

Bungendore Harvest
Festival, Markets this
Saturday

Chestnut Roast
Hoskinstown:
Sunday May 4

Pet
of the
Week



Regional Independent

Free

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

Wednesday 9 April, 2025

No. 432

Seasoned locals come together for a day of insight and connection

Friday, March 28 - The
Carrington Inn, Bungendore
What a fabulous day! The
event was fully booked, and
without the generous

sponsorship of the
Community Bank,
Bungendore, it simply
wouldn't have happened.

The Carrington Inn
conference room looked
fabulous, tables were set
with beautiful flowers
(thanks Pauline) and plenty

of treats (thanks
Bungendore IGA), ready for
a lively group of seniors.
This annual event, which
began in 2019, is such an

important one for our
community bringing seniors
together for a social day out,
and just as importantly,
keeping everyone informed

on services, supports, and
practical tips for staying
healthy, confident, and
connected.

We had a fantastic lineup of
guest speakers who were
warmly welcomed and
appreciated.

Accredited Social Worker
Kenneth King spoke about
positive ageing and self-
care, especially how to look
after ourselves after a loss.
He emphasised the
importance of kindness and
shared simple, practical tips
to help regain confidence
after a setback. Kenneth
also offered practical advice
on navigating the physical,
cognitive, emotional, and
social changes we face as
we grow older. Something
as simple as upgrading a
decades old mattress or
changing your pillow will not
only improve sleep but
potentially your overall
health and wellbeing.

He has some excellent fact
sheets available on his
website:
<https://www.journeyscontinue.com.au/>

Continued page 14

Sharon Baxter-Judge

Left: Elaine and Greta with
guests at the Seniors Day



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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





Falling flu vaccinations and potential horror flu season a recipe for more deaths

Falling influenza vaccinations due to vaccine fatigue and misinformation, combined with the risk of a horror flu season like the one experienced in the Northern Hemisphere, could result in more lives lost from flu and other respiratory diseases this year.

Australian Medical Association President Dr Danielle McMullen said there had been a fall in the number of flu vaccines in Australia, with data showing a drop in flu vaccines last year compared to the previous year.

"We know there's some vaccine fatigue out there following the pandemic, and some wildly misleading and damaging information on social media, and this is leading to fewer people getting their shots," Dr McMullen said.

"I can't be too blunt about this: thousands of people die each year from respiratory disease including flu, COVID-19 and RSV. Older people, the elderly and immunocompromised people; and babies, young children and pregnant women with underlying medical conditions; are particularly vulnerable to some of these respiratory viruses.

"People should get their flu shot each year well before June, when the flu season starts. This is also good time to think about a COVID-19 booster, particularly if you are aged over 65 or at higher risk of severe COVID-19.

"The best protection from flu is about three to four months after having your shot, which means people should get their vaccination around April or May.

"People need to start booking appointments now with their GPs, who are trained to ensure that people, including vulnerable cohorts, such as the elderly and children, receive their vaccinations in a safe and timely manner."

Dr McMullen warned there was potential for a horror flu season in Australia following a severe season in the Northern Hemisphere.

"Countries like the United States had a very severe influenza season, with the Centre for Disease Control estimating at least 41 million illnesses, 540,000 hospitalisations, and 23,000 deaths from influenza during their season so far," Dr McMullen said.

Dr McMullen said it was critical that people were not dissuaded from getting their flu or other shots because of misinformation about vaccines spread on social media, vaccine hesitancy or complacency.

"If people have any concerns, they should speak to their GP who can spend time with them and answer questions," she said.

The Australian Government recommends everyone over the age of six months has an influenza shot every year. Flu is the most common illness that can be prevented with a vaccine.

Information about the flu, COVID-19 and RSV vaccines, including who should get vaccines, can be found on the Department of Health and Aged Care's website.

The influenza vaccine is free under the National Immunisation Program for: Aboriginal and Torres Strait Islander people aged 6 months and over; children aged 6 months to under 5 years; pregnant women at any stage of pregnancy; people aged 65 years or over, and people aged 6 months or over who have medical conditions that mean they have a higher risk of getting serious disease

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



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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Tell us what you think about the draft Community Strategic Plan

QPRC

Queanbeyan-Palerang Regional Council is seeking feedback on the draft Community Strategic Plan 2042.

Each council in NSW is required to review its Community Strategic Plan every four years and the updated plan guide the actions of council and other agencies.

‘Last year, we looked back at our plan from 2021 and asked the community to tell us how things have changed, and what should stay the same, as we head

Towards 2042,’ said Mayor Kenrick Winchester.

‘Taking that feedback from the community, we have developed this Draft Community Strategic Plan that outlines the aspirations and priorities for our local government area into the future.

‘We want to hear the community’s feedback on this draft plan to make sure we understand their aspirations for our region.’

People who shared feedback with us during our Towards 2042

consultation indicated that they prioritise:

- Economic growth, focusing on improvements to Monaro Street, updating shop façades, diversifying retail options, and supporting small businesses.
- Caring for the environment by leading climate adaptation efforts, achieving carbon neutrality, increasing canopy cover, and managing waste efficiently.
- Enhancing sports and recreation facilities, including

expanding cycling and walking paths, creating dog-friendly areas, and improving aquatic facilities.

- Upgrading infrastructure, with priorities on enhancing car parking, upgrading footpaths, expanding local infrastructure, improving internet and mobile connectivity, maintaining roads, and securing water resources.
- Housing for all, by increasing the availability of affordable housing and reducing homelessness.

The adopted plan will inform the development of our next Delivery Program which responds to the community’s feedback within a four-year work plan and our Operational Plan which spells out the actions to be undertaken within a financial year.

Read the draft Community Strategic Plan 2042 and have your say by 4:30pm 8 May 2025 at <https://yourvoice.qprc.nsw.gov.au/2025-draft-community-strategy-plan>

Community invited to help commemorate former Station Master’s Cottage site

The Southern Tablelands community of Captains Flat is invited to share ideas on how to commemorate the site of the village’s former Station Master’s Cottage for future generations.

Due to historical contamination, and following community consultation, Transport for NSW (Transport) has determined that the Captains Flat former Station Master’s Cottage will be demolished.

To honour the site’s history and significance, Transport has launched an online survey, inviting the community to contribute their local knowledge, personal stories, and ideas for a permanent commemorative tribute. This initiative aims to preserve the site’s legacy for future generations.

The survey seeks to gather public input to help create a meaningful tribute that acknowledges the site’s historical, cultural, and community significance while considering budget and logistical constraints.

Transport aims to ensure that the recognition of the site is shaped by local knowledge, with consideration given to feasible options that reflect themes such as Aboriginal heritage, rail history and community stories.

A community pop-up event will take place at the Captains Flat Country Markets on 5 April 2025, from 10am to 2pm, at the Captains Flat Community Hall. Transport representatives will be available to engage with the community, provide project updates and assist residents in completing the survey.

Residents have until 13 May 2025 to complete the online survey and provide feedback, which will be assessed and summarised in a report to be published later this year.

Demolition of the Captains Flat former Station Master’s Cottage and remediation of the site is planned for the 2025/26 financial

year, subject to environmental approvals, with the commemorative tribute to be implemented after that.

To share your ideas, please visit: <https://www.haveyoursay.nsw.gov.au/captains-flat-cottage>

Community members can find out more about the project at

<https://www.transport.nsw.gov.au/projects/current-projects/captains-flat-former-station-masters-cottage-historical-interpretation> or contact the project team at regionalassetmanagement@transport.nsw.gov.au.

Photo: Transport for NSW




School Infrastructure

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, sport and play spaces, and associated supporting infrastructure as described in the Review of Environmental Factors (REF).

Applicant:

Department of Education

Location:

200 Wellsvale Drive, Googong, NSW 2620

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 provide 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 website available using the weblink or QR code below.


Information and feedback

For further information contact School Infrastructure on:

Website: edu.nsw.link/NewHSGoogong

Phone: 1300 482 651

Email: schoolinfrastructure@det.nsw.edu.au



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WINNER

PROPERTY MANAGER OF THE YEAR

PRD. ANNUAL AWARDS 2024

FINALIST

Community News

Bungendore ANZAC Day 2025: Greece and Crete Campaign

Part 2 - The Battle of Greece

Following the Italian invasion of 28 October 1940, Greece, with British air and material support, repelled the initial Italian attack and a counter-attack in March 1941.

Hitler was concerned that if Greece, became a British ally then the oilfields in Romania, on which Germany relied for her fuel, might be open to air attack from Greece. As the Germans were planning the invasion of Russia for June 1941, they

could not allow such a threat to their oil supplies, and so they began planning an invasion of Greece in March 1941. The allies sent a token force of British, Australian (6th Division), New Zealand (2nd Division) and British 1st Armoured Brigade to aid Greece, in what is often referred to as 'The Second Gallipoli'. The allied force began arriving in late March 1941 under the code name - Lustre or 'W' Force, named

after its Commander, British Major General Maitland Wilson. When the German invasion began, the bulk of the Greek Army was on the Greek border with Albania from which the Italian troops had attacked. Two brigades of the New Zealand Division and an Australian brigade were in place on the Aliakmon Line, south-west of Thessaloniki, another Australian brigade and the weak British armoured brigade were blocking the Kleidi Pass on the border with Yugoslavia, when the Axis (German, Italian and Bulgarian) invasion (Operation Marita) began on 6th April.

The Germans simultaneously attacked Greece through Bulgaria and Yugoslavia in a pincer movement designed to encircle the Greek troops on the Albanian front. The allied forces were greatly outnumbered and outgunned by the Germans who had allocated ten Divisions for the invasion of Greece and had over 1,000 planes at their disposal. What resulted was a fierce month-long campaign where the allied troops fought a valiant withdrawal which eventuated in the evacuation from Greece.

On 10th April the Germans sent XL Panzer Corps through the Monastir Gap seizing the town of Florina. The first contact with the Germans occurred on 11-12th April when the SS Adolf Hitler unit and 9th Panzer Division engaged the allies in the 'Battle of Vevi' at the Kleidi Pass.

Due to a confusing command structure, the 1st Rangers, part of the British Armoured Brigade, withdrew, leaving the Australian 2/4th and 2/8th Battalion s exposed to heavy enemy fire. This resulted in the destruction of the 2/8th Battalion as a fighting force for the rest of the Greek campaign. As a result, Lieutenant-General Blamey combined the Australians and New Zealanders into the second Anzac Corp

By 13th April the Greek forces in Epirus had begun to disintegrate. On the 14th April Katerini was captured by the Germans forcing Blamey to order the withdrawal of his forces on 15th April south to Thermopylae. The allies soon became engaged in a serious of rearguard actions aimed at delaying the German advance long enough to safely evacuate their troops out of Greece.

The Australian 2/2nd Battalion took part in the first rearguard action at Pinios Gorge on 18th April where they had been sent to

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 2 and 9 for
more information)

support the 21st New Zealand Battalion. In the course of the battle, the 2/2nd Battalion disintegrated with many soldiers trapped behind enemy lines, while others escaped with the help of the Greek people.

From the 19th April onwards, the allied forces fought further delaying actions at Brallos and the Thermopylae Passes. On 21st April the 2/11th Battalion held off the German 6th Mountain Division for three days at Brallos Pass to ensure the withdraw of the Allied troops, suffering the heaviest losses in killed and wounded of any Australian Battalion in Greece.

800 German paratroopers landed on 26th April at Corinth Canal in an effort to cut off the evacuation of the allied forces from the beaches further south in the Peloponnese. The 17th Brigade sent a detachment to assist the 4th Hussars at the canal, enabling the 16th and 17th Australian Infantry Brigades to embark that evening from Kalamata. The Greek capital Athens fell to the Germans on 27th April 1941

While the evacuation of Greece was a success, 12,000 allied soldiers were captured and a further 1,000 troops remained, trapped behind enemy lines assisted by the Greek people.

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.

Left: MEMBERS OF THE AUSTRALIAN 2/1ST ANTI-TANK REGIMENT RESTING, 13 APRIL 1941, AFTER THEIR WITHDRAWAL FROM THE VEVI AREA (AWM 007647)



AUSTRALIAN WAR MEMORIAL 007647

Have your say on Local Land Services board election process

Local Land Services is inviting ratepayers to have their say on the way community representatives are elected to its local boards.

As part of a review of the election process, Local Land Services is conducting a survey to understand how it can improve the experience for voters.

Open to new and long-time voters, the short, five-minute survey closes on 17 April 2025.

Local Land Services CEO Kate Lorimer-Ward said feedback would inform recommendations to make the election

process more engaging and accessible. "Local boards play a key role in connecting Local Land Services to landholders and communities across NSW," Ms Lorimer-Ward said.

"The election process allows our customers to vote for who represents them on their local board and is critical to ensuring their voice is heard on matters that affect them, so it's important we make it as simple as possible.

"While there was an increase in the number of voters in last year's election, compared to 2020, we recognise there's room to

improve engagement with the election process.

"Whether you're a past voter or have never voted before, we want to hear from you about what's working well and where we can make improvements."

Local board elections are run in accordance with the LLS Regulation 2014. The review Local Land Services is undertaking will inform where regulatory and non-regulatory changes may need to be considered to improve customer experience.

In addition to elected board members, each of Local Land Services' 11 local boards has

some Ministerially appointed members. Together they provide oversight of local strategic planning, performance monitoring and local policy, helping to shape the services Local Land Services delivers.

The chair of each local board sits on the statewide Local Land Services Board, which is responsible for overseeing statewide priorities in line with the State Strategic Plan.

Those interested can complete the survey online. All responses are anonymous.

https://regionalnsw.qualtrics.com/jfe/form/SV_d0AgoGguF6HMIyS





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Community Bank Bungendore honoured with a Rotary Community Service Award

Rotary Club of Bungendore

What a great afternoon! It was the presentation of nine Rotary Community Service Awards to nominee individuals and organisations for outstanding service in the community. The awards ceremony was held in Canberra on Sunday 23 March hosted by the combined Rotary Clubs of the Canberra Region.

The Rotary Club of Bungendore was pleased to present our award this year to the Community Bank Bungendore. With a 'profit-with-purpose' model the bank returns funds directly to the community that has generated, and these funds are invested in a myriad of programs and projects all in aid of the community.

President Alan Dyer said, "The Community Bank Bungendore sponsors groups and initiatives in our community to the tune of tens of thousands of dollars every year through sponsorship, although we prefer the word 'support', and working together with and for the community is a true partnership. The Bank also comes up with ideas and suggestions, which sometimes takes local organisations to places they may never have gone, and the ability to deliver some great outcomes as a result".

Accepting the award for the Community Bank Bungendore was Nick Fry who reflected "When we think of the word "partnership", our minds immediately focus on sport, Lillee and Thomson, Gregan and

Larkham and in tennis The Woodies and Newcombe and Roche, but it goes further. We think of our friends, it is a partnership, work colleagues partnering together daily. Then we look further into our communities. It's partnerships that strengthen our communities. One of these that work so well is our partnership with the Rotary Club of Bungendore. There have been countless projects that the Bank has partnered ranging from Christmas Hampers, History Walk, Defensive Driver Training which is now up to its 8th course and Bungendore Monopoly. There is also the Foreign Note and Coin Collection Project. This project has seen over AUD \$10K of foreign notes and coins collected at our Bungendore, Braidwood and Crookwell branches which in turn assists Rotary assisted charities such as ROMAC and ShelterBox. On behalf of the Community Bank Bungendore, I'd like to thank the Rotary Club of Bungendore for the award and look forward to growing and strengthening our partnership with Rotary".

Alan finished the presentation with "Our club is proud to present this award to the Community Bank Bungendore for the tremendous support you give us, and we look forward to our continued strong relationship of "getting in and getting things done" in the future. Our congratulations to you and a huge thank you for the role you play in our community".

Another worthy recipient was Dr Sarah Jensen founder of First Steps



Pregnancy Support in Queanbeyan. Sarah is a local GP Obstetrician who delights in caring for Mums-to-be and is particularly passionate about equipping women to live out their potential as capable and flourishing mothers. First Steps Pregnancy Support is a non-profit organisation that accompanies women in challenging circumstances through their pregnancy and into parenthood has also received support from the Community Bank Bungendore, Braidwood and Crookwell.

With one of Rotary's other important area of focus continues to be its involvement in peace and conflict prevention/resolution around the world. At the awards ceremony five new Rotary Peace poles were unveiled, inscribed with messages of peace in 34 languages. The Rotary Club of Bungendore is proud to co-sponsor one of the poles to be placed at the Nara Peace Park in Lennox Gardens Canberra.

Photo supplied of Nick Fry, Community Engagement Manager, accepting the award.

Community consultation begins on Gibraltar Street corner block

Queanbeyan-Palerang Regional Council (QPRC) has begun community consultation on the future of 19-21 Gibraltar Street, Bungendore – the prominent corner block in the town centre.

At its March 12 meeting, Council resolved to:

1. Authorise the General Manager to investigate the current market value of the site through local Bungendore real estate agencies;
2. Receive a report on these investigations along with alternative options for the site;
3. Consult with the community through a 28-day public submission process and local popup stalls;
4. Defer the matter to an in-person councillor workshop; and
5. Determine the future of the site at a future Council meeting.

The General Manager has since contacted local real estate agencies to assess the property's market value. Once this information is collected, it will be included in a report presented to Council following the community

consultation period and the workshop with councillors.

Community consultation begins this week, with a Your Voice survey now live on Council's website. Council will also have a stall at the Bungendore Harvest Festival on Saturday 12 April, offering residents the chance to share their views in person.

Residents can also contribute at the Bungendore community meeting on 20 May.

Feedback can be submitted:

- By email: council@qprc.nsw.gov.au
- By post: PO Box 90, Queanbeyan NSW 2620
- In person: At any QPRC customer service centre

Council is encouraging all residents to get involved and have their say on the future of this key community site.

Sharon Baxter-Judge

Have your say, this Saturday at the Bungendore Harvest Festival:
Saturday 12 April
10am to 2pm

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Council meeting summary Wednesday 26 March 2025

QPRC

Here is the summary of the resolutions made at the Council meeting of 26 March 2025.

The archived recording of the meeting is now available at: <https://webcast.qprc.nsw.gov.au/archive/video25-0326.php>

- Council heard from two members of the public who made presentations about an item on the agenda involving a development application at 142 and 164 Monaro Street, Queanbeyan
- Council granted conditional consent for development application at 142 and 164 Monaro Street, Queanbeyan
- Council noted the community comments and endorsed naming of the two new grass fields at the Bungendore Sports Hub the Anthony Rayner Field and Garry Cook Field
- Council received information report about site inspection at 142 and 164 Monaro Street, Queanbeyan
- Council expressed its deepest sympathies to the families and loved ones of the victims of the tragic nightclub fire in Kočani, North Macedonia and extends its support to the local Macedonian community during this difficult time. Council will write to Her Excellency Ms Biljana Stefanovska-Sekovska, Ambassador of the Republic of North Macedonia to Australia, to convey Council's condolences on behalf of our community.
- Council endorsed the QPRC DA Action Plan and written response to the Minister for

Planning and Public Spaces' letter to address development assessment performance and achieving of Minister's Expectations Order

- Council will update membership on the Southern Regional Planning Panel to make Cr Broadbent a permanent expert member with Julie Costa, Director Development and Environment at Yass Council as alternate substitute. Council appointed Cr Preston, Cr Grundy and Cr Schweikert as permanent non-expert members who will rotate on the panel on an alphabetical and case-by-case basis. Cr Wilson will no longer be a member of the panel
- Council endorsed the draft Community Strategic Plan 2042 for public exhibition for 42 days at <https://yourvoice.qprc.nsw.gov.au>, will receive the community engagement report and review submissions before endorsing
- Council noted the need for a site compound for Monaro Street upgrade project and endorsed the use of 58-62 Morisset Street for this purpose, after which a feasibility study for activation of Mobile Food Van Hub will be received
- Council endorsed the current four Directorate Organisational Structure for QPRC
- Council endorsed naming the new bridge recently constructed on Wallaces Gap Road over Back Creek in Majors Creek the Ludwig Baumgardner Bridge
- Council approved a Cultural Grant of \$800 to the Queanbeyan Whites Rugby Union Football Club



towards costs for Aboriginal-designed artwork on training shirts

- Council endorsed the financial contributions from the 2024-25 budget allocation for s355 Committees totalling \$20,000, including \$14,900 for 13 different s355 committee projects and \$5,100 towards the Burra Hall mains rewiring
- Council endorsed the QPRC submission for the Transport for NSW Draft Southeast and Tablelands Strategic Regional Integrated Plan
- Council endorsed policies for public exhibition at yourvoice.qprc.nsw.gov.au: Privacy Policy and Management Plan; Contaminated Land Policy and Guideline; Backflow Prevention Policy; Sewer connection limit of council responsibility policy; and Restricted Funds Policy, with the Heritage Grant Program retained as an internally restricted fund. If no submissions are received, the policies will be adopted. Council

will receive a report on options for using the balance of the internally restricted funds assigned to the Heritage Grants Program for heritage purposes.

- Council received investment report for February 2025, noting return of \$968,495
- Council received an information report about the Riverside Cemetery in Queanbeyan
- Council received information report on councillor workshop on 19 March. Workshop included EvoEnergy five-year gas plan, Strategic Policy Reviews of Library Collections, Local Family History Collection, Asset Accounting, and 19-21 Gibraltar Street, Bungendore
- Council will facilitate public information sessions for residents, State authorities representatives and Council to discuss biosecurity laws, policies and weed control measures and will review Council policies with feedback of residents, expert advice and legislation

- Council received report with answers to questions with notice about the road from Hoskinstown to Reschs Creek
- Council received report with answers to questions with notice about the Foxlow Bridge
- Council received report with answers to questions with notice about illegal dumping of waste
- Council received report with answers to questions with notice about public toilets
- Council received report with answers to questions with notice about Council vehicle fleet emissions reduction
- Council received report with answers to questions with notice about the long-term financial plan

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>

Above: Bungendore Sports Hub

Fire season wraps up for most of NSW

March 31st marked the official end of the 2024-25 fire season for most of New South Wales, with restrictions extended in parts of the state's Central Tablelands and north-west due to ongoing elevated fire risk.

Commissioner of the Rural Fire Service (RFS), Rob Rogers, said this season crews worked on more than 4,100 bush and grass fires, which burnt through more than 61,000 hectares.

"January was our busiest month, but thanks to rainfall in the New Year, the overall fire season was

less severe than it could have been," Commissioner Rogers said.

"Members have also spent considerable time assisting interstate communities, with crews and aircraft deployed to assist with both fires and floods in Queensland, Victoria, Tasmania, South Australia and Western Australia.

"Their dedication and selfless efforts have helped protect lives and property across the country, and I thank every member for their commitment to Australian communities."

In addition to bush and grass fires, RFS crews responded to more than 2,800 motor vehicle accidents and nearly 700 structure fires.

While the official Bush Fire Danger Period will come to an end at midnight tonight, fire restrictions will be extended in 11 Local Government Areas due to local climatic conditions.

"Restrictions will continue until 13 April for the Bogan, Coonamble, Warren, Walgett, Narrabri, Moree Plains and Gwydir LGAs, and until 30 April in the Mid-Western,

Bathurst, Lithgow and Oberon LGAs," Commissioner Rogers said.

Despite the season drawing to a close for most of the state, Commissioner Rogers urged residents to remain vigilant, especially west of the Great Dividing Range.

"Grass fuel loads remain a concern, and fires can occur at any time of the year," he said.

"Fire permits are no longer required for those in areas outside the Bush Fire Danger Period. For those in areas where the Bush

Fire Danger Period has been extended, fire permits will still be required.

"No matter the time of year, however, everyone must still notify neighbours and local fire authorities 24 hours before lighting up and this is easy to do via the RFS website.

"I remind all landholders and residents that now is the time to make sure your property is prepared, your family has a bush fire survival plan, and you know exactly what you will do if threatened by fire."

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Community News

Funding for Veteran Services welcomed, but disappointed re funding for Royal Commission recommendations and defence

The Returned & Services League of Australia (RSL) has welcomed the recent Budget announcement to continue the Federal Government's support for the veteran community.

But it is disappointing that it hasn't taken more definitive funding decisions to implement all recommendations of the Royal Commission into Defence and Veteran Suicide and that it hasn't boosted Defence spending sufficiently to meet increased international instability and the growing security threat in our region.

RSL Australia National President Greg Melick says the additional funding for the Department of Veterans' Affairs (DVA) to support services for veterans and to maintain the Department's service delivery workforce is crucial and will be welcomed by the veteran community.

"Improvement in DVA's infrastructure is important and the momentum commenced over the past year must be continued and enhanced to avoid a return of the unacceptable veteran claims backlog. This must include a major upgrade to DVA's aging legacy IT systems to enable better connectivity with other government agencies, including Defence.

"A number of Budget initiatives including the funding to continue the volunteer training in suicide recognition and intervention, to continue to engage the veteran

community on key Royal Commission recommendations and support for the Interim Defence and Veteran Service Commissioner in establishing the new Commission are welcome," Greg Melick said.

"But the veteran community was looking for more substantial funding commitments to begin the full implementation of all 122 Royal Commission recommendations.

"The Royal Commissions report handed down late last year provided a pathway for the future and we're disappointed that the Budget has failed to provide the funding for the Government's plan for real, meaningful and enduring reform to improve wellbeing for Defence Force personnel, veterans and families."

Greg Melick said while a picture was being painted of increased Defence expenditure, the Budget funding is inadequate given the current strategic environment confronting Australia.

"A commitment to increase Defence expenditure to just above 2.3% of Gross Domestic Product (GDP) by the early 2030s is disappointing in the extreme, given the need and risks to our defence security.

"While the picture is being painted of increased Defence funding, the Budget balance is entirely inappropriate as this is the time for increased expenditure, not populist handouts.

"Australia should be looking at

funding of 2.5% of GDP now and working to achieve expenditure of at least 3% of GDP in 12 months' time.

"We need a balanced defence force to properly protect Australia's strategic interests and defence and security experts contend that this is the level of funding required to achieve this."

The RSL is concerned at the allocation of \$54.4 million in 2025-26 to continue the work of the Office of the Special Investigator to investigate and support the prosecution of war crimes alleged to have been committed by the Australian Defence Force in Afghanistan.

"This process has already gone on for too long with too much money spent for little outcome. We trust that no more money is spent and that the investigations are concluded as soon as possible."

Greg Melick said that almost one in 20 Australian families include an individual who is currently or has previously served in our Defence Forces. According to the 2021 Census, this totalled more than 580,000 Australians.

"Investing in the health and wellbeing of veterans, Defence personnel and their families and in the Australian Defence Force is a sound investment for all Australians and the RSL stands ready to work with the Australian Government in better serving those who serve and have served us," he said.

Get involved at QPRC Community Meetings in May

Council is inviting the community to three community meetings in May in Braidwood, Bungendore, and Queanbeyan.

These meetings are a valuable opportunity for residents to speak directly with Councillors and senior staff, to ask questions, and share their thoughts on key issues affecting our area.

'I'm looking forward to attending all three meetings and connecting with residents from around our region,' said Mayor Kenrick Winchester.

'Council really values the community's feedback, and these in-person meetings are a great way to discuss priorities, aspirations and concerns.

'One of the most important aspects of our May meetings is presenting Council's budget and integrated plans which map out the projects we

undertake and services we provide.'

'At the meetings, we also want you to help us prioritise future footpath works so that we can improve accessibility and connectivity in our region.

'At the Bungendore meeting, we will also be seeking community feedback on ideas for the vacant block at 19 Gibraltar Street, so come along and provide your input.'

Join us from 6-8pm in:

- Braidwood on Thursday 15 May at the Braidwood Servicemens Club
- Bungendore on Tuesday 20 May at the Bungendore Sports Hub
- Queanbeyan on Thursday 22 May at the WB Freebody Council Chambers in the Nellie Hamilton Centre (257 Crawford Street)

Register to attend at qprc.nsw.gov.au/community-meetings



FEDERAL ELECTION
3rd MAY 2025

During the extensive period that I served in Local Government (more than 30 years, including 17 years as Mayor of Queanbeyan) I have had the pleasure of working for our community with many State and Federal politicians.

In 2019/20 we saw Kristy McBain as the Mayor of Bega Council represent, assist and keep her community informed on the devastating bushfires. She did this professionally in a most caring manner with empathy for her community which was very much appreciated by the people of Bega Valley.

Following this Kristy was elected in the By-Election of 2020 and again re elected in 2022. In 2022 she was appointed as Minister for Regional Development/ Local Government and Territories.

During the past 5 years she has worked very hard to achieve for the people of Eden-Monaro. I have always found Kristy a remarkable person for her dedicated work in the community- she is a person with very high principles and is always eager to listen and help anyone.

I believe that Kristy has proven herself as a committed and hard working Federal Member for Eden-Monaro and deserves our continued support. She has a proven commitment and experience to deliver for the people of Eden-Monaro.

On May 3rd I ask you to join me and Vote 1 for Kristy McBain and return her as our Federal Member for Eden-Monaro.

Written and Authorised by
Frank Pangallo MBE
Former Mayor (1991-2008) Queanbeyan City Council
Bruce Street Queanbeyan 1.4.2025



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April Falls Month focuses on staying active daily

This April Falls Month older people living in south-east NSW are being encouraged to look after themselves with regular exercise and activity to help maintain independence.

‘Falls Prevention is everyone’s business’ is the theme of this year’s April Falls Month, an annual event supported by the NSW Fall Prevention and Healthy Ageing Network to encourage older adults to become more active and reduce falls.

Brodie Palmer, Health Promotion Officer at Southern NSW Local Health District, emphasised the importance of staying active.

“Keeping active is one of the best things we can do to maintain our independence as we age. Regular exercise helps improve balance, strength, and confidence, making everyday activities easier and reducing the risk of falls,” Ms Palmer said.

“Whether it’s joining (or starting!) a Heart Foundation Walking group, taking part in a local exercise class, or using the Active & Healthy directory to find a program that suits you, there are many ways to stay moving. Every little bit of activity counts, so find something you enjoy and make it part of your routine,” Ms Palmer added.

Ms Palmer explained that Southern NSW Local Health District’s physiotherapy teams work closely with community members to provide targeted support and interventions for those at risk of falls or frailty.

NSW Fall Prevention and Healthy Ageing Network Lead Advisor Professor Cathie Sherrington said staying physically active is the single most important thing we can do to stay independent as we age.

“During ageing, our bodies change, losing muscle strength and coordination so the more



active we remain, the better chance we have of maintaining our physical function,” Prof Sherrington said.

Improving balance and strength in our legs allows us to complete regular daily activities more easily, including getting up and down stairs, in and out of cars, negotiating uneven surfaces and reducing the risk of falling.

If older people are feeling unsteady on their feet or are having eyesight changes or pain in their feet seeing specialists such as a physiotherapist for

balance and strength testing, an optometrist for vision changes and a podiatrist to reduce foot pain can help to maintain independence. See your GP for issues that worry you and for referrals to other health practitioners.

“Falls prevention is everyone’s business and research has shown that regular exercise can reduce falls in older people by 23 per cent. Importantly, slowly building up high-challenge balance exercises can increase the effects of exercise by up to 40 per cent,” Prof Sherrington said.

Explore helpful resources for falls prevention on the NSW Clinical Excellence Commission website and learn how to stay active with guidance from the NSW Fall Prevention and Healthy Ageing Network. Looking for a local exercise group? Visit the NSW Active and Healthy website to find programs that support strength and balance.

Above photo supplied of Southern NSW Local Health District staff at the Goulburn Seniors festival

Left: Shutterstock

Australia’s largest ever federal election: Saturday 3 May 2025

The 2025 federal election has been announced for Saturday 3 May 2025.

Australian Electoral Commissioner (AEC) Jeff Pope said the announcement serves as the starter’s gun for the AEC’s work to deliver Australia’s largest ever election.

“There are more voters on the electoral roll than ever before, there’ll be more voting venues than ever - both within Australia and overseas, there’ll be greater accessibility options than we’ve ever had, and we again need around 100,000 staff to deliver it,” Mr Pope said.

“Australia’s electoral roll is already sitting at an incredible 97.8% of eligible voters enrolled, but we know the announcement of an election will be an incentive for new voters in particular to get enrolled.

“Enrolling takes less than five minutes and can be done online. For the first time at a federal election, you can now use your Medicare card to enrol - it’s never been easier.”

Key statistics:

- 710,000 more people on the electoral roll (2022 federal election - end 2024)
- 570 early voting centres

- 7,000 polling places
- 100+ overseas voting centres
- 100,000 staff needed, 240,000 vests
- 250,000 pencils, 250,000 lengths of string
- 40,000 transport routes, 90,000 transport containers, 5,000 rolls of tamper proof tape
- 80,000 ballot boxes, 1.4 millions security seals

“We’re ready to go. You also need to be ready as well - check your enrolment now and please consider putting up your hand for paid election work. aec.gov.au allows you to do those things in just minutes.”

Enrolment

- If you are an Australian citizen and over 18 years of age, it is compulsory by law to enrol and vote.
- Enrolling or updating your details is easy via the AEC website and takes five minutes to complete.
- Australia’s enrolment rate is the envy of most democratic nations with the last estimate at 97.8% completeness (end 2024).
- The AEC expects to process hundreds of thousands of enrolment transactions in the next week.

The final enrolment number and rate for this federal election is highly likely to be a record high.

Postal voting applications

- Applications for postal votes are now open on the AEC’s website.
- You are eligible to apply for a postal vote if you are unable to get to a polling place on polling day.
- The AEC expects around 2.5 million Australians will apply for a postal vote.
- Voters are encouraged to consider their eligibility and apply for a postal vote as early as possible.
- Postal delivery timeframes may mean voters who wait until the final week of the election period to apply - especially voters in regional areas - may miss out.
- While it is legal for political parties to mail postal vote application forms to voters, the AEC is continuing to urge voters to apply directly through the AEC.
- Election jobs available
- The AEC needs around 100,000 temporary staff to run the election.
- Workers are needed across the country but particularly in regional areas.
- There are roles available for a single day (Election Day) or for

several weeks before, on and after voting day.

- It is paid employment, good for the CV and will ensure locals the opportunity to vote close to home.
- Register interest online now.

Voting Options

- Australia’s access to voting options is significantly better than most democratic nations.
- Australians can vote on election day, during the two weeks before election day, interstate, in-person overseas, overseas via international courier, via domestic

post, through a mobile voting team at some hospitals and residential care facilities, via a remote area voter services team and via phone (for people who are blind or have low vision or in Antarctica).

- Full details of voting options will be made available on the AEC website as they are confirmed.

The next edition of the Regional Independent, Wednesday, April 23, will include a ‘Meet the Candidates’ feature.





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Community News

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 Yoga and Zumba 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.

ALL YOGA & ZUMBA CLASSES ARE CLOSED DURING SCHOOL HOLIDAYS. HOWEVER YOU ARE WELCOME TO COME AND TRY EXERCISE CLASSES ON TUESDAYS (see left).

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 -Riverside Plaza Stall - monthly - Next one will be on Saturday 12th April (In time for Easter) and then 17th May. We will also have a stall at Pramathon event on 10th May.

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



Wamboin Community Association | Bywong Community Association: Meet the Candidates

Meet The Candidates
The Wamboin and Bywong Community Associations are inviting all nominated candidates for the Federal Electoral Division of Eden-Monaro to a Meet the Candidates event.
WHEN: Tuesday, 15th April at 7.30pm
WHERE: Wamboin Community Hall, 112 Bingley Way, Wamboin
All local residents are invited to attend.
After the candidates' formal presentations, audience members will have the opportunity to ask questions of the candidates during a 'Q&A' session, and later informally over light refreshments.

Life Blood in Queanbeyan: 22 to 28 April
Life Blood will be in Queanbeyan from 22-28 April.
You can find the Queanbeyan Mobile Blood Donor Centre at Riverside Plaza:
Tuesday 22 April - 7.30 am to 4 pm
Wednesday 23 April - 7.30 am to 4 pm
Thursday 24 April - 7.30 am to 4 pm
Friday 25 April - 8.15 am to 2.15 pm
Saturday 26 April - 8.30 am to 2 pm
Sunday 27 April - 8.30 am to 2 pm
Monday 28 April - 7.30 am to 4 pm
You can pre-book your spot at Lifeblood.com.au on their app or by calling 13 14 95.

Phil's Emporium
Cake Picnic
Join us for a Cake Picnic outside Phil's Emporium during the Bungendore Harvest Festival. Bring along a cake to share (please include a list of ingredients) & enjoy a coffee and celebrate Autumn in our beautiful village!
Saturday April 12th
Anglican Church Hall, Bungendore
from 10am
Other activities at the Op Shop include scarecrow making, harvest themed activities/displays, photo booth, picnic area, dress ups & barista coffee.
Contact: 0422605009

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Community News

New research highlights social impact of COVID five years since pandemic declared

Five years since the World Health Organisation declared a pandemic on March 11, new research released by National Seniors Australia (NSA) shows the long-term impacts of Covid on seniors' social connectedness.

NSA Head of Research Dr Diane Hosking said while life has returned to normal for many people with social distancing, restrictions, and face masks no longer a part of everyday life, for some seniors, life has changed forever when it comes to social connections as revealed by the latest National Seniors Social Survey.

"COVID changed and challenged how all Australians lived and conducted their daily lives, especially older Australians who were more at risk and urged to take extra precautions with many still cautious to socialise for some time after restrictions lifted," Dr Hosking said.

"In terms of the disruption COVID posed to social connections, around half the 5000 people surveyed said their relationships had bounced back (48%), and another quarter said there was no disruption in the first place (23%).

"Many reported maintaining relationships via phone, videoconferencing, or similar methods. Sadly, another 7% said they had very few or no connections prior to COVID.

"Of the remaining respondents, most (14%) said they had regained their connections, but COVID had permanently changed how they connect now. Some saw loved ones less often, having gotten out of the habit. Others remained cautious about socialising given the risk posed by the virus even today.

"Around a tenth (9%) said they had been unable to regain their social connections, but a third of those had made new ones instead."

The research reveals connections had been lost by groups shutting down because of the pandemic, loved ones disagreeing about COVID measures, or people dying from the illness, among other reasons.

"Long periods of personal distancing and lockdowns have changed the way people interact with one another. While most people have regained their connections, others have changed how they connect with others permanently," Dr Hosking said.

"Later life can bring new challenges to staying connected. Older people may stop working, ending a regular element of our social lives. Our friends and partners are more likely to pass away at older ages, leaving us grieving, lonely and sometimes completely alone. If our own bodies become less capable, or if we find ourselves caring full time for a dependent person, we can lose the capacity to meet with those we love. The list goes on.

"If there is anything we have learned from the pandemic, it is the importance of staying connected to others for mental and physical wellbeing. Staying connected evokes feelings of belonging, being loved, cared for, and valued.

These are intrinsic needs for everyone, especially older Australians who can be at increased risk of loneliness."

The research also explored older Australians barriers to getting out, level of loneliness, and level of contentment with how they spend their time. To learn more please visit Social connectedness and isolation among older Australians.

Maria's community corner



Another whirlwind of a fortnight and a surprise visit by my sister and brother-in-law from the Gold Coast. It was fantastic to see them and to celebrate their 49th wedding anniversary together. We also attended the Opening Night of Viva Italia in Canberra held at The Jetty, Queen Elizabeth Park in Parkes. There was live music with Francesca Brescia and Viva Italia Band and Julie Accordion, some traditional dancing, Italian street food including pizza, cannoli and gelato, and of course Italian wines, Aperol and Limoncello, just an example. The following evening, we attended the Calabrese Federation Dinner Dance at the Hellenic Club. As usual the food there was superb, and we danced the night away again with Viva Italia Band. I haven't danced so much in a long time! My grandson also became a teenager during this time. It was such a memorable and nostalgic week, and we topped it off with a day trip to the South Coast.

That was my second day trip to the South Coast in less than a fortnight as I tagged along with the Queanbeyan

Seniors when they went on their trip to Bateman's Bay on 21st March. We also went on the cruise up the Clyde River to Nelligen, had a fish & chips lunch and topped it off with an ice cream at Nelligen. Quite a relaxing and fun filled outing.

The CWA Southern Tablelands Group held its quarterly Group Council Meeting on 26th March in Taralga. A few Branches were surprised with a 'Certificate of Appreciation' for eagerly putting their hand up, when a call went out for help with another CWA function, was received.

The Seniors Festival in Bungendore on 28th March was so good. Sharon always puts on such a great day with some amazing speakers. One speaker this time around was Elaine Heskett. You have probably seen Elaine with her guide dog 'Greta' around town occasionally. Elaine's life story is so inspiring. She is a qualified nurse but had mountains to climb when she tried to go back to nursing after a break to bring up her children.

We were told of how she went blind in three short days, her experiences with a cane and how she came to get her guide dogs - she still has Mr Darcy (retired) and her current beautiful dog Greta. Quite a delectable spread was also supplied for attendees. A fabulous day!



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

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>

Maria’s Australian journey: an exchange students adventure

Eighteen-year-old Italian exchange student Maria took a leap into the unknown nine months ago when she boarded a plane bound for Australia. The Year 12 students has been living with a host family in Bungendore, Maria says she came seeking more than sunshine and kangaroos – she came for a challenge.

“I like challenges, especially challenging myself,” she said. “I love discovering new cultures and people because it allows me to grow in a way no other experience could.”

Maria has been fascinated by the diversity of Australian wildlife and nature. “I was stunned by the variety of animals,” she said. And while many exchange students experience some degree of culture shock, Maria had a strategy to embrace it all. “Before coming to Australia, I set myself a rule: never refuse anything that is offered to you – accept everything, even things you think you don’t like. It helped me enjoy everything.”

Her open-mindedness paid off. Maria quickly embraced Aussie

culture – Vegemite included. “Yes, it’s yummy,” she said. “Many foreign people don’t like it, but I really like it.” She’s also picked up a few local expressions along the way. “Arvo, barbie, bonza”.

Maria has made the most of her time here, travelling with her host family to places like the Sunshine Coast, Melbourne (for her eighteenth birthday), Sydney, and Canberra. She’s even gone camping three times – once with school, once with her host family, and once with St John Ambulance, where she’s an active cadet.

The highlights? “Meeting new people, surfing, camping, and travelling,” she said.

Her host, Bill – is former OIC Cadets Queanbeyan and now Superintendent of St John Ambulance Queanbeyan Combined Division. “We have 40 cadets aged 8-18 and youth 18-25. Maria is just one of many democratic kids we have”, said Bill.

Hosting Maria was a rewarding experience, “I’ve always been involved with youth, and this was a way to challenge myself and my core beliefs,” Bill said. “Maria



made this so easy. From day one, she was up for anything and everything.”

This was his first time hosting, and he describes it as “winning lotto.”

When it comes to Italian culture, Bill said Maria has shared plenty – especially in the kitchen. “She cooks all the time for us and has had many successful dishes, and a few funny failures. But she’s in big trouble when she gets home – she doesn’t cook at all in Italy.”

Even language mishaps have become fun. “Maria loves ‘grubs’ – which she means as grapes,” Bill said. “We’ve spent many evenings on Google Translate, which didn’t help with context, but always gave us a laugh.”

After nearly a year, Maria says she’ll miss her Australian life. “I’ll miss my host family, my friends, and the habits I’ve developed here,” she said. But she’s certain she’ll be back.

If she could take one thing back to Italy with her? “A variety of

Australian animals,” she said – and of course, the memories.

About the World Education Program (WEP) Australia

WEP is a not-for-profit and charity exchange organisation, founded in 2001 and registered with the Education Departments around Australia. We arrange high school exchange programs for teenagers in Australia to discover the world, and for overseas students to become a part of Australia. Exchange offers people from around the world to develop meaningful and long-term connections, facilitating cross-cultural understanding.

Student exchange in Australia

Students from around the world choose to come on exchange to Australia and immerse themselves in our culture. Students attend a local high school full time, live with a local family or individual and truly become a part of their new community.

Students are placed around Australia, with most placements in smaller communities and country towns. We find that these placements offer students the real “Aussie” experience, students enjoy living a different lifestyle and the communities are incredibly warm and welcoming.

We find that many students come with pretty good English skills, and by the time they leave, they’ve adopted the Aussie slang!

Host families thoroughly enjoy the hosting experience and create relationships that last well into the future. We have had host families visit their student overseas for graduations, weddings and to just catch up!

For more information:

Exchange for Australian students: <https://wep.org.au>

Hosting in Australia: <https://hostastudent.org.au>

Sharon Baxter-Judge

Photos supplied



Is the market correction going to be short - or will it become a crash?



by Phil Harvey

Donald Trump has just announced a wave of new tariffs affecting almost every country. In response, many nations have hit back with tariffs of their own.

This global tension has raised serious concerns about a recession in the U.S., with experts now saying there’s a 60% chance it could happen. If it does, the rest of the world might follow.

Markets are already reacting. The S&P 500, which tracks the 500 largest U.S. companies, has dropped 10% since the end of January. Much of this is due to the “Magnificent Seven” - Meta, Alphabet, NVIDIA, Apple, Amazon, Microsoft, and Tesla - which are down 27%.

The Australian share market has also fallen 10% since mid-February, and more declines could be on the way.

So, is this just a market correction, or the start of a full-blown crash?

No one can say for sure. But if we look at the past 100 years of U.S. stock market history, there have been 60 market corrections. Of those, 43 were moderate, with drops between 10-20%. The remaining 17 turned into crashes, with falls over 20%.

So statistically, there’s roughly a 30% chance this correction could become a crash.

What should you do as an investor?

It depends on your stage of life and financial goals.

If you’re retired or nearing retirement, make sure you’ve got four to five years of living expenses in safe, low-risk investments like term deposits, high-interest savings accounts, or bonds. That way, you’re not forced to sell shares at a loss if the market falls further. Keep some money invested in shares, because history shows that markets usually recover within three years.

If retirement is 5-10 years away, stay calm. Don’t try to time the market. Keep investing regularly and think of this downturn as the market being “on sale.” You’re still in a strong position to benefit from the eventual recovery.

If you’re 10-20 years from retirement, this could be a great opportunity. With time on your side, you can afford to take more calculated risks. You don’t need to go all-in, but now is the time to plan ahead so you can benefit from future market gains.

Some strategies we’re helping clients with include using borrowing (leverage) to invest or sticking to a disciplined approach like dollar-cost averaging—investing the same amount regularly no matter what the market is doing.

The most important thing? Take action. Whether that’s adjusting your investments, planning for the years ahead, or simply sticking to your current strategy, doing something beats doing nothing.



We specialise in helping professionals and executives grow and protect their wealth so they can live the life they want—especially during uncertain times like these. 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)

Image: Shutterstock



Delivering front line skills to parents and caregivers

Rotary Club of Bungendore

Our Rotary Club with the support of the Community Bank Bungendore, and in collaboration with Phynix Initiative, delivered the Youth Mental Health First Aid course to community members

over the weekend of the 22-23rd March.

Course participants learnt about the signs and symptoms of common mental health problems in adolescents, how to recognise and respond to an emerging or worsening mental health problem,

and the treatments and supports available.

Using a practical, evidence-based action plan, course participants learnt how to approach a young person they are concerned about and initiate a conversation about those concerns. Participants also


learnt how to offer initial support and information and how to help a young person to seek professional help or other supports.

Participants found the content deeply informative and eye opening and some were brave enough to share their personal struggles with mental health including Tammie from Phynix initiative who delivered the course. This drove home the importance of building awareness among our community around the debilitating impact of mental health particularly on our young members and the more people are equipped with the knowledge and skills to recognise and act on the early signs, the more we can prevent those issues from

destroying lives. It takes a village to raise the next generation!


At the end of the 2 days, all participants expressed their gratitude for the opportunity to complete the course and the valuable skills it provided to become Mental Health First Aiders (MHFAiders), equipped with the knowledge, confidence, and skills to provide someone with mental health information and support when it matters most.

Thanks to the ongoing support we receive from the Community Bank Bungendore and the Bungendore community as a whole.




INTERVENE EARLY

Recognise the warning signs of mental health problems in young people.




OFFER SUPPORT

Learn the skills to have an open, supportive conversation about mental health.




RESPOND IN A CRISIS

Respond across a range of crisis situations where a young person may be at risk of harm.



REDUCE STIGMA

Reduce stigma and increase support for young people experiencing and living with mental health problems.



Proudly supported by
Community Bank Bungendore
Bendigo Bank

More than 7,800 solar battery installations in NSW

Thousands of NSW households are enjoying lower energy bills thanks to the strong early adoption of the NSW Government's household battery incentive, which delivers thousands of dollars off the cost of installation.

Since the incentive was launched in November, more than 7,800 batteries have been installed in homes and businesses across NSW.

By using the incentive scheme, eligible homeowners and businesses get an upfront discount on the cost of battery

installation through installers working with government-accredited suppliers.

The discount amount is related to the size of the battery, meaning larger batteries attract bigger discounts. For a typical household battery with 13.5 kilowatt-hours of capacity, this is a discount of more than \$2000 on average and is available for both new and existing solar systems.

A typical household with an \$1850 annual electricity bill can save around \$1500 per year by installing solar and a battery.

More than half of the 7,800 installations have taken place outside the Sydney Region, including 23 in the City of Broken Hill. The scheme has reached more than 90% of all Local Government Areas in NSW, with more than 600 installers taking part across the state.

With more than one-third of NSW homes now equipped with rooftop solar systems, the ability to store this solar energy in batteries for later use offers significant benefits for household budgets and energy reliability.

Households will also be able to receive an extra discount and generate revenue by signing their new and existing batteries up to a Virtual Power Plant. This will allow excess energy that households have stored in batteries to be sold back into the grid.

The household battery incentive is part of the NSW Government's Peak Demand Reduction Scheme, reducing peak electricity demand in NSW, maintaining grid stability during periods of high electricity demand and reducing the grid's reliance on fossil fuels.

The NSW Government is delivering cost of living relief through \$435 million in annual energy bill rebates, \$200 million to support the roll-out of public EV charging stations and \$175 million to make energy savings upgrades for 24,000 social housing homes.

Find out more information about the NSW Government's <https://www.energy.nsw.gov.au/households/rebates-grants-and-schemes/household-energy-saving-upgrades/install-battery>



\$1.6 million to upgrade Queanbeyan Bowls Club

A re-elected Labor Government will provide \$1.6 million to upgrade the Queanbeyan Bowls Club to establish it as the premier lawn bowls facility in the region, and help put Queanbeyan on the sporting map.



MY PLAN FOR EDEN-MONARO

KRISTY MCBAIN MP
Member for Eden-Monaro

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



PROUDLY BROUGHT TO YOU BY COMMUNITY BANK*

QUEANBEYAN PRAMATHON

Saturday May 10th 2025

*Braidwood/Bungendore/Crookwell Branch

A Community Event the day before Mother's Day to Celebrate and Support the Mums of the Queanbeyan Region



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pramathon.com.au

We are hoping to break an AUSTRALIAN RECORD, 9am Sat 10th May right here at Queanbeyan Park!



Community Bank Braidwood Bungendore Crookwell







Community News

Honouring a legacy: Peter McPherson's lasting gift to Bungendore Scouts

Recently 1st Bungendore Scouts held an unveiling of a Plaque in honour of Peter McPherson whose bequest to Bungendore Scouts has been amazing, and we are forever thankful for such a kind and generous community-minded man.

His donation to the Bungendore Scout Group has been setup in a trust fund, which is managed by Scouts NSW, giving us the backing of financial advisors and experts, along with bequest experts. With their guidance, we have set up a set of robust principals to guide future investments and spending from the trust to ensure that the funds are used wisely, the principle is reinvested to retain contemporary value, and that the funds are used now and into the future to continue to support the scouting youth of Bungendore for generations to come.

Through payments from the Trust in the last few years, the Peter McPherson fund has:

Subsidised membership fees.

Established a hardship policy which has assisted a number of youth members.

Supported a number of youth members attend significant events including the Australian Jamboree 2025.

It has provided a term allocation to each section, so that the youth can participate in challenging, new and exciting experiences that in the past may not have been in the program if the costs had to be fully charged to families to attend. These activities have included: Flight Camp, Sailing, Bouldering, Wildbark Twilight, World Jamboree in Korea in 2023, NZ Jamboree in 2024, Cuboree 2024 and the Joeys to attend Joey Jaunt.

We have also been able to undertake upgrades to the hall, making it a better place for Bungendore Community Groups to use - sound proofing the main hall, improved internet and WiFi for meetings.

Our hall is a key location for many community groups in the Bungendore Community and these hall improvements have been well received by our many regular hirers including - the Anglican Church, Headspace, Southern NSW Health, Baptist Care, Seniors Chair Yoga and various other events throughout the year.

We have established the trust in a way that will continue to support future generations of Scouts. And we will continue through this memorial to share the story of Peter and the strong community spirit of Bungendore. So that



every new generation of Bungendore Scouts and their families remember Peter McPherson, his generosity and the amazing legacy he has given our group.

1st Bungendore Scouts Group Photo supplied of Peter McPherson's dear friend Penny and his beloved dog in front of the plaque in his memory.

Health, support and connection highlighted at seniors event

Continued from page 1

Next up was the phenomenal Elaine Heskett, accompanied by her guide dog Greta. Elaine is a local legend, a certified NSW Hidden Treasure, and a worthy OAM recipient. Her story is nothing short of inspirational, from her early days in nursing, to raising a family, surviving cancer, and losing her sight. She's a passionate advocate for Guide Dogs, and it was lovely to see Greta peacefully snoozing on her

feet during her talk. Elaine also gave us a valuable lesson in Guide Dog etiquette.

Rachel from the Seniors Rights Service introduced the work this service does to support older Australians, Morning tea followed, delicious as always, with plenty of goodies to go around.

After morning tea, the focus turned to arthritis. Did you know that around 3.6 million Australians (15%) live with arthritis, and that number is expected to rise to 5.4

million by 2030?

Bec, CEO of Arthritis ACT, gave a practical and hopeful presentation on living well with arthritis. Some of her key tips included:

- Learning about your specific type of arthritis and treatment options
- Staying active to keep joints moving and muscles strong
- Managing pain through various strategies
- Balancing rest and activity to manage fatigue
- Maintaining a healthy weight and a balanced diet
- Using helpful gadgets and tools to protect joints
- Acknowledging your feelings and seeking support when needed

Our final speaker, Damien, shared some information about



maintaining strength and balance as we age, something we can all benefit from.

Anuschka and Brodie from Southern NSW Health had a great range of information available, and guests were able to complete an important survey about how seniors prefer to receive health information. Florian from QPRC was also on hand, offering one-on-one tech advice.

Lunch was superb, a choice of delicious roasts and veggies. No one left hungry!

Huge thanks to all our fabulous presenters and speakers, and to Yasmin and Sean at The

Carrington for their incredible hospitality once again. Thanks to Bungendore IGA for their continued support.

A special shoutout to Christine and Karen, who volunteered their time setting up on Thursday afternoon and stayed all day Friday—two amazing women who give so much to our community.

And finally, a massive thank you to the **Community Bank, Bungendore** for their generous sponsorship of this important day.

Sharon Baxter-Judge

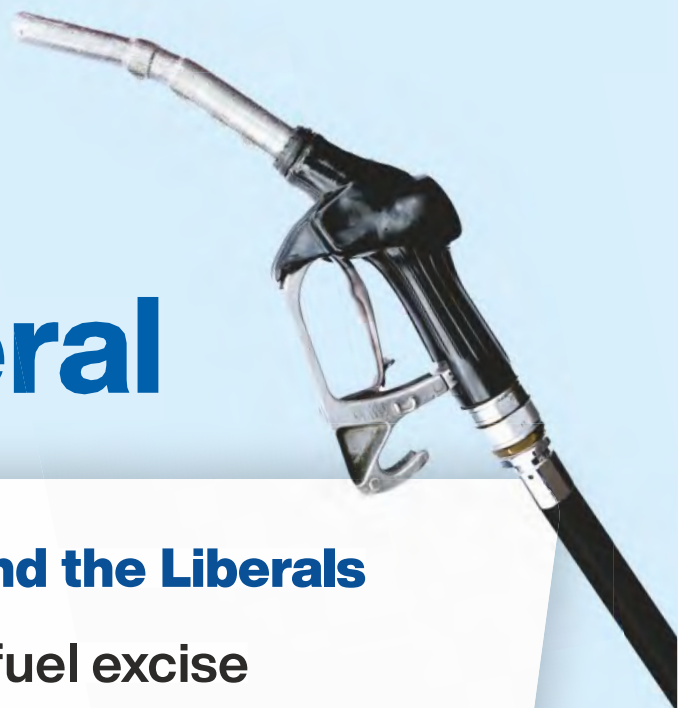


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Authorised by Chris Stone, Liberal, Level 2, 131 Macquarie Street, Sydney NSW 2000.



Community News

The Crafters’ Co-Op: Craft, Creativity and Community!

The Bungendore Crafters’ Co-Operative met on Thursday evening and crafted up an absolute storm. The room was abuzz with 16 crafters busily working away at their knitting, crochet and painting projects or simply enjoying a cuppa and a chat.

The group welcomed Jo and Tracey visiting from QPRC to chat

about joining forces to facilitate craft workshops and exciting crafty community projects together in the near future. The group were so appreciative of them travelling to Bungendore to meet in person and to check out the wonderful people and initiatives involved with the Co-Op. Tracey and Jo were able to see for themselves the aim of the Crafters’ Co-Op: to bring



women together through a shared love of craft, creativity and community.

The Co-Op provides an invaluable opportunity for these women to meet, talk and express their creativity in a supportive and relaxed space where knowledge, skills, materials and advice are

shared amongst friends. We welcome people to our regular fortnightly craft evenings and monthly workshops.

Our next craft evening will be held on Thursday 17th April from 6-8pm and our next workshop, Upcycling with Beaded Embroidery, will be held on

Sunday 4th May. Both events will be held at Bungendore Learning Hub: 53 Gibraltar Street. Contact Thalia on 0412 884 120 or follow the Bungendore Crafters’ Co-Operative on Facebook for more information. Happy crafting!

Photos supplied

Bungendore High School Buzz

Bungendore High School

We sent Year 7 off to Tathra for 3 days packed full of activities at Camp Kianinny. Such extra-curricular activities are designed to strengthen bonds, encourage empathy and create lasting memories.

The camp itinerary was packed with a diverse range of activities, from the collaborative challenge of



raft building, to stand-up paddleboarding, the adrenaline rush of the flying fox, and the nerve-testing crate stack. Each activity brought a unique way for students to develop connections with each other. Bushwalking and beach walking were also on the agenda, along with some down time and excellent camp meals.

The shared laughter, teamwork, and new experiences have undoubtedly left a positive mark on the Year 7 cohort, fostering a sense of community that will continue to resonate throughout their high school journey.

On Tuesday, April 1st, some of our supported learning students travelled to the Australian Institute of Sport for their excellent Triathletics Day. They competed in events like long jump, javelin, shotput, sprints, and discus. Everyone had a great time and showcased outstanding sportsmanship throughout the day.

Photos supplied



Community News

Have your say: Yass Road, Bungendore Road and Ellerton Drive intersection upgrade

Transport for NSW is seeking feedback on the proposed design for the Yass Road, Bungendore Road and Ellerton Drive intersection upgrade

The project is in development and a proposed design is now available for the *community's feedback*.

Key features of the proposal include:

- removing the roundabout
- installing traffic signals
- constructing additional lanes on all approaches for through traffic and right turning vehicles
- constructing dedicated left turn lanes on all approaches to the intersection

- signalling pedestrian crossings on all roads at the intersection
- removing the pedestrian underpass under Ellerton Drive
- upgrading footpaths to connect to existing path networks
- installing on-road cycle lanes on Ellerton Drive and Yass Road

Tell us what you think

Your feedback is important and will help us understand your priorities and concerns, which will inform the detailed design of the project.

Have your say by taking our quick five-minute survey below or email your feedback to



southprojects@transport.nsw.gov.au

The objective of the survey is to:

- understand how the community currently uses the intersection

- understand sentiment towards the proposed design

- help Transport understand the community's priorities and concerns to inform the final design

To find out more about this project, visit transport.nsw.gov.au/ybe

This consultation will be open until Sunday 13 April 2025.

Agenda QPRC meeting Wednesday April 9, 2025

The Ordinary Meeting of QPRC will be held on Wednesday 9 April 2025. This meeting will be held at The Bungendore Sports Hub, 15 Halfway Creek Road, Bungendore, 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.2024.0416 - Construction of a Warehouse with Office - 1 & 5 Marland Court, Environa (Formally Known as 137 Environa Drive)

9.2 DA.2024.0405 - 22 Taylor Place, Greenleigh - Construction of Carport and Continued Use of Roof Over Existing Deck

9.3 Queanbeyan Sewage Treatment Plant Upgrade Project Health Check

9.4 Queanbeyan to Bungendore Bulk Water Supply Transfer Pipeline Project Update

9.5 Nellie Hamilton Centre Ground Floor and Level 3 Fit-outs

9.6 Karabar Microforest Proposal - Ash Street, Queanbeyan

9.7 Bungendore Aquatic Centre Project

9.8 Committee Members: QPRC Access Committee

9.9 Renewal of Licence Agreement - Googong Community Garden

9.10 Post-Exhibition Report - Code of Meeting Practice

9.11 Policy Review

Reports To Council - Items for Information

10.1 Correspondence Captains Flat Containment Cell

10.2 Sale of Land for Unpaid Rates

10.3 Quarterly Rates and Charges Outstanding Report

10.4 Councillor Workshops

Notices of Motions

12.1 Notice of Motion - Growing Regions Need More Police

Questions With Notice

14.1 Questions With Notice - Lead Remediation Council Land

14.2 Questions With Notice - Council Support to Southern Tablelands Arts (STA)

Reports for Closed Session

Confidential - Not for Publication
16.1 RFT 2024-70 Design and Construct Netball Pavilion - Bungendore Sports Hub

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

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

Part of the team

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

Like our sponsorship of the Bungendore Netball Club.

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



Community Bank
Bungendore

Karabar Housing Co-Operative Musical Recital: Sunday April 17

Karabar Housing Co-operative (KHC) is hosting its second Music Recital and afternoon tea on Sunday 27 April at St Mary in the Valley (SMiV). The aim of this event is to provide crucial funds for the construction of affordable permanent rental accommodation in the Queanbeyan region.

Since the last Music Recital in July 2024 KHC has worked tirelessly in applying for federal money to build permanent affordable rental accommodation in Googong or transitional affordable rental accommodation on Crown land that had been transferred to KHC. Queanbeyan Palerang Regional Council (QPRC) assisted KHC in obtaining this parcel of crown land.

This work borne fruit with the Federal Minister for Housing, Claire O'Neill, announcing on Tuesday 11 February that KHC had been awarded a grant of 4.8 million dollars to build twelve one bedroom units for women over 55 years of age. These units will provide affordable transitional

rental accommodation for women to assist them find more permanent accommodation while being in a secure place. Supporting KHC in this work will be several local funded support services.

The Music Recital is scheduled to commence at 2.30 pm, features the talents of Mr Sam Row. Sam regularly performs solo lunchtime performances at the Wesley Music Centre. He is involved in music theatre productions ('Joseph and his Techni-Colour Coat' the latest) and community choirs. In addition, other instrumentalists and choristers will be performing - Mr John Smiles and Mr Gerry Foster on flute accompanied by Ms Bronwyn Roberts, Ms Joanna Davey on Clarinet and a Male choir. The event presents a diverse musical program from classical to modern classical to Australian folk music which is sure to appeal to everyone.

Tickets for the Music Recital are priced at fifteen dollars. Children are free. All proceeds directly

contribute to KHC's ongoing efforts to develop affordable housing in the Queanbeyan Region. This initiative comes at a time when the ongoing need for housing solutions is critical. KHC was founded on 4 September 1986 as a small community volunteer based co-operative to build and maintain affordable permanent housing residents for people on low to moderate incomes.

St Mary in Valley will host our Music Recital. They are located at 17 Webber Crescent, Calwell opposite the Calwell shops. The Parish and parishioners have enthusiastically supported KHC for this our second music recital. The church was gifted a grand piano by Mrs Alison Carey, former Choir mistress at Christ Church Queanbeyan, which enables the church to be a venue for music recitals.

This Music Recital is a way in which people can make a contribution towards a solution for an issue that many people find



overwhelming. It is a sad reflection on our society that as KHC approaches its 40th anniversary next year that this is still an urgent and growing problem. KHC will update attendees on the progress that

has been made since the last recital. Everyone is welcome. For those interested in attending tickets can be purchased at the door at a cost of fifteen dollars. Photo supplied

Bungendore Seniors News

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

amentities building (parking near the netball courts).

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

See right for dates.

Monthly Lunches

Come along for a casual, relaxed lunch on the 4th Wednesday of each month. **No need to book—just turn up if you feel like it!** Our next lunch is on Wednesday, April 23 at 12.30pm at Café Woodworks.

Everyone's welcome!



Lucky Raffle Winner Announced

The raffle of stunning artwork, by renowned Aboriginal artist Dale Huddleston, was drawn at the Seniors Day, March 28. Congratulations to the winner, Jane K from Braidwood.

2025 Membership

Yearly membership is only \$10.00 per person. We welcome everyone over the age of 55.

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

Seniors Exercise Classes

Exercise classes with Familia

Fitness. These classes, specifically catered for seniors are a fantastic way to boost strength and flexibility.

School holiday classes:
Tuesday, April 15, at 2.00pm
Tuesday, April 22, at 2.00pm
at the Bungendore Scout Hall.

Cost: \$13 per session for members, \$18 for non-members.

Seniors Chair Yoga

Chair Yoga will return on Tuesday 29 April (see below)

All welcome to attend

Cost: \$13 per session for members, \$18 for non-members.

THURSDAYS

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 July
Thursday 14 August
Thursday 28 August

FRIDAYS

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



Bungendore Seniors: Chair Yoga returns Tuesday April 29

Chair Yoga is a gentle and effective way to support your physical and mental wellbeing,

especially for those wanting to maintain strength, flexibility, balance, and calmness in a safe

and supported way. Practised while seated, Chair Yoga is ideal for older adults or anyone

recovering from illness or injury, helping improve mobility, reduce stress, and even support better sleep.

Many participants report benefits such as improved hand grip, limb strength, reach, balance, mood, and overall agility. The low-impact exercises are also known to help manage conditions like osteoporosis, osteoarthritis, and arthritis by reducing joint pain and improving quality of life.

Classes are open to everyone who'd like to experience the benefits of Chair Yoga and enjoy the connection of exercising with others in a friendly environment.

We're delighted to welcome back our yoga teacher Sue Scarlett in term two, and we thank Jordan and the Familia Fitness team for their exercises classes while Sue was away.

Classes resume Tuesday 29th April at the Scout Hall, Turallo Terrace, Bungendore

Choose from two 1-hour sessions:
2:00 pm or 3:30 pm
\$13 for Bungendore Seniors members / \$18 for non-members

For more information or to book, contact Sue Scarlett at sue@agewell.yoga or call 0411 407 737.

Come join us - feel stronger, more balanced, and connected.



Community News

Queanbeyan Seniors: Road trip to the South Coast

It was a slightly chilly Friday morning, 21st March, and a group of Queanbeyan Senior Citizens were patiently waiting for the last few to arrive and board the bus for their eagerly awaited day trip to the South Coast. It was a fully booked trip, and we didn't have long to wait to set off, (after the mandatory head count) some 10 minutes prior to the scheduled departure time.

Everyone was in high spirits, excited and looking forward to what the day would bring. There was so much chatter among all the members. Some had brought umbrella's along as it might be a 'wet' day (but were not needed).

We had a short 'pit stop' in Braidwood to stretch our legs and were soon on our way again.

When we arrived in Bateman's Bay the River Cruise boat was ready and waiting for the 52 of us. Some of us stopped to get a coffee but the majority were just eager to get onboard and find a seat of their choosing, some choosing to go 'upstairs'.

The Captain of the boat was our tour guide as we cruised down and then up the river and she was very knowledgeable about the area, the buildings and the local history, pointing them out as we went.



Lunch was the most anticipated Fish & Chips cooked at The Boat Shed. YUMMY. This was followed with tea, coffee and biscuits.

Eventually we reached Nelligen where we disembarked and went for an ice cream before returning onboard for the return trip to the Bay.

Whilst on board some of the members played card games whilst others knitted or crocheted (they never stop creating beautiful handicrafts).

On our return we also had about an hour shopping time before we had to be at the meeting point for our return trip home. I'm sure the Bargain Shoe Shop and a couple of other shops in the vicinity were pleased we stopped by.

The return trip home was a much quieter journey as we were all tired and content but at the same time exhilarated at having had such a wonderful day out. Looking forward to the next trip.

Photos supplied



BCCI Breakfast event: Wednesday April 16

Are you passionate about Bungendore and its vibrant community? Do you have ideas on how we can boost tourism and showcase the charm of our beloved town?

Your business does not need to be in the Tourism Industry - we would like to receive input from as many people as possible.

Join us to hear about the establishment of new Tourism Special Interest Group!

Wednesday April 16, 9am at Cafe Woodworks, Bungendore

Guest Speaker: Matilda Jones

'The aim is to bring together residents, businesses, and interested parties who share a common vision: to collaboratively enhance and support tourism in Bungendore. Whether you have experience in the tourism industry, run a local business, or simply love our town, your input and enthusiasm are invaluable. Together, we can develop innovative strategies, highlight exciting events, and work on initiatives that will put Bungendore on the map as a top destination. This is a fantastic opportunity to meet like-minded individuals, contribute to the local economy, and make a real difference in our community.'

<https://events.humanitix.com/bcci-breakfast-let-s-make-bungendore-tourism-shine>



BUNGENDORE CRAFTERS CO-OPERATIVE

Craft Evenings

Thursday 17th April
Thursday 1st May

55 Gibraltar Street
6-8pm

\$5+BYO craft project
Contact Thalia: 0412 884 120



1st Bungendore
SCOUT GROUP

The 1st Bungendore Scout Group is proud to host the Bungendore community for the ANZAC Day Gunfire Breakfast.

Join us for delicious breakfast of bacon, eggs, sausages, tomatoes, baked beans, toast, tea and coffee after the ANZAC Day dawn service.

1st Bungendore Scout Hall
25th April from 6:00 am to 9:00 am

Tickets are \$12.50 per person

Scan this QR code to buy your tickets



We recommend pre-purchase of tickets rather than relying on getting tickets at the door to avoid missing out.

More information?
1stBungendoreScoutGroup@nsw.scouts.com.au



Landcare finds a home for nursery hub at Darques Gold Mine

On 28 February 2025, Aurelia Metals signed a Licence Agreement with the Upper Shoalhaven Landcare Council (Landcare), providing Landcare access to the geology shed and surrounding outdoor areas at its Dargues Mine in Majors Creek to propagate tubestock for regional revegetation projects.

Under the Agreement which extends to December 2027, Landcare will be setting up a nursery hub to support their volunteer growers network and native seed

collection initiatives. Landcare is also looking forward to providing locally-grown tubestock for rehabilitation works and biodiversity plantings to be carried out at Dargues over the coming years, with the first tubestock delivered and ready for planting this autumn.

Chief Development and Technical Officer, Andrew Graham spoke about the Agreement, noting its benefits extend to both parties.

“Landcare will have access to a first-rate facility at our Dargues Mine to carry out their important work for the local area. And

Aurelia will benefit from the tube stock propagated on site as we progress with our mine closure and rehabilitation plans for Dargues,” Andrew said.

“Aurelia is committed to rehabilitating the Dargues Mine to a very high standard and enhancing the biodiversity value of the land on which we have operated. This Agreement will help us achieve these goals,” Andrew concluded.

The Agreement with Landcare was made possible by the strong co-operation between Dargues Environment and Community Superintendent, Abigail Saunders and Upper Shoalhaven Landcare representatives, Local Coordinator, Erin Brinkley President, Mary Appleby and Treasurer, Robyn Clubb. With their shared vision, no obstacle proved insurmountable.

“After four years of struggling to find a site for our Landcare nursery, we are grateful to Abigail and the Aurelia team to finally have somewhere to put down roots. The Geology Shed has great potential for native tubestock and seed production and we’re



excited to begin moving in,” Erin said.

Indeed, almost 7,000 tubestock have gone through the geology shed at Dargues since the 19th of March. These tubestock were grown by the Southern Tablelands Tree Start Grower Network - a collaborative initiative undertaken by Upper Murrumbidgee Landcare and Upper Shoalhaven Landcare in Spring 2024 to support volunteers to grow native plants from home.

“From Cooma to Michaelgo, Bungendore to Braidwood, tubestock from across the district is now being stored onsite at Dargues. We’re actively sending these plants back out to local

landholders and Landcare revegetation projects to get them in the ground ASAP before winter,” Erin adds.

Upper Shoalhaven Landcare are delighted by the new arrangement and look forward to continuing to collaborate with Aurelia Metals and Upper Murrumbidgee Landcare, with plans to install a polytunnel and start propagating again in spring.

Photos supplied. Left:: L_R Aurelia team Sanders and Abigail with Upper Shoalhaven Landcare Council’s Robyn Clubb and Erin Brinkley.

Above: Landcarers taking care of almost 7,000 Tubestock at the new shed site

Trump’s tariffs to impact farmers

NSW Farmers says Donald Trump’s trade tariffs will hurt Aussie farmers and American consumers.

While the state’s peak farming body was disappointed the Trump Administration imposed a 10 per cent tariff on Australian exports, NSW Farmers President Xavier Martin believed this latest trade challenge would be worked through and urged farmers to remain calm.

“Considering the deep history we have with the US and our mutual beneficial partnership, these tariffs are really disappointing to Australian farmers,” Mr Martin said.

“There’s no doubt our industry will feel the effects, some commodities more than others, but we have worked through trading issues before and we’ll do it again.”

According to the Red Meat Advisory Council (RMAC), Australian beef contributed to stable food supplies and prices in the United States, being consumed in more than six billion

hamburgers every year. RMAC estimated the total impact to the American consumer as a result of tariffs on Australian red meat would be AU\$600 million.

NSW Farmers continued to work closely with the Australian Government through the National Farmers’ Federation and remained committed to advocating for free and open trade.

“A tit-for-tat approach with the US serves no purpose,” Mr Martin said.

“The reality is Australian produce is in demand because of its high quality, with other major markets such China, Japan and Korea, worth \$3.9 billion, \$2.6 billion and \$2.5 billion respectively, and there are great growth opportunities in the Middle East and North Africa.

“What these tariffs mean in the short term is that Australia invest in these new market opportunities while our farmers continue to do what they do best: Pull on their boots and grow healthy plants and animals.”

Debunking weight loss plateaus: Science says you don’t have to loose to win

A new CSIRO study shows setbacks are just stepping stones to long-term weight loss, and success isn’t always linear.

New research from CSIRO, Australia’s national science agency, has busted the myth that weight loss must be a linear downward trend to be successful.

The study, recently published in the Journal of Medical Internet Research, analysed data from more than 6,500 CSIRO Total Wellbeing Diet Online members over a year.

It found that even those who experienced weight fluctuations or temporary plateaus - periods where little to no weight loss is recorded - were still able to achieve clinically significant weight loss over time.

Two in three members lost at least five per cent of their starting body weight by 12 months, while one in three lost at least 10 per cent of their starting weight.

- The study identified the most common weight loss patterns, each including at least one three-month plateau:

- 15 per cent of members lost weight for six months, then maintained their weight for a further six months, resulting in an average 11kg weight loss after a year (12 per cent of their starting body weight)

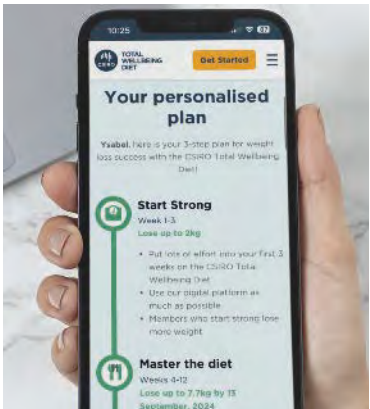
- 11 per cent lost weight in the first three months, then maintained for nine months, losing 5 kg after a year (nearly six per cent of their starting body weight)

- Nine per cent lost weight for nine months, followed by three months of maintenance, resulting in an average 16 kg loss (17 per cent of their starting body weight).

Lead researcher, Dr Gilly Hendrie, said the findings reframe the concept of failure when it comes to weight loss.

“The study gives hope to anyone who has ever felt disheartened throughout their weight loss journey,” Dr Hendrie said.

“The reality is weight loss isn’t linear. Periods of maintenance and small regains are normal - but with persistence, meaningful results can happen.”



The study found that regular engagement with self-monitoring tools - like CSIRO Total Wellbeing Diet’s meal plans, food diaries, and progress trackers - led to better outcomes. Highly engaged members saw more than 21 per cent weight loss over 12 months.

Dr Hendrie said now is typically the time when many people hit a plateau and assume they’ve failed.

“It’s common to start strong in January, only to feel stuck by April,” she said.

“But a plateau isn’t failure - it’s a sign to reset. Setting new goals, tracking food, and refocusing can make all the difference.”

Queanbeyan-Palerang Regional Council

FOR YOUR INFORMATION



Enter the QPRC & Bendigo Bank Art Awards!

The 2025 QPRC & Bendigo Bank Art Awards registrations are now open.

To be in the running for one of the 12 Art Awards, with a total prize pool of \$25,000, you must register online before 30 April.

There are two new award categories, the \$3,000 Mayor's Acquisitive Heritage Art Award and the \$1,000 Bendigo Pick Photographic Award.

- Learn more and register online at qprc.nsw.gov.au/art-award

Work with Council

Current vacancies include:

- River Restoration Officer
- Casual Waste Operator
- Leading Hand - Footpaths
- Leading Hand - Maintenance Grader
- Water Industry Operator (Network)

- For more information and roles see bit.ly/QPRC-Careers



Have Your Say

Projects & initiatives open for community comment	Closing Date
Review of Heritage Places	14 April
Review Contaminated Land Policy	25 April
Review Sewer Connection Limit of Council Responsibility Policy	25 April
Review Backflow Prevention Policy	25 April
Planning Proposal to Reclassify and Rezone Land at 88 Wallace Street & 41 Ryrie Street Braidwood	28 April
Review Restricted Funds Policy	28 April
Renewal alcohol-free zones and addition 1 Farrer Place	4 May

- 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 Customer Service Centres

Queanbeyan-Palerang Heritage Festival

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



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 can be viewed at bit.ly/DPnotices

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:

- 9 April (in Bungendore)
- 23 April

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.



FOGO Reminders

It's important to remember that the FOGO bin is only for food scraps and garden waste.

Things that CAN'T go in the FOGO bin include:

- ✗ Plastic bags
- ✗ Polystyrene
- ✗ Nappies or wipes
- ✗ Pet poo or kitty litter
- ✗ Paper towel
- ✗ Cardboard
- ✗ Building waste, dirt or gravel

- Read more about what can go in your Council FOGO bin at www.qprc.nsw.gov.au/FOGO

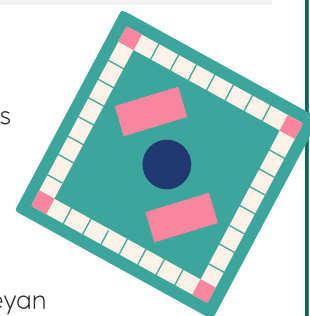
- Get more FOGO bags from our Waste Transfer Stations, or Customer Service Centres



Free School Holiday programs

We have a range of exciting activities and programs this School Holidays.

- **Youth Art Workshops** on Tuesday 15 April at Rusten House Art Centre.
- **Gambling Awareness Info Session** for Youth on Wednesday 16 April from 5-6pm at Queanbeyan Library.
- **Family-friendly Braidwood Boardgame Café** on Thursday 17 April from 11-3pm in at the Braidwood Community Centre.
- **3-day Multimedia Art Workshop** on Tuesday 22 - Thursday 24 April from 10am-2pm at The Q Exhibition Space
- Learn more and register at qprc.nsw.gov.au/events



Follow us on social media

- @QbnPalrangRC
- @QbnPalrang
- @QbnPalrang

Sign up for our weekly eNewsletter

eepurl.com/codv-v

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

Community News

THE PONY CLUB

716

ASSOCIATION OF NSW

Zone 16 PC camp 2025 is hosting a

DO-IT-FOR-DOLLY-DAY

Dolly's Dream

Zone 16 Pony Club will be holding our annual Pony Club camp at Bungendore show ground from 12th - 19th April.
This year the Zone is hosting a DO-IT-FOR-DOLLY-DAY and hoping

to raise funds for the Dolly's Dream foundation to help stop bullying and provide support and resources to help navigate the challenges of bullying and its impacts.

You can donate today toward this great cause by scanning the QR code below.
For further details and information on Dolly's dream please go to Dolly's Dream website.

Two by the Sea: this Sunday

The final concert in Braidwood Concert Series' 2025 Autumn program:
Two if by Sea - Rachel Johnston & Trent Arkleysmith - a Duo Cello recital.
Braidwood Concert Series is delighted to bring the wonderful Two if by Sea, to our series for a very special performance. In this recital, the duo 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. Come along for an afternoon of beautiful harmonies, rollicking good spirits and remember the only thing better

than the sound of a cello is the sound of TWO cellos!
Sunday 13th April
Start time: 3pm
Venue: St Andrew's Anglican Church, 47 Elrington St Braidwood
Online tickets here: <https://events.humanitix.com/two-if-by-sea-cello-recital>
Or on sale at the door from 2.30pm
Adult: \$35, Concession: \$30, under 18s free!
Braidwood Concert Series News is our Facebook page.
Contact details: artwork123@icloud.com.

Braidwood Quilters

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

Dutton wilfully ignores the climate crisis

Opposition leader Peter Dutton is wilfully ignoring the climate crisis with his promises to halve the tax on fuel for 12 months and to ramp up gas production, according to Climate Action Monaro (CAM).
CAM president Ms Jenny Goldie says prolonging the use of fossil fuels will only make the climate crisis worse.
"What he should be doing is providing incentives for electric vehicles, not encouraging voters to keep their polluting cars with internal combustion engines," says Ms Goldie.
"As for gas, a domestic reservation policy on the east coast is a good idea but increasing the actual amount of gas produced is not. Australia has plenty of gas to supply its own needs and does not need to produce more."
"It just needs to reserve more for domestic use rather than export 80 per cent of it."
"Gas not only produces greenhouse gas emissions when

burnt, it releases fugitive methane emissions when mined. Methane is a much more potent greenhouse gas than carbon dioxide.
"Australians need to be weaned off gas and provided with incentives to 'electrify everything' with electricity coming from renewable energy sources, namely wind, solar and hydro, backed up by storage (batteries or pumped hydro)."
"More gas means more extreme weather events such as droughts that lead to bigger fires, heavier rain that causes severe floods, and ultimately higher insurance premiums for Australian families."
"As for the earlier proposal nuclear proposal, it has been repudiated by a number of studies and bodies, not least the Climate Change Authority, as being too slow and too expensive. Reactors would not be ready by the 2040s and we have to have made the energy transition to renewables long before then if we are to avert dangerous climate change."

Wamboin Community Association

Bywong Community Association

2025 Federal election

Meet the Candidates

ELECTION 2025

The Wamboin and Bywong Community Associations are inviting all nominated candidates for the Federal Electoral Division of Eden-Monaro to a **Meet the Candidates** event.

When: Tuesday, 15th April at 7.30pm
Where: Wamboin Community Hall, 112 Bingley Way, Wamboin

All residents of Wamboin and Bywong are invited. After the candidates' formal presentations, audience members will have the opportunity to ask questions of the candidates during a 'Q&A' session, and later informally over light refreshments.

Reminder to avoid mozzie bites following a new case of Buruli ulcer in Eurobodalla

Southern NSW Local Health District is reminding community members to watch out for the symptoms of the skin condition Buruli ulcer, and to avoid mosquito bites, after a locally acquired case was recently detected in the Eurobodalla region.
Local transmission of Buruli ulcer was confirmed for the first time in Southern NSW in 2023, after three people were diagnosed with the illness between 2021 and 2023.
The recent case is the fourth locally acquired case of Buruli ulcer in Southern NSW and the first since 2023.
Buruli ulcer has been reported in parts of Queensland, Northern Territory, and multiple areas in

Victoria. The number of cases in Victoria varies from year to year, but numbers have been increasing to between approximately 200-360 cases per year since 2017.
Buruli ulcers typically appear as a painless red spot and progress over several weeks into an ulcer.
Anyone with a non-healing skin ulcer should see a doctor. Buruli ulcer is a skin infection caused by the bacterium Mycobacterium ulcerans. Buruli ulcer is curable with appropriate treatment. Early recognition and diagnosis are important to minimise skin damage.
While the precise transmission method for Buruli ulcer is not fully understood, there is increasing evidence that mosquitoes play a

role in transmitting the infection. In many cases, the Buruli ulcer may not appear until four to five months or longer after exposure.
As mosquito bites are implicated in transmission, people can reduce their risk of Buruli ulcer by wearing loose, light-coloured clothing with long sleeves and pants and applying mosquito repellent that contains DEET.
Residents can prevent mosquito breeding by removing items around their home that might collect water, such as old tyres or empty pots. Drainage issues should be addressed so that water does not become stagnant. Ensure coverings for windows and doors have insect screens with no holes or gaps in them.

Regional Independent

www.regionalindependent.com.au

PO Box 475 Bungendore NSW 2621

PHOTO OF THE WEEK



Stunning colours of the Crimson rosella

PET OF THE WEEK



Name: Molly

Age: 9 months

Favourite thing: Her Human Mum

Claim to fame: Often joins the chickens for a 2nd breakfast

Dislikes: Being pulled around by the ear (and they are long) by another friend's dog

Queanbeyan Uniting Church Jumble Sale: Saturday, April 26

The Queanbeyan Uniting Church be holding it's next Jumble Sale Saturday 26 April from 9am to 12pm, on the corner of Rutledge and Crawford St.

All are more than welcome to come and have a look at all the goodies the community has so generously donated and find a bargain or two.

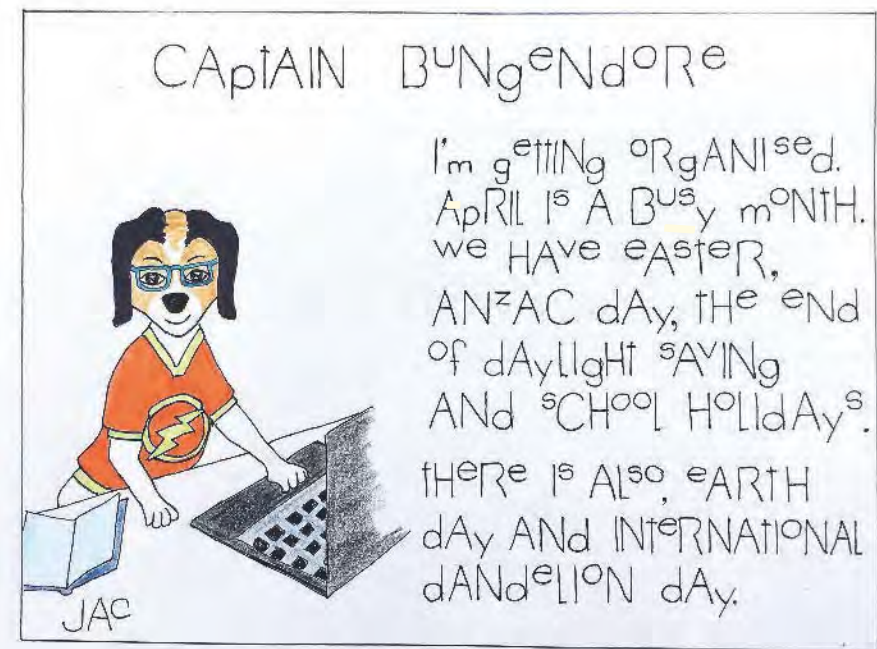
Op Shops and Jumble Sales are becoming increasingly popular as store prices increase in the retail sector.

We also acknowledge the usefulness of being able help people reuse, repurpose, or recycle items, which benefits our environment.

'The Shed' runs alongside The Jumble Sale and offers a beautiful morning tea, so make a morning of it and come and visit us!

For further information please contact: Greg Toone on 0412 060 465 or Email gtoone@ozemail.com.au

Photos supplied



Bungendore

Food ub




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.DIO.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

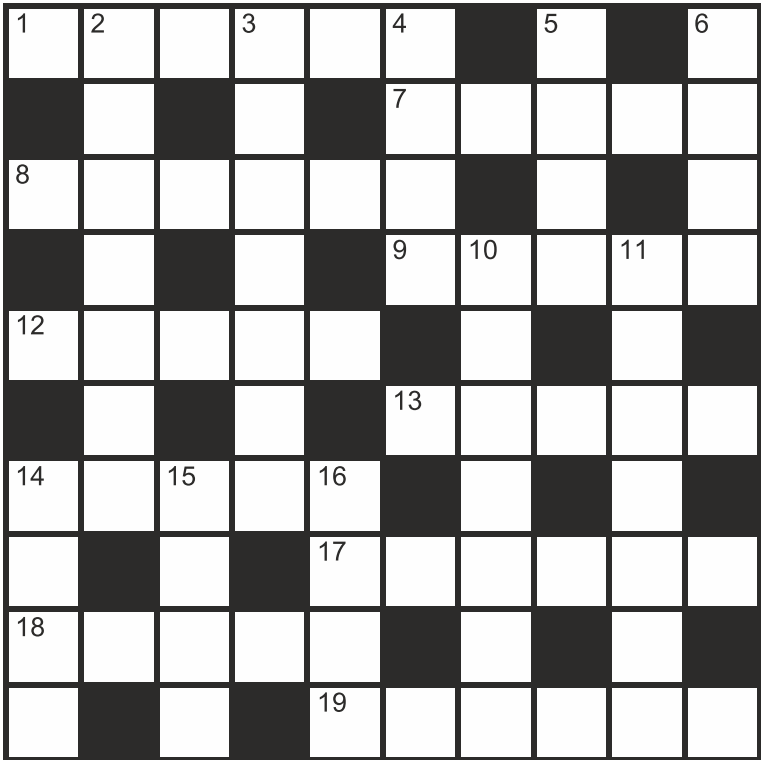
Facebook: <https://www.facebook.com/lionsofqueanbeyan/>

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

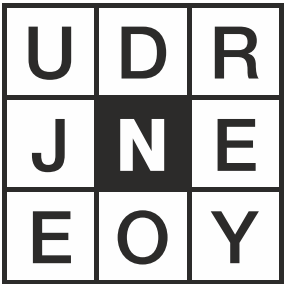
Puzzles

Quick-Time Crossword



- Across
- 1 Marvel (6)
- 7 Dwell (5)
- 8 Autocrat (6)
- 9 Satisfies fully (5)
- 12 Domesticated (5)
- 13 Complete (5)
- 14 Brief (5)
- 17 Seaman (6)
- 18 Wanders (5)
- 19 Less difficult (6)
- Down
- 2 Perform surgery (7)
- 3 Dispirit (7)
- 4 Rodents (4)
- 5 Fissure (4)
- 6 Plies the needle (4)
- 10 Gains by effort (7)
- 11 Ugly to look at (7)
- 14 Biblical weed (4)
- 15 Peruse print (4)
- 16 Existence (4)

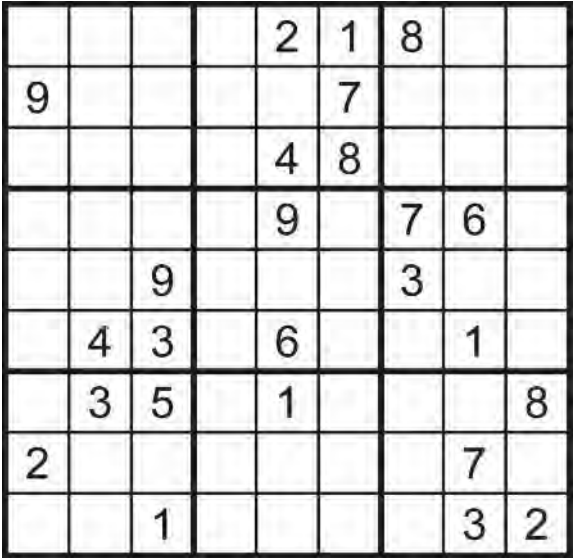
Target Time



Target: Average - 12, Good - 16, Excellent - 22+

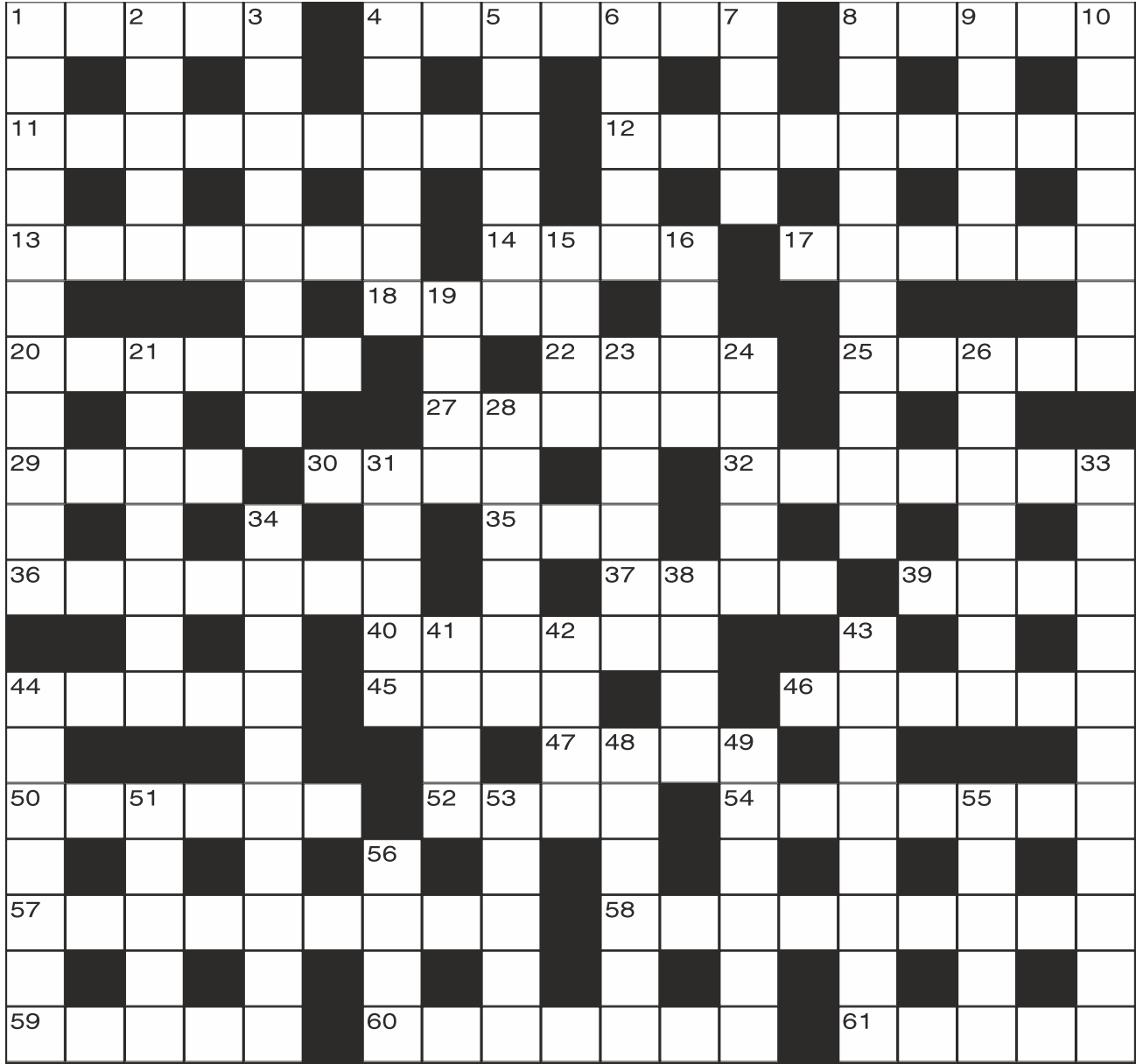
Using the nine letters in the grid, how many words of four letters or more can you make? The centre letter must be included and be used only once. Find at least one nine letter word.

Sudoku



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

Crossword



- Across
- 1 Cronies
- 4 Bold style in art
- 8 Party drink
- 11 Undecorated
- 12 We (reflexive)
- 13 Violent storm
- 14 Epochs
- 17 Plot
- 18 Hairdo
- 20 Advances slowly
- 22 Bread rolls
- 25 Chains
- 27 Increase
- 29 Polynesian food
- 30 Raced
- 32 The States
- 35 Wrath
- 36 Highland
- 37 Son of Adam
- 39 Sound system (2-2)
- 40 Tribute
- 44 Dogma
- 45 Colours
- 46 Adhesive
- 47 Listeners
- 50 Foundling
- 52 Having jagged edges
- 54 Dissident
- 57 To scatter or break up
- 58 Constellation
- 59 Synthetic fabric
- 60 Gives support
- 61 Full of substance
- Down
- 1 Peak (8,3)
- 2 Walk
- 3 Break in a journey
- 4 Fruit
- 5 Steering apparatus
- 6 Share
- 7 Raw silk colour
- 8 Lays down rules
- 9 Binary stars
- 10 Cheap lodgings
- 15 Outer garment
- 16 Rational
- 19 Discolour
- 21 Transport costs
- 23 Buoyant
- 24 Trap
- 26 Rust
- 28 Eatable
- 31 Lavish
- 33 Peerage
- 34 Decayed state
- 38 Ale
- 41 One married to an uncle
- 42 Employer
- 43 Bequest
- 44 Soup
- 48 Journals
- 49 Sunglasses (coll)
- 51 Pale (of skin)
- 53 Stoves
- 55 8th Greek letter
- 56 Enthusiastic (coll)

Brain Alert

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

Word Find 135 Find the following words in the grid.

C N O A R T
I A F A P S
C L B A K E
E L O S E R
S O A G A A
Z W R W T T

Allow
Apt
Art
Asks
Bake
Bar
Cab
Claw

Eat
Elf
Era
Ices
Log
Loser
Oak
Oar

Sat
Was
Zoo

Word Sudoku 136 Enter the word PACK in each row, column and 2x2 square, in each combination there should be only one of each letter.

P C
K
C

Scrambled 137 Unscramble the following letters to reveal the theme of Camping.

1. euberaqb
4. yeks
2. stten
5. targnreeo
3. rai tramsest
6. peelgins gasb

Word Find

C N O A R T
I A F A P S
C L B A K E
E L O S E R
S O A G A A
Z W R W T T

Word Sudoku

K A C P
P C A K
C K P A
A P K C

Scrambled

1. Barbeque
2. Tents
3. Air mattress
4. Esky
5. Generator
6. Sleeping bags

Public Notices



Bungendore Anglican

EASTER SERVICES

Good Friday

> 9:30am St Philip's Bungendore
Special Outdoor Service followed by hot cross buns.

Easter Sunday

> 8:00am St Philip's Bungendore
Traditional Holy Communion with Lighting of Paschal candle and
Renewal of Baptism vows.

> 9:00am St Mark's Hoskinstown
Family Easter Communion followed by special morning tea.

> 10:00am Bungendore Scout Hall
Contemporary Family Easter Service with Holy Communion, Kids Talk,
Easter egg hunt and hot cross buns.

> 10:30am St Thomas' Carwoola
Bush Easter Holy Communion with Easter egg hunt.

www.bungendoreanglican.org.au

**QUEANBEYAN RATEPAYERS
&
RESIDENTS ASSOCIATION**

Having our say!



FEDERAL ELECTION 2025

**MEET THE
EDEN-MONARO CANDIDATES
FORUM**

Thursday 24th April
6.30pm for 7 - 9pm

Colonial Room,
Queanbeyan Hotel (Top Pub),
Crawford St

**Meet the
Eden-
Monaro
Election
Candidates**

**Listen as
they outline
their vision
for our
region**

**Ask
questions**

**Generously
supported by
the
Queanbeyan
Hotel**

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



Bungendore CWA

- April Dates
- 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
- <https://bungendorecwa.org/>



REGISTRATION OF ABORIGINAL INTERESTS - HERITAGE ASSESSMENT HOSKINSTOWN NSW

QRC Environment ('Quadrant Rail Consulting Pty Ltd) have engaged Past Traces Pty Ltd to undertake an Aboriginal Cultural Heritage Assessment for proposed upgrades to Resches Creek Bridge on Hoskinstown Road adjacent to Lot 10 DP1059163 and Lot 14 DP754895. Client contact is Skye O'Brien – 0413 499 433

Past Traces invites Aboriginal people who hold cultural knowledge in determining the significance of Aboriginal objects and or places in the area of Hoskinstown to register their interest in a process of community consultation. The purpose of the consultation will be to inform the Heritage Assessment including subsurface testing and assist NSW Heritage in the determination of an AHIP application if required.

For more information or to register in writing please contact:

Lyn O'Brien
Past Traces Pty Ltd
GPO Box 1584
Canberra ACT 2600
office@pasttraces.com.au
Ph: 0403 021 296

Please note that under NSW Heritage guidelines registration for consultation **does not** guarantee employment.

REGISTRATIONS MUST BE RECEIVED BEFORE 5pm Wednesday 23 April 2025

Bungendore Bridge Club

Bungendore School of Arts, Gibraltar Street, Bungendore

Wednesdays: 7.00-10.00pm
Saturdays: 10.00am-1.00pm

Contact:
Angela McGill, President 0408 409 989 or
Bobbie Gosper, Secretary 0408 788 213



Queanbeyan Probus Club: next meeting: Mon April 21

What are Probus Clubs?

The word PROBUS is an amalgam or the words PRO-fessional and BUS-iness

Probus is an association of retired and semi-retired people, who join together in clubs. The purpose of which is to provide regular opportunities for them, to keep their minds active, expand their interests and to enjoy the fellowship of new friends.

There are men's clubs, ladies' clubs and combined clubs and is a community service of Rotary Clubs. They are not-for-profit making and non-denominational. The first club, established by Rotary, was in 1996 at Caterham, England. It is now worldwide with a global membership of over 2,000 clubs.

The Queanbeyan club is a combined men's and women's club, we have guest speakers, BBQ's, walks, outings, coach trips, morning teas and other entertainment. We meet between 10am and 12pm, every third Monday of each month at the Queanbeyan Bowling Club. We welcome new members, for more information please contact Dawn on 0419 114 832 or Lynne on 0409 195 454.

Mayor's column

Last year, we looked back at our Community Strategic Plan from 2021 and asked the community to tell us how things have changed, and what should stay the same, as we head Towards 2042.

Taking that feedback from the community, we have developed a Draft Community Strategic Plan that outlines the aspirations and priorities for our local government area into the future. We want to hear the community's feedback on this draft plan to make sure we understand their aspirations for our region. The adopted plan will inform the development of our next Delivery Program which responds to the community's feedback within a four-year work plan and our Operational Plan which spells out the actions to be undertaken within a financial year. Read the draft plan and have your say by 4:30pm 8 May 2025 at <https://yourvoice.qprc.nsw.gov.au/2025-draft-community-strategy-plan>

I'm looking forward to attending our community meetings next month and connecting with residents from around our region. Council really values the community's feedback, and these in-person meetings are a great way to discuss priorities, aspirations and concerns. One of the most important aspects of our May meetings is presenting Council's budget and integrated plans which map out the projects we undertake and services we provide. At the meetings, we also want you to help us prioritise future footpath works so that we can improve accessibility and connectivity in our region. At the Bungendore meeting, we will also be seeking community feedback on ideas for the vacant block at 19 Gibraltar Street, so come along and provide your input. Join us from 6-8pm in Braidwood on Thursday 15 May at the Braidwood Servicemens Club, Bungendore on Tuesday 20 May at the Bungendore Sports Hub, and Queanbeyan on Thursday 22 May at the WB Freebody Council Chambers in the Nellie Hamilton Centre at 257 Crawford Street. Register to attend at qprc.nsw.gov.au/community-meetings

The Queanbeyan-Palerang 2025 Heritage Festival has started and there is an exciting calendar of events over the next two months. From exhibitions, museum open days and workshops, there are plenty of ways to learn more about the history of our region. See the full program at www.qprc.nsw.gov.au/Events/Heritage-Festival

We are holding tonight's Council meeting in Bungendore. Some of the items on this week's agenda include the Bungendore Aquatic Centre project, an update on the Queanbeyan to Bungendore Bulk Water Supply Transfer Pipeline, and proposal for a microforest in Karabar. Find the meeting agenda and livestream link at www.qprc.nsw.gov.au/Council/Council-Business/Council-meetings

Cr Kenrick Winchester, Mayor



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



Puzzle solutions

Target Time

Sudoku

Target: Average - 12, Good - 16, Excellent - 22+

dene, deny, done, donee, doyen, drone, dune, dyne, endue, endure, enure, enured, enjoy, enjoyed, enjoyer, erne, journey, JOURNEYED, need, needy, node, nude, nurd, redone, rend, round, rune, under, undo, yonder.

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

QT Crossword

W	O	N	D	E	R	R	S
P	E	A	B	I	D	E	
D	E	S	P	O	T	F	W
R	R	S	A	T	E	S	
T	A	M	E	D	T	Y	
T	S	U	T	T	E	R	
T	E	R	S	E	A	S	
A	E	S	A	I	L	O	R
R	O	A	M	S	N	R	
E	D	E	A	S	I	E	R

Crossword

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

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

CB BOBCATS

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




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

CHOOKS FOR SALE

Layer pullets 22 weeks. Isa W, B, R, LS., BTR, SLW. Order today for delivery to Bungendore Friday May 9. Phone Jim on 0428 194 105.



BUNGENDORE SENIORS Next get together will be Thursday April 10, at the Bungendore Sports Hub amenities building \$5.00 per person. ALL WELCOME

VINTAGE & RETRO

Vintage, retro, secondhand shop. 144 Uriarra Road Crestwood, Queanbeyan 6297 8636. Open Friday, Saturday, Sunday 10.00am to 4.30pm - ART By ANDERS Closed Easter Friday, Open Easter Saturday, Sunday and Easter Monday

PSYCH-K®

PSYCH-K(R) Limiting Beliefs holding you back? Effective transformation with Psych-K(R) in Bungendore. Similar to NLP, fast tracked results in one session. Check on YouTube. Bookings and enquiries: mindyourthoughts22@gmail.com.



Wide Span Sheds

No Compromise Steel Building Solutions

MOJO Constructions

0481 195 714

Your local authorised agent.

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. See page 23 for more info

Business Classifieds

FIREWOOD

Premium yellow box, well seasoned, thoroughly clean. All wood sieved prior to delivery. 2.5 tn load \$1050. C.O.D.

Ph 0403 229 576

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

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



ACT Rescue & Foster (ARF) 12 Dogs Looking for Loving Homes

Rehoming No. R25000000

<https://fosterdogs.org/adopt/available-dogs/>



Oreo
Cattledog/Staffy
Desexed Male / Medium
18 months

Oreo is a sweet and spirited 18-month-old Cattle Dog x Staffy mix looking for a calm and loving home with an active, outdoor-loving family. He loves tug, ball games, and training sessions, making him a wonderful partner for both fun and mental stimulation. Oreo enjoys playing with other dogs who match his robust play style. While he's not a dog park kind of pup, he'll do great with controlled playdates and compatible canine companions.



Dinah
Crossbreed
Desexed Female / Large
5 Years

I am a sweet natured girl who adores people and will take any affection on offer. While not high energy, I enjoy a decent daily walk and run. Being very intelligent, I'm learning good manners and new commands. I'm good with children but because of my size, I'm best suited to a home with older children. Ongoing training and experience with large, excitable breeds is required



Ash
Kelpie X
Desexed Female / Medium
2 Years

Ash, a young Kelpie mix who has come a long way since leaving the pound. Initially traumatised and shut-down, her journey of healing has been slow but steady, thanks to the dedication of her carer. She has blossomed into a loving and affectionate dog who enjoys the company of people she knows and other dogs. Ash is a beautiful girl looking for a calm home to help her blossom.



Marley
Border Collie
Desexed Female / Medium
5 years

Marley is a sweetheart who loves her people. She is charismatic, snuggly and great company! She's an intelligent girl with basic training and walks well on lead. She's calm for a Border Collie and is content relaxing on her own, however she would enjoy living with someone who was around a lot. She isn't keen on meeting other dogs so with some distance she's happy to keep walking and exploring. Best as an only dog.



Sophie
Crossed breed
Desexed Female / Medium
Almost 2 years

Sophie is a beautiful girl with a heart full of love and a playful spirit! She absolutely adores people and gets along well with other dogs, making her a fantastic companion for both. This affectionate girl loves nothing more than spending time with her favourite people. Sophie is looking for an active family that can give her the exercise and companionship. She would love to have a doggy friend to play with. No cats or pocket pets for this young girl.



Polly
Boerboel
Desexed Female / Giant
2 Years

My start to life wasn't an easy one due to an injury to my nasal area as a puppy. Three surgeries later, I've come a long way. Naturally quiet, I am also a timid girl. I am however up for a short game of tug or chase and a snuggle. Crate trained and toilet trained, I am looking for a rural home who understands Boerboels and our breed purpose and a family who will help me continue my journey to find my bravery and Zen.

ACT Rescue & Foster (ARF)

Have you been thinking about becoming a foster carer? Jump on the website [www.fosterdogs.org](https://fosterdogs.org) for more information!



Kevin
Wolfhound X
Desexed Male / Large
1 Year

Kevin is a young boy ready to make you laugh and enjoy life. He would love an active family and will be wherever you are. He is toilet trained, and enjoys playing with toys and puzzles. Kev loves to play tug or chasing games in the back yard. A good mix of regular outside activities and resting inside with his people would suit Kevin perfectly. Kevin is a sweet boy ready to make you laugh! He will make a wonderful companion.



Luna
Mastiff/Dane mix
Desexed Female / Large
5 Years

Luna is a big girl with a big heart! An incredibly sweet and gentle dog. She also loves to be around people but ok at home for longer stretches. Best suited to a quiet home so no kids or older kids. She's very enthusiastic about her walks – her propeller-like tail is kicked into high gear as soon as you pick up her lead! She's toilet trained and reliable – prefers being inside but when left inside for long periods, has never had any accidents. A little (big!) gem.



Simba
Staffy X Bulldog
Desexed Male / Medium
12 Years

While I might be an older gent, I'm in pretty good shape for my age. I love people, play, walks and sun-baking. I also appreciate my own time. Be sure to have a large supply of to hide, chew, and snuggle. I'd love a home where I am inside with the family and have regular company. I'm open to dog company with proper introduction, but am best suited to being the only dog. Follow me on @drjey



Luka
Malamute
Desexed Male / Large
8 Years

Luka is a big, cuddly teddy bear who adores affection and returns it in spades! If you love a dog that enjoys pats, cuddles, and companionship, Luka is your guy. He is gentle, well-mannered, and steals hearts wherever he goes. Luka needs someone home most of the time or the opportunity to accompany you to work. He would love a home with other dogs, but proper introductions are a must. Luka is looking for a home where he'll be showered with love and companionship.



Todd
Jack Russel X
Male / Small
2 Years (Approx)

I am a young and cheerful boy, who has a clever brain and a great deal of energy. I would thrive in an active, child-free and cat-free home where I can be part of your adventures, play hard with my dog sibling and learn lots of tricks. I will need at least two walks a day and a decent amount of playtime. Even though I didn't have the best start to life, I am a nice natured, adaptable, cuddly and will bond quickly to my people. Follow me on @todd.the.jrtx



ZaaZoo
Staffy X
Desexed Male / Medium
2.5 Years

I am a loveable boy who is full of energy and has a huge zest for life. While I have done a lot of training, and know a range of commands, I'll need to continue working on confidence building and impulse control. I am crate trained and sleep well at night. I am looking for an experienced, loving and active family, who will spend time with me and undertake regular activities and training.

That’s a wrap! Braidwood Swim Club closes a successful season

The Braidwood Swimming Club has officially wrapped up another fantastic season, marking 11 action-packed Club Nights, skill-building training sessions, and a growing community of swimmers. With 72 registered members, this season saw incredible personal achievements and a renewed focus on essential water safety skills. In addition to our regular Monday night meets, swimmers benefited from Mini Squad sessions, head dive training, and safety training, ensuring they not

only improved technique but also developed vital survival skills. Given the concerning national statistics on declining swimming abilities among Australian children, programs like ours have never been more important. Recent research from Royal Life Saving Australia revealed that almost half of all Year 6 students cannot float or tread water for two minutes or swim 50 metres continuously. With drowning rates on the rise—104 drownings recorded this summer, including 10 children under 14—our club

remains committed to equipping local kids with the confidence and skills they need in and around water. Celebrating Our Champions The season concluded with a lively Presentation Night, where we celebrated outstanding performances and dedication:

- Junior Boys Champion - Blaine
- Junior Girls Champion - Poppy
- Senior Boys Champion - Ben
- Senior Girls Champion - Betty
- Open Boys Champion - Lewis
- Open Girls Champion - Emma
- Most Improved - Tucker
- Team Player of the Year - Cara

- Sportsperson of the Year - Paige
- Encouragement Award - Jake
- ‘Love of the Game’ Award - Elli
- Optimist of the Year - Eleanor

A Community Effort None of this would be possible without our dedicated volunteers—parents and supporters who time races, marshal swimmers, cook BBQs, and keep Club Nights running smoothly. A special thanks to our committee: Alisa Stephens (President), Emily Krout (Vice President), Kirsten Hulse (Registrar), Pat Bourgault (Treasurer), and Susi Pluess (Secretary). We are also incredibly grateful for our generous sponsors and supporters,



whose contributions have kept our club strong:

- Community Bank Braidwood - sponsorship for swim parkas
- Intersport Fyshwick - Welcome packs & Club T-shirts
- Lions Club Braidwood - Subsidised large family memberships
- Braidwood Apex Club - Mini Squad and training sessions
- Kristy McBain MP, Oscar’s Donuts, Mona Farm, Nutrien Ag, Braidwood Butchery, and private donors



Looking Ahead As we close out this season, we thank every swimmer, family, volunteer, and sponsor for making the Braidwood Swimming Club such a special community. We can’t wait to dive back in next season—see you at the pool! For more information or to get involved, email braidwoodswimclub@gmail.com. Braidwood Swimming Club Photos supplied



Upgrading the Queanbeyan Bowls Club

A re-elected Albanese Labor Government will provide \$1.6 million towards key infrastructure upgrades for the Queanbeyan Bowls Club. This election commitment will support the development of a canopy to cover the green, offering weather protection to add comfort, useability and longevity. The canopy will provide all weather playing conditions, establishing the club as the premier lawn bowling facility in the Canberra region. The project will also include upgrades to concrete access paths around the green, as well as spectator seating upgrades.

The project will put Queanbeyan on the sporting map with an upgraded facility able to attract regional competitions, providing an economic benefit to the broader Queanbeyan region. Lawn bowls is gaining popularity in the region through competition, barefoot and social bowls and is enjoyed by a large cross section of our community. Consistent with past practice, election commitments will be delivered in line with Commonwealth Grants Rules and Principles. Member for Eden-Monaro, Kristy McBain said, “Queanbeyan Bowls Club

plays an important role in our community in terms of engaging people of all ages and abilities in the physical and social activity of lawns bowls. “I’m so proud that a re-elected Albanese Labor Government will invest in the club to make it one of the state’s premier lawn bowling facilities. “This project has enormous community support - in my time as the Member for Eden-Monaro I have received countless letters of support for it to go ahead. President of the Queanbeyan Bowls Club, Kevin Pearson, said “The installation of a canopy at the Queanbeyan Bowls Club Green is an exciting

development for lawn bowls in the local Queanbeyan area and the surrounding regions. “This will contribute greatly to allowing the club to offer an all-weather lawn bowls facility to club members and the general public, including wheelchair accessibility. “The facility will allow bowlers of all ages and standards to enjoy lawn bowls for longer in a sun-safe environment and provide an environment that is protected from the extreme summer and winter weather conditions. “The facility has the potential to increase participation in lawn bowls through additional social bowling sessions,



competition bowls and additional tournaments. “The canopy will also provide the opportunity for bowls coaching for all ages to be offered in a protected environment and further enhance a sense of community and social connection.” Ms McBain added, “Congratulations to the club’s volunteers who have championed this project for many, many years.” Photo supplied

Strong start for Mudchooks

Stewart Wilson

It was a strong start to the 2025 season for the Bungendore Mudchooks rugby team at the Sports Hub last Saturday, defeating the Braidwood Redbacks 60-5 after leading 29-5 at half time. The boys scored nine tries to Braidwood's one including a double to prop Kalib Maksimovic and single scores by 'Geeps' Pretorius, Mark Norton, Anthony McCudden, Viliame Taleka, Jone Waqa, Poate Nacacura and Oliver Morell. It's great to have 'Ollie' back after he missed most of last season after suffering a serious

injury following foul play early in the competition. Halfback and goal kicker Tom Worman had his radar working well, putting six conversions and a penalty goal over the black dot on the Sports Hub's brand new and proper rugby goalposts. Despite the score, the Redbacks never gave up but were no match for the Mudchooks who, after a slightly shaky start thanks to a number of handling errors, were dominant for most of the game and improved as it went on. There's still a lot of work and fine tuning to be done - this was the

first match of the year after all and the rust has still not fully cleared - but the early signs are encouraging. Team spirits are high and the level of camaraderie is through the roof! Another good sign. The team farewelled one of its favourite sons after the game, prop Euston Euston leota who is moving to Melbourne. As a parting gift he was given the chance to convert the team's final try at the end of the match. Let's just say the kick was kinda-sorta almost close-ish.... All the best Eui, we'll miss you!



The Mudchooks face a sterner test at the Sports Hub this Saturday (12 April) when they take on 2024 premiers the Jindabyne Bushpigs in a replay of last year's grand final. The Mudchooks game starts at 2.30pm but the day is a double-header with the Mudchicks playing their first game of the season against the Jindabyne Miss Piggies starting at 1.15pm. So get yourselves to the Sports Hub on Saturday to support both the boys and girls! Speaking of support, the Bungendore Rugby Union Football Club wouldn't be able to operate without its loyal sponsors, many of

them long term. The club extends its thanks and gratitude to them. Player awards and their sponsors for the Braidwood game are: Best and Fairest: Royal Hotel - Kalib Maksimovic (3 points), Gerhardus 'Geeps' Pretorius (2 points), Will Smith (1 point). Players' Player: Mint Air Conditioning and Refrigeration - 'Geeps' Pretorius. Coach's Player: Bungendore Community Bank - Kalib Maksimovic and 'Geeps' Pretorius. Chicks' Pick: NV Panel and Paint - 'Geeps' again! Photos Sharon Baxter-Judge

Queanbeyan Whites ready for 2025 season

Queanbeyan Whites

The Queanbeyan Whites preseason is done, and the real job starts this Saturday with all six grades travelling to Nicholls to take on Gungahlin in the first round of the John I Dent Cup. See below for game times The Whites have had a strong preseason and head coach, Dan Hawke, has been impressed with the commitment shown by players consistently turning up three days a week and putting in the hard yards. One of the major positives of the preseason has been the continued growth of the women's program. Under the guidance of former John I Dent coach, Tim

Hawke and NSW Country representative coach Tristan Buttenshaw, the program has seen increased numbers and stronger integration with the men's squads. The mixed training sessions are building a great club culture and provided players across all grades the opportunity to grow their skillsets. The women's program has taken a big step forward this year, with a full preseason calendar, including a trip to Sydney to train with the Wallaroos' mental skills coach, David King, and successful trials at both the Country Cup in Bungendore, and the Beer and Rugby Festival in Boorowa - the

platform is being built for sustained success. For our Premier Men's squad, although the planned Gold Coast trip - including two trials against Bond University - was cancelled due to Cyclone Alfred, we had strong hit-outs against Sydney University, Canberra Royals, and Endeavour Hills from Melbourne. These matchups provided a solid test of fitness and cohesion ahead of the season's start, plus an opportunity for some of our younger Colts-aged players. Another highlight was the Country Cup, hosted by the Bungendore Mudchooks, which drew a large number of players and spectators



for a full day of trials across men's and women's premier grades, seconds, colts, and thirds. It was a great success and a fantastic opportunity to strengthen our ties with other regional rugby clubs. We're hoping this will continue to be an annual fixture. Coaches and players are keen to get the season started and transfer the strong preseason into action on the field. With a mix of old and new players Dan Hawke is particularly excited to watch the journey for two newcomers and the ongoing growth of a player who is fast becoming a stable member of first grade. Koko Salim: A 2024 Canberra Rugby League 1st Grade Team of the Year selection, Koko is finding his feet in union and doing so impressively. He's grasped the game really well and we're excited to see how his skillset transfers over. There's a bright future ahead for him. Sharlize 'Charli' Campbell: A standout performer at the 2025 ARS for NSW Country, Charli was picked up by the Brumbies Super W squad pre-Christmas and is currently part of their Women's Elite Development Squad. She's a

strong ball carrier, hits hard in defence, and will be a weapon in the centres for us this year. Andrew McFarlane: A homegrown talent from St Edmund's College, Andrew is entering his third year of 1st Grade. He works extremely hard off the pitch, is an intelligent footballer, and has developed into a real club leader. He sets the standard both on and off the field. Can you help? As a community-based club, we are reliant on the support of our sponsors and our volunteers. Even if across the whole season you can only spare an hour, we would appreciate your assistance. We have a range of areas where support is needed, further details can be found on our website. To all our Sponsors, members, players and supporters we look forward to seeing you on the sidelines cheering on the Mighty Whites in season 2025. 4th Grade: 10:55am, 3rds and Colts at 12:15pm, Reserve grade and Women's at 1:40pm and First grade at 3:05pm. Nicholls Oval, Clarrie Hermes Drive Photos supplied

