

South East Local
Land Services: news
and updates

SES Bungendore
Women's Workshop,
this Saturday

Pet
of the
Week



Regional Independent

Free

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

Wednesday 26 March, 2025

No. 431

Queanbeyan Seniors celebrate their new home

The Queanbeyan Seniors building is now officially open, providing a wonderful space for seniors to gather,

promoting both physical and mental well-being. Members and guests came together to celebrate this

important milestone, with the Queanbeyan Community Choir leading

the crowd in the national anthem. With over 240 members, Queanbeyan Seniors offers

a wide range of activities to suit everyone. The new space provides a safe and welcoming environment

where seniors can connect, enjoy games, share stories, and keep their minds active.

Committee member, Maria Porreca served as the event's host. She warmly welcomed attendees, saying, "It is so heartwarming to see so many people, from different walks of life, share their valuable time with us today."

She also expressed how special it was to have family members of two founding members present for the official proceedings.

Seniors President, Brenda Russell, expressed gratitude to Queanbeyan-Palerang Regional Council (QPRC) for their ongoing support, "I would like to thank Queanbeyan-Palerang Council for our lovely building. It's a fantastic meeting place for seniors."

"It is amazing to see so many members of the public here today for our official opening ceremony and participating in the activities we are showcasing."

continued page 19

Left: Members and guests celebrate the official opening.



Coming soon

**BUNGENDORE
MITRE 10**

NSW SES women’s workshop for Bungendore and surrounds: Saturday March, 29

What we do
As a NSW SES volunteer you can be a storm or flood rescue

operator or one of many other roles, including:

- answering the duty phone during storm events



- providing logistics and admin support
- planning and participating in community events
- planning and supporting training
- providing social media support.

What's happening
Bungendore Unit is hosting a women’s workshop focused on life in rural communities. Gain valuable insights and practical tips from local female leaders and organisations.

When and where
We’re running a women’s workshop on Saturday 29 March from 9:00 am to 3:00 pm. It will be at the Emergency Service Centre,

on the corner of King and Ellendon Streets, Bungendore.

We'll provide light refreshments.

How to register
The workshop is limited to 30 attendees, so make sure you register to secure your spot. Use the link on our pinned Facebook post or <https://forms.office.com/r/KvKfejUExs> or scan the QR code on page 11

Who
Presenters include:

- Councillor Mareeta Grundy
- Bungendore SES and RFS
- Red Cross
- QPRC waste, recycling and weeds

- Wildcare Bungendore
 - War Memorial Group
 - Rotary and Lions Club
 - Country Women's Association
 - Regional Independent Editor.
- Discover how these groups support our community and learn how to prepare your household for severe weather events. Don't miss this chance to connect, learn, and be inspired!

Contact
If you have any questions, call 0429 310 932.
Bungendore Unit trains every fortnight on a Monday evening. Our next training night is March 3 2025, from 6:30 pm if you want to come and chat.

Autumn Open Day at the Queanbeyan Community market



The Queanbeyan Sustainability Group (QSG) is a community not-for-profit organisation that manages the Queanbeyan Community Garden. We have 25 plots that members rent as well as common plots with fruit trees, herbs, veggies and berry canes that we share.

Whether you're an experienced gardener or just curious about growing your own food, our Open Day is the perfect opportunity to get inspired and connect with the community. Bring your family and friends for a fun-filled morning in the garden.

Garden Tours: Discover the beauty and diversity of our garden plots. Maybe you might like to become a member of the Queanbeyan Sustainability Group (Residents of the QPRC area are eligible for membership).

Fresh Produce: Enjoy some delicious, organic herbs and veggies from our crop share table. We will have some produce and seedlings for sale (gold coin donations would be appreciated to help fund our garden improvements).

Ask us a question: Learn about organic gardening, composting and healthy soil.

Refreshments: Enjoy a cuppa with gardening enthusiasts.

For your safety, please wear closed shoes when visiting the garden.

Parking is available at the Henderson Road Railway Park. The garden has a scooter/wheelchair accessible track and toilet facilities are in the park.

We look forward to welcoming you at our Autumn Open Day!



Follow us on Facebook
<https://www.facebook.com/QBNSustainabilityGroup/>
Find out more on the QSG website at

<https://qbysustainabilitygroup.wordpress.com/>
Photos supplied

Support Bosom Buddies ACT the Mother’s Day

Officer Manager of Bosom Buddies ACT, Ms Carolyn Murphy and President of the Group Ms Gail Murray are urging us to think about those in the community affected by breast cancer such as Mums, Grandmums and sisters this Mother's Day.

Bosom Buddies ACT has been providing critical support services to those impacted by breast cancer for over 25 years. It is a

local member-based charity that was founded in 1995 by a few passionate Canberra women. Bosom Buddies supports those who have been diagnosed with Breast Cancer and their families and friends.

“This Mother's Day you can help to support clients by donating to our service instead of buying chocolates or flowers,” said Ms Murray. “We require much needed

funds so we can continue to provide services to our increasing number of clients. Your donation assists us to provide practical care and support to those affected by breast cancer and to raise community awareness about early detection” said Ms Murray.

Bosom Buddies ACT’s mission is to connect people affected by breast cancer to support, information and services provided

by Bosom Buddies and others within the community.
Bosom Buddies is located at the Pearce Community Centre Building 1, Collett Place and are open from 9.30am to 2.30pm Monday to Thursday. You can give us a call 0406 376 500 or email: admin@bosombuddies.org.au



To donate or for more information about us visit our website at: <https://bosombuddies.org.au/> or our Facebook page.

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.

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Annual Commemorative Address and Dinner

The Bungendore War Memorial Committee is responsible for organising ANZAC Day, Remembrance Day Services and the custodianship of the War Memorial on Gibraltar Street, Bungendore.

The Committee also host the Annual Commemorative Address and Dinner to raise necessary funds for these events and any maintenance/restoration required for the Memorial.

Bungendore has a high proportion of serving and ex serving personnel, and the level of Defence awareness in the village

is high. The Committee appreciate and support how important these events are to our community and will always endeavour to provide excellence.

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 for individual tickets or tables of 8, Scan the QR code or go to <https://www.trybooking.com/event/s/landing/1341511>

Sue Smith, President Bungendore War Memorial Committee

Photo supplied of last years dinner



Join a QPRC Advisory Committee: application close Thursday

Queanbeyan-Palerang Regional Council is seeking Expressions of Interest to join the Bungendore Town Centre and Environs Committee (BTCEC), the new Seniors Advisory Committee, and Small Business Advisory Committee until 27 March 2025.

'Joining an advisory committee is a great way to make sure your voice is heard. Council really values the contributions of all our committee members,' said Mayor Kenrick Winchester.

'In the first round we had more than 120 expressions of interest to join 11 advisory committees, which is an incredible response from our community.

'I encourage Bungendore residents and business owners along with seniors from all around the region to submit an EOI and get involved.'

BTCEC supports the development and implementation of Council's strategies and plans to enhance Bungendore's liveability, commercial prosperity and attractiveness to visitors. Council is seeking 4 community representatives to join BTCEC alongside a representative appointed by the Bungendore Chamber of Commerce and Cr Schweikert who is the Council delegate.

The **Seniors Advisory Committee** will provide specialist

advice on the needs and priorities of seniors in the LGA. Council is seeking up to 10 community members who are seniors living in the LGA with diverse backgrounds and lived experiences to join the committee. They will join up to 4 representatives from local agencies that provide specialist services to seniors and Council's delegate, Cr Macdonald, to form the committee.

The **Small Business Advisory Committee** will provide advice to Council to support the retention and growth of existing businesses in the region, and encouraging new investment. Council is seeking 5 community members with experience owning or managing small businesses or providing support services to small businesses to join the committee. They will join one representative appointed by the Bungendore Chamber of Commerce and Industry, one representative appointed by Braidwood and Villages Business Chamber, and Council's delegate, Cr Macdonald, to form the committee.

Learn more about these committees and submit an **EOI by 27 March 2025** at qprc.nsw.gov.au/advisory-committees-r2



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Bungendore ANZAC Day 2025: Greece and Crete Campaign

Part One - Naval Battle of Cape Matapan

The Battle of Matapan took place off the Western coast of Crete on 29th March 1941. Force B, under the command of Vice Admiral Pridham-Wippell, part of the Mediterranean Fleet and constating of the cruisers HMAS Perth, HMS Orion, HMS Ajax, and HMS Gloucester, were patrolling in the Aegean Sea, when ordered to a point off Gavdos Island south of Crete to protect troop convoys bound for Greece from attack by the Italian Navy.

Also in the area was Force A, also part of the Mediterranean Fleet under the command of Admiral Sir Andrew Cunningham (who was also the Commander-in-Chief Mediterranean Fleet) consisting of three battleships: HMS Barham, Valiant, and Warspite, the aircraft carrier HMS Formidable and Nine destroyers.

The Italian Fleet, comprising one battleship, eight cruisers, plus destroyers, was conducting sweeps west off Crete also off Gavdos trying to find the convoys. Unknowingly, the Allied ships were sailing into a potential disaster.

At 6am HMAS Perth and company heading to the south-east were sighted by a float plane launched from the Italian Battleship Vittorio Veneto. Thinking, they were attempting to run from their larger ships, the Italians cruisers Bolzano, Trento, Trieste gave chase, opening fire at 08:12 from 24,000 yards. The Italian heavy cruisers fired repeatedly until 08:55, with

Trieste firing 132 armour-piercing rounds, Trento firing 204 armour-piercing and 10 explosive shells and Bolzano firing another 189 armour piercing shells, but the Italians experienced trouble with their range finding equipment and scored no significant hits.

At 9am, as the Italians had not reduced the distance significantly, after an hour of pursuit broke off the engagement turned to the north-west on a course to rejoin the Battleship Vittorio Veneto which the Allies were unaware of. The Allied ships changed course in turn to shadow the Italian cruisers at extreme range.

Unfortunately, at 10.55 they ran into the new Italian battleship, Vittoria Veneto. They were now caught between the battleship and three Italian cruisers. Vittorio Veneto commenced very accurate fire, firing 94 shells. However, because the spread of shots was too wide, only slight damage was done to HMAS Perth and HMS Orion.

Hopelessly outgunned, the Allied four cruisers set up a huge smokescreen and turned south at full speed to try to escape. They were now in a dangerous position as the Italian battleship was driving them towards the Italian cruisers. At 11.27 aircraft from the aircraft carrier HMS Formidable attacked Vittorio Veneto and she broke off the pursuit.

HMAS Perth and the others now turned to follow Vittorio Veneto in a shadowing capacity for the main battle fleet until the

Commemorative Services

ANZAC Day Dawn Service 0600

ANZAC Day March: commencing at 1040

ANZAC Day Commemorative Service at the Memorial 1100

ANZAC Day Social Activities - Various on completion of the Commemorative Service

ANZAC Address and Dinner 22nd May (see pages 3 and 11 for more information)

close of the battle later that night. An attack by Formidable's aircraft stopped the Italian cruiser Pola, not realizing the Allied Fleet under Cunningham was so close, the Italian Admiral ordered Pola's sisters ships, Zara and Fiume to go to Pola's assistance.

At 22.10 the radar on HMS Valiant detected the three cruisers at a range of only six miles. Illuminated by searchlights, the ships were pounded by 15-inch salvos from HMS Warspite and Valiant at point blank range. The Italians lost the three cruisers and the destroyers, Alfieri and Carducci plus 2400 men. The remaining Italian fleet returned to Taranto.

The Battle of Matapan, was a resounding and essential Allied naval victory. Had the Italian cruisers managed to break into the sea routes between Egypt and Greece the result could have been disastrous for the Lustre Force convoys moving troops from Egypt to Greece.

The Italian fleet, the only force in the Mediterranean capable of engaging the Allied Navy, did not show itself during again the ensuing months of the campaign in Greece and Crete thereby enabling the evacuation of tens of thousands of Allied troops in those future Battles.

To be continued...

ANZAC Day - 25 April - is probably Australia's most important national occasion. It marks the anniversary of the first major military action fought by the Australian and New Zealand Army Corps (ANZAC) during the Great War

Pictured is HMAS PERTH, HMS AJAX AND HMS ORION AT THE BATTLE OF MATAPAN AS SEEN FROM HMS GLOUCESTER (AWM 128083)



From Uganda to Bungendore: a night of music and culture

The 100% hOPE Kids Choir from Uganda is coming to Bungendore!

Experience an unforgettable evening of singing, dancing, and drumming, filled with energy, joy, and culture.

Tuesday, 8th April
Bungendore War Memorial Hall - 51 Molonglo Street, Bungendore
Time: 6:30 PM

Free event - Donations welcome. Souvenirs available for purchase.

Seats are filling fast! To reserve yours, text the number of seats needed to 0411 443 211.

This event is proudly hosted by the Lions Club of Bungendore.



Maria's community corner



WOW what a couple of weeks they've been since I last wrote. A whirlwind of event after event - each one better than the last. However, there are a couple of events I would like to tell you about.

The Southern Tablelands Group of CWA of NSW had its Handicraft and Land Cookery competition on Tuesday 11th March. It was held in Goulburn and what a success that was! There were so many entries in both the Handicraft and Land Cookery sections as 1st and 2nd place getters at Branch level then enter the Group competition. First place awardees at Group then proceed to State and are judged against all NSW entries at the State Conference in May, which this year is being held in Wagga. Very talented, creative Handcrafters from this area, Suzanne B, Cherry H and Jude N are all heading to State. So too are some of our fabulous cooks, Chris T and Anita P (both of whom have 2 entries each). Ross M is also heading to State with his Gluten Free

Magic Bean Cake. The Cookery Judge commented that 'this is a difficult cake to make and his was fabulous'. Land Cookery competition is open to everyone, not just CWA members. There was also a Branch Challenge, and out of the 14 Branches in the ST Group, it was Taralga Branch who won the challenge with their exquisite 4 pin cushions in the shape of cottages, each cottage creatively decorated with embroidery. Good luck at State everyone.

Queanbeyan Senior Citizens held their official Grand Opening on Tuesday 18th March. It was a great day and the weather perfect. The traffic was a bit noisy as it was held at the front of the building and to be expected. Such an amazing turnout of people attended. The fires were there but only for a short time, Sharon from Regional Independent, a given, and WIN News too. Queanbeyan Seniors dedicated 2 rooms to 2 founding members, Mattie Hellyar and Edie Jones and members of their family were present to cut the ribbons on the rooms. After the formalities people went from room to room having a look at the



changes we've made, the activities on offer, demonstrations and of course the refreshments provided in the new kitchen. Members of Seniors outdid themselves with the massive and delectable spread available. Massive thanks to everyone who helped make it such a success.

Photo supplied of the winning Gluten Free Magic Bean Cake



Application for Appointment of Board Members

Nerriga Craft And Museum Centre Land Manager

Ever wondered who is responsible for keeping Crown reserves operating?

Countless facilities like showgrounds, local halls and parks are run by Statutory Land Manager Boards, made up of people just like you. People who understand the need and have a desire to manage public land and assets for the benefit of the entire community.

Your role as a Board Member is voluntary, but the rewards of giving something back to the community are priceless.

We are looking for a good mix of people with a variety of skills, however, sound business and financial management skills and objective decision-making expertise would be a distinct advantage.

Don't let this opportunity to do something for yourself and your community pass you by –contact us today.

The Nerriga Craft And Museum Centre Land Manager manages the Reserve No. 97138 at Nerriga notified on 20-Jan-1984 for Public Recreation. The term of appointment will be for a period not exceeding 5 years.

Application for membership can be made via **portal.crownland.nsw.gov.au**

All applications are required to be lodged by **23 April 2025**.

For further information contact Tia Galvin on (02) 4824 3731 or go to reservemanager.crownland.nsw.gov.au

Community News

Latest Bungendore Crafters' Co-op Workshop
sure packed a punch!

The Bungendore Crafters' Co-Operative gathered on Thursday for their fortnightly craft evening. Crafters worked on their individual projects, including a series of embroidered photos, applique, crochet earrings, punch needle patches, crochet shorts, hand-sewn dresses, a knitted shawl and line drawings.

The relaxed atmosphere at the Co-Op ensured the conversation flowed throughout the evening as crafter shared advice, tips and tricks and information on upcoming local craft events. They also excitedly relayed new skills taught at Punch Needle workshop hosted by the Co-Op on Saturday 15th March in the Bungendore Learning Hub

Community Space. At the workshop, local crafter, Margie, presented each attendee with a punch needle coaster kit, and skilfully and patiently demonstrated this fun and addictive craft. Margie shared valuable knowledge from double-threading a specialised punch needle, to expertly holding a skein of embroidery floss around your wrist as you work so as not to tangle your floss. Attendees chose from a range of fruity coaster options and spent the afternoon punch needling and chatting about all things craft and community. It was a valuable chance for locals of all ages to



learn a new craft in a comfortable and relaxed space with such knowledgeable, supportive and generous like-minded people.

The Bungendore Crafters' Co-Operative is looking forward to hosting upcoming workshops including a second Introduction to Mosaics class as well as a beaded embroidery and Ukrainian Egg-Dyeing workshops in May.

Follow the Bungendore Crafters' Co-Operative Facebook group and Bungendore Community pages for upcoming events and booking details.

Photos supplied

Save the date: Hoskinstown
Chestnut Roast: Sunday May 4

The much-loved Hoskinstown Chestnut Roast is back on Sunday, May 4, from 10am to 2pm, raising funds for the Hoskinstown War Memorial Hall. This event is more than just a market—it's a celebration of community, great food, and, of course, delicious chestnuts!

Enjoy freshly roasted chestnuts, quality market stalls, Devonshire teas, BBQ, chestnut soups, live music, and more. If you've never tasted a chestnut or don't know much about them, this is the perfect place to start! Sample them straight from the roaster or in soups, gelato, biscuits, and even sausages. You can also buy fresh chestnuts to take home after watching cooking demonstrations on how to prepare and cook these tasty treats.

The Hoskinstown-Rossi Rural Fire Brigade will be serving up their classic BBQ, while the always-popular chestnut sausages, made by Bungendore Country Butcher, are a must-try.

Want to be part of the fun? The Hall Committee is looking for volunteers to help with the Community Stall, kitchen, or raffle sales. Donations of homegrown veggies, jams, baked goods, honey, fruit, or eggs are also welcome—just drop them off at the Community Stall by 10am on the day. Every contribution helps support the ongoing maintenance of the Hall.

For more information or to volunteer, contact 0429 979 161.

Hoskinstown War Memorial Hall, 1697 Hoskinstown Rd, Hoskinstown





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Bungendore CWA News

What a fantastic result Bungendore Branch had at the Southern Tablelands Group Handicraft and Land Cookery Day held in Goulburn on Tuesday 11 March.

Hot on the heels of the successful Branch Land Cookery Day, we had many hopeful Branch entries dropped off on Monday afternoon. These were carefully packaged to be transported to Goulburn the following day. Huge congratulations go to all of those who entered, with extra special mention to Councillor Ross Macdonald who won first prize with his Gluten Free Magic Bean Cake entry.

We also had a great success in the Handicraft section with 4 winning items. Thanks to all who submitted pieces.

Congratulations go to the following first place awards:

- Cherry Horgosi, aged 12, with her quilt.
- Suzanne Blair with her piece of Assisi embroidery.
- Jude Nettleingham with her knitted jacket, and
- Trudi Tritschler with her knitted child's cardigan.

The winning entries, for both land cookery and handicraft, will progress to compete at the CWA State Conference, to be held in Wagga Wagga in May. Good Luck to everyone.

Congratulations to all who entered and special thanks to Libby Raymond, Jude Nettingham, Trudy Tritschler and Joan Sherd for support and coordination. As always, many hands come together, to create the beauty and heart that is the women of the CWA.

April Dates

- 2nd April - Book Club (Bungendore CWA Rooms), 11.15am for 11.30am
- 19th April - Garden Club (Easter Saturday), 2pm
- 18th - 21st April - Easter
- 22nd April - Mahjong (Bungendore CWA Rooms) from 10am
- 25th April - Anzac Day
- 28th April - Craft and Chat (Bungendore CWA Rooms) 10am

Bungendore CWA Photo supplied
<https://bungendorecwa.org/>



QPRC Meeting Agenda: Wednesday 26 March

The Ordinary Meeting of QPRC will be held at 5.30pm on Wednesday 26 March 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 DA.2024.0064 - Additions and Alterations to Commercial Building and Demolition (Heritage listed item) - 142 & 164 Monaro Street, Queanbeyan

- 9.2 Planning Performance Response
- 9.3 Councillor Delegates for the Southern Regional Planning Panel
- 9.4 Draft Community Strategic Plan
- 9.5 58-62 Morriset Street, Queanbeyan Former Nursery Site
- 9.6 Review of Organisational Structure
- 9.7 Naming of Bridge - Proposed Name: Ludwig Baumgardner Bridge
- 9.8 Application for a Council Cultural Grant
- 9.9 Feedback on Naming of the Bungendore Sports Hub Fields

- 9.10 S355 Committee Funding Report
- 9.11 TfNSW Draft Southeast & Tablelands Strategic Regional Integrated Transport Plan - Council Submission
- 9.12 Policy Review
- 9.13 Investment Report - February 2025
- Reports To Council - Items for Information*
- 10.1 Riverside Cemetery Queanbeyan
- 10.2 Councillor Workshops
- Questions With Notice*
- 14.1 Questions With Notice - Road from Hoskinstown to Reschs Creek

- 14.2 Questions With Notice - Foxlow Bridge
- 14.3 Questions With Notice - Dumping on NSW Rural Lands
- 14.4 Questions With Notice - Public Toilets
- 14.5 Questions With Notice - Council Vehicle Fleet Emissions Reduction
- 14.6 Questions With Notice - Long Term Financial Plan
- 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

You will go where you are heading if you don't change

by Phil Harvey

Having the best of intentions or the perfect plan is not enough. There needs to be action to have any chance of success.

I was reminded of this three times recently.

The first one is where some new clients received an inheritance a few years ago. Without knowing what to do, they bought an investment property. It was in a growing area with enough land that it could be subdivided.

They didn't have much else, but to their credit they took action and it has paid off for them. As a result,

they now have a property that can be the basis of their retirement. All we need to do know is convert this equity into a retirement income.

The second time was when I got a call from a client that I helped create a plan for three years ago. They had chosen to implement it themselves, which I was ok with as it was relatively straight forward. The hardest part was borrowing to invest in some shares (Exchange Traded Funds actually).

As often happens, life took over and they didn't get around to doing anything. As a result, they have set themselves back about \$200,000.

The third time was a newspaper

article I read on Friday afternoon. The American Social Security Fund was setup in the 1930s to help provide for the retirement of the least well off.

Unlike Australia's Future Fund, it was legislated to only invest in US Government Bonds. Remember this was not long after the Great Depression, so you can understand the Government's reluctance at the time to take too much risk.

However, the big issue wasn't with the original plan. It is that in the last 75 years, no US Government has ever taken the time to review whether they should broaden the scope of what the funds could be invested in.

This has had enormous implications.

Since 1971 (that is as far back as their data goes), the fund has had annual average return of 4.8% and it is now worth a staggering \$2.7 trillion.

However, during the same time, the US S&P500 (ie the index that tracks the top 500 US companies) has had average annual returns of 10.5%. Instead of having \$2.7 trillion they could have had more than \$15 trillion.

Now, I am not saying all action is good.

Buying units or apartments that are negatively geared and without capital growth is bad. Trying to

time the market is bad (unless you can pick both the top and the bottom).

We specialise in helping professionals and executives grow and protect their wealth so they can live their ideal life. If you would like to discuss how you could benefit from independent financial advice, call me on 02 6269 3339 or email me at team@constructwealth.com.au.

General Advice Warning
This advice contains general information and may not be suitable for you because it does not consider your personal circumstances. Phil Harvey is an authorised representative of Independent Financial Advisers Australia (AFSL 464629)





ACTIVE. LOCAL. LISTENING.

JO VAN DER PLAAT**WILL GET THINGS DONE IN EDEN-MONARO****A IMPROVING LOCAL ROADS**

Under the Liberals, major road upgrades have been delivered across Eden-Monaro, improving productivity for industry and business and importantly ensuring safer journeys for locals.

These upgrades included the Barton Highway, the Hume Mwy at Marulan, Braidwood Road, and planning for the Kings Highway and Princes Highway upgrades. Anthony Albanese and Labor cut \$3.5 billion from major infrastructure projects in NSW, including the Southern Connector Road in Jindabyne and the ripping of funding for twice promised, Dunns Creek Road, Googong.

Only the Liberals will fight to deliver funding and projects to upgrade our roads across Eden-Monaro, including the Brown Mountain.

(\$) BACKING SMALL BUSINESS

My husband and I are both small business owners. We know small businesses are the lifeblood of our community. That is why a Dutton Liberal Government will back small business as the key driver of economic growth and security.

This is why we have already committed to extending the value of assets eligible for instant write-off to \$30,000, for businesses with annual turnover up to \$10 million.

Whether you're in hospitality, tourism, agriculture, construction or retail, we will implement a pro small business agenda focused on saving time and money and delivering less government intervention and greater business freedom.

♥ ACCESS TO HEALTH SERVICES

I've listened to you about the difficulty of accessing a local GP or specialist health, mental health and aged care health services.

The Liberals' have a plan to address key challenges in our health system and to deliver quality healthcare.

That's why we have already announced we will restore the Liberals' doubling of Medicare-subsidised mental health sessions from 10 to 20 on a permanent basis and will invest \$400 million to rebuild the GP workforce and encourage junior doctors to become GPs.

I know there is much more to be done, to ensure equity of health resourcing for our region and access to GPs and local mental health services.

**🗺️ A STRONGER REGIONAL NSW**

A Dutton Liberal Government will have a strong regional perspective on all decision making, and always look for opportunities to ensure equity and fairness.

We will address critical gaps in access to essential services. Regional communities contribute significantly to our national economic and social fabric and deserve quality local services.

We will improve access to telecommunications and high speed internet because we have a proven track record - the Liberals delivered 29 Mobile Black Spot Program projects when in government.

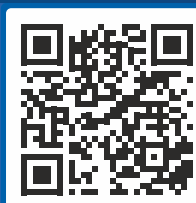
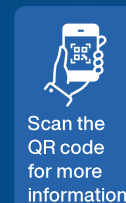
I have travelled 100,000 kms across the electorate since being endorsed as your Liberal Candidate for Eden-Monaro. I'll always put in the hard yards for you. With your support, I'll deliver for our region.



**JO
VAN DER PLAAT**
LIBERAL FOR EDEN-MONARO

LET'S GET AUSTRALIA BACK ON TRACK

✉ jo.vanderplaat@nswliberal.org.au ☎ 0488 937 855 🌐 nswliberal.org.au/jo-van-der-plaat
 📍 PO Box 300, Cooma NSW 2630 📺 [joforedenmonaro](#)



Men’s Health Education Van (mherv) coming to Queanbeyan

“Saving local lives” is the objective of the Rotary Men’s Health Education Rural Van (mherv) which with support from the Rotary

Club of Queanbeyan is coming to our local area.

mherv is operated by the Rotary Club of Warners Bay in collaboration with local NSW

Rotary clubs and other local community organisations.

The mherv Project has been operating for over 6 years travelling regional and rural NSW

offering free health checkups to people who haven’t seen the inside of a doctor’s room since they don’t remember when! In that time, blood pressure, blood sugar and cholesterol levels may have reached seriously high levels and there are no symptoms... until it’s too late and a heart attack or stroke strikes!

The program is focused on men because unlike the womenfolk, they are not good at caring for their own health!... But nobody is turned away.

The service is offered in a relaxed, confidential and informal setting. The mherv Registered nurse conducts the tests and discusses any health concerns seated in the privacy of the van.

mherv screenings have saved many lives and improved health outcomes for many men and women throughout NSW. Last

year, of the 76 screenings in Queanbeyan, 21 were Category 2, which meant that an issue had been identified which required follow-up within a week with their GP.

You’re invited to take the opportunity to have a quick, free health check. Just ten minutes invested with mherv can save your life or the life of someone you love.

This FREE service will be available for walk-ins for Men and Women on the following dates:

Friday 4th April 9:30am – 4:15pm and

Saturday 5th April 9:30am – 4:15pm

Venue: Riverside Plaza North Carpark, Cnr Morisset and Collett Streets, Queanbeyan

Photo supplied



Council meeting summary Wednesday 12 March 2025

QPRC

Here is the summary of the resolutions made at the Council meeting of 12 March 2025.

The archived recording of the meeting is now available at: <https://webcast.qprc.nsw.gov.au/archive/video25-0312.php>

- Council heard from a member of the public who made a presentation about expressions of interest for the Captains Flat containment cell
- Council endorsed support for the ALGA’s 2025 federal election priorities, and their national Put Our Communities First advocacy campaign
- Council received an information report with an update on expressions of interest for the Captains Flat containment cell
- Council granted conditional consent for development application at 628 Northangera Road, Mongarlowe
- Council endorsed the updated Memorandum of Understanding between Council and Abbeyfield for the Seniors Housing Project at 4-6 Majara Street, Bungendore to facilitate the development application process and expenditure of \$500,000
- Council authorised the reopening and dedication as a public road reserve of the previously closed portion of the northern portion of Majara Street
- Council authorised the ceasing of the compulsory acquisition of 16 square metres of 29 Ellendon Street, Bungendore
- Council approved projects for the Reinstatement of Bungendore Properties and new budget allocations
- Council authorised the General Manager to investigate, through Bungendore real estate agencies, the current market value of 19-21 Gibraltar St, Bungendore and receive a report on these investigations. The report should include alternative options for the site. The community will be consulted about the future use of the site. The matter will be

deferred to an in-person workshop before Council determines the future of the site at a subsequent Council meeting.

- Council approved cultural grants of \$1,000 for the Australia Nepal Friendship Society towards the Tihar Deusi Bhailo cultural event, \$1,000 for Bungendore Quilters for reusable promotional sales for the Bungendore Quilting Exhibition, and \$3,000 for Jerrabomberra Residents’ Association for sound, stage and lighting for 2025 Carols@Jerra
- Council endorsed a new licence agreement with the NSW Scout Association over 7 Firethorn Place, Jerrabomberra for a further five-year term
- Council endorsed the draft Swimming Pool Inspection Program 2025 and will place it on public exhibition for 28 days at <https://yourvoice.qprc.nsw.gov.au>
- Council endorsed policies for public exhibition at

yourvoice.qprc.nsw.gov.au: Competitive Neutrality, Bin Inspection & Contamination, Public Art, Council-Related Development Application Conflict of Interest, Guidelines on when DA’s should be referred to Council

- Council adopted the following policies after submissions were received during public exhibition: Councillor Expenses and Facilities, Councillor Induction and Professional Development, Boundary Fences Adjoining Council Public Reserves, Social Media
- Council received an information report with an update on the Ellerton Drive Noise Assessment
- Council received an information report about the watermain replacement options for Monaro Street
- Council received an information report with an update on the 2025 Queanbeyan-Palerang Heritage Awards

- Council received the Resolution Action Sheet
- Council received an information report on councillor workshop held on 5 March. Workshop included preliminary QSTP Health Check Findings, Strategic Policy review, and the Community Strategic Plan
- Council noted the minutes of the QPRC Sports Council on 3 February 2025
- Council will advertise for 28 days its intention to donate \$3,000 towards the costs incurred for reprinting 350 copies of the book Tale of Two Cities by Mark Butz
- Council received report with answers to questions with notice about shade sail prioritisation
- Council received report with answers to questions with notice about the Reschs Creek Bridge project
- Council received report with answers to questions with notice

about accessible car parking in Braidwood

- Council received report with questions with notice about the Long Term Financial Plan, with answers to be provided at a future meeting
- Council received report with questions with notice about Public Toilets with answers to be provided at a future meeting
- In closed session, Council awarded the contract for the construction of Macs Reef Road and Bungendore Road Intersection Safety Upgrade works to Cord Civil Pty Ltd for \$1,574,589

If you’d like more information about these matters, you can find the business papers and minutes on our website at:<https://www.qprc.nsw.gov.au/Council-meetings>



Modest increase as pensioners scrimp to survive

National Seniors Australia

An increase of \$4.60 and \$7 per fortnight has been confirmed for the pension in line with slowing inflation. Can we do more to help seniors?

Indexation will see the Age Pension base rate increase for pensioners on 20 March 2025. The Age Pension rate increases twice a year, in March and September, to keep up with inflation using a formula set by legislation.

The pension will increase by \$4.60 a fortnight for singles and \$7 a fortnight for couples. While this

increase is modest, it reflects the recent easing of inflation.

However, it's not enough for some pensioners who face day-to-day poverty and continue to scrimp to survive.

National Seniors Australia (NSA) chief executive officer, Chris Grice, said while the new fortnightly rate, which takes the maximum Age Pension rate to \$1,149 for singles and \$1,732.20 for couples combined, reflects lower inflation of 2.5%, it simply isn't enough for those living on the poverty line.

"Cost-of-living pressures continue to force lifestyle changes for disadvantaged pensioners. From buying powdered milk to living on credit cards and returning to work or working more," Mr Grice said.

"Today's news will be disappointing for pensioners choosing between putting petrol in the car or groceries in the trolley, or those delaying dental visits or visits to the doctor. These are the everyday experiences, decisions, and realities of pensioners with limited savings. The Age Pension is clearly not enough for them.

"Pensioners who rent struggle particularly hard. Research shows, after accounting for essentials such as food, health and transport, a single pensioner has less than \$300 per week to spend on rent. NSA's own research suggests even pensioners who own their home feel as though the Age Pension is inadequate."

What else can be done

Indexation of the Age Pension is set by legislation, so unless government chooses to revisit the method used to calculate it, we need to think about other ways to improve outcomes for pensioners.

As part of our advocacy work, National Seniors Australia has proposed several policies to address this issue and help ease cost-of-living pressures for pensioners.

NSA recommends:

Exempting employment income from the Age Pension Income test to Let Pensioners Work

Introducing a Pensioner Concession Card+ to provide additional concessions and supports for pensioners with limited means

Providing a one-off increase to the Age Pension by \$10 per day for a single pensioner and \$15 per day for a couples.

"More must be done to support seniors doing it tough," Mr Grice said.

"It's time government stops punishing pensioners who need and want to work and exempt employment income from the Age Pension income test. This will not only enable pensioners to better support themselves but also go a long way to help attract and retain desperately needed workers.

"Government could also introduce a new targeted Pensioner Concession Card to provide much needed help with essentials such as energy, council rates, and medicines for low-income pensioners - some of the most vulnerable members of our community.

"Adopting NSA's policies will help to give pensioners a little extra cash, and a little less worry."

"No one, especially older Australians who have worked hard, paid taxes, and made sacrifices should struggle and scrimp to merely survive."

Be sure to check the facts

The increase to the pension has been misreported in some online articles. An MSN article which quickly emerged after the increase was announced incorrectly reported the annual increase as being \$3,913 for singles and \$5,902 for couples when this was the increase over the past three years (as reported in the government media release).

It shows that you can't always trust what you read online, especially with the increasing use of AI generated articles that are not thoroughly fact-checked.

You can trust National Seniors Australia to provide you with the facts.

Help us, help pensioners

You can help support NSA's advocacy work to improve outcomes for older people in Australia by joining our Fix Pension Poverty campaign or by becoming a member of NSA.

Together, we can build a better tomorrow for seniors.

Support our campaign

Your support can help make a difference.

Become a member or donate to support our Fix Pension Poverty campaign.

<https://nationalseniors.com.au>

Image: Shutterstock



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

Transform your health

FREE COMMUNITY EVENT ON WEIGHT LOSS SOLUTIONS

5 PM, 3RD APRIL

Public Invitation

Join us for an informative session on the weight loss options available in Australia today, including medications like Ozempic and Bariatric Surgery.

What You'll Hear:

• The Science Behind Weight Loss Medications: Discover how medications like Ozempic work, their benefits, side effects and who might be a good candidate.

• Bariatric Surgery: What it is and how it works in parallel with other strategies? Understand the various surgical options, including gastric bypass and sleeve gastrectomy, and how they can help some people achieve long - term weight loss success.

• Expert Insights: Hear from Dr Gary Yee, a bariatric surgeon who you can consult in Bungendore and who will explain the current advances in weight loss treatments and answer your questions.

• Lived Experience we welcome those with lived experience

• Personalized Advice: Learn about your options and get tips on how to start your weight loss journey safely and effectively.

Don't miss out on this opportunity to learn about the evidence around effective weight loss strategies. Whether you're considering medications like Ozempic or exploring surgical options, this talk will be of interest to you.

Your health journey starts here—let's walk this path together.

Please help us prepare and communicate any changes to the event, by sending an RSVP to reception@bungendoremicalcentre.com.au, calling us on 6238 1417 or registering on eventbrite.com.au using the QR code to the right:

Location: Bungendore Medical Centre, Ellendon Street

Date: 3rd April 2025

Time: 5pm

Bungendore Medical Centre

COMMUNITY INFORMATION EVENTS

Queanbeyan Seniors (50+) news

Fun... fun...fun... come and join us!

Mondays

Chair Yoga - 9.30am
Mat Yoga - 11.00am

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



Tuesdays

Zumba - 11am-12pm - Zumba with Ellie - AXIS Centre - \$10

Monday Yoga & Tuesday Zumba at AXIS Centre, 22 Campbell Street (building next to the LionS Community Bookshop in Queanbeyan Town Park). ZUMBA & MAT

YOGA OPEN TO EVERYONE (not just seniors)! **Monday and Tuesday classes during school terms.**

TUESDAY EXERCISE CLASSES (falls prevention, balance, strengthening)
Times - 9.30-10.30am and then 11.00-12.00pm at 1 Farrer Place, Queanbeyan -\$10 for members

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.



Monthly meeting on the 3rd Tuesday of the month at 1.00pm, Rear 1 Farrer Place. Next meeting April 22, 2025.

Riverside Plaza Stall - Next stall will be on Saturday 12 April (in time for Easter)

Membership only \$10.00 per annum.

New members very welcome.
Contact - Brenda on 0407 201 392 or Kim on 0407 264 132 or e-mail - queanbeyanseniors@gmail.com or just drop in during opening times - Rear of 1 Farrer Place, Queanbeyan

LOOKING FORWARD TO SEEING YOU SOON AT ONE OF THESE ACTIVITIES

Photos supplied

Community invited to info sessions on Spotlight roundabout upgrade

Community invited to info sessions on Spotlight roundabout upgrade

Member for Monaro, Steve Whan, is inviting community members to have their say on proposed upgrade plans for the intersection of Yass Road, Bungendore Road, and Ellerton Drive in Queanbeyan.

The Minns Labor Government is investing in a major upgrade of the intersection, also known as the Spotlight roundabout.

Mr Whan said the proposed upgrades would improve safety and traffic efficiency at the intersection, ease congestion and provide better pedestrian and cyclist connectivity.

“Traffic lights will replace the existing roundabout to improve safety by controlling traffic flow, reducing the likelihood of crashes by regulating through and turning traffic movements,” Mr Whan said.

“The design includes two through lanes in all directions, dedicated left and right turn lanes on all legs and signed pedestrian crossings on all roads at the intersection.

“The design also includes on-road cycle lanes from Ellerton Drive to Yass Road, relocation of the bus stop from Bungendore Road to Ellerton Drive and upgraded footpaths.

“This will be of huge benefit to people travelling to and from the ACT, especially from Jerrabomberra and Googong, and as one of my election commitments, I’m pleased to see it progressing.”

As part of the project development, Mr Whan said community members have been asked to give feedback on the proposed upgrade.

“To date, Transport for NSW has received more than 500 responses to the survey as well as several submissions via email which is very encouraging,” he said.

“There is still time for community members to have their say via the online survey, with consultation open until Sunday 13 April.

“Alternatively, the project team will be available to discuss the project and answer questions at three information sessions next week.”

Community members can provide their feedback by completing a survey available at www.haveyoursay.nsw.gov.au/yass-bungendore-ellerton-intersection or by writing to the project team at southprojects@transport.nsw.gov.au.

Pop-up information session locations and times are as follows:

- Wednesday 2 April, 11am - 2pm at Service NSW Queanbeyan
- Wednesday 2 April, 3pm - 5pm outside Spotlight and other stores near the intersection
- Thursday 3 April, 10am - 2pm at Riverside Plaza (near Coles).

For more information visit, www.transport.nsw.gov.au/ybe

Image: Transport for NSW

QPRC Draft Community Engagement Strategy: comments close 31 March

QPRC

The draft Community Engagement Strategy 2025-2028 provides an overarching guide on how we engage with the community.

The Strategy outlines the community engagement and public exhibition practices that Council will undertake for projects, policies, concept designs, infrastructure, budgets and more.

The draft strategy has been developed to replace and combine the Community Engagement and Participation Plan, an out-of-date Community Engagement Strategy and the Stakeholder and Community Engagement Policy Framework. It includes the key features of those documents and brings them into one strategic document.

The strategy does not replace the need to develop plans for engaging with the community on specific projects, policies, or other Council strategies, but it provides the overarching framework for developing these plans.

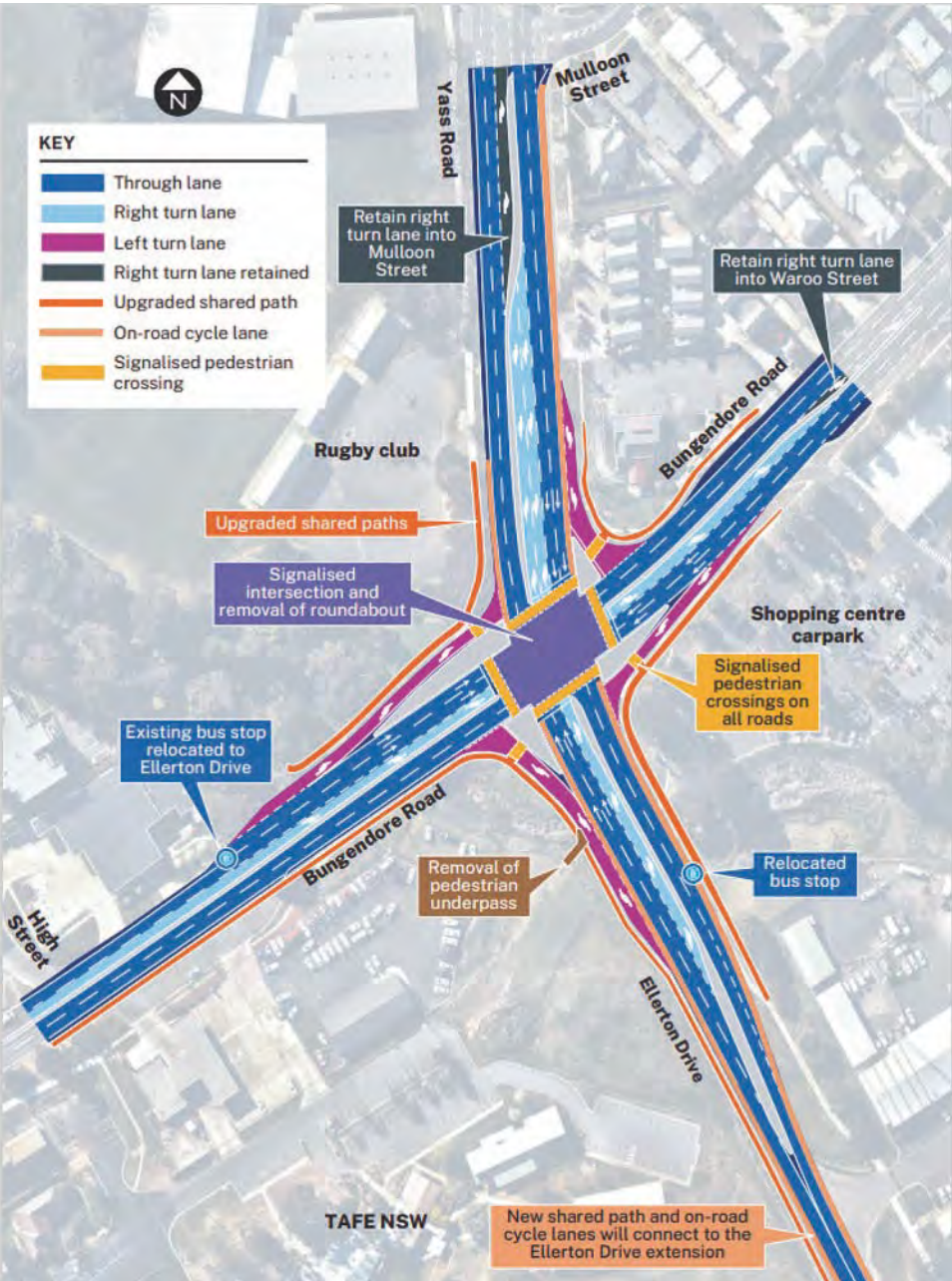
It has been prepared in line with the guidelines from the Office of Local Government for a Community Engagement Strategy and functions as the Community Participation Plan under the Environmental Planning and Assessment Act 1979.

Have your say

Submissions may be made:

- By completing the survey at the YourVoice page on council’s website
- By email to council@qprc.nsw.gov.au referencing "Draft Community Engagement Strategy" in the subject line
- By mail to PO Box 90, Queanbeyan NSW 2620

Submissions close 31 March 2025.



Community News

Launch of new booklet - “We are Wamboin”: our unique community

This new booklet was launched on Saturday 15 March at the Wamboin Home Produce and Craft Market.

Jenny Richards, President of WCA, welcomed everyone. Meriel Schultz, a long time resident of Wamboin and author of the

booklet, spoke about the concept and development of the booklet, followed by the ‘Cook and Fry’ team (Garry Cook, Chair of Palerang Financial Services and Nick Fry, Community Development Manager Bungendore and Braidwood Community Banks). The grant for the development of



this booklet came from the Community Bank Bungendore, topped up by funds from the WCA to enable printing.

The event was well attended by many who contributed stories, photos and illustrations to the booklet, as well as representatives from QPRC (Rebecca Ryan General Manager) and from QPRC Council (Esma Livermore, Deputy Mayor and Ross Macdonald Councillor).

A free copy of the booklet will be delivered to every household in Wamboin over coming weeks. Additional copies can be bought for \$5.00 at the Wamboin markets each month or at the Wamboin Community

Association meetings. Copies will also be available at the Community Bank Bungendore. The booklet is also available online on the Wamboin Community Association website <http://wambopincommuity.asn.au>

‘We are Wamboin’ is intended as a celebration of our unique community and showcases :

- the 50 years of our development
- nature and how we nurture it
- meeting the challenges of country life
- what we’ve built
- where we meet and how we celebrate together.

The booklet provides a snapshot of:

- our achievements over the years
- a vibrant and cohesive community (despite having no obvious village centre, schools, shops, or services)
- our ‘glass half full’ community (not a ‘glass half empty’ one)
- the vast number of individuals and groups that have contributed to Wamboin over the past 50 years.

Importantly we hope this account and our experience may inspire other small settlements seeking to strengthen and build their own communities.

If you live in, have visited or know our community, please take these stories forward by adding your own and sharing with friends and neighbours. A little later this year we will run another short story competition, which will also be a place to set down your own story of Wamboin. We also hope to run some ‘story circles’ at some of our local gatherings. These circles are an informal way to share memories and discuss aspects of our life in Wamboin that are, or have been, important to us.

In other words ‘keep the stories going’.

Photos supplied

Kristy McBain is strengthening  for Queanbeyan-Palerang



The largest investment in Medicare’s history, **to train more GPs**



Cheaper medicines, cutting the cost of prescriptions to no more than \$25



A **bulk-billed Medicare Urgent Care Clinic for Queanbeyan-Palerang**



KristyMcBain.com.au

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

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 for individual tickets or tables of 8, Scan the QR code or go to <https://www.trybooking.com/events/landing/1341511>



Community News

Bungendore High School

Bungendore High School

On a lovely warm Wednesday in March, Bungendore High students participated in Clean Up Australia Day. Students worked in their Crew groups to clean up the school grounds and designated areas of the town. Donning gloves and Clean Up Australia Day bags, we picked up rubbish on Majara and Butmaroo Streets, Kings Highway, Mick Sherd Oval and Warren Little Oval. Well done to all our students who willingly and

positively displayed their community spirit.

On an equally stunning Friday, Year 8 geography students took part in a fieldwork day at Turallo Creek. This event, part of their Water in the World unit, provided students with the opportunity to assess the health of the local waterway through hands-on activities. The students tested the water quality, collected and counted bugs, and measured factors such as temperature,

acidity, and clarity. They observed wildlife and examined both native and introduced vegetation along the creek. They also conducted site observations, noting the land use and human impacts on the ecosystem. Thanks to the environmental officers from QPRC who were on hand to explain the importance of managing the waterway and its surrounding environment.

Photos supplied



Helping hands for the Glossy: join ANU Intrepid Landcare and help restore habitat

ANU Intrepid Landcare

Following the Black Summer bushfires of 2019-20, large swaths of habitat were lost for our native flora and fauna, including that of the Glossy Black-Cockatoo, which is vulnerable to extinction. The smallest of all black cockatoos, these cuties only eat the seeds of Casuarina and Allocasuarina (she-oaks) species—and further, only

specific trees that they like, to which they return year after year. As you might imagine, this leaves them particularly vulnerable to extreme weather events and the mass land clearing we've seen across eastern Australia.

There are under 8000 Glossy Black-Cockatoos left *nationally*.

While these kinds of statistics are dispiriting and depressingly



common, action starts in our backyard—together—and this idea is at the heart of Intrepid Landcare.

We are a youth branch of the wider Landcare movement focussed on connecting young people to their environment through adventure and community. Right now, Intrepid groups across the east coast are collaborating on a big project to regenerate existing and create entirely new feed groves for Glossy Black-Cockatoos, each in their respective local areas. For the QPRC and Canberra region, ANU Intrepid Landcare Club is organising a number of tree

planting sessions with landholders in Burra through April and May. Details can be found on our Facebook and Instagram pages @anuintrepidlandcare (and while you're there, chuck us a follow!). As the only Intrepid Landcare group operating in the region, all young people aged 18-30s are welcome to join us! We usually carpool to events and do two bouts of work, with a morning tea break in the middle to yap over some sweet treats and instant coffee.

So if you're a young person interested in tangible environmental action, making new friends, or just being part of

something more, sign up through the QPay link on our Facebook to become a 2025 member (\$8.62), after which you can register for our events. Most of them are otherwise cost-free. All you'll need to bring is a water bottle, some sunsmart work gear, and yourself.

If you'd like to reach out, you can contact us via email at intrepidlandcareanu@gmail.com or DM our socials. We hope to see some new faces there!

Above: Black Glossy Black-Cockatoo. Photo Jayden Gunn.

Photo supplied of a regeneration project.

More free and cheaper medicines soon

I'm really proud of our recent announcement to make cheaper medicines even cheaper - with a script to cost Australians no more than \$25 under the Pharmaceutical Benefits Scheme (PBS).

Having already slashed the cost of medicines - with the largest cut to the cost of medicines in the history of the PBS in 2023 - we're now going even further with this \$689 million investment in the Budget.

This is a more than 20 per cent cut in the maximum cost of PBS medicines, which will save Australians over \$200 million each year. The last time that PBS medicines cost no more than \$25 was 2004.

Pensioners and concession cardholders will continue to benefit from the freeze to the cost of their PBS medicines, with the cost frozen at its current level of \$7.70 until 2030.

This builds on action we've already taken to deliver cost of living relief through Cheaper Medicines, including:

- More free and cheaper medicines, sooner, with a 25% reduction in the number of scripts a patient must fill before the PBS Safety Net kicks in
- The largest cut to the cost of medicines in the history of the PBS, with the maximum cost of a script falling to \$30, from \$42.50



- 60-day prescriptions saving time and money for millions of Australians with an ongoing health condition
 - Freezing the cost of PBS medicines, with co-payments not rising with inflation for all Australians for the first time in 25 years
- Astonishingly, residents across Eden-Monaro have saved \$8,020,913 since our Cheaper Medicines reform came into effect.

When Peter Dutton was Health Minister, he cut \$50 billion from public hospitals, cut funding for Medicare, and tried to end bulk-billing.

The contrast this election is clear: cheaper medicines with a re-elected Albanese Government, or Peter Dutton, who wants medicines to cost more, not less.

Kristy McBain
Member for Eden-Monaro
Photo supplied

Your experiences matter

National Seniors Australia
Please share them with us in the 2025 National Seniors Social Survey.

If you live in Australia and you're aged 50 years and over, this is your invitation to participate in the National Seniors Social Survey (NSSS).

National Seniors Australia's mission is to advocate for older Australians' wellbeing and quality of life. But that's only possible if we know what older people experience, think, and feel about our lives and our place in society.

The annual NSSS gathers this kind of information from thousands of older people every year, on a range of important topics.

We feed the results into our advocacy campaigns, government submissions, and pragmatic proposals for social change.

If more people from different backgrounds complete the NSSS, we get a better sense of the needs and opinions out there.

About this year's NSSS

Each year we cover different topics in the NSSS so our organisation can speak to diverse issues that affect older people.

This year's survey includes modules on:

- Engaging with digital technology
- Support to age well
- Quality in aged care services

- Advocacy questions, this time focusing on property as an investment

- Maintaining and improving happiness.

In all these topics, we're interested in what you know, think, feel, and need.

The NSSS is:

- CONFIDENTIAL. Your answers will be completely confidential. No information will be made available that would identify you in any way.

- ETHICS APPROVED. The Bellberry Human Research Ethics Committee has reviewed and approved the survey in accordance with the National Statement on Ethical Conduct in Human Research (2007) - incorporating all updates. This Statement has been developed to protect the interests of people who agree to participate in research studies.

We want to hear your views, and what you'd like to see change for older Australians as they move through later life.

So come and participate in the 2025 National Seniors Social Survey today. The survey is open until 31 March 2025. Respondents also have the chance to win one of 10 Woolworths or Coles eGift Cards worth \$50 each!

Find the survey at <https://surveyresearch.com.au/n/jx9SVYv> or head to <https://nationalseniors.com.au>



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Accessible. Responsive. Innovative.

Rebuilding Public Education NSW Department of Education

Public notice

Notice of exhibition of a proposed school development



Proposal:

Construction and operation of a new government school, including buildings and structures, landscaping and tree removal, sport and play spaces, an agricultural block and associated supporting infrastructure as described in the Review of Environmental Factors (REF).

Applicant:

NSW Department of Education

Location:

18 Harp Avenue, Bungendore NSW 2621

Exhibition details:

The proposal will be on public exhibition from **Wednesday 19 March 2025 to Tuesday 15 April 2025**. During this period, community members are invited to review the REF which describes the proposed development, potential environmental impacts and proposed mitigation measures, and provides feedback via the Department of Planning, Housing and Infrastructure Division 5.1 planning portal. A link to the Planning Portal is included on the department's project webpage available using the weblink or QR code below.

Information and feedback

For further information contact School Infrastructure on:

Website: edu.nsw.link/BungendoreHS

Phone: 1300 482 651

Email: schoolinfrastructure@det.nsw.edu.au



Whole of farm planning

Ross Kuchel: Senior Ag Advisor

Owning rural land is an incredible lifestyle - wide open spaces, fresh air, and the freedom to shape your own piece of the landscape. But with that freedom comes responsibility. As a landowner, you have both a social and legal duty (Biosecurity Act 2015, POCTA 1979) to care for your property, ensuring the welfare of livestock and the environment.

The good news? With the right approach, managing your land can be rewarding rather than overwhelming. Whole of Farm Planning (also known as Property Management or Holistic Farm Planning) helps you understand your land's natural strengths and work with them to create a productive, sustainable, and enjoyable property.

A well-managed farm isn't just good for the environment - it saves you time, money, and stress, making your rural dream even better.

The planning process can be broken down into 5 main components.

1. Your vision - what do you want? (eg. for recreation only, to generate enough income so you can quit your day job, or just so it's cost neutral etc).
2. Stocktake of resources - Describing, Assessing and Mapping. Noting natural aspects (topography, soil types, vegetation etc), infrastructure (fences, sheds, roads etc), and improvements/issues (weed areas, pastures, erosion).
3. Planning and goal setting - How will you get there? Priorities, time, costs etc
4. Actions - making the plan work. Write out an action calendar!
5. Monitor and evaluate - review how things are going.

An excellent resource for getting you started down the planning process is the NSW DPI Property Planning AgGuide

(www.tocal.nsw.edu.au/publications). Additionally, the LLS 'Rural Living Guide' (www.lls.nsw.gov.au/what-we-do/plans-and-publications/rural-living-handbook) will point you in the right direction with most thing related to owning/managing a rural property.

Local Land Services will be running two Property Planning workshops in the Palerang district later this autumn. The two-day workshops will be aimed at new and existing small-farm owners (although open to larger operators as well), to introduce the aspects of Whole of Farm Planning and

give a framework with which to create your own farm plan.

If you would like further information or discuss your existing plans please contact:

Ross Kuchel, Snr Ag Advisor, Local Land Services

Ph: 0428 314 588

Email: ross.kuchel@lls.nsw.gov.au

Photo supplied



What is Natural Capital?

Melissa Henry: Natural Capital Advisor

Natural capital refers to the world's stocks of natural assets, which includes soil, minerals, air, water, vegetation, animals and all living things.

The value of the natural resources, or natural assets, on your land, and the services those assets provide, including food production, drinking water supply and native habitat, is known as your natural capital.

Natural capital recognises the benefits these services provide to individuals, groups and the broader community by assigning them economic, environmental, social and cultural value. Natural capital allows you to understand and demonstrate the value of your assets and land management practices.

As a landholder, you can benefit from enhancing the value of your

land's natural capital through environmental services and get a financial return for your actions through environmental market opportunities. This also helps to improve productivity that often comes from improving your farms natural assets.

If you can demonstrate the benefits and value of your natural assets, ecosystem services and environmental services, you may be able to exchange natural capital for financial rewards through environmental markets.

Emerging markets and schemes for carbon and biodiversity, natural capital valuation, demand for premium, sustainable produce and increasing interest from the community in the environmental impacts of farming are driving opportunities for realising economic returns from the adoption of natural resource management (NRM) practices.



Not only does building, preserving and managing natural capital improve the productivity and sustainability of the land we use, it helps to build resilience to climate change impacts. Natural capital offers valuable benefits to society,

as it is vital to our health and livelihoods well into the future.

Local Land Services is committed to supporting landholders to continue to manage natural capital on their land. For more information:

<https://www.lls.nsw.gov.au/help-and-advice/natural-capital>

Above: Environmental services you may offer on your property. Source: Environmental Markets Leadership Course (2023).

The good, the bad and the weedy: managing weeds in native habitat

Ryan Cope, NRM Graduate

Have you ever noticed strange plants in native habitat on your property or in your area? Are you concerned that these plants may be invasive weeds?

Take action! Controlling invasive weeds in native habitat should not be put off - Invasive weeds can be highly damaging to your property, community and environment.

Use these steps as a guide to improve the condition of native habitat on your property.

Step one: monitoring

Regularly check on your native habitat. Are there any unfamiliar plants? Flowers you haven't seen before? There are plenty of identification guides you can buy to help tell the difference between native plants and invasive weeds. The New South Wales WeedWise app is a great free tool that you can use to check unfamiliar plants.

If you're unsure whether it's a weed or native plant, don't pull it out, instead take a photo and call Local Land Services for assistance.

Step two: control

If you do identify an invasive weed species, you need to implement control measures to stop the spread. In some cases, you may be able to totally eradicate the weeds. In other cases where the weeds have already spread throughout a habitat, you may only be able to reduce the extent.

Control methods vary depending on the weed species but can include:

Mechanical

- cutting, chipping and pulling weeds is a low cost method for weed removal. Some weeds may take significant effort to remove roots and tubers which may allow the weed to grow back. The NSW

Weed wise app has instructions for mechanical removal of each weed species. time grazing to prevent weeds seeding, encourage native groundcover to recover and compete with weeds species.

Strategic Grazing

- time grazing to prevent weeds seeding, encourage native groundcover to recover and compete with weeds species.

Herbicide

- applied by spraying, painting cut stumps, stem injection, frilling or stem-painting. Take care when applying herbicides as they may also harm native vegetation and prevent it from regenerating. Use Herbicide appropriately and in line with label instructions and legislation.

Biological

- biological control agents can be introduced to weed populations to

help control them. Talk to your Local Land Services Officer to find out about biological control agents that may be used in your area.

Step three: follow up

After conducting weed control make sure to conduct a follow up inspection of the native habitat, you may need to do multiple rounds of weed control if you notice the weeds reestablishing in the area.

Other actions to prevent weeds returning after weed control has been completed are:

- avoid disturbance to the ground layer
- be careful with chemical applications to minimise the damage to regenerating native plants
- avoid fertilising and do not leave stock in controlled areas for long periods of time

- be careful when bringing stock or vehicles into controlled areas as these may introduce weed seeds back into the area
- encourage native cover through appropriate grazing regimes.

Weed control in native habitat can be rewarding work and helps maintain healthy ecosystems which can enrich properties and local communities. If you have any questions about managing weeds in native habitats, reach out to your Local Land Services office. You can contact your local office directly at 1300 795 299.

Want to read more about what is going on in our region, sign up to the South East Circular to get newsletters delivered direct to your inbox. Scan the QR Code code to register.



South East Local Land Services News

The importance of NLIS for every farmer

Lou Baskind: District Vet Braidwood

Even if you only occasionally sell livestock, it's still crucial to comply with the National Livestock Identification System (NLIS). It's easy to think that these regulations only apply to people selling livestock regularly, but every movement of livestock matters.

Australia's national traceability systems help protect our livestock in case of an emergency animal disease outbreak and underpin our access to international markets.

Our agricultural sector plays a huge role in our economy. Because of our country's regulatory

standards, systems, and processes, Australia is a sought-after source of animal food and fibre around the world.

A whopping 72% of Australia's agricultural products make it to international markets, and our agricultural sector is valued at an impressive \$80 billion. It creates jobs for many people in our

community, both directly and indirectly. A healthy agricultural economy is good for everyone.

You can contribute by ensuring that all cattle, sheep, goats, and pigs have their proper NLIS identification tags attached before leaving your property, regardless of the destination. It may seem like a small detail, but it's an important part of a much larger system.

If you're not sure exactly what is required, don't hesitate to reach out –there are resources available online and the team at Local Land Services in Braidwood is just a phone call away on 02 4842 3800 if you have questions.

Find out more about NLIS at www.lls.nsw.gov.au/help-and-advice/livestock-health-and-production/the-national-livestock-identification-scheme

Photo supplied



Support for controlling feral pigs

Louise MacDonald: Senior Biosecurity Officer

Local Land Services has worked with landholders across NSW to carry out coordinated control programs to reduce the negative impacts feral pigs have on crops, vegetation and livestock.

However, favourable seasonal conditions continue to create an ideal breeding ground for feral pigs.

In NSW, all landholders have a General Biosecurity Duty under the Biosecurity Act 2015 to manage feral pigs and other pest animals on their properties.

Local Land Services helps landholders meet this responsibility by providing information and advice, access to subsidised bait and traps, as well as coordinating control programs across the landscape.

The agency focuses its efforts on capacity building, equipping landholders with the tools and support to effectively manage feral pigs now and into the

future to help protect the environment and farm productivity.

Through the Feral Pig and Pest Program 2024-25, Local Land Services has provided almost 18,000 one-on-one technical consultations with landholders and delivered 68 awareness-raising events to 995 attendees.

Workshops give landholders the chance to learn about new pest animal control technologies, how to use them effectively to manage pest animal damage, and training to gain certification to use restricted chemical products.

Visit www.lls.nsw.gov.au/regions/south-east/events for more information about upcoming events.

For tailored advice and support to manage feral pigs, contact your local biosecurity officer on 1300 795 299 or visit the website nsw.gov.au/feral-pig-pest-program.

Photo supplied



What's coming up.....



5 April 9am - 4pm

Vertebrate Pest Induction Training - Braidwood

Upon completion of the VPIT training, participants will be accredited to use 1080,

PAPP, RHDV and pindone products for 5 years to manage vertebrate pest species.

12 April 9.30 - 12pm

Revegetation and splatter gun demonstration - Royalla

Practical revegetation and weed control skills are a must have for landholders planning or completing environmental rehabilitation works.



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When you choose to bank with Bendigo Bank, good things happen in your community.

Like our sponsorship of the Bungendore Netball Club.

And when you belong to one of Australia's biggest banks, good things happen with your banking too.

Feel good about who you bank with.

Find out more. Call 6238 0547 or search Bendigo Bank Bungendore.



Community Bank
Bungendore

Bendigo Bank home loan customers the most satisfied in Australia

Bendigo Bank home loan customers are the most satisfied in Australia, a survey of more than 45,000 Australians across the nation's 10 largest banks has found.

New findings released by Roy Morgan show Bendigo Bank had the highest home loan customer satisfaction rate in the six months to December last year, sitting at 87.7%.

In the announcement, Roy Morgan credited the achievement to the Bank's "strong focus on customer service."

Chief Customer Officer for Consumer Banking at Bendigo Bank, Taso Corolis, said the result was a credit to the hard work Bendigo Bank team members put in every day to deliver great outcomes for customers.

"Whether you are buying your first home or purchasing an investment property or perhaps refinancing, quality products and personalised service matters. That's why we are so pleased to be recognised as having the most satisfied home loan customers," Mr Corolis said.

Mr Corolis said the result is particularly heartening at a time when overall customer satisfaction among Australia's top banks had declined 0.6% from the same time the previous year, according to the data that analysed the six month period to December 2024.

In addition to having Australia's most satisfied home loan customers, Bendigo Bank is also Australia's most trusted bank, and is consistently voted one of the top 20 most trusted brands nationwide.

FABS...Fun Activities with 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 ammentities building (parking near the netball courts).

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

See right for dates.

2025 Membership

Yearly membership is only \$10.00 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 April 23, at Cafe Woodworks, 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 host Senior Exercise classes with Familia Fitness on a Tuesday for the rest of this school term.

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, \$18 for non-members.

Chair Yoga will return on Tuesday 29 April.

THURSDAYS

Thursday 27 March
Thursday 10 April
Thursday 24 April
Thursday 8 May
Thursday 22 May
Thursday 5 June
Thursday 19 June
Thursday 3 July
Thursday 17 July
Thursday 31 June

FRIDAYS

Friday 4 April
Friday 18 April - Good Friday, so no gathering
Friday 2 May
Friday 16 May
Friday 30 May
Friday 13 June
Friday 27 June
Friday 11 July
Friday 25 July

All welcome to attend
Bungendore Seniors are having a fabulous raffle of the above original stunning artwork is by renowned Aboriginal artist Dale Huddleston. Tickets are \$5.00



Missing the target: Study predicts sharp decline in Australian diets by 2030

Aussies are falling short of key national health targets, according to scientists who have used an innovative technique to forecast future dietary trends.

New research from CSIRO, Australia's national science agency, shows Australians' eating habits are on a downward spiral and without significant intervention the nation will fall dramatically short of its ambitious 2030 health targets.

Findings from the new study, published recently in the Australian and New Zealand Journal of Public Health, predict the consumption of discretionary foods to surge, fruit intake will decline, and vegetables will remain well below recommendations over the next five years.

Key findings show:

- Discretionary food consumption (ultra processed foods and sugary

drinks) will soar by 18 per cent by 2030.

- Fruit consumption will drop by nearly 10 per cent.
- Vegetable intake will remain stagnant at well below recommended levels.
- Young adults (18-30) are the only age group showing some positive trends, yet still consume excessive amounts of discretionary foods.

The research also indicated some concerning trends for older Australians, with those over 71 showing the steepest projected decline in fruit consumption - a 14.7 per cent drop by 2030.

Using predictive modelling techniques, CSIRO researchers analysed nine years of data from over 275,000 Australian adults to forecast future dietary trends and compare against the national targets.

Dr Gilly Hendrie, Senior CSIRO Research Scientist, said this

innovative approach allows researchers to anticipate and address potential public health challenges before they occur, marking a significant advance in preventive health planning.

"Predictive modelling gives us a powerful early warning system," Dr Hendrie said.

"Rather than waiting to see the impact of poor dietary habits, we can now identify concerning trends and intervene before they become major public health issues."

The findings come as Australia aims to achieve nutrition targets of:

- Two servings of fruit per day
- Five servings of vegetables per day
- Reducing discretionary foods to less than 20 per cent of total energy intake

The targets are part of Australia's National Preventive Health

Strategy (2021-2030), which identifies poor diet as a key risk factor for chronic diseases, as well as accounting for significant healthcare costs and reduced quality of life.

Improving access to and consumption of healthy diets is one of the Strategy's seven key focus areas, highlighting the critical role of nutrition in preventing chronic disease and

supporting long-term public health.

"The gap between our current dietary trajectory and our national health targets is widening," Dr Hendrie said.

"We have five years to get back on track with our diets and reverse these concerning trends."

Image Shutterstock



QPRC responds to state government DA processing targets

The Environmental Planning and Assessment (Statement of Expectations) Order 2024, which took effect on July 1, 2024, sets performance benchmarks for all 128 councils in New South Wales regarding their development application (DA) processing times. The order requires councils to determine DAs as soon as practical, within either their previous financial year average or the state's target timeframes, which tighten progressively over the next few years.

Planning data to 31 January 2025 identified six councils who were underperforming and not meeting the benchmarks set: Georges River Council, Wingecarribee Shire Council, Sutherland Shire Council, Willoughby City Council, North

Sydney Council and Queanbeyan-Palerang Regional Council (QPRC).

In response, Minister for Planning and Open Spaces, Paul Scully MP wrote to these six councils, requiring them to develop and submit action plans within 28 days to improve their DA processing times. Failure to comply may result in government intervention, such as the issuance of a Performance Improvement Order, appointment of a planning administrator, or transferring planning functions to a regional planning panel.

The Planning Department uses the following criteria to identify councils requiring intervention:

- Housing target/implied dwelling demand: Councils with a housing target, or implied

dwelling demand greater than 500 during the Housing Accord period.

- DA assessment performance: Councils with average gross end-to-end timeframes of 145 days or greater.
- Percentage of applications assessed in expected timeframe: Councils with 50% or less of their applications assessed within their expectation.

QPRC did not need meet the assessment criteria:

- Assessment days FY24-25: 169
- % of applications meeting expectations: %44
- Housing Target or Implied Dwelling Demand: 2,309

At its March 23 meeting, a formal response to Minister Scully, outlining its progress and

strategy to improve DA processing times will be presented.

The report highlights a major structural overhaul introduced in May 2024, which created dedicated teams to handle different types of applications. This change has already delivered significant improvements:

- DA lodgement times dropped from an average of 30 days last year to just seven days this financial year, and as low as two days in February 2025.
- The backlog of undetermined applications has been reduced from 320 to 110, with planners working closely with applicants to progress their cases.

While clearing older applications temporarily increased average processing times, recent data shows steady improvements:

- February 2025 DA processing time: 160 days
- Percentage of applications meeting the 115-day target: 48%

QPRC is confident it will meet the Minister's expectations by the June deadline. Planning staff are closely monitoring monthly applications and ensuring fast-track cases are processed efficiently to further reduce overall processing times.

You can view the league table at <https://www.planning.nsw.gov.au/>

To read councils response head to <https://www.qprc.nsw.gov.au/Council/Council-Business/Council-meetings>

Sharon Baxter-Judge

More volunteers are needed to provide ethics classes in our region in 2025

Natalie Blake (pictured), who was instrumental in introducing the Primary Ethics program to Bungendore Primary School over seven years ago, has handed over her roles as a volunteer ethics teacher and ethics coordinator to other volunteers.

When asked what motivated her to maintain her involvement despite a busy family and work life, Natalie said that the joy of seeing the children develop their critical thinking skills over the years was very satisfying.

"I got to teach the same group of kids for seven years, as well as

teaching other classes. How rewarding is it to know that a volunteer contribution, even if just for half an hour a week, can make such a difference!" she said.

"The children learn a lasting set of skills, that are so important in the world they are growing up in."

Across NSW about 40,000 children attend weekly ethics classes in over 500 schools. As well as Bungendore Primary, in our region the program has been introduced in all four government Primary Schools in Queanbeyan, and in Jerrabomberra and Sutton Primary Schools.

Ethics lessons invite students to explore everyday situations that raise ethical issues, such as truth and lying, getting even, greed, being fair or unfair, cheating, friendship, drugs in sport, being an ethical consumer.

Regional Manager Jim Neely, who is also a volunteer ethics teacher, said more volunteers are needed to meet the demand for classes. He said that volunteers come from all walks of life and you don't need any teaching experience.

"As the commitment only involves about an hour a week during school terms, many of the

volunteers are working and are able to fit it into their schedules".

"Importantly, all lesson materials are provided by Primary Ethics, and the classes are kept small to enable all children to participate in the discussions," he said.

"Also, the training, which is free can be undertaken, with other volunteers, either face-to-face or on-line."

Curious to find out more? Visit the Primary Ethics website, or contact Jim at jim.neely@primaryethics.com.au or on 0451 517 815.

Photo supplied





BUNGENDORE CRAFTERS CO-OPERATIVE

Craft Evenings

Thursday 3rd April
Thursday 17th April

55 Gibraltar Street
6-8pm

\$5+BYO craft project

Contact Thalia: 0412 884 120



Women Helping Women

Living within the rural community

Saturday 29th March | 9am - 3pm

Emergency Service Centre Ellendon Street, Bungendore

Join Bungendore NSW SES for a women workshop with informative sessions on thriving in rural life and preparing your properties.

Presenters from the council, local organisations, and emergency services will share insights on their roles and how they support you - the community.

Women 18+ register via the QR code or call 0429 310 932

Bungendore, Wamboin, Bywong, Mt Fairy, Mulloon, Hoskinstown, Rossi, Carwoola



NSW SES Bungendore

www.ses.nsw.gov.au



Community Bank Bungendore Preschool Fair 2025

The BIG day out in Bungendore was a BIG success

This year's Fair and Pig Races was a wonderful display of the strong community spirit for which Bungendore is well known. Its success would not have been possible without the support and willing commitment from Community Bank Bungendore who was our Platinum partner for the fair, MJ Building and Construction, our Major Sponsor, and other sponsors from our business community, the community groups, including Rotary and Lions, sporting teams, especially the Mudhooks and Bungendore Soccer club, volunteer workers, and the wonderfully talented entertainers. Rotary's protein sandwiches supplemented by Sam Taylor's brisket and pork rolls are now an accepted and intrinsic part of our unique village cuisine - and very much enjoyed.

The display by our dedicated first responders (Ambulance, Regional Fire Service, State Emergency Services, and Police) provided an opportunity to learn more about their roles in keeping us safe, see

their equipment, and thank them personally for their service. The inclusion of NSW RFS's Hose Ball Championships was welcomed - including the mist cooling passersby's down! Keep your eye out for the 2026 rounds!

Thanks also to the many stall holders who attended to support the fair. The 34 stalls, an increase of 10 stalls or almost 30% over last year, is a pleasing trend that visitors appreciated. Our thanks also to the faith communities of St Philips and St Mary's, who supported our fundraising efforts.

Eight little piglets from Warwick in Queensland competed in four exciting races to entertain the crowd. The income from this aspect of the event was increased considerably this year due to the enthusiasm of those competing to secure a piglet at the auction. The raffle (styled after the Melbourne Cup Day Calcutta) also played a significant fundraising role. The little trotters are extremely well cared for and enjoyed their run in Bungendore. There is no gambling involved in our pig races.

Congratulations to both Preschool Director Kim Brodrick and

Assistant Director Sam Murphy, and the dedicated members of the Preschool staff and their fundraising committee. Their exemplary planning, promotion, and execution of the event ensured that it ran smoothly from start to finish. The additional activities, such as the tug of war, the sack races, and the classic car show and shine, meant increased participation by attendees and visitors.

The success of the event was ensured by the local folks who came out in large numbers to enjoy the day. Our precious Bungendore Park is a wonderful setting for an event of this nature, and all areas of it were utilised again this year to stage what is becoming a much-loved community festival. Long may it continue.

A big 'thank you' to the Regional Independent for getting our message out across the region.

The strong community spirit and camaraderie for which Bungendore is renowned was evident throughout the day, and this bodes well for the future of our community. Those who donated



their winnings back to the Preschool and stall holders who donated a share of their takings for the day are just some examples of the generosity on display.

The Preschool is a not-for-profit community-based school that sets the foundation for a successful educational pathway to adulthood for our children and grandchildren. The funds raised are essential for

the continuation of the Preschool's vital role in our town.

I would like to express personally, my gratitude to all those who made the day such a great success.

David Webster
Deputy Event Coordinator -
Bungendore Preschool Fair and
Pig Races 2025



Community News

Queanbeyan Senior's new home officially opened



From page 1
After the formalities, the celebration continued with Jacqui and Brenda cutting the “officially opened” cake before guests explored the new facilities.

The new kitchen is spacious and bright, a major upgrade from the tiny kitchenette previously used. The new seniors library provides a quiet space to relax, read a book, or enjoy a peaceful game.

Guests also had the chance to join in on activities, including a Zumba class and a Chair Yoga session.

The morning tea was a highlight, featuring a huge, delicious spread of home-cooked treats.

The next project for Queanbeyan Seniors is to upgrade the toilets—a much-needed improvement.

“New members are always welcome!” added Brenda.

Queanbeyan Seniors would like to thank: QPRC, especially Director of Community, Arts and Recreation, Jacqui Richards, the fabulous gardeners who always keep the gardens looking beautiful, Blackline Joinery and The Men’s Shed.

Special thanks to the dedicated committee members who volunteer so much of their time, the talented craft group members and, of course, the amazing cooks who provided the wonderful morning tea!

For more information and contact details for Queanbeyan Seniors head to page 10.

Sharon Baxter-Judge



THANK YOU

FOR SUPPORTING THE COMMUNITY BANK BUNGENDORE PRESCHOOL FAIR 2025

PLATINUM PARTNER



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- IGA Bungendore
- Kay Mayd
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- The Malbon
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- WarmerSol Photography



Southern NSW Local Health District a top performer in latest healthcare quarterly report

Southern NSW Local Health District is among the state’s top performers for emergency department and planned surgery performance, despite treating a high number of critically unwell patients during the October to December 2024 quarter.

SNSWLHD Chief Executive Margaret Bennett praised the efforts of staff in providing high quality care to patients during the early summer period.

“This latest Bureau of Health Information Healthcare Quarterly report for October to December 2024 shows our District was among the state’s top performers for key ED indicators including the percentage of patients starting their treatment on time, leaving the ED within four hours, time to transfer care from ambulance to hospital staff, and planned surgery wait times,” Ms Bennett said.

“I want to extend my sincere gratitude to our dedicated staff members, as these impressive

results are a testament to their hard work.”

The District performed 1,287 planned surgeries during the last quarter of 2024, an increase of 4.3 per cent compared to the same quarter in 2023.

SNSWLHD had one of the best results in the state for the percentage of planned surgeries performed on time, with almost all patients, or 99.8 per cent, receiving their planned surgery on time. This includes 99.5 per cent of urgent planned surgeries, 99.8 per cent of semi-urgent planned surgeries, and 100 per cent of non-urgent surgeries performed on time.

During October to December 2024, there were more than 30,000 presentations to EDs across SNSWLHD. Of these there were 3,980 by patients with an imminently life-threatening condition (emergency or triage category 2), an increase of 5.6 per

cent compared to the same quarter in 2023.

There were also 10,778 patients presenting with potentially life-threatening conditions (urgent or triage category 3), an 8.4 per cent increase when compared with the same quarter in 2023.

All patients are seen and triaged on arrival at the ED and, as always, the most seriously unwell patients are treated first. During busy times, people with less urgent conditions will experience longer wait times when there are large numbers of seriously unwell patients being prioritised for emergency care.

Despite the high demand, more than seven in 10 patients (76.5 per cent) started their treatment on time, which is better than the NSW average (65.3 per cent). The majority of patients (72 per cent) also left the ED within four hours of arriving, also better than the NSW average (56.6 per cent).

Almost all patients (95.1 per cent) were transferred from ambulance to ED staff within the 30-minute benchmark time, which is well above the NSW average (83.4 per cent).

“Our staff have implemented a range of improvement strategies over the past 12-18 months to achieve these impressive results,” Ms Bennett said.

“Strategies include daily huddles across all facilities, ongoing ED education programs to strengthen nursing triage protocols, regular reviews of clerical processes and systems, as well as management of discharges and delays.

“The most important outcome of this work is that patients in Southern NSW are given the very best care, as quickly as possible.”

SNSWLHD continues to remind everyone to support us by saving emergency departments and ambulances for saving lives. If an illness or injury is not serious or life-threatening, we encourage

people to call Healthdirect Australia on 1800 022 222, for 24-hour telephone health advice.

Queanbeyan Hospital Results

At Queanbeyan Hospital there were 6,832 ED attendances during the October to December 2024 quarter. More than eight in 10 patients (80.6 per cent) started treatment on time, which is better than the average for hospitals of a similar size in NSW (76.5 per cent). More than eight in 10 patients (81.6 per cent) left the ED within four hours of arriving - also better than the average for comparable hospitals in NSW (77.7 per cent). Almost all patients (98.3 per cent) were transferred from ambulance to ED staff within the 30-minute benchmark, also better than the average for hospitals of a similar size in NSW (95.4 per cent). There were 212 planned surgery procedures performed during the October to December 2024 quarter and all (100 per cent) were performed on

Braidwood Concert Series

Braidwood Concert Series is celebrating its 10th anniversary with a fabulous musical program. Two outstanding concerts in February included a solo classical guitar performance by Tommaso Giroto and Phoenix Collective’s triumphant and diverse program which was attended by 108 including five children. These first two performances were held at St Andrew’s Anglican Church and drew diverse audiences, many of whom are new to the area. So many people commented on the beauty of the church and its excellent acoustics.

Our final performance in the Autumn season is a double-cello ensemble, Two if by Sea, on Sunday 13th April, 3pm at St Andrew’s Anglican Church, Braidwood. In this recital, Rachel Johnston and Trent

Arkleysmith return by popular demand to the instrument they both hold dearest to their hearts and perform a special edition, cello-only program of repertoire old and new.

Two if by Sea tickets are available online through Humanitix: Luminescence Chamber Singers: <https://events.humanitix.com/gesualdo-tenebrae-braidwood> and Two if by Sea: <https://events.humanitix.com/two-if-by-sea-cello-recital>. Tickets can also be purchased at the door on the day from 2.30pm, although there is limited seating at the Braidwood Uniting Church. It’s always a good idea to bring a cushion for extra comfort.

Support living Australian musicians, performing chamber music in intimate live venues, to

which beautiful regional churches are so suited. Tell your friends to come and make a day of it in Braidwood: arrive in time for a mid-morning coffee, a wander through the eclectic shops in the main street or purchase your weekly food supplies, followed by lunch in one of the many cafes or hotels and then settle in for an intimate, transcendant musical experience. You’ll be home before sunset.

St Andrew’s Anglican Church, 47 Elrington St, Braidwood

Braidwood Uniting Church, 68 Monkittee St, Braidwood

By Anne Sanders, Concert Co-ordinator

Braidwood Concert Series

Photo supplied of Two if by Sea: Trent Arkleysmith and Rachel Johnston, double cello recital



ATO warns about tax scams

National Seniors Australia

These new tax avoidance and investment schemes are spreading on social media - and seniors are being targeted.

The Australian Tax Office (ATO) is warning seniors to stay away from schemes that promise to reduce or avoid tax.

Such schemes are concerning because they can entice honest people into arrangements they don’t understand.

The dodgy tax schemes are spreading online, including through social media - a well-known haunt of retirees doing what they call “research” into making money quickly.

Some of them are peddled as investment schemes, which ATO Acting Deputy Commissioner, Sarah Taylor, said are specifically designed to target vulnerable people, looking for high returns and tax savings.

“Those who invest in unlawful tax schemes stand to lose their hard-

earned cash, and risk paying tax with interest and heavy penalties,” she said.

“Protect yourself and your money by getting advice from a registered tax practitioner before committing to anything.”

The ATO’s website lists tax schemes to look out for: <https://www.ato.gov.au>

In one recent scheme, individuals are advised to invest in a start-up company that allegedly qualifies as an early-stage innovation company (ESIC). By investing in an ESIC, they’re told they can then claim the early-stage investor tax offset on shares purchased through the financing arrangement.

The operators lend the money to buy shares in the start-up and then funds are moved around between the start-up, the individual investor, and the operator to access the tax offset.

“We’re concerned these start-ups don’t qualify as ESICs,” the ATO warned.

These type of circular financing arrangements where people claim a tax offset and interest deductions can result in honest people being caught in a tax avoidance scheme, which could lead to serious penalties.

Another type of scheme promises people they can avoid paying tax by setting up a purported non-profit foundation and diverting their income to it.

The ATO says these schemes are not effective and you will still have to pay tax on the income.

ATO advice

If you are approached with tax arrangements that sound like either of these examples, or sound too good to be true, seek advice from a registered tax practitioner and report it to the ATO.

The ATO says it takes a strong stance against all types of

unlawful tax schemes and their promotion.

“Promoting and participating in unlawful tax schemes are not victimless crimes. Those who choose to engage in these behaviours are attempting to obtain an unfair advantage over those who do the right thing,” Ms Taylor said.

“We take targeted action against unlawful tax schemes that promote tax avoidance behaviours and against those who promote these schemes. We are committed to helping protect the community against misinformation about schemes spread on various channels.”

If you are offered an unlawful tax scheme, you should reject it and report it to the ATO confidentially by:

Completing the tip-off form on the ATO website

Phoning the tip-off hotline on 1800 060 062.

If you suspect that you’ve inadvertently become involved in an unlawful tax scheme, you should also contact the ATO immediately. If you proactively approach the ATO, you may be eligible for a reduction in any penalties imposed.

To check if a tax practitioner is registered, use the Tax Practitioners Board’s public register.

More information about unlawful tax schemes can be found at ato.gov.au/taxschemes.

Related reading: ATO 1, ATO 2

Keep Scam SAFE

The National Seniors website offers a range of resources to help protect you against scams.

These include a downloadable Scams Protection eGuide, Cyber Safety videos produced in conjunction with the Australian Federal Police, Keep Scam SAFE resources, and other scams awareness resources.

<https://nationalseniors.com.au>

Queanbeyan-Palerang Regional Council

FOR YOUR INFORMATION



Heritage Festival kicks off in April

Join us as we unearth the history of our region during the Queanbeyan-Palerang Heritage Festival during April and May.

There are more than 20 different talks, workshops, exhibitions, walks, tours and activities for you to be part of in Araluen, Braidwood Bungendore and more!

- View the complete program and book in for great events at qprc.nsw.gov.au/heritage-festival



Work with Council

Current vacancies include:

- Aquatic Senior Pool Attendant
- Building Surveyor
- Front of House and Venue Manager
- Senior Records Officer
- Venue Attendant
- Coordinator, Development Business Administration
- Team Leader, Marketing
- For more information and roles see bit.ly/QPRC-Careers



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

Nominate for the Local Heritage Awards until 7 April!

Celebrate people in our community who preserve, protect and uplift heritage in our region. You can nominate for:

- Best maintained heritage property
- Best restoration, development or re-use of a heritage property
- Historical research, publication, or promotion of local heritage
- Learn more and nominate at buff.ly/4k9AYvD



Abandoned vehicle for tender

We are seeking tenders for a White Ford tipper truck, sight unseen. Tenders close on **1 April 2025**.

Before seeking tenders on abandoned vehicles we attempt to contact the owner, notify the police in writing to find out if it may have been stolen, and hold the vehicle for 28 days. After this time, we may dispose of or sell the vehicle. See the Public Spaces (Unattended Property) Act 2021 for more information.

- Submit an Expression of Interest via the form at: qprc.nsw.gov.au/public-notices

License Agreement Notifications

Council has endorsed a new licence agreement with the Scouts Association of Australia for a period of five years at 7 Firethorn Place Jerrabomberra. We are accepting submissions on this agreement until 14 April 2025.

- Submissions can be sent to PO Box 90, Queanbeyan NSW 2620 or via email council@qprc.nsw.gov.au

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:

- 26 March
- 9 April (in Bungendore)

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.

Yass Road, Bungendore Road and Ellerton Drive upgrade

Transport for NSW are seeking feedback on the proposed design for the upgrade of the Yass Road, Bungendore Road and Ellerton Drive intersection in Queanbeyan. The upgrade will replace the roundabout with traffic signals. Comments are open until **13 April 2025**.

- View the design and provide feedback at haveyoursay.nsw.gov.au/yass-bungendore-ellerton-intersection

Have Your Say

Projects & initiatives open for community comment	Closing Date
Draft Community Engagement Strategy	31 March
Renewal alcohol-free zones and addition 1 Farrer Place	10 April
Review Competitive Neutrality Complaints Policy	10 April
Review Public Art Policy	10 April
Review Bin Inspection and Contamination Policy	10 April
Review Council-Related Development Application Conflict of Interest Policy	10 April
Donation of \$3000 to reprinting Tales From Two Cities	10 April
2025 Swimming Pool Inspection Program	10 April
Review of Heritage Places	14 April
Planning Proposal to Reclassify and Rezone Land at 88 Wallace Street & 41 Rylie Street Braidwood	28 April

- 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

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@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

Community News

QPRC Local Heritage Awards: open for nominations until 7 April



Do you have a beautifully maintained heritage property? Have you recently completed any minor works or restorations on your heritage property? Have you completed any historical research or had work published relating to our local heritage? If you answered yes to any of the above this could be your chance to be recognised and rewarded for your efforts. This year the

categories for the awards have been reviewed to include:

- Best maintained heritage property
- Best restoration/development or re use of a heritage property
- Historical research, publication, or promotion of local heritage

Kira Steele, one of the key organisers for the awards this year, loves being able to help

people share their stories and unique heritage properties. “It’s exciting to be part of the awards and to be able to acknowledge and recognise the heritage superstars in our community who value and contribute so much to our region,” she said. “The changes to the categories this year helped open the awards to more property owners, including owners in our listed conservation areas.”

“This means more people can share their labours-of-love whether that’s work on a property or a manuscript.” “Anyone can nominate. You can nominate a neighbour, a friend or yourself.”

This year nominees will be in the running to win a \$500 shopping spree at a local retailer of their choice, tickets to a show at The Q and a commemorative plaque.

If you have questions on the nomination process or the awards themselves, you can contact Kira by emailing landuseadmin@qprc.nsw.gov.au

Nominate at www.qprc.nsw.gov.au/heritage until 7 April 2025

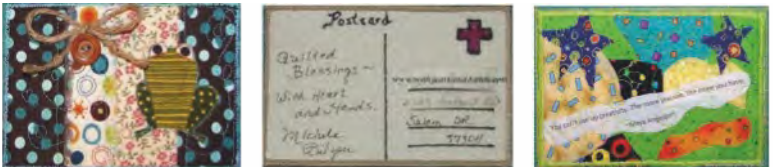
Photos supplied



Braidwood Quilters

A number of Braidwood Quilters visited the Queanbeyan Quilters Postcard Exhibition ‘Why I love where I live’ which was excellent. A number of the Queanbeyan Quilters visited Braidwood just

before the close of the 2024 Airing of the Quilts and In-Door Competition and presented us with the post box. Photo supplied



Braidwood Quilters & Textiles Inc

Invites you to Morning Tea at 10am on Tuesday 15th April, 2025

At The Braidwood Servicemen’s Club

To launch our Fabric Postcard Challenge

Residents of postcode 2622 are invited to create a fabric postcard. It can take any form you like and should celebrate the beauty and brilliance of where we all live.

We invite you to come along and to learn the details of the challenge, see sample postcards and enjoy a delicious morning tea!

Contact: Braidwoodquilters.com.au

Or email: braidwoodquilterstextiles@gmail.com



Sugar tax needed to help tackle Australia’s obesity crisis

Australia must introduce a tax on sugar-sweetened beverages to curb the nation’s escalating obesity crisis. The Australian Medical Association has published the “Sickly Sweet” chapter of its pre-budget submission, which warns obesity has overtaken tobacco as the major cause of preventable death in Australia. The AMA is calling for a tax on selected sugar-sweetened beverages at a rate of 50c per 100g of sugar, which would raise the price of an average 375mL can of soft drink by 20c. This would encourage consumers to choose healthier options, while

creating a strong incentive for beverage manufacturers to reformulate their products to contain less sugar. AMA President Dr Danielle McMullen said it was high time for Australia to catch up with more than 100 jurisdictions around the world that have implemented a successful sugar tax. “Australia’s obesity crisis will cost the health system \$38 billion over the next four years if nothing is done,” Dr McMullen said. “But here’s the good news for the major political parties ahead of an election: there is a tried, tested and easily implemented policy

that can significantly curb the prevalence of obesity, type 2 diabetes, heart disease and stroke. “Our proposal for a tax on sugary drinks would drive down annual sugar consumption by 2kg per person, while raising \$3.6 billion in government revenue over the forward estimates – funds that could be invested in crucial preventive health measures.” Dr McMullen says the AMA’s proposal for a sugar tax is a common-sense policy that has been proven to be effective in dozens of other countries. “Australia is so far behind the

eight ball, it’s not funny. The United Kingdom, France, Mexico, Chile, Catalonia in Spain, several states in the US – these are just a few of the jurisdictions where sugar consumption dropped after a sugar tax was implemented,” Dr McMullen said. “We have been pushing for a tax on sugary drinks for many years, but governments keep kicking the can down the road, all while Australia’s issues with obesity and chronic disease become worse and worse. “We have a much healthier, and much cheaper, alternative we must encourage people to drink instead – water.”

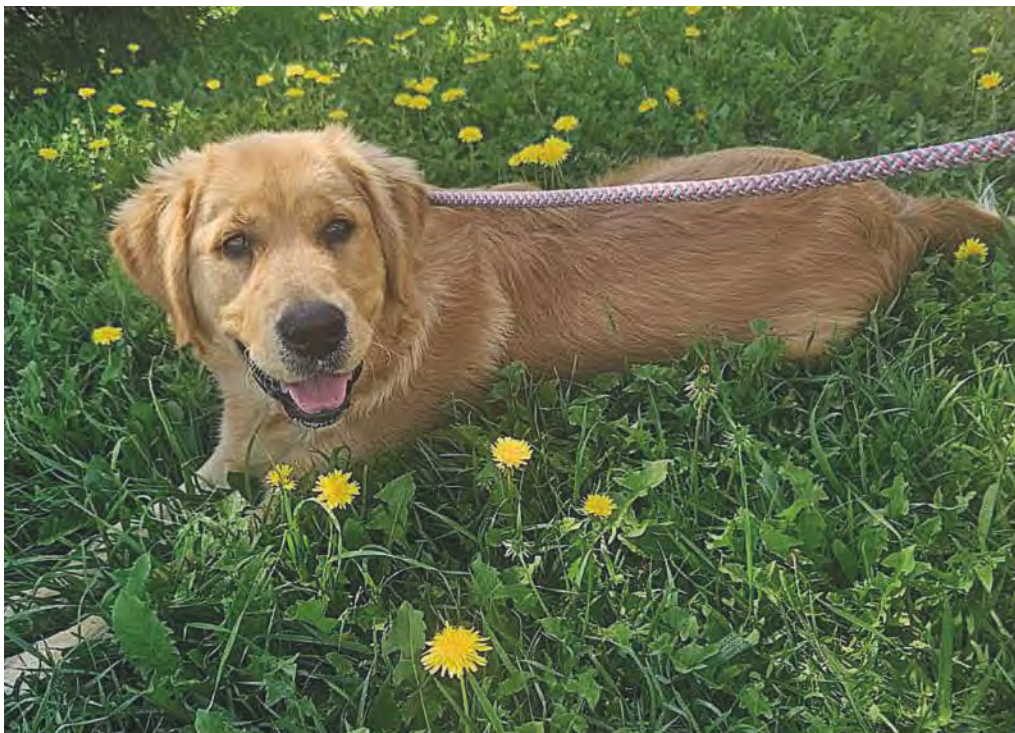
Dr McMullen said reduced sugar consumption and improved diet leads to a reduction in the prevalence of obesity, and therefore substantial healthcare savings in the long run. “From both a health and an economic perspective, it is far better to prevent obesity in the first place than manage it once it is entrenched. “Ahead of this federal budget and the upcoming election, we are urging the major parties to look at the bigger picture and implement a tax on sugary drinks – for the health of Australia.”

PHOTO OF THE WEEK



Glorious sunset.
Photo Margaret Robinson

PET OF THE WEEK



Name: Roger
Age: 8 months old
Likes - people and food
Dislikes - being in trouble
Claim to Fame - Roger never barks!

Welcome Parker



Congratualtions to Shauna and Adien (and proud grandparents).
Welcome Parker!

Indoor tennis comes to Bungendore

touchtennis is a modified version of tennis played on a compact court with a foam ball and shorter, 21 inch rackets. Although it is often played on an outdoor court, the foam ball is light and very wind affected so indoor play is an advantage. Now used as a tool by the Lawn Tennis Association in the UK and the RFET in Spain to increase the number of people playing an adaptation of tennis, it's played in around 30 countries globally, there are official tour tournaments and it is regularly featured on Sky Sports.

We were in UK in 2019 and went to watch a tournament in a local tennis club. We noticed the wide age range of the players and were also impressed by their speed and tactics. We decided that we would like to play so bought a portable net, a set of rackets and several packs of foam balls. We had never heard of the game before and didn't know if we could buy supplies here in Australia. We have now been playing locally for a couple of years and would like to invite other players to join in!

Unlike regular tennis, this game needs more placement and strategy rather than sheer power so it is great for all ages. No matter your age or your skill level, the fun comes from trying to outwit your opponent. It is a great way of improving motor skills and hand-eye coordination and does not require you to run a marathon, although it certainly keeps you on your toes!

We are hoping to get a group together to play on a weekly basis in an indoor venue. As the court size is very similar to both a Badminton and Pickleball court, there is also the possibility of extending the group to include those games also.

If you would like to find out more or are keen to try any of these fun sports then please email sports@wmhbungendore.au.

Initially we plan to start a daytime group but this could be extended to evenings or weekends with enough interest.

Lyn Randall



Bungendore Food Hub

A HELP UP FOR OUR COMMUNITY
SUPPORTED BY OUR COMMUNITY

FOOD, TOILETRIES, WARM CLOTHING, ADDITIONAL
SUPPORT, COMMUNITY RESOURCES ARE ALL
AVAILABLE HERE!

OPEN WEDNESDAYS 10AM-12PM

LOCATED IN THE OLD OP SHOP BEHIND
BUNGENDORE ANGLICAN CHURCH, GIBRALTAR
STREET BUNGENDORE

CONTACT 6238 1251 OR 0422605009
EMAIL bungendorefoodhub@bungendoreanglican.org.au

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

Puzzles

Quick-Time Crossword

1		2			3	4		5	
				6					
7									
						8			
9	10								
					11		12		13
14			15						
			16						
17						18			

- Across
- 1 Remain (4)
- 3 Custom (5)
- 7 Practical person (7)
- 8 Plant's support (4)
- 9 Paid out money (5)
- 11 Snouts (5)
- 14 Cordial (4)
- 16 Arise (7)
- 17 Utters wildly (5)
- 18 Plies the needle (4)
- Down
- 1 Classifies (5)
- 2 Quickly (5)
- 4 Insects (4)
- 5 Obstruct (6)
- 6 Earth (4)
- 10 Liquid part of blood (6)
- 11 Low tide (4)
- 12 Raised platform (5)
- 13 Paces (5)
- 15 Measure (4)

Target Time

I	E	O
P	E	T
D	S	D

Target: Average - 36, Good - 44, Excellent - 58+

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

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

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

1		2		3			4	5		6		7		8		9		10
						11												
12									13			14						
								15			16							
17													18					
						19		20		21		22						
23		24								25							26	
						27												
28					29							30						
																	31	
	32			33				34							35			
36														37				
38							39						40					
						41			42			43						
44		45										46				47		
						48		49		50								
51								52										
53						54							55					

- Across
- 1 Dough
- 4 London's river
- 8 Half note
- 12 Large theatres
- 14 Personal file
- 15 Hazards
- 17 Source of danger
- 18 Tufted cord
- 19 Turns informer (coll)
- 23 Recording
- 25 Furthest
- 28 Hit hard, as in boxing
- 29 Loose Japanese robe
- 30 Trainees
- 32 Precious metal
- 34 Waits at table
- 35 Loathsome
- 38 Gradual coming forth
- 40 Managed (4,2)
- 41 Burnt
- 44 Loveliness
- 46 Eccentric
- 48 First showing
- 51 Arctic deer
- 52 Inflated
- 53 Mould
- 54 Deposited
- 55 Lacy or ruffled
- Down
- 1 Practicality
- 2 Car
- 3 Withdrawing
- 5 Space of time
- 6 Untidy condition
- 7 Lather
- 8 Slaughtered
- 9 Horny plates
- 10 Chastity
- 11 Cuts short
- 13 Tiny arachnid
- 16 Pleated skirt
- 20 Cover a chair, etc
- 21 Signature
- 22 Piled up
- 24 Outline
- 26 Survive
- 27 Vigorous and animated
- 31 According to rumour
- 33 Any edible plant
- 36 Spiders
- 37 Traveller on foot
- 39 Convention
- 42 Most important point
- 43 Risky
- 45 Artery
- 47 Praise
- 48 Faded
- 49 Flex
- 50 Allowance for weight of the packaging

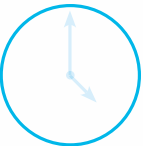
Brain Alert

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

Hidden Numbers 069

Work out the hidden numbers.

1. $(22 + 6) \times 3 - (4 \times 7) - 19 = ?$
2. $3 \times 5 + 17 = ? = 8 \times ?$
3. $(5 + 12) \times (5 \times 2) = ?$
4. $846 = ? \times 6 = 282 \times ?$



Scrambled 133

Unscramble the following letters to reveal the makers of sports cars.

1. searitma
2. riarefr
3. srehocp
4. graaju
5. seulx
6. egoteup



Sudoku 133

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

4			
	3		
		2	
	4		1



- Hidden Numbers
1. 37
2. 32, 4
3. 170
4. 141, 3

- Scrambled
1. Maserati
2. Ferrari
3. Porsche
4. Jaguar
5. Lexus
6. Peugeot

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

Public Notices

Bungendore Basketball Club

Junior Basketball is BACK in Terms 2&3
Will be run on Wednesday and Thursday

Kinder &Year 1 : Thursday 3.15pm Claire & Kirsten.
Year 2&3. : Thursday 4pm with Claire & Kirsten.
Year 4&5&6. : Wednesday 4:15pm with Mal & Andy.

Rhonda-Jane & Keith will still be about, organizing, but are stepping back to have others coach. We still need parents to help with the coaching particularly on the Thursdays.

Again we will have the Teenagers, Will ,Kyle's, and Henry helping.
The children love having the Teenagers help.

COST for the season is \$60
All enquiries Rhonda-Jane 0409446018
Or Keith 0419693484

Note : Teenagers &Adults continue as usual
Wednesday 6pm till 7pm



1st Bungendore SCOUT GROUP

The 1st Bungendore Scout Group provides a dynamic, challenging and adventurous program. Activities are managed according to age, skill and confidence levels to ensure each child has the opportunity to develop at their own pace. In addition to weekly meetings at the hall, we conduct many camps, canoeing, raft building, bushwalking, bushcraft, cycling, water safety, community and environmental activities.

Our youth sections meet at the Scout Hall and Community Centre, 66 Turallo Terrace, Bungendore. We currently have vacancies in both our Scouts and Venturer Groups. Scouts (11-14 year olds), meets on Wednesdays from 6:30-8:00 pm and Venturer Scouts (14-18 year olds), meets on Tuesdays 6:30-8:30 pm.

For all information about joining please go to: <https://1st-bungendore.group.scoutsnsw.com.au/home/>

Image supplied



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/BUNGENDO RECWA>



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



CALL FOR TENDERS - SCHOOL CANTEEN LICENCE

BUNGENDORE PUBLIC SCHOOL

Tenders are called for the licence of the School Canteen for the school year commencing Term 2, 2025 and for a term of approximately 2 years.

General enquiries and requests for a **Tender Information Package** should be referred to the School Principal, Nigel Trethowan.

Tenders must be submitted in a sealed envelope marked **“Confidential – School Canteen Tender”** and sent to:
The Principal, Bungendore Public School
59-65 Gibraltar Street (PO Box 242), BUNGENDORE NSW 2621

Tenders close at 3.00pm on Tuesday 15/04/2025.

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

Mayor’s column

Contractors have started the remediation of Foxlow Parklet in Captains Flat. We expect it to take approximately 6 weeks for the soil excavation, removal and replacing with new soil. Once that is complete a new playground will be installed, which is expected to take around 3-4 weeks. The remediation of the soil has been funded by NSW Crown Lands and the new playground by the Australian Government through the Local Roads and Community Infrastructure Program.



We are looking for representatives from the community to join more of our Advisory Committees. Expressions of Interest to join the Bungendore Town Centre and Environs Committee, the new Seniors Advisory Committee, and Small Business Advisory Committee close tomorrow 27 March 2025. Council really values the contributions of all our committee members and I encourage Bungendore residents, and business owners along with seniors from all around the region to submit an EOI and get involved. Learn more about these committees and submit an EOI at www.qprc.nsw.gov.au/advisory-committees-r2

We have a range of exciting Youth events and programs throughout Youth Week and the Autumn School Holidays. Youth Week Games Night is on Friday 11 April from 5pm at Queanbeyan Library. Rusten House is holding a Youth Art Workshop on Tuesday 15 April at Rusten House. There is a Gambling Awareness Info Session for Youth on Wednesday 16 April from 5-6pm at Queanbeyan Library. Enjoy the family-friendly Braidwood Boardgame Café on Thursday 17 April from 11-3pm in Braidwood. There is also a free 3-day Multimedia Art Workshop on Tuesday 22 - Thursday 24 April from 10am-2pm at The Q Exhibition Space. Learn more on Council’s website.

There are lots of projects open for feedback on our Your Voice page at the moment. Check out the Draft Community Engagement Strategy, Bin Inspection and Contamination Policy, Public Art Policy, Swimming Pool Inspection Program, Review of Heritage Places and lots more at www.yourvoice.qprc.nsw.gov.au

We are holding tonight’s Council meeting in Queanbeyan. Some of the items on this week’s agenda include the Draft Community Strategic Plan, proposed plans for former Nursery Site at 58-62 Morriset Street Queanbeyan, and feedback on Naming of the Bungendore Sports Hub Fields. Find the meeting agenda and livestream link at www.qprc.nsw.gov.au/Council/Council-Business/Council-meetings

Cr Kenrick Winchester, Mayor

Have your say on a \$3,000 council donation to reprint Tales from Two Cities book

QPRC

At the Council meeting on 12 March, Council resolved to advertise its intention to donate \$3,000 towards the costs of reprinting the 430-page book, Tales From Two Cities. The notice of motion at the Council meeting is available in the document library.

Section 356 of the Local Government Act allows for councils to make donations. Where donations are to private persons/private organisations they must be part of an existing Council program or advertised for public comment. While the proposed donation fits into Category G Funding for Cultural Grants under Council's Donations Policy, the Cultural Grant Guidelines stipulate the upper limit of \$500 for private individuals. The \$3,000 donation is therefore being advertised for public comment.

Tales From Two Cities is written by Mark Butz and is on the relationship between Canberra and Queanbeyan through time and the contributions of diverse people, many of whom have been overlooked or forgotten.

The proceeds from the second run of over 350 books will go to two local charities, Treehouse Queanbeyan and Queanbeyan Respite Centre. Ian McNamee and family covered the costs for the author and printing of the first run of 400 books and all proceeds from these books have been donated to local charities.

Have your say

Submissions may be made:

- By completing the survey on the YourVoice page on council’s website
- By email to council@qprc.nsw.gov.au referencing "Donation to reprinting Tales From Two Cities" in the subject line
- By mail to PO Box 90, Queanbeyan NSW 2620

Submissions close 10 April 2025.

Puzzle solutions

Target Time

Target: Average - 36, Good - 44, Excellent - 58+

deed, deep, deist, depose, deposited, deposit, DEPOSITED, depot, deposite, despite, despot, died, diet, dieted, diode, dope, doped, dose, dosed, dote, doted, eddo, edit, edited, epidote, episode, epode, epos, espied, estop, oddest, oped, peso, pest, pesto, pide, pied, piste, poet, poetise, poetised, poise, poised, pose, posed, posited, posted, seed, seep, sept, side, sided, site, sited, sped, speed, spied, spite, spited, steed, steep, step, stied, stipe, stope, teed, tepid, tide, tided, tied, toed, tope, topped, topee, topside.

Sudoku

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

QT Crossword

S	T	A	Y		H	A	B	I	T
O		P		D		N		M	
R	E	A	L	I	S	T		P	
T		C	R		S	T	E	M	
S	P	E	N	T			D		
	L					N	O	S	E
W	A	R	M		E		T		T
	S		E	M	A	N	A	T	E
	M		T		P		G		P
R	A	V	E	S		S	E	W	S

Crossword

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

BUNGENDORE WAR MEMORIAL HIRE

If you are looking for a venue for a party or another event then check out the Hall. We have plenty of tables and chairs, a well equipped kitchen and our rates are very reasonable. Please contact Jill on 6238 1470 for bookings.



BDORE SPOT SPRAYING

Rural Contracting
David Sillis - 0428 265 111
Shaun Read - 0428 572 061

OPENING TIMES WASTE TRANSFER STATIONS

Bungendore waste transfer station:
Friday 12.30pm-4.30pm
Saturday and Sunday 8am-4.30pm. Monday 7am-12noon
Bungendore buy back centre:
Saturday 10am-4pm
Bywong waste transfer station:
Friday 2pm-4.30pm
Saturday and Sunday 8am-4.30pm Monday 7am-11am
Captains Flat waste transfer station:
Saturday and Sunday 9am-3pm (gates close at 2.45pm)
Monday 9am-2pm
Braidwood waste transfer station Fri, Sat Sun & Mon - 10am to 4.30pm
Monday - 1pm to 4pm
Braidwood buy back centre: Sunday 10am-4pm

VINTAGE & RETRO

Vintage, retro, secondhand shop. 144 Uriarra Road Crestwood, Queanbeyan 6297 8636. Open Friday, Saturday, Sunday 10.00am to 5.00pm - ART By ANDERS
End of Summer Sale 10% off everything

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/



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

BUNGENDORE SENIORS
Next get together will be Thursday March 27, at the Bungendore Sports Hub amenities building \$5.00 per person.
ALL WELCOME

MOWER FOR SALE

HUSQUVANA ZERO TURN MOWER Z254 20HP 54inch cut, near new, purchased NOV 2022. \$7,800 ONO. Phone: 0429 993 400
FREE ITEMS
2 breadmaking machines, 1 electric slicer all working



CB BOBCATS

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



LIONS COMMUNITY BOOKSHOP

A non-for-profit group with all funds donated to local charitable organisations. LOCATED IN THE QUEANBEYAN PARK
Tuesday to Saturday 10am-4pm
SECONDHAND BOOKS, DVDs/CDs, MAGAZINES, GAMES, JIGSAWS, CRAFT

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

Wide Span Sheds
No Compromise Steel Building Solutions
MOJO Constructions
0481 195 714
Your local authorised agent.

IRON DOG RESCUE Rehoming No.: 251000226
IDR has so many wonderful pooches looking for forever homes: here's just a few.
Contact Sue: Ph 0437 010 492 Email irondogrescue@gmail.com ADDRESS: Bethungra NSW (between Cootamundra & Junee)

Frankie
www.savour-life.com.au/adopt-a-dog/search-now/view/90296

Heath/Hulk
www.savour-life.com.au/adopt-a-dog/search-now/view/88490

Boof
www.savour-life.com.au/adopt-a-dog/search-now/view/91370

Bruce
www.savour-life.com.au/adopt-a-dog/search-now/view/91620

Milo
www.savour-life.com.au/adopt-a-dog/search-now/view/91786

Ollie
www.savour-life.com.au/adopt-a-dog/search-now/view/91784

Stewie
www.savour-life.com.au/adopt-a-dog/search-now/view/77116

Hemi
www.savour-life.com.au/adopt-a-dog/search-now/view/87123

Stevie
www.savour-life.com.au/adopt-a-dog/search-now/view/88730

Roxy
www.savour-life.com.au/adopt-a-dog/search-now/view/76236

ADOPTION WEEKEND
Pets Domain, Young, NSW
Iron Dog Rescue will be in-store with dogs available to meet with for adoption!
Address:
Unit 2, 288 Boorowa Street, Young
Saturday 12 April 10am-3pm &
Sunday 13 April 10am-2pm
<https://www.facebook.com/reel/541961295515049>
allevents.in/young/adoption-weekend-%7C-iron-dog-rescue/200027962941540

There are still heaps of dogs looking for new families to love at DAS. Here are the faces of the 7 latest additions to the Wall of Fame. (As of 22 March 2025)

Marlin
Cattle Dog, Male, Approx 6 mths
Available since 8 March
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/marlin

Coco
Kelpie x, Female, Approx 3 yrs
Available since 13 March
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/coco

Digby
Staffy x, Male, Approx 5 mths
Available since 13 March
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/digby

Ziggy
Bull Mastiff x, Female, Approx 1 yr
Available since 19 March
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/ziggy

Chief
Bull Arab x, Male, Approx 8 yrs
Available since 21 March
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/chief

Frankie
Kelpie x, Female, Approx 1 yr
Available since 21 March
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/frankie

For more details on all the dogs available for adoption:
<https://www.cityservices.act.gov.au/pets-and-wildlife/dogs/adopt>
Address: 92 Wugga Lane, Symonston.
Walk-in adoptions: Mon-Fri. 10-3 Sat. 10-2.
Info on adopting from DAS:
www.cityservices.act.gov.au/pets-and-wildlife/domestic-animals/dogs/adopt-a-dog

Every rescue dog has a story, and every story deserves a happy ending.
Some people see an unfortunate dog sitting in a shelter. I see an angel that someone threw away.

Seven very deserving kitties & 2 lovely pooches are currently doing time at the QPRC AMF (as of 22 March 2025)
Website: <https://www.qprc.nsw.gov.au/Services/Animals/Find-Animals-For-Sale-Adoption-and-Lost-Pets>
If you are looking for a new pet to join your family Please Consider.

Ref. No. S84
DSH, Female, Approx 12 months. Found in Googong on 3 Feb. Social & friendly. Social with other cats. Toilet trained.
Available for Adoption

Ref No S83 "Maggie" (Pound name)
DSH, Female. Approx 5 yrs. Found Kings H'way B'dore on 3 Feb. Beautiful friendly girl. Very social. Toilet trained.
Available for Adoption

Ref. No.: S93
DMH, Female, Approx 7 weeks. Surrendered 10 March. Toilet trained. Sweet, shy but friendly.
Available for Adoption

Ref. No.: S94
DMH, female, Approx 7 weeks. Surrendered 10 Mar. Toilet trained. Shy but able to handle.
Available for Adoption

Ref. No.: S91
DSH, Female, Silver Tabby, Female, Approx 8 months. Surrendered 10 March .Toilet trained. Social, friendly girl
Available for Adoption

Ref. No.: S98
DMH, Male, Approx 7 wks. Surrendered 12 March. Gets on well with other cats. Toilet trained. Nervous meeting new people. Playful.
Available for Adoption

Ref. No.: S99
DMH, Female, Approx 7 wks. Surrendered 12 March. Gets on well with other cats. Toilet trained. Nervous meeting new people. Playful.
Available for Adoption

Ref. No.: S165 "Bonnie" (Pound name)
Mastiff x, Female, Approx 8 months. Surrendered 19 March. Contact Facility for Temp Info.

Ref. No.: S161 "Ricky" (Pound name)
Amstaff, Male, Approx 3 years. Found Cooma Street on 12 Mar. Nervous when meeting new people but friendly boy who looks to handler for guidance. Good obedience & lead skills.
Not yet available for Adoption

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

You can't buy LOVE but you can RESCUE IT

Mudhooks test Sports Hub

Stewart Wilson

The Bungendore Mudhooks rugby team played at the new Bungendore Sports Hub for the first time on 22 March, the occasion a Rugby Gala day involving several men's and women's teams playing trial matches ahead of the regular season.

The games were originally scheduled to be played at the Mudhooks' home ground at Mick Sherd Oval, but this had fallen into disrepair due to a lack of maintenance and was not suitable to play on. It has been closed so the necessary work can be done.

This resulted in Mudhooks training and the Rugby Gala being moved to the Sports Hub and it is important to note the team's first two regular season games on 5 April against Braidwood and 12 April versus Jindabyne will be held there. After that, we'll see if Mick Sherd Oval returns to the equation, or not.

Either way, the Rugby Gala gave the Mudhooks and Chicks the chance to experience the Sports Hub on a busy match day for the first time and to note its good and not-so-good features.

It was a big and successful day, with teams from Bungendore, Queanbeyan, Shoalhaven,

Wollongong and Canberra playing nine games across the facility's two fields. Five of those were short, 20-minute Women's 10s games.

As for the Mudhooks, the team played Queanbeyan Whites 3rd Grade in a traditional game for the Town and Country Cup. It was a hot day seriously testing the fitness of both teams and it's probably not unfair to suggest that perhaps there is still some work to do there!

Both teams showed signs of rustiness which is entirely reasonable considering this was a pre-season trial match with the word 'trial' the operative one. The heat and fatigue didn't help either.

The Mudhooks wasted several opportunities to score in the first half due to errors but thanks to a try by second rower Mark Norton led 5-0 at the break.

Showing what could be done when it all comes together, a slick backline move which clicked nicely resulted in a try by centre Maloni Tubekitu and Tom Worman's conversion took the score out to 12-0. But the Whites fought back and brought the score to 12-all later in the second half thanks to a pair of tries and a conversion.

Another terrific backline move by the Mudhooks resulted in a try by Jone Waqa late in the half to make it 17-12 in favour of the locals.



That's where it stayed until the final whistle with the Town and Country Cup retained.

The Mudhooks look forward to seeing supporters at the Sports Hub on the first two Saturdays of

April to get the season underway. We'll pass on any news regarding where the Mudhooks' home games will be played after that when we know. Stay tuned!

Photos: Sharon Baxter-Judge



Queanbeyan Whites - Getting ready for the 2025 season

Queanbeyan Whites

After a successful Country Cup held in Bungendore last weekend the Queanbeyan Whites Rugby Union senior teams have their final preseason hit out this weekend. While Saturday will see first grade host Endeavour Hill Rugby Union at Campese Field with kick off at 3pm, the Whites will also field teams in the men's and women's competition at the annual Beer and Rugby Festival in Boorowa. Supporters can head west for what promises to be a great day of football or come down to Campese Field, enjoy a steak sandwich and a drink and get a

look at our new look first grade squad
With six teams (five men's and one women's) the Whites cater for all levels of skill, experience and ambition. Training is held on Tuesdays and Thursdays from 5:40pm, come along and have a run
Whites memberships
2025 memberships are now available. Support the Whites and receive a member's cap, discounts on merchandise and canteen plus more. Further information and how to join is available on the Whites website, details below.

Junior Rugby
The Junior Whites started their preseason training last week and are always keen to welcome new players. With the season commencing on Saturday 3 May check out our website or contact president@whitesjuniorrugby.org.au for more details
Get into Rugby Walla and Tri Time!
Two new programs for 4 - 7 years of age will be played across a 14-week period on Friday evenings at Campese Oval commencing on Friday 2nd May. Delivered by accredited coaches with support from the ACT Brumbies



Development Officers the two programs, focus on creating a fun & enjoyable learning environment along with the opportunity to develop the core skills needed for participants to transfer into U8 modified games.
Check out the Whites website

Queanbeyan Whites Rugby Union Club or facebook Queanbeyan Whites | Queanbeyan NSW | Facebook for more information
Left: Nate Carroll, above: Susan Sanft. Photos: Jordan Mirchevski Photography

Bungendore Swim Club

BSC Seniors Save the Day
Its not everyday you can ask a teenager to go and help and they do it! Well, we are all very proud of these girls. These are the senior swimmers of the Bungendore Swimming Club and are always at hand to help any of our young up-and-coming swimmers. Whether it is to assist in the learn to swim with the Tadpoles or to jump into the lanes to help a

Froglet after they have swum their race - Bonnie, Lillian, Sophia, and Nalda can always be counted on. Thanks girls we all appreciate you.
Congratulations to our swimmers of the week: Aurora, Matilda, Rosalie and Harry.
Bungendore Swim Club
Photos supplied

