

Save the date:
Bungendore Bites,
Saturday August 30

Winter Solstice,
Bungendore Bowling &
Sports Club, this
Saturday, June 21

Pet
of the
Week



Regional Independent

Free

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

No. 437

Wednesday 18 June, 2025

World Knit in Public Day: stitching for a cause

The click of knitting needles and the soft hum of conversation and laughter filled the air as Bungendore locals gathered at Phil's Op Shop, Bungendore to celebrate World Knit in Public Day. Knitters and crocheters of all ages came together to share skills, stories and a sense of community – all while creating for a good cause.

Held in towns and cities around the world, World Knit in Public Day encourages crafters to bring their knitting into the open – turning what is often a solitary hobby into a social, shared experience. In Bungendore, it was also a chance to contribute to Wrap With Love, a charity that provides warm, handmade blankets to people experiencing hardship both in Australia and abroad.

"We have made close to 40 blankets over the last few years and have also sent hundreds of squares to Wrap With Love," said organiser Louise Egli. "This year it was great to see new faces joining us who also share a passion for crafting, creating and being part of a community with a broader purpose to help those in need."

The event welcomed everyone from experienced makers to complete beginners. "It was wonderful to see a new young crafter discover the joy of creating through crochet," Louise said. "Whilst we still have some elderly crafters who contribute what they



can after a lifetime of making things with their hands."

"Many thanks to the wonderful volunteer team at Phil's and to everyone who came along and to some new crafters who donated completed blankets to this great cause," Louise added.

For those who took part, it was a day of connection, creativity and care – a perfect reminder that something as simple as a ball of yarn and a kind heart can help bring warmth and comfort to the world.

For more information on Wrap

With Love head to <https://wrapwithlove.org/>

Sharon Baxter-Judge

Above: Louise (centre) with talented friends.



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Community News

Smartphones: the parasite of the modern era?

Smartphones have become “the greatest parasite of the modern age”, according to new research from The Australian National University (ANU). According to lead author Associate Professor Rachael Brown, smartphones pose unique societal risks, sucking up our time, attention and personal information, all in the interest of technology companies. “These devices have radically changed our lives,” she said.

“Despite their benefits, many of us are hostage to our phones, unable to fully disconnect.” Associate Professor Brown said while the human-smartphone relationship may have started as one that helped us stay in touch and find useful information, it has quickly soured as smartphones have become near-indispensable. “Our phones, or more precisely, some of the apps that we use on them, have come to serve the interests of the app-making

companies and their advertisers more faithfully than their human users,” Associate Professor Brown said. “These apps are designed to keep us scrolling, to make us click on advertising and even trigger outrage. “The behaviour of our phones frequently thwarts our expressed goals and desires in order to achieve the goals of the companies that make them. In this, users and their phones are,

at least some of the time, akin to hosts and their parasites.” So where to next? Associate Professor Brown said it remains to be seen whether we can restore the relationship to one that’s mutually beneficial. “Evolution shows that two things are key: an ability to detect exploitation when it occurs, and the capacity to respond,” she said. “In the case of the smartphone, exploitation is frequently covert and hidden from view.

“It’s not as straightforward as simply putting down our phones - we’ve ceded various cognitive tasks to them, such as memory and navigation. “New collective strategies and interventions that limit what our parasites can legally do might be the most effective route.” The paper is published in the Australasian Journal of Philosophy.

Queanbeyan Reconciliation Walk 2025

QPRC Thanks to the thousands of children from schools across the local government area, community members and organisations for joining us for the Reconciliation Walk in Queanbeyan this morning. National Reconciliation Week is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. The 2025 theme ‘Bridging Now to Next’ reflects the ongoing

connection between past, present, and future. Thanks to Uncle Billy T for the Welcome to Country, and for getting us up and jumping the kangaroo dance. We heard from Mayor Kenrick Winchester, Deputy Mayor Esme Livermore, and local Federal member Kristy McBain MP, and Cr John Preston read a speech on behalf of local NSW member Steve Whan MP. Photos from the walk are on our Flickr page at <https://buff.ly/yPaomwi>



Araluen Community Information Meeting

Sunday, 13 July 2025, 2 to 4pm You are invited to attend the community meeting in Araluen. Join us from 2-4pm. The Mayor, councillors, our General Manager and other staff will be at the meetings so you can ask your questions of the right people and meet your representatives.

At these meetings you can meet your Councillors, learn more about major projects in your area and ask our staff questions about issues that matter to you. Araluen Federal Hall, 5989 Araluen Road, Araluen,

2025 Winter Solstice time

This Saturday 21 June 2025, Bungendore Bowling and Sports Club This year the local community organisations are pitching in to provide a range of yummy treats and drinks.

We will have a range of entertainment from local bands Cover Art (Gemma Hooper),Canberra Prosperous Mountain Dragon and Lion Dancee & crowd favourite Brewn

We will be hosting a RAFFLE - With various prizes including a 2025 Winter Solstice Fire Pit from Innovative Metalworxx !!

Tickets on sale at the club from Wednesday 4 June \$5 per ticket or 3 for \$10 - Be in it to win it!

See page 17 for more information



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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Community News

Save the date

Bungendore Bites

FREE community event

Saturday 30 August

Mick Sherd Oval, Bungendore

Bungendore Bites & Kites - 10am to 2pm

- **Food**, fun & entertainment for all ages
- Warehouse Circus workshops
- Raio De Samba - Community Samba Band

- Kids' Corner with craft and competitions - great prizes to be won
- Face painting
- Kite Demos and talks thanks to members of the Australian Kite Society. Kite Flying Competitions: Our FREE kites supplied:

thanks to Community Bank Bungendore (number of kites are limited and comps are subject to weather conditions)

Bungendore Bites @ Night - 5pm to 9pm

- **Food**, drinks, entertainment by Hitparade
- Party time.....Hitparade will be bringing the live music vibes under the huge marquee.
- Great variety of food and drinks on offer with all meals \$20 or less! We'll have the tables and chairs ready – enter our Best Table Centrepiece comp (fun prizes up for grabs!).

Thanks to Barlens, Community Bank Bungendore and QPRC.

More information in the next edition. Left: Wharehouse Circus. Photo: Aris Pixels



Winter's here: time to shield our most vulnerable from respiratory illness surge

Winter has officially arrived across Australia, bringing with it a surge in acute respiratory infections that are filling hospital beds.

The Australian Medical Association is urging people to prioritise conversations with their GP about vaccination against COVID-19, influenza, and RSV, particularly for those at greatest risk.

New data from Western Australia demonstrates the remarkable impact of vaccination programs, with its RSV immunisation program achieving a 57 per cent reduction in hospitalisations among infants, saving the WA health system an estimated \$6.2-6.9 million in hospital costs.

AMA President Dr Danielle McMullen said the success of this program demonstrated the power of evidence-based prevention.

"These results show what's possible when we get vaccination right, with more babies being kept out of hospital because their parents chose to protect them," Dr McMullen said.

"The timing could not be more critical with RSV cases climbing since the start of 2025, and children under five most at risk."

Dr McMullen said reductions in vaccination rates for COVID-19 boosters and influenza were alarming.

"New COVID-19 strains continue to circulate leading to increased hospitalisations, making regular boosters essential for maintaining protection

against severe illness."

Across the country, influenza vaccine coverage sits at just 24.24 per cent nationally and just 14 per cent across all age groups under the age of 50 years.

"We are particularly concerned by vaccination rates among Aboriginal and Torres Strait Islander communities, which have declined across all age groups."

"Meanwhile COVID-19 booster coverage has dropped significantly in people aged 75 and over, falling from 38.2 per cent to just 32.6 per cent in the past 12 months."

Dr McMullen said Australia now had unprecedented tools to prevent serious respiratory illness and urged people to visit their GP and get vaccinated. If patients are unsure of which vaccination they need or are worried because of the misinformation appearing on social media, their GP can provide expert guidance and the necessary facts to support them in making an informed decision.

"The national RSV prevention program offers free maternal vaccination and targeted infant protection. Annual influenza vaccines provide strong protection, with more than 98 per cent of this year's circulating strains matching vaccine components."

"The evidence is clear – vaccines work. But vaccines sitting in fridges don't save lives. We need people to pay attention, particularly parents of young children and older Australians."

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87 Collett St, Queanbeyan
Wed-Sat 10am - 4pm

Real-world training strengthens NSW's FMD preparedness

The NSW Government has continued its approach to preparedness for potential future foot-and-mouth disease (FMD) outbreaks by investing in skilled, real-world training for frontline staff.

Two Local Land Services District Veterinarians recently took part in an intensive four-day course run by the European Commission for the Control of Foot-and-Mouth Disease (EuFMD) held in Kenya, Africa.

Mark Doyle and Lara Mitchell, based in the South East and Riverina regions of NSW, joined about 15 veterinary professionals

from around the world, including Romania, Italy, Iceland and the Netherlands, to learn firsthand from farmers and field experts how to recognise, diagnose and manage FMD.

FMD is a serious and highly contagious disease that affects all cloven-hoofed animals such as cattle, sheep and goats, which causes lesions, fever, drooling and lameness and, in some cases, death. It is commonly spread through the movement of infected livestock.

South East Local Land Services



District Veterinarian Mark Doyle described the training as invaluable.

“Nothing compares to seeing the disease firsthand; there’s no way you can prepare as effectively from pictures, videos, webinars or textbooks,” he said.

“The opportunity to visit the farms and talk with the Kenyan farmers about how they handled their livestock was invaluable.”

Australia is currently FMD free, however, its ability to establish in countries like Indonesia means there is an ongoing risk, which would have devastating impacts on the agricultural industry.

The training course is held in an endemic country to give vets

typically from FMD-free countries a unique opportunity to apply on-farm biosecurity protocols and follow clinical and epidemiological procedures.

Participants gain valuable insights from speaking directly with farmers in areas where there are active outbreaks and test their knowledge through practical biosecurity exercises, sampling, packaging and lesion aging in a situational context.

Riverina Local Land Services District Veterinarian Lara Mitchell said she learned a lot from the experience.

“It was interesting seeing how agriculture and biosecurity is managed in other countries,

particularly those that are landlocked,” she said.

“It highlighted for me that Australia is doing a great job at maintaining biosecurity and helping our agricultural industry to remain free of things like FMD and lumpy skin disease.”

Local Land Services’ District Veterinarians play a key role in emergency animal disease management across NSW, working closely with landholders to identify and prevent the spread of disease to protect the agricultural industry.

Sixteen District Veterinarians have completed EuFMD training since 2014.

Photos supplied

QPRC - council meeting summary - 11 June 2025

QPRC

Here is the summary of the resolutions made at the Council meeting of 11 June 2025.

The archived recording of the meeting is now available at: <https://webcast.qprc.nsw.gov.au/archive/video25-0611.php>

- Council approved the Leave of Absence application submitted by Councillor Katrina Willis for the 9 July 2025 Council meeting
- Council is heard from a member of the public who made a presentation about the Palerang Communities Integrated Water Cycle Management (IWCN) Issues Paper 2025
- Council will enter into an MOU with Sindhiz Property Group to transfer part of QPRC land at 15A Morisset Street, and agrees to the sale, registration of easement and boundary adjustment, and authorises GM to execute sale contract

- Council deferred consideration of the draft Palerang Communities Integrated Water Cycle Management Issues Paper 2025 to enable a councillor workshop
- Council deferred consideration of funding of the needle and syringe disposal service at the Queanbeyan Pharmacy
- Following Local Government Remuneration Tribunal Annual Determination Report recommending 3% increase, Council resolved to apply a zero percent increase to 2025-26 Councillors and Mayoral fee. Council will continue to allocate 10% of Mayoral Fee to Deputy Mayor's Councillor Fee in recognition of additional duties
- Council accepted the proposed membership changes for the QPRC Access Committee to include one replacement member from EACH and one new member from Tirriwirri School

- Council endorsed the proposed model of engagement and Terms of Reference for the QPRC First Nations Network. The operation of the Network will be reviewed after 12 months with a report to Council.
- After public exhibition, Council adopted policies including Public Art, Bin Inspection and Contamination, Managing Unreasonable Conduct towards QPRC and its Employees, Liquid Trade Waste, Library Collections. Council deferred consideration of the Council-Related Development Application Conflict of Interest Policy. A post exhibition report for this policy will be presented to the 25 June meeting
- Council endorsed policies for public exhibition including Sustainable Design of Council Buildings, Tourism, Health, Safety, Environment and Quality (HSEQ) Management Systems,

- Open Burning, Operations Sustainability, Parking and Enforcement Priority
- Council received information report about the Braidwood Stormwater Program
- Council received information report about the Queanbeyan Sewage Treatment Plant Regional Solution with ICON Water and letter of response from Chief Minister of the ACT
- Council received information report about advocacy for Regional Digital Connectivity Program - Wamboin, Sutton and Bywong and letter of response from Minister Tara Moriarty
- Council received information report about Councillors workshop on 4 June including Permitted land uses in Regional Job Precinct West Jerrabomberra and deferred DA, Dunns Creek Road Stage 2, initial community submissions into Operational

- Plan, Strategic Policy Review
 - Council noted the minutes of the Braidwood Floodplain Risk Management Committee on 29 April 2025
 - Council will hold a workshop to develop an election advertising policy which establishes guidelines for candidates, political parties and residents about the use of electoral advertising, including placement of signage and enforcement
 - Council received delegate report from attendance at the SEATS meeting on 15 May 2025
 - Council received questions with notice about a textile recycling trial with answers to be provided at an upcoming meeting
- 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>

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Community News

Mass returns to St Peter and St Paul's, Hoskinstown

For the first time in many months Mass was celebrated at St Peter and Paul Catholic Church, Hoskinstown.

Mass was held on 1 June with 24 attending on a sunny but cool morning.

Mass was followed by a famous Hoskinstown morning tea which allowed Father Sijo, the new Parish Priest of St Mary's Bungendore to spend time getting to know the

congregation. Father was very interested to know something of the church's history and the improvements made by many community members over the years and the support of QPRC through its Heritage Funding program.

The next Mass will be held at 10.30 am Sunday 3 August.

Photo supplied



The Bureau of Meteorology issues winter long-range forecast

The Bureau of Meteorology recently issued its long-range forecast for winter 2025.

While winter is a time for cooler weather, the winter long-range forecast shows day and night temperatures are likely to be above average across Australia for this time of the year.

Winter rainfall is likely to be above average for interior and central parts of the country. For parts of Australia's tropical north, the south-east and the south-west, rainfall is expected to be in the typical winter range. Typical rainfall means there's a roughly equal possibility for these areas to receive above, below or near-average rainfall.

This includes parts of South Australia, Victoria and Tasmania that have been affected by prolonged dry conditions as well as parts of New South Wales recently impacted by severe flooding.

This winter forecast follows an autumn which was much wetter than average in the north and east of Australia, and much drier than average in many southern parts.

Australia's fire agencies advise there is an unseasonal increased risk of fire this winter across parts of South Australia

and Victoria.

The Bureau updates the long-range forecast each Thursday and you can search the latest details for your location on the Bureau's website.

New South Wales and the ACT

Winter rainfall is expected to be above average for much of the state and the ACT.

However, parts of the state's east are likely to have rainfall in the typical range.

Average winter rainfall in recent decades has been between 100 and 300 mm along most of eastern New South Wales, with higher falls in the alpine regions, while in western and central New South Wales winter averages are between 25 and 100 mm.

Warmer than usual winter maximum temperatures are likely across the state, and warmer than usual winter minimum temperatures are very likely.

Autumn Preliminary Summary

Autumn has been warmer than usual for most of Australia. Throughout much of the south and west, daytime temperatures were very much above average.

Victoria had its warmest autumn on record, New South Wales

had its second warmest, and South Australia and Western Australia had their third warmest autumn on record. Autumn has been drier than average across much of the country's south and west.

Slow-moving high pressure systems to the south of the continent are contributing to drier conditions in the south. This pattern has also enhanced coastal troughs off New South Wales and southern Queensland, contributing to the recent above average coastal rainfall in these states.

Conditions have been wetter than usual for much of the east and north, with rainfall very much above average in large parts of Queensland.

Tropical activity, including Tropical Cyclone Alfred and a low pressure trough over western Queensland, brought widespread rainfall and flooding during March and April.

Autumn rainfall was very much below average in large parts of the south-east and the west coast. In Tasmania, autumn rainfall was the second lowest on record.

To view the national summary for autumn and May head to <http://www.bom.gov.au>

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Awards spotlight excellence at Southern NSW Local Health District

Southern NSW Local Health District has honoured more than 100 staff members at its 2025 Excellence Awards, held at the Queanbeyan Performing Arts Centre.

Awards were presented across 21 categories recognising achievements in safety, innovation, sustainability, workplace culture, and patient care.

This year's nominations highlighted the dedication and professionalism of staff from across the district's diverse services and locations.

Southern NSW Local Health District's Chief Executive Margaret Bennett presented the Chief Executive's Award to the Clinical Products Procurement and the Nursing and Midwifery Leadership teams, in recognition of their outstanding contributions.

Chief Executive of the Southern NSW Local Health District, Margaret Bennett (top right) said, "Our staff bring warmth, skill and a deep sense of responsibility to their work. These awards are just one way we can celebrate the passion they bring to our services every day."

"We're incredibly proud of our staff. Their creativity, collaboration and care are shaping better health outcomes for our communities."

"I'm constantly inspired by the calibre of people we have working across Southern NSW Local Health District. Their work often goes unseen, but it never goes unnoticed. Thank you for everything you do."

Board Chair Elizabeth Hoskins presented the prestigious Board Chair Award to Southern's Research Office team for its significant impact on health research in the region.

District Director of Pharmacy, Alice McKellar, received the Dr Allan Hawke AC Outstanding Leadership Award, recognising her exemplary leadership and influence across the District. Ms McKellar's team was also recognised for its work improving

antimicrobial stewardship in rural settings through virtual clinical rounds, earning both the Keeping People Healthy Award and the ACI Rural Innovation Award.

Minister for Health, Ryan Park said, "To all the winners and nominees - thank you. You show us what it means to serve your community with heart and excellence. Your communities are lucky to have you."

"I want to thank all the finalists for their dedication to providing compassionate care."

"Whether it's frontline care or behind-the-scenes improvement, our health system relies on people who lead with integrity, think creatively, and act with purpose. These award winners embody all of that."

Member for Monaro, Steve Whan added "These awards recognise the vital role health professionals play in the public health system, through their professionalism, kindness and compassion. Congratulations to you all."

The full list of 2025 Excellence Award winners will be published on the SNSWLHD website.

2025 Award Winners

Individual Awards

Dr Allan Hawke AC Award for Outstanding Leadership
Winner: Alice McKellar, District Director of Pharmacy
Location: Goulburn

Care and Kindness Award
Winner: Clare Calo, Physiotherapist
Location: Queanbeyan

Commitment to Service Award
Winner: Victoria Holland, Associate Director People Services
Location: Queanbeyan

Collaborative Staff Member of the Year
Winner: Hayley Lewis, Safe Start Coordinator
Location: Bega Valley

Corporate Support Staff Member of the Year
Winner: Tracy Ryan, Manager

Workforce Systems and Analytics
Location: Goulburn

Volunteer of the Year
Winner: Darian Jirrup-Jirrup McLeod, Palliative Care Volunteer Service
Location: Eurobodalla

Emerging Leader Award
Winner: Fauve D'Souza, Senior Eating Disorder Clinician
Location: Queanbeyan

Elevate Award
Winner: Emily Guy, A/Manager Community Health and Integrated Care, Inland Network
Location: Queanbeyan

Team Awards

Board Chair Award
Winner: Research Office
Location: District-wide

Chief Executive's Award (Joint winners)
Winner: Nurse Unit Manager / Maternity Unit Manager Pathways 2024
Location: District-wide
Winner: DeliverEASE - Procurement Clinical Product Team
Location: District-wide

Transforming Patient Experience Award
Winner: SmartChain Traceability - Procurement Clinical Product Team
Location: District-wide

Closing the Gap Award
Winner: Physiotherapy, Coastal Network
Location: Eurobodalla and Bega Valley

Patient Safety Award
Winner: Queanbeyan Hospital in the Home (HITH)
Location: Queanbeyan

Excellence in the Provision of Mental Health Services
Winner: Mental Health Acute Access
Location: District-wide

Excellence in Multicultural Healthcare Award
Winner: Trauma Informed Care Overarching Project
Location: District-wide

People and Culture Award
Winner: Trauma Informed Paediatric Assessment Notes
Location: Cooma and Queanbeyan

Keeping People Healthy
Winner: Modernising Rural Healthcare: Virtual Antimicrobial Stewardship Rounding in Action
Location: District-wide

Delivering Integrated Care Award
Winner: LinkMyCare - COPD
Location: Inland Network

Health Research and Digital Innovation Award
Winner: Virtual Swallow Assessment Project
Location: Cooma and Queanbeyan

ACI Rural Innovation Award
Winner: Modernising Rural Healthcare: Virtual Antimicrobial Stewardship Rounding in Action
Location: District-wide

Photos supplied



Community News

Scouts, oyster farmers and Queanbeyan landcare join forces for tree planting event at Fernleigh Park

Queanbeyan Landcare

In a continuation of the 2022 Planting Trees for The Queen's Jubilee Program, Queanbeyan Landcare organised a planting event at Fernleigh Park on Sunday, May 25, 2025. The original program saw several hundred trees planted around the Fernleigh Park Community Hall. While most of these trees have survived, some were lost or damaged over time.

To address this, the 1st Jerrabomberra Scout group worked with locals from Fernleigh and members of Queanbeyan Landcare to not only replace the lost trees but also expand the planting area. The event was a resounding success, with over

100 new trees planted. The Scouts played a pivotal role, demonstrating dedication and teamwork throughout the day.

A unique aspect of this year's effort was the installation of old oyster pots as tree guards to ensure the young plants' survival. The pots were donated by a Tathra oyster farmer and transported and repurposed in collaboration with Local Land Services and other Landcare groups. It is hoped these long-lasting oyster pots will offer critical protection against browsing animals and enhance the survival rate of the new plantings, marking a significant step toward ensuring the longevity of the trees.

Photos supplied



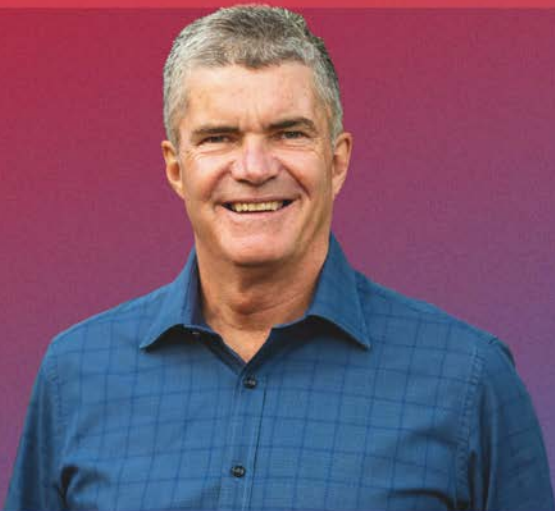
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Community News

Resilience, Reflection & Renewal

Bungendore-based artist Sarah Richards is set to launch her first solo exhibition, Resilience, Reflection & Renewal, at Rusten House Art Centre from 28 June to 19 July. Featuring twelve original artworks, the collection offers a creative exploration of the cycles of life—capturing moments of growth, pause, connection and transformation.

Sarah, a proud Ngiyampaa woman and founder of Marrawuy Journeys, began the project while planning designs for her 2026 calendar. Rather than reuse past pieces, she set herself the ambitious goal of creating twelve new works in just six months—each one thoughtfully aligned to a different point in the year.

“This is the first time I’ve created a full body of work in one concentrated period,” Sarah said. “Each piece was carefully considered—not only in terms of visual design and colour, but also in how it might resonate with people throughout the seasons.”

The resulting collection is rich in symbolism, with recurring elements such as footprints, ripples, trees, and abstract paths that speak to renewal, resilience and the interconnected nature of personal growth.

Creativity has always been central to Sarah’s life, with painting emerging as her preferred medium

from a young age. In 2018, her passion for art intersected with her background in business and strategy, leading to the creation of Marrawuy Journeys—a platform where creativity, culture and wellbeing meet.

As a CPA, Executive MBA graduate, 2015 ACT NAIDOC Artist of the Year and 2023 Canberra Indigenous Businesswoman of the Year, Sarah brings a unique blend of creative insight and strategic thinking to her work. Through vibrant colours and intricate detail, her paintings tell stories of healing and cultural connection.

Through Marrawuy Journeys—named after the red kangaroo in Ngiyampaa language, symbolising forward movement—Sarah blends visual art with facilitation and wellbeing-focused initiatives. What began as a creative enterprise focused on storytelling through art has grown into a broader offering—supporting organisations through professional services that build on that creative foundation.

Her client base spans the corporate, education, government and not-for-profit sectors—ranging from large organisations and universities to community-focused groups. Whether through corporate commissions, team-building workshops or strategic facilitation, Sarah’s work helps teams grow, connect, and lead with purpose.



The exhibition will open with a launch event on Saturday 28 June from 2-4pm. An Artist Talk is also scheduled for Saturday 12 July, offering visitors an opportunity to hear more about Sarah’s process and the stories behind the works.

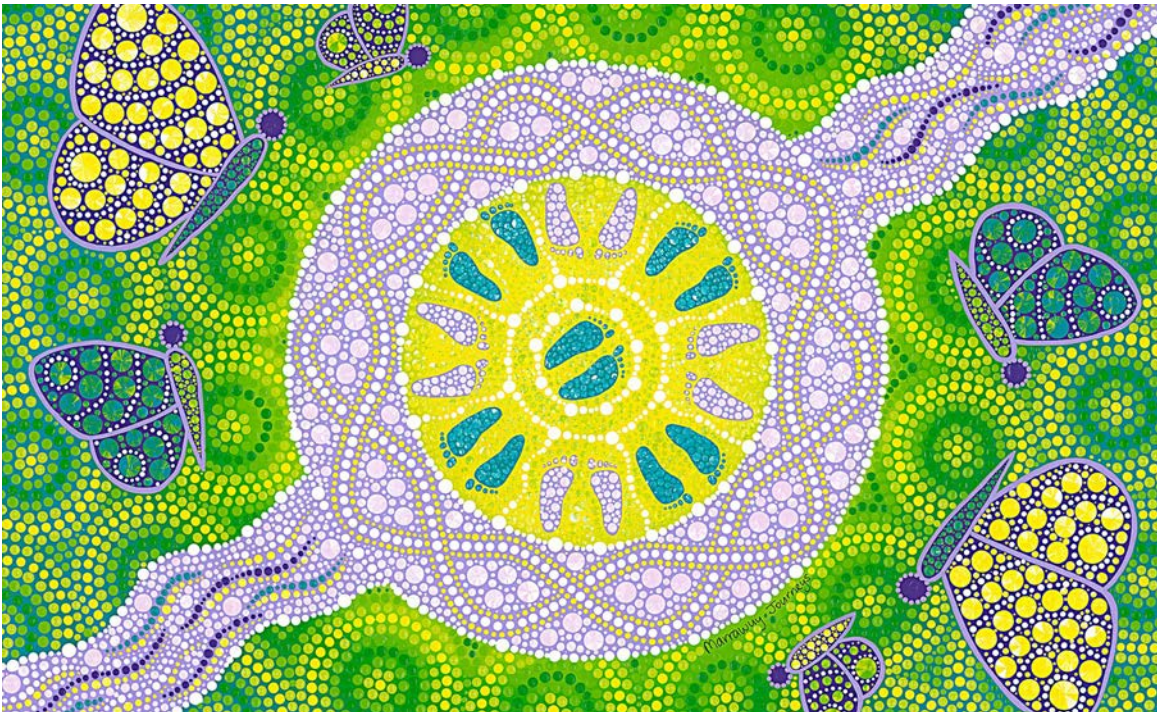
Sarah hopes the exhibition will encourage visitors to reflect

on their own journeys and the moments that shape them.

“Art has a way of opening conversations—about where we’ve been, where we are, and what’s next,” she said. “That’s what I hope people take away from this exhibition: a sense of connection, possibility, and renewal.”

Resilience, Reflection & Renewal will be on view at Rusten House Art Centre, 87 Collett Street, Queanbeyan, from 28 June to 19 July. The gallery is open Wednesday to Sunday, 10am-4pm

Photos supplied



Bungendore Seniors

THURSDAYS

Thursday 19 June
Thursday 3 July
Thursday 17 July
Thursday 31 July
Thursday 14 August
Thursday 28 August
Thursday 11 September
Thursday 25 September

FRIDAYS

Friday 27 June
Friday 11 July
Friday 25 July
Friday 8 August
Friday 22 August
Friday 5 September
Friday 19 September
Friday 3 October

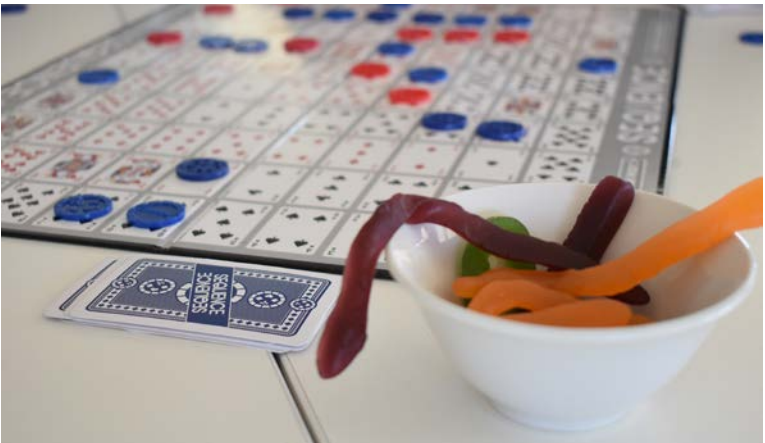
The Bungendore Seniors Association Incorporated welcomes anyone over the age of 55 to come along and join in.

Get Togethers

Our get togethers are weekly and we alternate between Thursdays and Fridays, so mark your calendar

and join us on a Thursday or a Friday or come along to both. Enjoy great conversation, a few laughs, some games and morning tea.

We meet at 10am at the Bungendore Sports Hub ammentities building (parking near the netball courts).



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

See right for dates.

Everyone’s welcome!

Seniors Chair Yoga

Chair Yoga: Tuesdays at the Bungendore Scout Hall.

Cost: \$13 per session for

members, \$18 for non-members.

All welcome to attend

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

Community News

Bungendore High School Buzz

Bungendore Hih School

It was on a delightfully cool and crisp morning that Stage 4 students joined QPRCs reconciliation walk from Marj Christian Park to the Sunken Gardens in Queanbeyan

Park. The walk was part of Reconciliation Week, a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in

Australia. We devoted our week in Crew to activities around reconciliation, specifically respect for different cultures and perspectives.

Our dynamic choral group made their presence felt at the Queanbeyan Choral Festival, performing Dreams and Hit the Road Jack. Their energy, teamwork, and polished vocals made them an absolute standout on the day. All the hard work and rehearsals truly paid off, with our students delivering a confident and engaging performance in front of a large audience. We're incredibly proud of their commitment and the way they represented our school with pride.

Meanwhile, the Dance Ensemble headed to the Southern Tablelands Dance Festival in Goulburn, performing their original piece Tribe across two shows. The routine focused on themes of teamwork, connection, and lifting each other up, and was performed with confidence and a strong stage presence. The students represented our school with pride at this regional celebration of



dance, delivering a polished and expressive performance that reflected their hard work and dedication. Photos supplied



Part of the team

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

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



Community Bank
Bungendore

Theileria in non-endemic areas: what cattle owners should know

Dr Lou Baskind, District Veterinarian

A diagnosis of Theileriosis this autumn in cattle in our region surprised me recently. While this tick-borne disease is endemic along the NSW coast, it remains rare in this area—this is the first confirmed case I’ve encountered here in years.

Theileriosis is caused by a blood parasite that lives in both red and white blood cells. It is transmitted by the bush tick (*Haemaphysalis longicornis*), which picks up the parasite while feeding on infected cattle and can pass it onto other animals. These ticks don’t just feed on cattle - they can also feed on kangaroos and deer, making them highly mobile disease vectors. This means the disease can transmit without direct cattle-to-cattle contact and is not limited by fences or roads.

Why did this happen this year?

Historically, cattle movements in our region have been fairly local, and our cold, dry winters have likely limited tick survival. Along the NSW coast, milder, more humid conditions allow the tick to survive year-round and spread the disease. However, changing climate conditions and more frequent cattle movements mean this risk is evolving. Cattle brought in from coastal areas may carry both the blood parasite and the tick that transmits it into our district.

What’s the risk?

Cattle from endemic areas often have the disease in a carrier

state—they may look healthy but can still infect bush ticks, which then spread the disease to naïve cattle. While carrier cattle are generally not sick themselves unless severely stressed, they may pose a risk to local herds that have never been exposed, if they arrive carrying the bush tick vector with them.

There are newer strains of *Theileria*—introduced to Australia around 2006—that cause more severe disease than previously seen. Clinical signs include lethargy, pale or yellow mucous membranes, laboured breathing, reduced appetite, reproductive failure, and in some cases, sudden death. There is no registered treatment or vaccine.

The number of ticks around usually relates to how bad the disease is. However, the bush tick only stays on the host for a few days before dropping off, so the number of ticks on the cattle doesn’t really give a clear idea of the total tick population. There could be more ticks in the environment that we don’t notice. While our tableland climate is less favourable to bush ticks—meaning a large-scale outbreak is unlikely—the cost of even a few sick or dead cattle is too high to ignore.

Prevention is far more effective and economical than dealing with the consequences.

Naïve cattle in the third trimester of pregnancy and young calves are particularly at risk, as their immune systems are either under strain or not yet fully developed. These



animals are more likely to develop severe clinical signs if exposed.

Most producers are aware of the risk of moving naïve cattle into endemic areas. But fewer realise the danger of moving carrier cattle into non-endemic areas like ours. While there’s no legal obligation, being mindful of the potential to spread disease and ticks helps safeguard the broader farming community.

What can you do?

- Consider the source of bought in cattle: are they coming from the *Theileria* endemic zone?
- Time introductions wisely: If you must bring cattle from endemic areas, consider doing so during the cooler months when tick activity is naturally lower.
- Use effective tick control: Treat introduced cattle with a product that kills bush ticks within 24-48 hours. Ideally, treatment should be administered before transport, but if that isn’t possible, do it immediately upon arrival.
 - Note that not all tick treatments—particularly pour-on and injectable formulations—are registered for managing bush tick. It’s worth seeking veterinary advice about appropriate products, including potential off-label use and its implications.
- Monitor stock closely: Especially around calving or during stressful periods such as transport.

Theileria can cause disease in vulnerable animals even if they’ve been carriers for some time.

- Even if cattle are not showing clinical signs, your veterinarian can test a small number of animals in the herd to determine whether they are naïve or already in a carrier state. This can help inform your biosecurity management plan for the farm.

If you suspect *Theileria* or want to discuss your herd’s risk, contact your Local Land Services District Vet on 1300 795 299.

Above: Bush Tick. Photo Kim Hyun-Tae

Are you managing animals in dry conditions?

Dry times and drought are impacting on farms, families and regional communities in parts of the South East region and with winter often comes a winter feed gap. Local Land Services and NSW Department of Primary Industries have a range of resources and information to support you during dry times.

For practical information for on-farm management of drought, our Managing drought, fire and flood guide contains a wealth of

information from looking after your animals to managing your pastures. <https://bit.ly/4mUsp9f>

Want to know more about feeding stock in dry times? Watch our Dry Times webinar series to learn more about feeding requirement and management of livestock through dry times. <https://bit.ly/3FNINJh>

The Drought and Supplementary Feed Calculator can help you calculate your animal’s feed requirements and develop an appropriate ration.

Are you considering confinement feeding? Read our comprehensive Guide to confinement feeding sheep and cattle in NSW <https://bit.ly/4jGWOik> or watch our confinement feeding principles video series

Selling or agisting stock? Are your animals fit to load? Brush up on the guidelines around animal welfare in transport and know your responsibilities. <http://tiny.cc/v7km001>

How are you doing? During times

of adversity it is important to take care of your wellbeing and seek help if you need it. Support is available from mental health to financial counselling. Find a list of available services on the NSW Drought Hub

More information and support is available at the NSW Drought Hub www.Droughthub.nsw.gov.au. And as always, for tailored drought support and advice, call your local LLS office on 1300 795 299.

Photo supplied



Protecting our landscapes - Pest animal management update

As part of South East Local Land Services continued effort to manage pest animal population, recent aerial shooting operations have been carried out across 222,000ha of consenting land, with further programs planned.

Aerial control is effective in achieving a fast knockdown of pest animal populations; however, it is really important that landholders keep the momentum going. Follow-up control such as ground shooting, baiting and trapping is essential to prevent populations from bouncing back.

By managing pest animals responsibly, you are helping to protect the health of your local environment, the viability of your farms, and the safety of your communities.

Total pest animals controlled

- Feral deer - 2,874
- Feral pigs - 1,136
- Feral goats - 1,461
- Other pest animals - 216

Want to get involved or need support with follow-up control? Contact us today to discuss how Local Land Services can assist you on 1300 795 299.

Australian native bees

Anne Johnston

When the term pollinator is mentioned, people think of European honeybees. But Australia is home to many native bees that work away tirelessly to help pollinate our flora, not to mention our orchards and crops. There are some small things you can do to encourage them onto your land and pollinate your plants.

One important thing about native bees is that they are closely tied to their environment's health. Three basic needs must be met: food, safe nesting sites and protection from pesticides.

To support native bees on your property, protect patches of native vegetation from the impacts of livestock, plant a diversity of flowering native shrubs, plant fallow fields, cover crops, or road edges. Starting a native revegetation project on your property around waterways will also enhance your property as a food source for bees. This is because bees are drawn to areas with abundant nectar, so planting dense local native species that flower throughout the year will keep them coming back.

A safe habitat comes down to understanding that native bees nest differently to honeybees. Depending on the type of native bee, you will not see the typical hive associated with the honeybee. Native bees can be found as wood nesting or ground nesting. Knowing that native bees look for different habitats, pay close attention to the trees and ground cover near flowering plants and waterways. They can also tunnel into bare ground near waterways or find shelter in dead wood and hollow logs. If you notice native bees, take a picture of them and post it on citizen science apps like iNaturalist. Experts will help identify the type of bee and its nesting habit. Look at the image, would you be able to spot this native beehive on your land?

Protection from pesticides is vital for supporting healthy bee populations on your property. Most bees are at risk when pesticides are sprayed on flowering crops.



Be mindful of their habitat and blooming period, if you do need to spray, aim for early in the morning or late afternoon when bees are less active.

It is important to pay close attention to your land and the practices you undertake as it will greatly impact the pollination of your plants and crops. The next time you are walking around your

property, take note of bee activity and consider: what you are doing to encourage pollinators in your area?

To learn more about native bees and how to promote them on your property, follow the link to the LLS Native Bee Factsheet <https://bit.ly/4dTQIQR>

Photo of a Native Hive by Ryan Cope

Weed to Watch - Spanish heath (Erica lusitanica)

Alicia Kaylock

Originally from Europe, Spanish heath is a highly invasive woody weed that seeds prolifically. In heath and woodland ecosystems, it can outcompete native species reducing biodiversity and habitat values.

What does it look like?

Spanish heath is an erect, woody shrub usually growing to around 1 - 2m tall although it can grow larger in ideal conditions. From autumn to spring produces masses of small, white-pinkish bell-shaped flowers approx. 5mm in length.

How does it spread?

Each Spanish heath plant can produce millions of very fine dust-like seeds. This seed is readily transported by vehicles and machinery allowing Spanish heath to spread along roadways from where it can invade adjoining bushland or farmland.

Where should you look for it?

Places you might find Spanish heath on your property include disturbed areas, roads, tracks and other areas where machinery or vehicles have come onto your property.

What should you do if you find it?

It is important to identify Spanish heath correctly as some of our native heaths can look similar. If you think you have found this plant, call your local council biosecurity weeds officer or your nearest South East Local Land Services office.

More information about Spanish heath can be found on the NSW Weedwise website - <https://bit.ly/3Hwslwg>

Photo supplied of a Kaylock Spanish Heath



Don't let pigs hog the food - act now!

As temperatures drop and dry conditions persist across parts of the region, feral pig activity is expected to increase. With less feed available, pigs are more likely to seek out grain trails and livestock feeders – competing directly with stock for food.

We are urging landholders to take proactive steps to manage feral pig populations, particularly in the lead-up to lambing season.

Where appropriate, landholders are encouraged to use control methods such as baiting and trapping. Coordinated planning with neighbours will help ensure the best results.

This is the ideal time to act. Cooler weather means feral pigs are hungrier, and with dry conditions

across some of our region reducing natural food sources, they're more likely to take grain – making baiting and trapping much more effective.

We offer landholders access to expert advice, coordination support, and resources to assist with trapping and baiting programs.

Effective feral pig control doesn't happen in isolation. Planning and coordination between neighbours and our team is essential to reduce populations and protect crops and livestock.

For support or to discuss a control plan, contact your Local Land Services' biosecurity officer on 1300 795 299.

20 June 12 pm - 4 pm Feral Pig Workshop - Gundaroo

Join us for an informative workshop on managing feral pigs on your property. The day will include demonstrations on using cameras, various trapping systems and free feeding methods to help you implement these strategies effectively.



14 July 9 am - 12 pm Vertebrate Pest Induction Training - Braidwood

Upon completion of the VPIT training, participants will be accredited to use 1080, PAPP, RHDV and pindone products for 5 years to manage vertebrate pest species.



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



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Community News

Crafters' Co-Operative Kept Warm this Winter Under a Mountain of Yarn and Craft Projects!

Members of the Bungendore Crafters' Co-Operative have been busily making 'tree jumpers', scarves and pom poms for the Bungendore Yarn Bombing Event in collaboration with other wonderful local community groups and QPRC. Members worked tirelessly throughout the week installing the creations so kindly donated by various members of the community, which now adorn the trunks and branches of five of the trees lining Ellendon Street. One clever crafter even repurposed doilies generously donated by Phil's Op Shop Emporium for the Co-Op's Nursery Rhyme-Themed tree, sewing hand-made characters to the doilies. You may recognise Humpty Dumpty, the Twinkle Twinkle Little Stars, Goldilocks and the Three Bears and the Hickory Dickory Dock clock and mouse covering the trunk of the Nursery Rhyme Tree, as well as a sneaky frog prince hiding in the branches above. The Co-Op's other trees individually themed and decorated for the

event include a Crafters' Co-Op 'Chicken Tree' with chickens roosting amongst the branches and eggs wrapping around the trunk of the tree, an Unlimited Potential purple tree with a winding monstera vine, a rainbow tree with bright and colourful squares sewn into an eye-catching tree scarf and a breast care awareness tree featuring information from Bosom Buddies and the Breast Cancer Network Australia. The group has received overwhelmingly positive feedback regarding their trees and the project overall and have already been able to experience the fun and colourful boost the project is bringing to the craft group as well as the wider community. The crafting continued as crafters of the Co-Op gathered after the installation event on Thursday evening for their regular fortnightly BYO craft project night. They were able to work as a team to finish sewing tree jumpers and also worked on their individual craft projects, including an embroidered tote bag, lino cutting, knitting and

crocheting even more boobs to adorn the breast care awareness tree, which pay homage to the prosthetic breasts donated to the Knitted Knockers organisation. 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 26th June from 6-8pm and our next workshop, Sewing 101, Embroidered Photos and Journal Binding/Drawing for Mindfulness will be held in the coming months. All events will be held at Bungendore Learning Hub: 55 Gibraltar Street, Bungendore. Contact Thalia on 0412 884 120 or follow the Bungendore Crafters' Co-Operative on Facebook for more information. Happy crafting! Photos supplied by the first time for



Peak body 'reluctantly' supports delay to new Aged Care Act

The Older Persons Advocacy Network (OPAN) reluctantly supports today's announcement of a four-month delay to the commencement of the new rights-based Aged Care Act. Overall, it is the right decision for older people. "Until now, OPAN has been steadfast in its call for the Act to be implemented, as promised, on 1 July 2025, because older people can't get the aged care they need without it," OPAN CEO Craig Gear OAM said. "However, over the past weeks, it has become increasingly apparent that, while the macro design of the reform is solid, older people don't have the necessary information to make informed choices at an individual level, particularly around the new Support at Home program. "We are also concerned that the appropriate systems aren't yet in place to ensure continuity of care and services for older people during the transition. "It is for

these reasons, OPAN reluctantly supports the delay announced by the Minister for Health and Ageing and the Minister for Disability and the NDIS Mark Butler and the Minister for Aged Care and Seniors Sam Rae today," Mr Gear said. OPAN called for the release of a minimum 20,000 additional home care packages during the four-month delay to reduce the current 83,000 people waiting up to 11 months to receive the appropriate level of home care. "Inadequate in-home care support pushes older people prematurely into residential aged care," Mr Gear said. OPAN and COTA last week wrote to government to jointly raise their concerns. Mr Gear said the additional time must be used to fast-track the rights-based legislation, which will:

- deliver faster services
- give older people more choice and control over their aged care

- provide stronger protections
- manage complaints in an easier and more respectful manner
- have significant consequences for providers who do the wrong thing.

"This is not the time to take our foot off the pedal. Older people have been waiting years for an Act that enshrines their rights in legislation. This delay risks pushing out the timeline for them to receive more timely and rights focused aged care," Mr Gear said. "We need to use this four-month window to urgently address outstanding issues, which include accessible hardship provisions for those with limited means, and roadblocks in the single assessment system which are exacerbating waiting times for in-home aged care. "Older people must also be provided with the level of detail they need to make informed choices and give their informed consent."

Comments now open for the Bush Fire Risk Plan: Queanbeyan-Palerang

The Lake George Bush Fire Management Committee is seeking feedback on the Lake George Draft Bush Fire Risk Management Plan

What's this about?

The Lake George Bush Fire Management Committee is seeking feedback on a draft bush fire risk management plan (BFRMP) for the Queanbeyan-Palerang region.

A BFRMP is a document that identifies:

- bush fire risk to communities
- ways of reducing the impact of fires across an area to keep people safe and protect the things we value.

The Lake George Bush Fire Management Committee is made up of fire agencies, land managers and other stakeholders. They have been working hard to find ways to reduce the impact of fires in the Queanbeyan-Palerang

Regional Council area - protecting lives, homes, businesses, the environment, cultural values and other assets in this area.

Your feedback is important. By planning together, we will help shape the bush fire risk management plan for this area for the next 5 years.

Have your say

Have your say by 5pm Monday 30 June 2025.

There are 3 ways to submit your feedback.

- Online
- <https://www.nsw.gov.au/have-your-say/bush-fire-risk-plan-queanbeyan-palerang>
- Email: queanbeyan.fcc@rfs.nsw.gov.au
- Post: Address: C/- Executive Officer, Lake George BFMC, NSW Rural Fire Service District Office, PO Box 2234, Queanbeyan, NSW, 2620

Reform delay backed, but home care action need now

National Seniors Australia

NSA supports the aged care reform delay to get it right but calls for urgent action to fix home care now.

National Seniors Australia (NSA) supports the government’s decision to delay implementation of the new Aged Care Act to 1 November 2025 but calls for the immediate release of additional home care packages to ease home care wait times.

NSA chief executive officer, Chris Grice, said while the peak consumer body supports a delay

to the aged care reforms to ensure providers are ready and consumers are informed, the 83,000 people waiting for a Home Care Package can’t be forgotten.

“NSA supports additional time to ensure a smooth transition to the changes, but we are running out of time for vulnerable Australians desperately waiting for support at home,” Mr Grice said.

“National Seniors Australia is calling for an immediate increase in the number of Home Care Packages to reduce the wait list to approximately 25,000 people by 1

January 2026.

“We keep hearing about the delivery of ‘once in a generation reforms that put older Australians at the centre of their care.’ They are inspirational words, but they are meaningless for the 83,000 people living in the community waiting for care.”

While the wait list has steadily decreased since June 2019, wait times have shot up again since 2023, with almost 83,000 older Australians now waiting for a Home Care Package.

“The government’s response to the final report of the Royal Commission into Aged Care Quality and Safety in May 2021 assured us, “the respect for senior Australians is, and must be, a national priority”.

“This once-in-a-generation opportunity was reaffirmed by the current government with the same passion prior to the election,” Mr Grice said.

“Clearing the home care wait list was one of the many recommendations of the Aged Care Royal Commission, one

National Seniors Australia has always seen as a top priority for the Federal Government.

“The government’s delay of the reform start date is a practical move. Delivering more home care packages urgently is another.”

Support our campaign

Your support can help make a difference.

Become a member or donate to support our Aged care campaign.

www.nationalseniors.com.au

Maria’s Community Corner



Maria Porreca

Hope you’re all keeping warm. Winter has certainly arrived.

The last two weeks have been at a much slower pace for me. Which has been really nice.

On Sunday 1st June, from around 11.00am to 4.00pm Italians in Canberra, Queanbeyan and surrounding region celebrated the Festival of the Republic (Italian National Day), which is to commemorate Italy becoming a republic in 1946 as a result of a constitutional referendum on 2nd June.

The Italian Festa was held at

the Italian Multicultural Centre in Forrest to showcase everything Italian. The Italian Ambassador attended and welcomed us all to the festivities. On offer were food stalls with the traditional pasta, pizza and Italian sausage (and onion) in a roll and Italian donuts. You could sample chinotto and some of the best Italian wines at another stall and the sweet stall included delectable cannoli and other tantalising sweet morsels and of course a good cup of Italian coffee to have with them. Delizia Naturally also showcased her amazing soaps. For the children there was a jumping castle and face painting. There were a few Italian cars on display as well. Once again, we were entertained by the Viva Italia Band, Julia

Accordion and the Dante Alighieri Choir. This is the 14th year that the festival has taken place. What an amazing way to spend a Sunday, immersed in Italian food, culture and atmosphere.

Did you know that the Queanbeyan Senior Citizens are now offering exercise classes for seniors on Tuesday and Thursday morning at 9.30am at their centre at 1 Farrer Place. The wonderful Jordan will take you through the exercises that will help you with strength, balance and falls prevention. Cost is only \$10 per lesson. Pop in and try them out, you’ve got nothing to lose but a lot to gain.

If you have been intending to, but never got around to actually doing it, you still have time to



buy a paver in the Respite Care ‘paver appeal’. Individual pavers cost \$50 and a Business paver starts at \$150. You can have your name or business logo engraved on the paver. Apart from helping Respite Care with much needed funds buying a paver is

a permanent recognition of your support for years to come. It will be permanently installed in the outdoor area of the new building currently being constructed at 16 Agnes Avenue Queanbeyan. Contact Gillian on 0434 439 602.

Photo supplied

Queanbeyan
Veteran and Family Hub



Here for veterans and their families, every day



What’s on at the Hub



Mondays: Walking Photography -9.30am to 11.30am

Tuesdays: Invictus Yoga - 10am to 11am

Wednesdays: Brave Buddies Playgroup - 10am to 12pm

Thursdays: Catch up for a cuppa - 9am to 5pm

Fridays: Walk and Talk - 10am to 11am

Visit the Hub today

251 Crawford St, Queanbeyan

Open Monday to Friday
9am to 5pm

In partnership with







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Craft Evenings

Thursday 26th June
Thursday 10th July

55 Gibraltar Street
6-8pm

\$5+BYO craft project

Contact Thalia: 0412 884 120

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& 2 x 75mm brushes.

9316487176109



RRP^A \$14.45
OUR PRICE

\$11⁹⁵

Buy Right[®] 230mm Painters Pack
Includes tray, 230mm roller with frame,
230mm roller cover, masking tape, paint
brush, drop sheet & paint stirrer.

9316487176413



**MIGHTY REWARDS MEMBER EXCLUSIVE
GRAND OPENING OFFERS!
CHANCE TO WIN
WHEELBARROW FULL OF
PRODUCTS VALUED AT
OVER \$500***

One entry for every \$50 spent!



**TRIPLE
POINTS
ALL WEEKEND***

Products may vary to
those depicted

FUN FOR THE
WHOLE FAMILY

9AM-1PM

**KIDS DRESS UP
LIKE A TRADIE**

& RECEIVE A FREE MITRE 10
TRADIE-IN-TRAINING T-SHIRT†

†Limited stock



**FACE
PAINTING**



FREE!

**SAUSAGE
SIZZLE**

Sponsored by: Rotary Club

COFFEE VAN

FREE!

On sale Saturday 21 – Sunday 22 June 2025 at Bungendore Mitre 10 only, in-store floor stock only while stocks last, not available online. All prices include GST. No customer orders, rainchecks or laybys. All advertised goods are expected to be available for the duration of the promotion, but unforeseen circumstances may result in delay or unavailability. Personal shopping only. Cash or major credit cards only. ^ARRP (Recommended Retail Price) of an item is the price at which the manufacturer or wholesaler recommends that we sell that item and is not necessarily its price offered for sale in the market. ***MIGHTY REWARDS PROMOTION HOW TO ENTER:** To qualify for automatic entry, Mighty Rewards members with a valid email or contactable mobile spend \$50 or more in one transaction in-store during the Bungendore Mitre 10 Grand Opening Saturday 21 and Sunday 22 June 2025. Receive one entry per \$50 spent in any one transaction. Multiple entries allowed. Excludes Trade Account purchases. Winner drawn 12pm Thursday 26 June 2025 and notified by telephone. A redraw will take place if prize not claimed within 30 days. Mitre 10 staff and family are ineligible to enter. Prize not redeemable for cash and is not transferable. Must be a Mighty Rewards member to be eligible to enter. **+TRIPLE POINTS OFFER:** Triple Points offer only available in store at Bungendore Mitre 10 21-22/06/25. To earn triple points, customer must be a Mighty Rewards member and spend a minimum of \$50 in any one transaction and card must be scanned upon purchase. Excludes Gift Cards, Customer Orders, Project Pricing, Principal Kitchens, Click n Collect orders, and any purchases through Trade or Commercial Accounts. Bonus points will be cancelled or nullified if the product is returned and will expire 12 months after date of purchase. Personal shopping only, no laybys or customer orders. Cash or credit cards only. Mitre 10 reserves the right to correct any printing errors.

**114 MOLONGLO STREET, BUNGENDORE NSW 2621.
PH (02) 6238 1517.**

Community News

Queanbeyan Seniors 50+

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

Mondays

Chair Yoga - 9.30am Mat Yoga - 11.00amBookings 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 and THURSDAY EXERCISE CLASSES (falls prevention, balance, strengthening) Times - 9.30-10.30am at 1 Farrer Place, Queanbeyan -\$10 for members



Wednesdays

Mat Yoga - 9.30am

Chair Yoga - 11.00am With Louise... no bookings required at 1 Farrer Place, Queanbeyan

BYO Mat for yoga if you have one, some will be supplied.

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

Monday

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

Wednesdays

• Canasta - 10.00am -12.00noon Cost \$2.00

• Euchre - 1.00pm Cost \$3.00

• Mahjong - 1.00pm - 3.00pm Cost \$2.00Thursdays • 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 July15, 2025.

Riverside Plaza Stall

We will be in Riverside Plaza on Saturday 21st June 2025

Membership only \$10.00 per annum.

New members very welcome.

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



Queanbeyan Senior Citizens

LOOKING FORWARD TO SEEING YOU SOON AT ONE OF THESE ACTIVITIES

Photos supplied



World Elder Abuse Awareness Day

Seniors Rights Service

World Elder Abuse Awareness Day was held on 15 June. It is a chance to raise awareness of the many types of abuse that older people experience. Join us to stand against the abuse, mistreatment and neglect of older people in all its forms.

What is Elder Abuse?

Elder abuse is a reality in our homes and communities. The World Health Organisation (WHO) defines elder abuse as any single or repeated act or lack of action that causes harm or distress to an older person in a relationship where there's an expectation of trust.

Elder abuse is a serious problem in Australia and it needs our attention. The ABS population projections show that over the next 25 years the number of people over 65 will double to around 9 million Australians.

Key Facts

- 1 in 6 older Australians reported experiencing abuse in the previous 12 months
- Poor physical or psychological health and higher levels of isolation are more likely to lead to elder abuse
- Almost two thirds of older people don't seek help when they're abused (61%)
- Family and friends are the most common source of support for older people who experience abuse but they are also too often responsible for the abuse

• 14,541 reports to the Ageing and Disability Commission about older people, a 108% (two-fold) increase over five years

• The most common reported type of alleged abuse of older people to the Ageing and Disability Commission was psychological (39%), financial abuse (29%) and neglect (21%)

Types of Elder Abuse

There are many different ways that older people can be mistreated. The National Plan to Respond to the Abuse of Older Australians (2019-2023) lists five common forms of abuse:

- financial
- emotional/psychological
- physical
- sexual
- neglect

It's important to note that abuse can be a mix of these types, intentional or unintentional, one time or repeated and carried out by someone known to the older person like a family member, friend, professional or caregiver.

No older person should be subjected to any form of abuse.

If you are unsure about asking for help, remember, it is your right to feel safe. No person should be subjected to any form of abuse, mistreatment or neglect. Elder abuse is a form of violence and it is unacceptable.

If you or someone you know may be experiencing elder abuse, call our experienced team on 1800 424 079

Ageism

Ageism can include how we think (stereotypes), how we feel (prejudice), and how we act (discrimination) towards people based on their age. Ageism may be more prevalent and socially accepted than sexism and racism, yet the least understood. Ageism is not harmless and its existence contributes to the prevalence of abuse of older people. Ageism has serious and wide ranging consequences for our health and wellbeing. It can lead to poorer physical and mental health, increased social isolation and loneliness, financial insecurity, decreased quality of life and even premature death.

Signs of elder abuse may include:

- malnutrition and dehydration

- poor personal hygiene or dirty clothes
- untreated medical problems
- fear, depression or low mood, confusion, feeling of helplessness
- unexplained and frequent injuries such as black eyes and broken bones
- unexplained sexually transmitted infections
- missing belongings
- not having money for basics (food, clothing, transport and bills)

In Australia, the reporting of elder abuse is increasing. The Royal Commission into Aged Care Quality and Safety found serious issues in residential aged care. But abuse also happens outside

of institutional settings, as shown in the National Elder Abuse Prevalence Study released in December 2021 by the Australian Institute of Family Studies.

If you or someone you know may be experiencing elder abuse, call our experienced team on 1800 424 079

More Resources

<https://ageingdisabilitycommission.nsw.gov.au/tools-and-resources/for-the-community.html>

<https://seniorsrightsservice.org.au/information/elder-abuse/>

<https://humanrights.gov.au/elderabuse>

<https://eaaa.org.au/>

<https://www.compass.info/>

Image: Shutterstock



Community News

Lions Club of Bungendore celebrates new committee and prestigious award

The Lions Club of Bungendore recently held its annual Changeover Lunch at Café Woodworks, marking the handover of committee roles and celebrating the



many achievements of the past year. The event was well attended, with over 40 members and guests enjoying a friendly afternoon. One of the highlights of the day was the presentation of the prestigious Melvin Jones Fellowship Award to member Sonja Simmons. This is the highest honour bestowed by Lions Clubs International Foundation, recognising individuals who have demonstrated outstanding commitment to humanitarian service and made a meaningful difference in their communities.

District Governor Ann Reed inducted new member Dr Monica Srivastava, sponsored by Maddie Trute, while outgoing President Laura Fulton presented a community award to Kerry McInnis for her work judging the Peace Poster competition. Lion of the Year was awarded to Dr Col Raison, with appreciation awards presented to Melissa Lane (absent), Kathleen Maher, and Helen Wilson. Rising Star Awards went to newest members Tania Wilson (absent), Maddie Trute and Della Trute.

The incoming Board for 2025/26 was also announced:
President: Dr Col Raison
Vice Presidents: Della Trute (VP1 and Secretary), Helen Wilson (VP2)
Treasurer: Kathleen Maher
Membership: Melissa Lane
Service: Sonja Simmons

Marketing: Maddie Trute
Directors: Deborah Olde and Tania Wilson
Congratulations to all members on another successful year of service, and especially to Sonja for her well-deserved recognition.
Photos supplied



BUNGENDORE BOWLING & SPORTS CLUB

PROUDLY PRESENTS

WINTER SOLSTICE

2025

LIVE ENTERTAINMENT FROM 3PM

CoverArt | 3 - 5PM

Prosperous Mountain Dragon & Lion Dance

BREWN | 6 - 10PM

FOOD & BEVERAGE supported by:

Bungendore Bowling & Sports Club

Lions Club of Bungendore & Districts

Rotary Club of Bungendore

Bungendore Netball Club

Bungendore Mudchooks

Mellabella Gelato

Coffee by K

RAFFLE PRIZES TO BE WON

SATURDAY 21 JUNE, 2025

3PM - LATE

BUNGENDORE BOWLING & SPORTS CLUB

20 Turallo Terrace Bungendore NSW 2621

WAMBOIN

MID-WINTER BALL

40 YEARS SINCE THE FIRES

JULY | 19 | 2025

5:30 - 11PM

TICKETS \$90 PER HEAD

TO PURCHASE TICKETS EMAIL

WAMBOINBALLTICKETS@GMAIL.COM

WAMBOIN HALL, 112 BINGLEY WAY

CHAMPAGNE ON ARRIVAL

3 COURSE DINNER

MUSIC BY SOUL PLUMBERS

LUCKY DOOR PRIZE

BYO DRINKS WITH

PRIZE FOR BEST DRESSED BASED ON THE THEME '40 YEARS SINCE THE FIRES'

DRESS: SEMI-FORMAL / COCKTAIL

DON'T FORGET TO BRING CASH ON THE NIGHT TO PURCHASE RAFFLE TICKETS FOR SOME AMAZING PRIZES KINDLY DONATED FROM LOCAL BUSINESSES. WITH ALL PROCEEDS GOING TO THE CHARITY 'THE ROYAL FLYING DOCTOR SERVICE'.

Proudly Supporting

Royal Flying Doctor Service

CWA of NSW activates Disaster Relief Fund for flood and drought affected communities across the state

The Country Women’s Association (CWA) of NSW recently announced the activation of its Disaster Relief Fund to support communities across the state facing the impacts of both devastating floods and ongoing drought conditions.

Up to \$500,000 has been initially earmarked for flood recovery efforts, and up to \$250,000 has been allocated to support those affected by drought, with both streams of support reflecting the unique needs and scale of the impact in each part of the state.

In areas affected by recent severe flooding, particularly on the Mid North Coast and in the Hunter region, CWA of NSW assistance will be delivered through local CWA branches, enabling timely, community-led distribution of essential support such as vouchers and goods.

In drought-affected areas, particularly in the South West

and Western regions of NSW, where many farmers are heading into a long and difficult winter, individual financial assistance will be available to eligible primary producers, continuing the CWA of NSW’s well-established model of direct drought aid.

“We know that the needs of communities impacted by disaster aren’t one-size-fits-all,” said CWA of NSW State President Tanya Jolly.

“Our approach ensures that support is practical, local, and gets to those who need it most. Whether that’s through our trusted branches during flood recovery, or directly to primary producers in drought-affected regions.”

The CWA of NSW has a strong track record in distributing drought assistance efficiently and fairly, with applications assessed using the NSW DPI Combined Drought Indicator Map. While the flood recovery effort will require a



longer-term, whole-of-community response, the association is using its local networks to provide immediate support wherever possible.

“We are doing the best we can with the resources we have, and we can assure the public that every dollar donated to our Disaster Relief Fund goes directly to helping people in need,” Tanya said.

“Whether it’s getting basics to flood-impacted households or easing the burden on farming families battling drought, the CWA

of NSW is always practical in its approach and here to help as much as we are able.”

The CWA of NSW is also calling on the broader community, businesses, and philanthropic partners to donate to the Disaster Relief Fund to help increase the reach and impact of this vital assistance.

To donate, visit: www.cwaofnsw.org.au/donate. To apply for drought relief go to: www.cwaofnsw.org.au/Web/Web/About/Drought-Aid

Bungendore CWA

Bungendore CWA Rooms were a buzz last Saturday morning with their Mega Yarn Sale & Devonshire Tea. Lesley and Bev’s scones were amazing!

Fabulous knitted goods were made and sold along with the tickets in the quilt raffle. All to support CWA’s Disaster Relief Fund. Over \$2,500 was raised for the fund!

Huge congratulations to all the volunteers who assisted in making the morning such a huge success



First national stocktake of Australia’s food stystem reveals hiden costs and big opportunities

A new report shines a light on the complex challenges and opportunities facing Australia’s \$800 billion food system.

CSIRO, Australia’s national science agency, has completed the first-ever national stocktake of our \$800 billion food system, which feeds around 100 million people - including 27 million Australians - with food produced by 100,000 farmers.

Recently released as part of the Food System Horizons initiative, the report urged a new approach to managing and reporting on our food system to make it more resilient to the challenges faced by farmers, to deliver healthy food for all, and to meet critical sustainability challenges.

The report also revealed the hidden costs of Australia’s food system could be as high as \$274 billion - primarily environmental and health impacts - the highest hidden costs per capita in the world.

As the first national stocktake to deepen our understanding of Australia’s complex food system, the report highlights strengths and identifies practical strategies for improvement.

CSIRO Agriculture and Food Director Dr Michael Robertson said knowing and understanding the state of our food system through regular reporting is the critical first step in dealing with the complex challenges and opportunities facing Australia’s food system.

“Our food system is more than just producing and exporting commodities - it’s also about providing equitable access to safe, nutritious and healthy food, produced sustainably for all Australians,” Dr Robertson said.

“We have an intergenerational responsibility to pursue these goals vigorously,” he said.

“This national stocktake provides an evidence base to guide our actions as social, cultural, environmental, and economic priorities shift.

“While Australia’s wider food system is an economic and production success, generating more than \$800 billion annually and providing significant employment particularly in regional areas, the intersection of our food system with other critical goals calls for a more comprehensive way to evaluate its performance.”

Australia’s food system includes a range of factors from production to distribution and consumption of food and food ingredients, nutrition and health, alongside the natural and social systems that support it.

CSIRO Sustainability Research Director Larelle McMillan says food policy in Australia is currently fragmented across portfolios as diverse as agriculture, environment, industry, social services, health, transport and urban planning.

“We need to move from analysing specific parts of the food system, to



establishing coordinated reporting for important food system attributes and interactions, thus enabling connected up action for a national food system that serves all,” Ms McMillan said.

The report identified three key steps to guide a systems-based approach for transformation:

- 1. Recognising the food system as an integrated whole, moving beyond a fragmented, sector-based view
- 2. Navigating responsibility across government, industry, and communities to ensure shared

accountability for sustainability, nutrition, and equity goals

- 3. Enabling interactions across disconnected parts of the system, from farming and nutrition to policy and innovation.

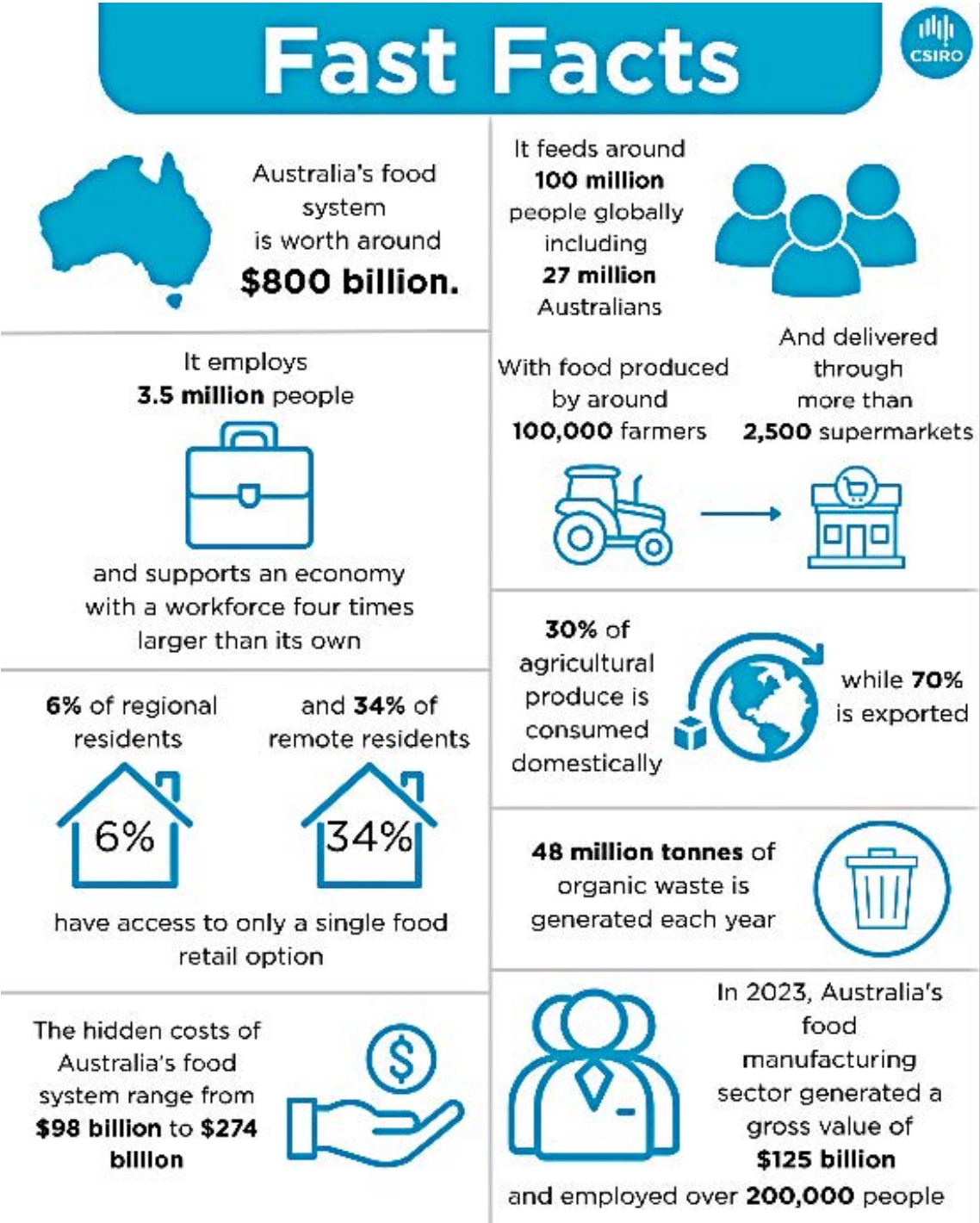
Ms McMillan said a reporting system would offer valuable insights into where the food system is falling short - for example, almost a third of Australian households experience moderate or severe food insecurity each year - and where it’s failing to meet the needs of all Australians.

“This can be used as a focal point to

bring together a greater diversity of voice and vision to identify pathways to sustainable, healthy and affordable food for all Australians,” she said.

Towards a state of the food system report for Australia has been produced by the Food System Horizons initiative, a collaboration between CSIRO and The University of Queensland.

Above: Our food is produced by around 100,000 farmers and delivered through more than 2500 supermarkets. (Photo by nrd on Unsplash) © Photo by nrd on Unsplash



Become part of the future of ACT Fire & Rescue

ACT Fire & Rescue (ACTF&R) is recruiting for new firefighters to join their ranks and help serve the Canberra community.

To help decide if being a firefighter is the right fit, ACTF&R will be holding several information sessions and come & try days, where people can get an insight into what a career in firefighting really looks like.

Applications to join ACTF&R open 2 June 2025 and close 29 June 2025.

Minister for Police, Fire and Emergency Services, Dr Marisa Paterson, is excited to see what the future holds for ACTF&R. “As Minister I have always been proud of our firefighters whose courage and professionalism not only help protect our community but make it a better place. That is why it is essential that we recruit individuals who will ensure that ACTF&R continues to do this important work.

“As we recruit for the future of ACTF&R I hope that dedicated and diverse candidates will consider firefighting as a career. If you are not sure if firefighting is right for you, attend an information session or a come and try day to learn about what the job entails.

“Our firefighters are the future of our community’s safety, and I look forward to seeing the unique strengths and perspectives new recruits will bring to the service.”

ACTF&R A/g Chief Officer Gregory Mason, said, “I have seen first-hand that a career as a firefighter with ACTF&R is a hard yet rewarding job that offers numerous pathways for growth and development. You get to work in different areas of firefighting, HAZMAT response and rescue, all whilst lending a helping hand to our community.

“If a career as a firefighter is something that interests you, please apply. We want people of all backgrounds, who are community-minded and fit individuals to join the ranks of ACTF&R.

PHOTO OF THE WEEK



Celebrating World Knit Day

PET OF THE WEEK



Name: Lettie
Age: 8 months old
Likes: cuddles, a warm bed and his mum
Dislikes: so far not much
Claim to Fame: the best at hid and seek, one show at a time

Letter

A key tributary to Lake George is being polluted. An incinerator will make things worse

Dear Editor,

I am writing to express my grave concerns regarding Veolia's acknowledgment in the Tarago Times that Allianoyonyiga Creek, a tributary of Lake George, has been polluted and is now unsuitable for consumption by livestock – potentially due to leachate from tailings dams or their own landfilling practices. Both matters are Veolia's responsibility.

I farm on the shores of the Lake, and like many locals, rely on its groundwater. This alarming situation highlights the urgent need for greater accountability by Veolia and better environmental stewardship at Woodlawn. It further calls into question Veolia's plans for a huge waste incinerator at Woodlawn, about which concerned readers should make a submission to the EPA, as described below.

The incinerator would burn Sydney's waste, concentrating chemical hazards in the ash residue, while also releasing harmful emissions into the air, posing a direct threat to the health of Tarago and Bungendore residents and the surrounding ecosystem. The fact that 660 residents have already objected to this incinerator underscores the widespread opposition to this plan – a development application that the NSW Government must scrutinise with the utmost care before making any decision.

Veolia further alerted us in the Tarago Times to a draft "NSW Waste and Circular

Infrastructure Plan" by the EPA which assumes the presence of the incinerator in the future. This prejudices and trivialises the planning process and disregards the voices of the local community, whose livelihoods and health are at stake.

I encourage all concerned residents to make a submission to the EPA via its website or wasteinfrastructureplan@epa.nsw.gov.au before 25 June 2025, asking it to remove the Woodlawn incinerator from its plan pending the development application.

In your submission, you may wish to highlight that Veolia's approach is not only environmentally reckless but also undermines the very purpose of the NSW EPA's waste levy. This levy was designed to encourage waste reduction and recycling, yet Veolia's pursuit of incineration appears to exploit a loophole in the system. Burning waste to evade the levy is counterproductive and represents a lazy and harmful approach to waste management.

We should urge the NSW EPA to amend the levy to close this loophole. The EPA should levy the INPUT to any incinerator, and not the ash output. Such a change would make incineration economically unviable, thereby encouraging recycling and waste reduction, ensuring the intent of the waste levy is upheld in practice.

Together, we can safeguard our air, as well as water in the creeks, Lake George and its aquifer

Luke Osborne,
"Ellendon", Bungendore.

CAPTAIN BUNgEndORE

JAC

I ENJOY SUNNY WINTER dAYs.

I dON'T mIND COld, FRoSty mORNINGs.

I dEFINITELY dO NOT LIkE gReY WINTER dAYs WITH BITTER, Icy dRIVING WIND.

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

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LIONS CLUB
QUEANBEYAN

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, MAGAZINES, GAMES, JIGSAWS, CRAFT

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

Queanbeyan-Palerang Regional Council

FOR YOUR INFORMATION



Book a Kerbside Clean Up online

Use our online booking system for your next kerbside clean up.

The program is available in urban areas of Braidwood, Bungendore, Captains Flat and Queanbeyan which have a three-bin kerbside collection service.

- Learn more about accepted items, eligibility and book at qprc.nsw.gov.au/kerbside-cleanup

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

Community Meeting Araluen

On Sunday 13 July, we will be meeting with the Araluen community at the Araluen Federal Hall, Sunday 13 July from 2-4pm. If you're an Araluen local, come along and meet with Councillors and senior Council staff.

- Araluen Federal Hall
Sunday 13 July
2-4pm

My Community Diary and Directory

Are you hosting an event? Or looking for what is on in Queanbeyan-Palerang? The Community Diary is a centralised website where event organisers can add and manage their own community events, and where you can find out about what is happening in your area.

The Community Directory can also be used by any health and community organisation that provide services and activities with a community benefit.

- To register to use the directory or diary, go to mycommunitydirectory.com.au/Register
- To list an event, go to mycommunitydirectory.com.au/Resources/CreateEvent

Library Lockers

We have Library Lockers in Queanbeyan and Bungendore. If you can't make it to the library during opening hours, you can reserve your items and select to collect them from a locker.

The Queanbeyan locker is in the basement of the Nellie Hamilton Centre at 257 Crawford Street and the Bungendore locker is at the changerooms at Mick Sherd Oval.

- Find out more at www.library.qprc.nsw.gov.au/library-locker



Abandoned vehicle for tender

We are seeking tenders for a Nissan Navara ute, sight unseen. Inspections are not available for the vehicle; the vehicle has been deemed abandoned. Vehicle is to be taken as is. Expressions of Interest close on **2 July 2025**.

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

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



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:

- 25 June
- 9 July

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.



QPRC Waste Info app

Download our Waste Info app to:

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

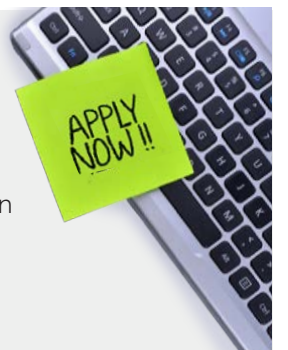
Find it on the **App Store** or **Google Play**.

Work with Council

Current vacancies include:

- Coordinator, Strategic Land-use Planning
- Finance Business Partner
- Team Leader - Resource and Systems Librarian
- Trainee Civil Construction

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



What's on at The Q

22 June: Rimy Tomy Live Concert - a prominent Indian playback singer and television host who has captivated audiences with her versatility and commitment to both traditional and contemporary music styles.

27 June: Tramdemic: The Musical - A unique homegrown comedy that blends light rail, COVID-19, and conspiracy culture into a hilarious, satirical stage musical.

3 July-13 July: The Pirates of Penzance - Celebrate Queanbeyan Players' 60th year with Gilbert and Sullivan's iconic musical!

- Get tickets and learn more at theq.net.au



Tramdemic: The Musical

Follow us on social media

@QbnPalrangRC



@QbnPalrang



@QbnPalrang



Sign up for our weekly eNewsletter

eepurl.com/codv-v



Queanbeyan-Palerang Regional Council

PO Box 90, Queanbeyan NSW 2620

1300 735 025

council@qprc.nsw.gov.au

www.qprc.nsw.gov.au

Puzzles

Quick Time Crossword

1		2		3	4		5	6	7
		8					9		
				10					
11	12		13						
					14	15		16	
17		18		19					
				20	21		22		23
24	25								
26				27					
28							29		

Across
1 Favourite (3)
3 Rubber (6)
8 Greek goddess (4)
9 In favour of (3)
10 Tallies (6)

11 Calm (6)
14 Devil (5)
17 Gem weight (5)
20 Makes into a statute (6)
24 Gorge (6)
26 First woman (3)
27 Graceful bird (4)
28 Samples (6)
29 No Clue
Down
1 In addition (4)
2 Dull heavy sound (4)
3 Formerly (4)
4 Speed contests (5)
5 Fish (5)
6 Before (poet) (3)
7 Colophony (5)
12 Historical period (3)
13 Turkish commander (3)
15 Also known as (abb) (3)
16 Insect (3)
17 Gem weight (5)
18 Utters wildly (5)
19 Rigid (5)
21 Tidings (4)
22 Swindles (4)
23 Unspecified number (4)
25 Girl's name (3)

Target Time

B	R	T
A	C	C
A	O	I

Target: Average - 10,
Good - 14, Excellent - 20+
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

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

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

Crossword

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

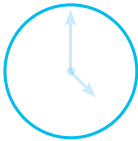
Across
1 Asunder
4 Legislative act
8 Pound
11 Marionette operator
12 Onshore wind (3,6)
13 Class
14 Archaic you
15 Passed, of time
17 Ancient astrologers
20 Guarantees against loss
21 Searched haphazardly
22 Equal (4,2)
25 Hunter's cry (5-2)
26 Puzzling
30 Reverend Mother, eg
31 Quickest
34 Location of Marrakech
36 Get by (4,2)
38 Small dagger
40 Dressing
41 Goo
44 Paradise
46 With no real purpose
47 Engaged
49 Fortright and frank
50 Outlaw
51 Move furtively
52 London's theatre district (4,3)
53 Patch of colour
Down
1 Suffocates
2 Evaluation
3 Form of thou
4 Diagnostic instrument
5 Heart chamber
6 Not acknowledged
7 Delete
8 The use of irony
9 Omission
10 Begged
16 Tattered at the edges
18 Beer
19 Press (clothes)
23 Devilfish; ray
24 Anxious
27 Rendered inactive
28 Fancy dock
29 Recipe collection (7,4)
32 Moved abroad
33 Pollution
35 Congeal
37 Family
38 Elders
39 Instance
42 Distant planet
43 Inflamm
45 Lopsided
48 Hard of hearing

Brain Alert

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

Hidden Numbers 071
Work out the hidden numbers.

- 1. 24 = ? x 4 = 264 ÷ ?
- 2. 8 x 5 - 6 = 2 x ?
- 3. (3 + 5) x (7 x 9) = ?
- 4. 222 = ? x 3 = ? ÷ 3



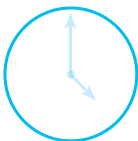
Scrambled 139
Unscramble the following letters to reveal the theatre musicals.

- 1. eth noil gnik
- 2. sle barmesisel
- 3. sism inoasg
- 4. sugy dna lolsd
- 5. sjuse shictr patrusesr
- 6. rahi



Sudoku 137
Enter the numbers 6-9 in each row, column and 2x2 square, in each combination there should be only one of each number.

	8	9	
9			
			7
8			



Hidden Numbers
1. 6, 11 2. 17
3. 504 4. 74, 666
Scrambled
1. The Lion King
2. Les Miserables
3. Miss Saigon
4. Guys and Dolls
5. Jesus Christ Superstar
6. Hair

7	8	9	6
9	6	7	8
6	9	8	7
8	7	6	9

Public Notices

Invest in Our Local Primary School's Future: Make a Tax-Deductible Donation Today!

Bungendore Public School is dedicated to providing an excellent learning environment for our children. While all the essentials are covered by the NSW Department of Education, our new School Building Fund allows us to make valuable upgrades and enhancements to our facilities, creating even greater opportunities for our students.

Managed by our Parents and Citizens Association (P&C) - a registered charity with the Australian Charities and Not-for-profits Commission (ACNC) - this fund is solely dedicated to the acquisition, construction, or maintenance of school buildings. Every contribution directly supports these vital improvements.

Now is an ideal time to donate! All contributions to the Building Fund are tax-deductible, offering a timely opportunity to support our school's development before the end of the financial year.

We also welcome the community's input on where the initial funds raised could make the most impact for our school community. Go to https://bit.ly/BPS_BF_Poll or use the QR code to help us decide on our first project.

To make a donation or to learn more, please contact the Bungendore Public School P&C via bungendorepspandc@gmail.com.



Bungendore Open Mic

The organisers of the community event "Bungendore Open Mic" will be running their monthly (July) open mic event on Saturday July 12 from 1pm to 5pm at the Royal Hotel

If you are interested in performing, or would like more information contact John on 0447069317, or email tomthumb1375@gmail.com

1st time performers are very welcome!

JOIN BUNGENDORE COUNTRY WOMEN'S ASSOCIATION



WWW.BUNGENDORECWA.ORG
SERVICE TO THE COUNTRY
THROUGH COUNTRY WOMEN
FOR COUNTRY WOMEN
BY COUNTRY WOMEN

Lodge of Truth, Braidwood



Monster firewood raffle and auction

Saturday 21st June 2025

Tickets on sale outside Braidwood newsagency, bakery and IGA 8:30 am - 12 noon

\$2 each or 3 for \$5.

Raffle drawn at the bottom of Wallace St, Braidwood (next to Westside Petroleum, BRAG) starting from 12:30 pm. Followed by more trailer/ute loads of firewood to be auctioned.

All proceeds go to local charities

All enquiries to Phil Shoemark (0427 422 046) or Paul Story (0429 469 306).

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 emailayrrows@bigpond.com

IAN BAKER
1962 - 2025

Barbara and Gordon Baker and family would like to thank the hundreds of people who attended Ian's funeral.

Also thank you for the cards, flowers, and tributes paid to him on social media.

Our hearts are broken, but he lives on in us.

A "Legend" to the Queanbeyan Kangaroos Football Club.

Thank you one and all, please accept this as a personal thank you.

EVERY 36 MINUTES AN AUSTRALIAN IS DIAGNOSED WITH BOWEL CANCER. THAT'S OVER 14,500 A YEAR.



SUPPORT #BOWELCANCERAUSTRALIA THIS JUNE

Bowel cancer is the deadliest cancer for people aged 25-54.

1-in-16 Australians will be diagnosed with bowel cancer in their lifetime.

Almost 99% of bowel cancer cases can be successfully treated, when detected early.

bowelcanceraustralia.org
Helpline: 1800 727 336 (SCREEN)

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 on 0408 788 213

Mayor's Column



It was great to have a meeting with the community at Nerriga a few weeks ago. We had lots of Nerriga locals turn up and chat, and we got to hear how the local community is going and talk about the Council integrated planning documents. On Sunday 13 July, we will be meeting with the Araluen community at the Araluen Federal Hall, Sunday 13 July from 2-4pm. If you're an Araluen local, come along and meet with Councillors and senior Council staff.

Can't get to the Library during opening hours? We have Library Lockers in Queanbeyan and Bungendore, where you can collect your item at any time that suits you. All you have to do is search the Library catalogue and reserve your item, select the Library Locker as your pickup location, wait for an email, and use the barcode in the email to collect the items from the locker. There is a library locker in the basement of the Nellie Hamilton Centre and outside the amenities building at Mick Sherd Oval in Bungendore. The library lockers were funded by The State Library of NSW.

Did you know Council has a waste app? The app is a simple way to check what you can do with tricky waste items, with an A-Z of Waste. You can also set up calendar reminders, check what goes in each bin, and an easy way to access forms on the Council website. You can also set up the app to receive notifications if there has been a delay with a truck collection, or if there is a change in collection day for a public holiday. Get the app in the Google Play and Apple stores by searching QPRC Waste Info.

Saturday 14 June was Worldwide Knit in Public Day and the community in Bungendore really got involved! Thanks to lots of organisations being involved, along with staff from Council's community and placemaking teams, trees around Bungendore have been adorned with ornaments and handcrafted 'Tree Jumpers'. Thanks to the many community members and groups that got involved in the project, from the CWA, Phil's Op Shop, Bungendore Crafters' Co-operative, Lions Club of Bungendore & Districts, Bungendore Dementia Alliance, Bungendore Tigers, Bungendore Girl Guides, Bungendore Netball Club, Bungendore High School Textile Club, Bungendore Public School, and Suki & Hugh Gallery.

Cr Kenrick Winchester, Mayor

Puzzle Solutions

Target Time

Target: Average - 10, Good - 14, Excellent - 20+

acari, acrobat, ACROBATIC, actor, aortic, arctic, baric, boracic, boric, bract, cacao, cacti, carat, carob, cart, circa, coat, coati, cobra, coca, coir, coria, crab, crib, croc, orca, otic, taco.

Sudoku

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

Quick Time Crossword

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

Crossword

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

Classifieds

Local Markets

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

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

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

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

Queanbeyan MarketsQbn 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

BUNGENDORE WAR MEMORIAL HALL



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.

OPENING TIMES WASTE TRANSFER STATIONS

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

VINTAGE & RETRO

Vintage, retro, secondhand shop.
144 Uriarra Road Crestwood, Queanbeyan 6297 8636.
Open Friday, Saturday, Sunday 10.00am to 4.30pm - Lots of new stock in
ART BY ANDERS

MJ Kennels and Pet Sitting



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

CB BOBCATS

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



BUNGENDORE SENIORS

Next get together will be Thursday June 19, at the Bungendore Sports Hub amenities building \$5.00 per person. ALL WELCOME

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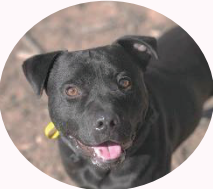


CARPENTER | BUILDER

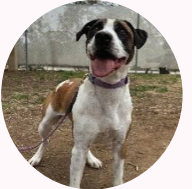
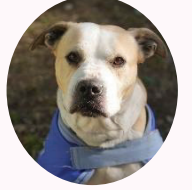
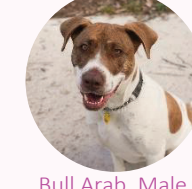
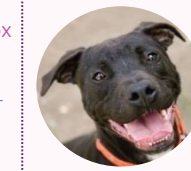
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The Design Construct C/PL
NSW Lic - 217551c. ACT Lic - 2020948
Ph – 0410 698 734

Find your new Best Friend at DAS. These are the faces of 26 dogs ready & waiting for adoption into loving homes. (As of 14 June 2025)

DAS Dog Adoption Process: www.cityservices.act.gov.au/pets-and-wildlife/dogs/adopt-a-dog

Joey  English Staffy x, Male, Approx 12 months Available since 12 June www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/joey	Dusty  Labrador x, Male, Approx 12 months Available since 12 June www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/dusty	Flora  Kelpie x, Female, Approx 12 months Available since 12 June www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/flora	Hennessy  Crossbreed, Male, Approx 2 years Available since 12 June www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/hennessy
Kurt  Wolfhound x, Male, Approx 8 months Available since 11 June www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/kurt	Cash  Staffy x, Male, Approx 12 months Available since 11 June www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/cash	Wolfie  Cattle Dog x, Male, Approx 12 months Available since 5 June www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/wolfie	Skoll  Staffy, Male, Approx 12 months Available since 11 June www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/skoll
Puddles  Jack Russell Terrier, Male, Approx 3 years Available since 5 June www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/puddles	Bruno  Weimaraner x English Pointer, Male, Approx 2 years Available since 5 June www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/bruno	Bear  Staffy x Bull Arab, Male, Approx 10 mths Available since 23 May www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/bear	Vinnie  Staffy x, Male, Approx 12 months Available since 31 May www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/vinnie

Shelter Address: 92 Mugga Lane, Symonston. Walk-in adoptions: Mon-Fri. 10-3 Sat. 10-2.
Details on all dogs available for adoption: www.cityservices.act.gov.au/pets-and-wildlife/dogs/adopt

Delta  Bull Arab x, Female, Approx 12 months Available since 24 May www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/delta	River  Cattle Dog x, Male, Approx 3 years Available since 5 June www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/river	Asta  American Staffy, Male, Approx 3 years Available since 30 May www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/asta	Khalanee  Staffy x Husky, Female, Approx 1 year Available since 12 June www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/khalanee
Dozer  Staffy, Male, Approx 9 years Available since 6 March www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/dozer	Chief  Bull Arab x, Male, Approx 8 years Available since 21 March www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/chief	Banjo  Mastiff x, Male, Approx 2 years Available since 4 April www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/banjo	Hershey  GSP x Rottie, Male, Approx 9 months Available since 14 April www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/hershey
Kaos  American Bull Terrier, Male, Approx 3 years Available since 12 April www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/kaos	Odie  Bull Arab, Male, Approx 4 years Available since 1 May www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/odie	Roxy  GSD x Rottie, Female, Approx 3 years Available since 17 April www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/roxy2	Oscar  Staffy x Lab, Male, Approx 1 year Available since 15 Dec www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/oscar
 Zumi Crossbreed, Female, Approx 10 months Available since 6 May www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/zumi	 Cookie Staffy x, Female, Approx 10 months Available since 27 Feb www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/cookie		

Queanbeyan Leagues Swimming Club Celebrates Season Success

The Queanbeyan Leagues Swimming Club wrapped up its 2024-25 summer season with their annual presentation awards afternoon on Sunday 15th June. Despite losing their squad coach early in the season, the club rallied thanks to the commitment and dedication of swimmers, families, and volunteers with the result being a community focussed swim club season filled with fun competition, and over 230 PB's.

With 1,267 races across 17 meets, swimmers clocked up an impressive 72.4km in the pool. Points were earned, friendships created, and a few future champions may have just taken their first dive.

Among the many highlights was the awarding of season medals and certificates. Gold medallists included Milly and Rocky Ballard, Jordan Demetrius, and Phoebe Lockett, who also took home the "Little Dolphin" trophy for most improved young swimmer. The club's Point Score Champions were Jordan and Rocky, recognised for consistent excellence throughout the season.

Encouragement awards went to Banjo Priddis (25m races), Shubhan Shrestha (boys), and Tillie Graf (girls), while leadership honours were awarded to Milly Ballard, Ziyad El-Aasar, Olivia Kenningham, and Jasmine Stove for their support of younger swimmers at the weekly club nights. The club also celebrated several swimmers who represented beyond school level, with appearances at ACT Championships and NSW PSSA & CHS District, Regionals & State championships.

All ages are welcome to participate at QLSC, including the grown-ups. Chad Fraser set the pace at the annual fun night to claim the 2024/25 fastest parent in the 50m freestyle event, proving the kids

aren't the only ones who know how to make a splash.

Behind the scenes, volunteers were a big help. Shane Kenningham was recognised for his all-round support, from setting up and packing up, to timekeeping to barbecues. And a big thank you to everyone who helped make the season run smoothly from committee members to those who offered a hand timing or marshalling each week.

A big thank you to our major sponsor, the Queanbeyan Leagues Club; plus the Queanbeyan Palarang Regional Council and QPRC Aquatics for their ongoing support - it helps keep our club accessible, affordable, and community focussed. Their backing enables us to run our meets, recognise our swimmers, and maintain a family-friendly and competitive environment.

The club is now into winter mode, with once-a-month meets continuing to offer swimmers of all ages a fun, friendly chance to stay active and connected. Our next Winter Club Night is this Wednesday 18 June at 6:00 PM at Queanbeyan Pool - swimmers and families of all ages welcome.

Looking ahead, the 2025-26 summer season will kick off after Term 3 school holidays. With medals, certificates, encouragement awards, and even adult races on offer, it's the perfect time to dive in and be part of a local club that celebrates fun, fitness, competition and community.

For updates, and registration info, check out our Facebook page: Queanbeyan Leagues Swimming Club, send an email to qlsc.committee@gmail.com Or just come down to Queanbeyan Pool on Wednesday night and say hello.

Photos supplied



Sport

Wamboin Golf: June 2025

Sunday, 1 June. Winter. And as usual Ms Correspondent beat me to the pinch-and-punch. But what a beautiful day to start the chilly season! Players gathered at the Hall to contest the Solstice Pennant. Sadly, your correspondent was not among them. His winter of discontent, as my old chum the Bard would say, was ushered in with a dicky knee. I was thus forced to observe play from Mahogany Ridge. It was, happily, an easy limp to the 19th. The day was sponsored by members of the Urquhart and Crafter clan whom we thank for the prizes and a spread to which mere words fail to do justice. Play was determined by strokes adjusted for handicap.

Back in the cocoon of the dear old Hall, as the captain consulted Deep Thought, we reviewed, inter alia, the aftermath of the great franchise. First the Coalition lost the election then they lost the plot - at least the Country kids did. Feeling his oats after beating someone who can't spell 'caravan' for the leadership, Little David Proud made new Libs leader, Sussan Ley, an offer she could refuse (and did). We settled back eagerly anticipating the clash of the dinosaurs but it didn't happen. The Libs accepted 'in principle' four things I can't remember but the Nats think very important. For 'in principle' read 'maybe one day perhaps'. Member for the ACT seat of Bean, Howard Hughes MP, narrowly retained his seat and will presumably go back into diapause until the next election. We all know why we'll be hit with electricity costs of around 8% when the CPI is comfortably

within the RBA's 2 - 3% range. It's because power isn't in the CPI 'basket of goods'. Insurance is, but because it's a cross-subsidy - policy holders cover each other - the underwriters set premiums on their assessment of the risk, e.g. the expected cost of the recent floods. You might think they're tickling us but you'll never prove it. Energy should be easier to price. But it seems that governments didn't plan for an orderly transition to renewables: they let all our gas be sold to foreigners. So the AEMO (an oxymoron if ever there was one) isn't playing with a full hand. What do you think of those crafty Ukrainians remotely 'dismantling' forty of Russia's big Tupolev long range bombers? Using, it seems, the protocol established by Putin himself - agree to a cease fire then break it - the drones did their work while Pootey was dithering with something else. The worry is what he'll do now.

Who'd be Marcia Langton? Intelligent, knowledgeable, articulate, practical. Yet she continues to be hammered from all sides. There are the commercial interests with eyes on native title lands in remote areas and the bigots who just don't like blackfellas. But the unkindest cut must be the crazy mob of divisive indigenous activists like Blak Sovereign Movement. A report to the NT government suggested that the former commissioner of the NT ICAC "had a thing for pretty girls". Hmmm. We wondered what it was. Have you got your tickets for the Wamboin Fireball (19 July, celebrating 40 years since the big fire)? Some of us wanted to call it



the Wamboin Gala but that was vetoed on the ground that it might be confused with the end-of-season dinner of the Googong Galahs RLC (Up the Pink and Grey!) scheduled for the same night.

The captain restored order with threats of deportation to El Salvador. He welcomed Hansen family patriarch, Kai Hansen, visiting from Narooma. Ted's Joke was about cursing on the golf course - amusing but not applicable to Wamboin golfers. The googly ball went to Tim Barter for a drive off Keith's Dam Hole which featured the intervention of a rock (in Wamboin?). The dummy spitters were Tim for another encounter with a rock (he must carry them

with him) and Rob Gorham for perniciously erasing Pete Harrison's name from the Long Drive marker (tsk, tsk, putrid bad form). It was then passed on to Vicki Still for safe keeping. LD and NTP ball winners were Col Urquhart 3, Ken Gordon 2, Tim Barter 2, Vicki Still and Cam Hansen. No juniors comp this month but we understand young Robbie Thompson is doing very well in open tournaments around the country. Winner of the nine hole comp was Cam Hansen 43/29 from Rob Gorham 42/32 and Ken Gordon 37/33. Out of a wide field came the winner of the hotly contested 18 hole comp, Paul Griffin 85/68, from Tim Barter 78/69 and Vicki Still 89/69. Well done,



golfers all!

Next month -July - join us for the EOFY Medallion kicking off at the Hall at 12.15pm (sign in) on Sunday, 6 July for the 12.30pm cannon. Meanwhile, those of us who think the accused in the beef wellington case is as

guilty as hell should heed the words of my old buddy Aristotle, translated by a Roman lawyer as 'in dubio pro reo'. It is the basis of the Criminal Law.

Larry King, intermittent golfer

Photos: Pete Harrison



Sport

Mudchooks Win Again

Stewart Wilson

The Bungendore Mudchooks rugby team continued its undefeated run in 2025, this time at home at the Sports Hub last Saturday (14 June) against the Cooma Alpine Hotel team, the final score 38-23 in what was an entertaining game.

The Chooks scored six tries to Cooma's three, four of which were converted by halfback Tom Worman. But the first 20 minutes or so belonged to Cooma, which had the lion's share of possession, territory and penalties and got out to a 13-0 lead through a converted try and two penalty goals.

After that the Mudchooks finally

started clicking into gear with tries to flankers Scott Geronimi and Anthony McCudden plus another to number eight Viliame Taleca. Tom Worman kicked two conversions to make the score 19-13 in favour of the local boys at half time. By then the Mudchooks had started to gain the ascendancy but Cooma is a good team, and the final result was far from certain.

The second half witnessed three brilliant individual efforts from Mudchooks players which resulted in tries. Flyhalf Kyle Shand was responsible for two of them. They both started from about halfway when he cut through the Cooma line and with lots of work still to



do, beat several defenders before scoring. It was beautiful to watch.

The third - which was between the two Kyle Shand spectaculars - was scored by winger Uraia 'Woody' Rabici and although very different to Kyle's efforts was equally spectacular. Again starting from halfway but this time very close to the touchline, Woody beat a couple of tacklers but was well covered by others.

Avoiding putting a foot into touch he decided to kick and chase, got to the ball but was surrounded by defenders and couldn't pick it up. He showed his soccer skills by kicking again and then it was a straight footrace to the ball which was heading to the tryline.

Woody won, getting there first just before it rolled over the dead ball line and successfully grounding it. Even the Cooma supporters applauded!

Tom Worman converted two of

these tries (all three of which are surely 'try of the year' contenders) to bring up the Mudchooks' final tally of 38 points. The Cooma boys scored two unconverted tries in the second half, but the feeling in the final 40 minutes was that the Mudchooks had things pretty much under control.

Next Saturday (21 June) is the long trip south to play reigning premiers the Jindabyne Bushpigs. The Mudchooks won their first encounter with the Bushpigs quite comfortably early in the season but Jindabyne is a team which should never be underestimated, especially on home turf.

Player awards for the Crookwell game were:
Best and Fairest: Kyle Shand (3 points), Scott Geronimi (2 points), Gerhardus Pretorius (1 point).
Players' Player: Kyle Shand.
Coach's Player: Brent Williams.
Chicks' Pick: Kyle Shand.

Photos Sharon Baxter-Judge

Bungendore Tigers

Georgia Buckley
Bungendore Tigers

ROUND SIX RESULTS

Bungendore Tigerettes had a bye, while the Bungendore Tigers faced off against the Boorowa Rovers. Despite a strong effort, the Tigers were narrowly defeated 20-14 in a hard-fought match.

Tries scored by Pat Pryor and Thomas Fretwell, tries converted by Harry Buckley

3 points - Josh Ruthie
2 points - Harry Buckley
1 point - Luke Colquhoun

Photos: **Lauren Woodward Photography**



Tupua takes two as Whites produce most dominant win of their season

The Queanbeyan Whites have extended their winning streak to five straight games in an emphatic fashion, with the BentSpoke Premier 15s competition side dismantling the Canberra Royals 36-7 in front of their home crowd at Campese Field last Saturday.

The Whites have been brimming with confidence over the last month, producing some very impressive victories that have managed to overshadow their slow start to the season, and there were no signs of this momentum slowing down as Queanbeyan produced their most dominant win of the season, against a Royals side who had been previously beaten by the Whites back in round 7 (17-5).

Royals would have been hopeful that they could respond with a strong performance but instead ran into a red-hot attacking display by the hosts, as the Whites produced a stunning six tries, whilst the Royals only managed one consolation five-pointer.

There were perhaps no bigger attacking threats for Queanbeyan than the double act of Jackie Eneliko and Rosina Tupua who were instrumental in point scoring for the Whites and giving the team their

largest winning margin of the season thus far. Eneliko was strong with the boot, managing to convert two of Queanbeyan's tries in the 39th and 48th minute, but also provided the definitive turning point of the game when crossed over to score a try earlier in the 18th minute. The try kickstarted a dominant thirty-minute period for the Whites, as the next try was scored through Rosina Tupua in the 24th minute to extend the lead to ten points, before Tupua quickly snagged another one just three minutes later to secure her double and give the Whites a strong lead going into the break.

It didn't take long for the flurry of points to continue in the second half, as the Whites only had to wait three minutes for their next points. This time, they were in again through hooker Clementine Utumapu. Just when the home fans thought the scoring had finally slowed down, interchange player Losalini Tinaivodre gave them another reason to cheer as she went on to score another five-pointer in the 47th minute, in addition to converting another try scored by Yvonne Vuata.

After producing some incredibly hard-fought victories over the last few weeks, the 29-point victory felt like a just reward for the



playing roster and coaching staff, with the weeks of hard work culminating in the side's most complete performance of the season. The win will see the Whites hold on to third spot on the ladder for another week as they stay in touching distance with second placed Tuggeranong ViQueens, who sit just one win ahead.

The Whites will get the chance to close that gap even further, when they face Royals for the third time in a

month this weekend.

In other action last weekend, Queanbeyan's third and fourth grade men's teams both travelled down to Simon Poidevin Rugby Park in Goulburn to take on the Goulburn Dirty Reds in a Saturday afternoon double header.

Despite some hard-fought contests, both games unfortunately ended in defeat for the Whites, with fourth-grade side losing

31-26 despite a resilient performance, whilst third-grade side experienced their first loss of the season going down 31-12.

All six Queanbeyan teams will be returning to action this weekend with an away trip to Phillip Oval, in what is shaping to be a true festival of footy for the club's fans.

Women's: Tries: Rosina Tupua (2), Losalini Tinaivodre (1), Clementine Utumapu (1) Jackie Eneliko

(1), Yvonne Vuata (1). Conv: Jackie Eneliko (2), Losalini Tinaivodre
Third Grade: Tries: Oscar Farfan (1), Ryan Morrison (1). Conv: Braden Reid (1)
Fourth Grade: Tries: Braden Reid (1), Jack Luksza (1), Sunia Tikomaibolatagane Bulu (1), Jack Hughes (1). Conv: Braden Reid (3)
Pictured is Niamh Billiards.
Photo: Jordan Mirchevski Photography

Mudchicks Shine on Gala Day

Bungendore Mudchicks After a few weeks off due to a scheduled bye and representative round, the Mudchicks returned to the field with two matches on Saturday, 14th June—and they didn't disappoint. With representative stars Candy and Chem back in the lineup just a week after a physically demanding rep game, the squad showed grit, determination, and flashes of brilliance throughout the day.

Game 1: Mudchicks 15 def. Easts 10
The opening clash against Easts was a hard-fought affair. Shaking off some rust, the Mudchicks struggled at times with structure and ball-handling after the layoff. Despite a few errors, they dug deep to secure a narrow 15-10 victory, setting the tone for the day. Taryn led the charge with two tries, while Charlotte H added another to seal the win. The ladies also demonstrated their dominance in the scrums, applying so much pressure that Easts eventually called for uncontested scrums.

Players player
3 points - Taryn Robson
2 points - Sacha Arnold
1 point - Candy Ridley
Coaches pick - Sacha Arnold
Game 2: Mudchicks 58 def. Batemans Bay 5
The second match told

a very different story. With confidence high and structure restored, the Mudchicks delivered a dominant performance against Batemans Bay. Caitlin and Tia lit up the scoreboard with three tries apiece, while Meredith, Chem, and Taryn also crossed the line to round out

a clinical attacking display. Sacha added flair with a crowd-pleasing drop-kick conversion from the sideline.
3 points - Caitlin O'Connor
2 points - Sacha Arnold
1 point - Karen Bollard
Coaches pick - Caitlin O'Connor

The day also highlighted the team's versatility, with several players stepping into unfamiliar positions and rising to the challenge seamlessly.
The team would like to thank their dedicated spectators and families who turn up even on the crisp Canberra

winter's day.
With two wins under their belt and momentum building, the Mudchicks now turn their focus to a road trip to Jindabyne next weekend—ready to keep the fire burning in what's shaping up to be a promising season.
Photo supplied

