N		
			O
N			
		E	

Sudoku 130
Enter the numbers 1-4 in each row, column and 2x2 square, in each combination there should be only one of each number.

			4
		2	
4			3

Word Find

C	O	L	L	A	R
O	M	I	T	A	E
A	A	R	T	P	W
K	T	C	O	T	R
P	E	R	A	W	U
N	D	Y	R	A	N

Word Sudoku

O	N	P	E
E	P	N	O
N	E	O	P
P	O	E	N

Sudoku

2	1	3	4
3	4	2	1
1	3	4	2
4	2	1	3

PHOTO OF THE WEEK



A gorgeous 'Cafe au lait' Dahlia. Photo: Louise Egli

Heart Health Check

Take Control of Your Heart Health - Bulk Billed Heart Health Checks at Braidwood Medical Centre

Cardiovascular disease is one of the leading causes of death in Australia, but the good news is that many risk factors are preventable. To promote heart health and create awareness in our community, Wallace Street Medical Centre is offering Bulk Billed Heart Health Checks for individuals aged 30 and above.

Your heart health matters!

This simple and quick check will assess your cardiovascular risk, identify potential concerns, and provide advice to improve your overall health.

Don't wait for symptoms to appear - early detection can save lives. Bring



your friends and family along to join the movement towards a healthier Braidwood!

For more information, contact: Wallace Street Medical Centre
02 4842 1575

Let's keep Braidwood hearts healthy, together!

Spirometry

Breathe Easy, Braidwood - Bulk-Billed Lung Function Tests Now Available at the Braidwood Medical Centre

Wallace Street Medical Centre is committed to your lung health.

As part of our community campaign, we are offering Bulk-Billed Lung Function Tests for eligible patients starting from the 3rd of January 2025.

Eligibility includes:

- Patients with COPD
- Asthmatic patients
- Smokers
- Individuals with other chronic lung conditions



A lung function test is a simple and effective way to assess your respiratory health and detect any underlying issues early.

Take a deep breath and prioritize your health today. Book your bulk-billed Lung Function Test now!

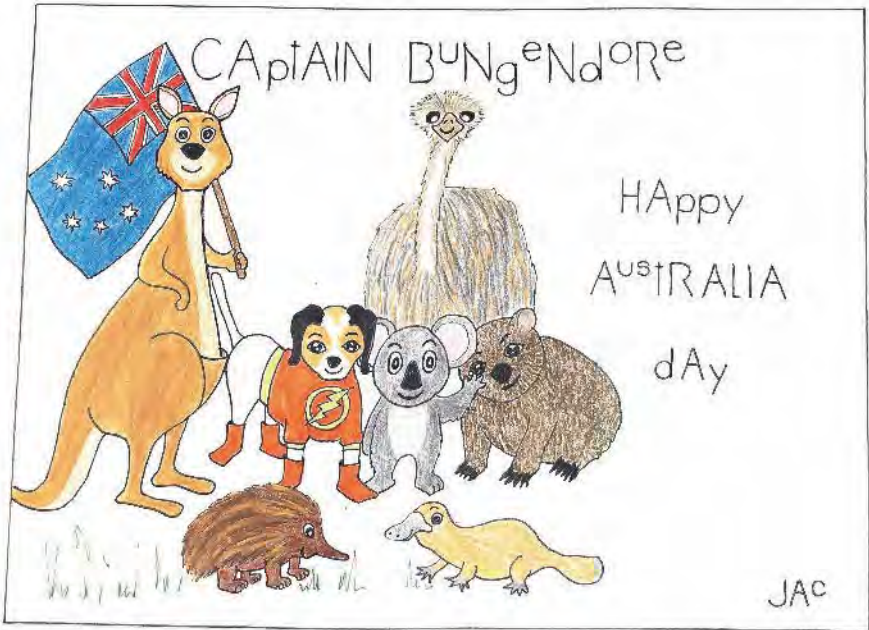
Call us at 02 4842 1575

Your lungs deserve care - breathe better, live healthier.

PET OF THE WEEK



Name: Basil
Age: 8 years old
Likes: pats, snacks and especially snags
Dislikes: not being patted
Claim to fame: once a broken rescue dog now living his best life






phl
surveyors
professional solutions

Surveying
Planning

13 Gibraltar Street, Bungendore 2621
www.phlsurveyors.com.au
Phone: 6238 0144




LIONS COMMUNITY BOOK SHOP

A non-for-profit group with all funds donated to local charitable organisations

LOCATED IN THE QUEANBEYAN PARK

OPEN: Tuesday to Saturday 10am-4pm

SECONDHAND
BOOKS,
DVDs/CDs,
MAGAZINES,
GAMES, JIGSAWS,
CRAFT



For more information: Phone 0461 365 831 Email: queanbeyan.nsw@lions.org.au
Facebook: <https://www.facebook.com/lionsofqueanbeyan/>

Do you have a Photo of the Week? Or, if you would like to see your beloved pet featured as Pet of the Week, please email your photos to info@regionalindependent.com.au

The Regional Independent - letters to the editor need to be no more than 230 words. Please email your letters complete with full name, phone contact and address to: info@regionalindependent.com.au
Only your name and suburb will be printed

Public Notices

PROUDLY BROUGHT TO YOU BY COMMUNITY BANK*

QUEANBEYAN PRAMATHON

Saturday May 10th 2025

* Braidwood/Bungendore/Cookwell Branch

We are seeking partnerships to showcase local businesses, gain widespread community involvement, provide great prizes, and show local Mums and families the wonderful village of support in our region.

pramathon.com.au @queanbeyan_pramathon

QPRC Bendigo Bank Community Bank Braidwood Bungendore Cookwell First Steps PREGNANCY SUPPORT


Queanbeyan Community Choir

Everyone is welcome to come along and join this friendly group who sing a variety of songs. No experience required.

Where: Queanbeyan Leagues Club Upstairs Meeting Room (Membership of QLC not required) 2:30-4:pm Saturdays

\$5:00 weekly attendance and \$5:00 yearly membership

Afternoon tea supplied. New members welcomed. For further enquiries email ayrrows@bigpond.com



Correction

In the last edition of the Regional Independent, edition number 426, date: Wednesday 15 January 2025, page 11 was an article on the Draft Solid Fuel Heater Policy. Councillors voting for and against the motion was incorrectly reported as

For: Crs Livermore, Macdonald, Preston, Taskovski, Willis, Wilson, Waterhouse and Winchester

Against: Crs Broadbent, Grundy and Schweikert

Council minutes have been corrected to reflect on the outcome of the resolution. Cr Macdonald voted against the recommendation.

At the Wednesday, December 18 meeting, Queanbeyan-Palerang councillors voted on the Draft Solid Fuel Heater Policy.

The public response to the draft policy was overwhelmingly negative, with 82.5% of respondents opposing it. During the consultation period, Council received 237 submissions: 191 against the policy and 44 in support.

Despite the staff recommendation of not approving the draft policy, Council resolved the following:

That Council, in noting the community feedback received:

1. Review the solid fuel heater draft policy to clarify the scope and intent of the policy.
2. Prepare a communications plan to mitigate against the misunderstanding of the scope and intent of the policy.
3. In conjunction with the communication strategy, resubmit the policy for public consultation for 28 days from 1 February 2025.
4. Prepare a report to Council on the response to the public consultation.

The resolution was carried.

For: Crs Livermore, Preston, Taskovski, Willis, Wilson, Waterhouse and Winchester

Against: Crs Broadbent, Grundy, Schweikert and Macdonald,

To read the full report head to <https://www.qprc.nsw.gov.au/Council/Council-Business/Council-meetings>

An archive of the meeting can be viewed at: <https://webcast.qprc.nsw.gov.au/>

Sharon Baxter-Judge

The new revised and expanded edition of

Chords from the Harp

is about to be published

First published nearly 40 years ago and now updated, with more illustrations and information about the three historic churches of Bungendore, Gundaroo and Hoskinstown.

The book details the establishment of Bungendore - the first European settlers and the foundation of the township in the early 1800s, the history of the Catholic communities of Bungendore, Gundaroo, Hoskinstown and Captains Flat, and the role of Australia's first Saint, St Mary of the Cross (Mary MacKillop), in establishing schools and convents in Bungendore and Captains Flat.

REGISTER YOUR INTEREST NOW

by emailing chordsfromtheharp@gmail.com

to be notified when it will be available, pricing and details of the pre-publication discount.

BCCI Breakfast, Wed February 12

BCCI - February Breakfast

We're delighted to invite you to our first breakfast event of 2025 with a theme around improving Dementia awareness for local businesses.

In addition to the opportunity to network, there will be a short presentation from Deb Perry from the Dementia Friendly Community Program at Dementia Australia.

Venue: Café Woodworks Bungendore

In the past our events have been complimentary, however, to ensure they remain sustainable there is a two tiered fee system with a reduced amount for members of BCCI as part of the benefit of membership and higher rate for Non-Members.

Please register at the link <https://events.humanitix.com/bcci-breakfast-february>

Date/Time : Wednesday 12th February 2025 - 7.30am

GIRL GUIDES MEET NEAR YOU

Bungendore Girl Guides

Friday's 6.00pm - 7.30pm

For girls 5 - 17 years old

Bungendore Scout Hall
66 Turallo Terrace

CONTACT: 1300 447 548 or 0411 130 677

guides@girlguides-nswactnt.org.au



Tech Help every Fri

Drop-In Queanbeyan Library


Every Friday 10am to 12 noon

Bring your phone, tablet or laptop, along with any questions you have.

Queanbeyan Library, 257 Crawford Street, Queanbeyan

Phone: (02) 6285 6255

Mayor's column



Get ready to groove at this year's Music by the River! We have once again partnered with Icon Water to bring this spectacular event to our community. This Saturday 1 February in Queen Elizabeth II Park, the Canberra Symphony Orchestra, conducted by George Ellis, will be joined by guest vocalists Kirrah Amosa and Mig Ayesa to bring disco's greatest hits to the banks of the Queanbeyan River. This year's event is ticketed and you can choose FREE General Admission or allocated seating in the amphitheatre for a fee. To enter the venue you must bring your ticket with you - either printed or electronically - as the park will be fenced off for the event. Learn more and book your tickets at www.qprc.nsw.gov.au/Events/Music-by-the-River-2025

March 3 is World Wildlife Day and we're celebrating our local wildlife and biodiversity with a photography competition! World Wildlife Day is an international event hosted by the United Nations to celebrate the world's plants, animals, and other living things, and acknowledge the contributions that wildlife makes to our lives and the planet. We are holding a photo competition open to all QPRC residents 18 years old or younger and we want to see what creatures you can capture in our region. There are five prize categories and entries close at 11:59pm on Monday 3 March. Learn more about the competition and submit your entries at www.qprc.nsw.gov.au/Events/2025-World-Wildlife-Day-Photo-Competition

Applications for the 2025 Queanbeyan-Palerang ClubGRANTS Category 1 funding round will open at 9am this Saturday 1 February. ClubGRANTS is one of Australia's largest grant programs, providing more than \$100 million each year to a variety of worthy causes across NSW. Each year, registered clubs across NSW provide support to tens of thousands of local community organisations, sporting groups, and charities to make a difference in their local area through ClubGRANTS. To learn more about eligibility and apply online by 5pm 31 May, visit www.clubgrants.com.au. For tips on completing a ClubGRANTS application, visit www.qprc.nsw.gov.au/Community/Grants-Donations#section-3

Our first Council meeting for the year is happening tonight, Wednesday 29 January, in the WB Freebody Chambers at the Nellie Hamilton Centre in Queanbeyan. Some of the items in the agenda include a recommendation to demolish the Jembaicumbene Bridges on Araluen Road in Reidsdale as part of the replacement, detailed designs for the Monaro Street upgrade, and naming of the Bungendore Sports Hub Playing Fields. Find the meeting agenda and livestream link at www.qprc.nsw.gov.au/Council/Council-Business/Council-meetings

Cr Kenrick Winchester, Mayor

Target Time

Target: Average - 8, Good - 10, Excellent - 14+

calm, chasm, claim, clam, mach, mail, malic, mash, mica, milch, scam, sham, shim, slam, slim, swam, swim, wham, whim, WHIMSICAL.

Puzzle solutions

Sudoku

7	2	5	9	3	4	6	8	1
4	1	8	7	2	6	5	3	9
3	6	9	8	1	5	4	7	2
1	5	4	3	6	9	7	2	8
6	8	7	1	4	2	9	5	3
2	9	3	5	7	8	1	6	4
8	7	1	4	5	3	2	9	6
5	3	6	2	9	1	8	4	7
9	4	2	6	8	7	3	1	5

QT Crossword

A	P	S	E		R	I	S	E	R
D	E	C	R	E		K			U
D	A	R	E		T		I	C	E
E		I		D	I	E	T	E	D
R	A	P	I	E	R				D
	S			L	E	A	S	E	S
S	I	E	V	E	S		H		P
P	A	T		T		G	A	T	E
A		O		E	N	A	M	E	L
S	E	N	D	S		L	E	N	T

Crossword

B	E	L	L	Y		G	O	U	R	M	E	T		L	U	C	I	D
R	E		A		O	N	E		E		O	H						
E	N	T	H	R	A	L		S	T	A	G	E	M	A	N	A	G	E
A		O		D		D	R	U	I	D		M		T		I		R
D	A	N	I	S	H		U	R	N			E	X	H	O	R	T	S
T				T		S	T	E	E	R	E	D		I				T
H	Y	A	C	I	N	T	H		O			A	N	G	O	R	A	
	N		C		I		T		S		P		G		N		L	
S	N	O	O	K	E	R		O	R	E	G	O	N		P	E	E	K
C		I			F		B	A	T			P				T		E
H	A	N	K		A	R	R	A	N	T		C	A	N	N	I	E	R
O	T		T		Y		C		E		O		O					M
L	O	S	S	E	S			C			T	R	A	I	N	E	R	S
A			R		S	H	O	T	G	U	N		S					T
R	O	L	L	T	O	P			H	U	G		H	E	L	P	E	R
S		O		I			P	U	S	S		L						I
H	A	R	D	A	N	D	F	A	S	T		O	V	E	R	R	U	N
I		D		R		E		D		E		R		S		E		G
P	U	S	H	Y		R	E	S	I	D	U	E		S	I	X	T	Y

Classifieds

Local Markets

Wamboin Home Produce and Craft Market Third Sat of each month (except July & August) 9am to 12. Community Hall and grounds, Bingley Way, Wamboin. Contact Meriel Schultz 0422 614 304

Captains Flat Country Markets 1st Sat of the month, 9.30am-1.30pm, in the Community Hall, Foxlow Street, Captains Flat. Enquiries to communityassociation@captainsflat.org

the market @ bungendore 9am-3pm, Bungendore Memorial Hall. Note: Every 2nd SUNDAY of every EVEN month. www.themarketatbungendore.com

Southern Harvest Farmers Market EVERY Saturday 9am until noon. Village Square, Malbon Street Bungendore. www.southernharvest.org.au

Braidwood Ryrie Park Markets Braidwood Ryrie Park Market Fourth Saturday of every month, at the park in Braidwood. Contact Cathy: 0418 262 011 Sarah: 0417 468 686

Queanbeyan Markets Qbn Showground, third Sunday of every month. 9am to 1pm. For more info call 0419 848 786 or thequeanbeyanmarket@gmail.com

Sutton Village Country Markets Second Sunday of the Month, 9am until 1:30pm, Sutton Oval (Cnr Victoria & Camp Streets) Contact@suttonvillagecountrymarkets.com.au Website: SuttonVillageCountryMarkets.com.au

SAGE HUT WIZARD

Empowering intuitive readings for better outcomes. 30 years experience. When logic fails, go up a level!

www.thesagehutwizard.com.au, https://www.facebook.com/sagehutwizard.com.au/



TRITON FOR SALE

For Sale: 1998 Triton D/Cab. Includes all the usual 4WD add-ons. Registered but would make an ideal farm run around. Asking \$4300.00 O.N.O. Phone or Text 0408 656 016



BUNGENDORE SENIORS

Next get together will be Thursday January 30, at the Bungendore Sports Hub amenities building \$5.00 per person.



VINTAGE & RETRO

Vintage and Retro Secondhand Shop, 144 Uriarra Road Crestwood Queanbeyan 10.00am to 5.00pm Normal trading Friday, Saturday and Sunday ART BY ANDERS 6297 8636



MJ Kennels and Pet Sitting

Offering one on one care. Limited to a maximum of 5 dogs at anyone time, ensuring personal attention and lots of playtime! We offer flexible drop off and pick up options and 24hr supervision. Check us out on FB at MJ Kennels or phone 0404 844 161



CB BOBCATS

Bobcat & excavator, with attachments & truck for hire. Residential & rural. Landscaping, topsoil & roadbase. Rural animal graves. Phone Cameron on 0423 513 238



Business Classifieds

HAROLD BRADLEY TRANSPORT

Livestock transport available. Mobile loading ramp, 2 x 1 stock crates, competitive rates. Servicing all areas, located Bungendore. Contact Harold on: 0424 452 821



CARPENTER | BUILDER

ACT & Regional Areas


Pergolas - Decks – Fit outs - Cladding Maintenance – Residential & Commercial Shed Builds – Stables – Farm Yards

The Design Construct C/PL NSW Lic - 217551c. ACT Lic - 2020948 Ph – 0410 698 734



CHOOKS FOR SALE

Layer pullets 22 weeks. Isa W, B, R, LS., BTR, SLW. Order today for delivery to Bungendore Friday 14 February. Phone Jim on 0428 194 105.



These 6 lovely pooches and kitties are at the QPRC Animal Management Facility and are looking for new homes

Website: <https://www.qprc.nsw.gov.au/Services/Animals/Find-Animals-For-Sale-Adoption-and-Lost-Pets>

End Their Wait so they can begin Their New Life.



Ref. No.: S142
Bull Arab x, Female. Approx 3 years. Sweet girl. Well mannered. Walks very well on lead and knows how to sit. Found on 10 January at Queanbeyan Vet Hospital (Barracks Flat Drive.)
Available for Adoption



Ref. No.: S141
Alaskan Malamute x, Male. Approx 5 years. Affectionate boy. Strong on lead. Listens well to handler. Found on 9 January at Jerrabomberra Vet Hospital.
Available for Adoption



Ref. No.: S137
Staffy x, Male. Approx 1 year. Sweet boy. Walks well on lead. requires further obedience training. Only pet household. Found on 19 December 2024 at Bungendore Vet Surgery
Available for Adoption



Ref. No.: S71 "Smudge"
DMH, Female. Approx 14 years. Surrendered on 20 December 2024. Toilet trained. Prefers human company only.
Available for Adoption



Ref. No. S75
DSH, Female. Approx 12 mths. Surrendered 9 January. Sweet girl. Nervous when meeting new people. Lives happily around dogs. Litter trained.
Available for Adoption



Ref. No.: S73
DSH, Male. Approx 2 yrs. Found 3 Jan at West Qbn Vet Hospital. Cuddly boy. Gets along with other cats. Litter trained.
Available for Adoption

AMF hours: Mon-Fri 8.30-10.30 & 3-5. Sat 1-5. Cnr Old Sydney Rd & Ellerton Dr Queanbeyan. Ph: 6285 6269 Email animalinfo@qprc.nsw.gov.au Rehoming No: R251000189



These are *28* dogs at DOMESTIC ANIMAL SERVICES ready & rarin' to move into their new home (as of 25 Jan)

Go to www.cityservices.act.gov.au/pets-and-wildlife/dogs/adopt for all photos and temp info. Walk-in adoptions are available: Weekdays 10am to 3pm and on Saturday from 10am to 2pm. Info on adopting dogs from DAS: <https://www.cityservices.act.gov.au/pets-and-wildlife/dogs/adopt-a-dog>



Thunder

www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/thunder2



Benji

www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/benji



Toby

www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/toby



Sheldon

www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/sheldon



Nova

www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/nova



Indy

www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/indy



Hudson

www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/hudson



Cody

www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/cody

GOULBURN MULWAREE ANIMAL SHELTER has 12 dogs/puppies & 3 kitties looking for new people to give them a 2nd chance at a long & happy life (25 Jan 2025)

Rehoming Organisation No.: R251000140



Becky
Medium Female Mastiff Mix. Approx 9 years
www.petrescue.com.au/listings/1078373



Kia
Medium Female Shar Pei Mastiff Mix. Approx 18 mths
www.petrescue.com.au/listings/1083248



Casper
Medium Male Labrador. Approx 3 years
www.petrescue.com.au/listings/1093095



Lizzy
Medium Female Bullmastiff. Approx 13 weeks
www.petrescue.com.au/listings/1092781



Elly
Medium Female Staffy Approx 2½ years
www.petrescue.com.au/listings/1067096



Argo
Small Male Kelpie. Approx 10 weeks
www.petrescue.com.au/listings/1089125



Gordo
Medium Male Bullmastiff. Approx 13 weeks
www.petrescue.com.au/listings/1092768



Miranda
Medium Female Bullmastiff. Approx 13 weeks
www.petrescue.com.au/listings/1092784



Shep
Small Male Australian Kelpie. Approx 10 weeks
www.petrescue.com.au/listings/1089122



Pearl
Medium Female Australian Cattle Dog x Great Dane
www.petrescue.com.au/listings/1088867



Ruby
Medium Female Australian Kelpie x Border Collie
www.petrescue.com.au/listings/1093097



Paige
Medium Female Staffordshire Bull Terrier
www.petrescue.com.au/listings/1088859



Comet
Female DSH. Approx 12 wks
www.petrescue.com.au/listings/1089669



Flossie
Female DSH. Approx 14 wks
www.petrescue.com.au/listings/1089623



Dapple
Female DSH. Approx 14 wks
www.petrescue.com.au/listings/1089613

The Journey from Rags to Wags begins with You

Go to Pet Rescue: www.petrescue.com.au/groups/11042/Goulburn-Mulwaree-Council for info on how to adopt from the Shelter.

Every Animal Deserves a Happily Ever After

Regional Independent

www.regionalindependent.com.au

P0 Box 475 Bungendore NSW 2621



LIVE BUSH FIRE READY

PREPARE. ACT. SURVIVE.

We know we'll face challenges in this country. Our experience tells us it's not just how we respond, but how we prepare. Make sure you're taking the right steps now to look out for your loved ones and community. Know what to do, where to go, and where to find the right information at the right time. We all have a role to play – from government and businesses to communities and individuals. So if we all prepare, we'll get through it together. Don't wait. Make a plan.

Make a plan myfireplan.com.au



RFS

