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Saturday August 30

NAIDOC Week
Sun, 6 July 2025 –
Sun, 13 July 2025

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of the
Week



Regional Independent

Free

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

No. 438

Wednesday 2 July, 2025

Lake George members recognised for outstanding service

The commitment of 28 NSW Rural Fire Service (RFS) volunteers who have collectively dedicated more than 450 years of service to the Lake George Zone was recently recognised at a ceremony.

Deputy Commissioner Kyle Stewart APM will be joined by special guests in Bungendore to present three National Medals and 24 Long Service Medals as well as a National Emergency Medal.

"Among today's deserving award recipients are Irene and David Murtagh, whose combined commitment of over three decades exemplifies the selflessness and strength of the NSW RFS spirit."

"Joining the RFS in 1991, Irene and David have been fighting fires side-by-side exclusively with the Charleyong Brigade and filling a number of operational, executive and administrative roles.

"Across her years of service, Irene has held various roles including secretary, treasurer and callout officer, with David undertaking various roles including Deputy Captain, Senior Deputy Captain, President and Training Officer, just to name a few," said Deputy Commissioner Stewart.

Deputy Commissioner Stewart said it's members like Irene and David that go above and beyond for their brigades and local

community, that make me proud to be part of this organisation.

"This is a fitting time to recognise the dedication they all show and share in protecting our local community," he said.

"Their professionalism does not go unnoticed and while they don't do the work for praise, their bravery and commitment should be acknowledged.

"I also acknowledge those who

support volunteers in what they do - the family, friends, employers and colleagues. We know it takes their ongoing support and patience to assist and enable our volunteers to do what they do to save lives and protect property." Deputy Commissioner Stewart also presented three Commissioner's Unit awards for citations and commendations.

continued pages 10 and 11



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Scam alert: ACCC phone numbers spoofed by scammers

The National Anti-Scam Centre (NASC) is warning Australians following reports that scammers have been impersonating phone numbers belonging to the ACCC in an attempt to steal personal information.

The ACCC and the NASC (which operates under the ACCC) have become aware of scammers using publicly available ACCC phone numbers, which are listed on the agency's official website.

Here are 2 reported cases:

- The scammers claimed to be representatives of the ACCC and requested sensitive information over the phone.
- Scammers misused the ACCC acronym to impersonate an unrelated organisation and spoke in a language other than English.

The ACCC phone numbers have been spoofed, which means that the scammers have disguised

their phone number to make it look like they are calling from a trusted organisation, in this case, the ACCC. They then ask for personal information.

The ACCC and NASC will never:

- make calls from its reception numbers
- charge money for its services
- cold call or email to ask for your personal information like passwords, bank details or answers to security questions
- threaten or pressure you to stay on the line.

If you receive a call claiming to be from the ACCC where personal information such as passwords or bank details are requested, do not provide this information and hang up.

Be extremely wary of urgent requests asking you to act immediately, and never provide

personal information if unsure. Do not click on any links or download attachments from messages unless you are sure it is from someone you can trust.

Stay protected

STOP - Don't give money or personal information to anyone if you're unsure. Scammers will create a sense of urgency. Don't rush to act. Say 'no', hang up, delete.

CHECK - Ask yourself could the call or text be fake? Scammers pretend to be from organisations you know and trust. Contact the organisation using information you source independently, so that you can verify if the call is real or not.

PROTECT - Act quickly if something feels wrong. If you have had money or personal information stolen contact your bank immediately. Help others by reporting scams to Scamwatch.



If you've been affected

Don't be embarrassed about being scammed.

If you've had money or personal information stolen contact your bank or card provider immediately.

If you've been scammed or have provided personal information call IDCARE on 1800 595 160.

Help others by reporting scams to Scamwatch.

Image: Shutterstock

Message from Kristy McBain

Welcome to winter! The past few weeks have seen winter arrive in full force, with towns across the Snowy Monaro blanketed with heavy snow.

Energy prices are on everyone's minds and that's why we're providing immediate help for people doing it tough with energy bill relief and building a fairer, more affordable energy grid and market.

We're making batteries cheaper for households, small businesses and community facilities through

the Small-scale Renewable Energy Scheme. This Scheme will see a 30 per cent discount on the cost of a typical battery - a saving of around \$4,000. The battery will be installed at home and store power from solar panels for the household to use when needed.

The discount will be delivered through the existing Small-scale Renewable Energy Scheme, and you can find more information here: <https://cer.gov.au/schemes/renewable-energy-target/small-scale-renewable-energy-scheme>

scale-renewable-energy-scheme

Here are some other initiatives that have also kicked in:

- Minimum wages go up by 3.5%.
- \$10,000 apprentice incentive payments begin.
- Prac payments will make it easier to study teaching, nursing, midwifery, and social work.
- More energy bill relief is on its way.
- New parents get two extra weeks of paid parental leave.
- Superannuation will increase to a minimum of 12% for workers.

The Albanese Government has hit the ground running and Parliament will resume on 22 July 2025. I will continue to work hard to ensure the delivery of Labor's election commitments, including those committed in Eden-Monaro.

School holidays commence next week - stay warm and drive safe. If I can assist you with a federal issue, please get in touch.

The Hon Kristy McBain
Member for Eden-Monaro
Kristy.McBain.MP@aph.gov.au



Budget boost needed for farming futures

Funding to fight feral pests, deliver disaster relief and boost road safety has been welcomed by NSW Farmers, but more is still needed to secure a brighter future for the farming sector.

On Tuesday, June 24, the NSW Treasurer announced \$2.8 billion in road safety funding had been committed for the state, alongside \$9.3 million in funds to fight feral pigs and deer, and \$4.2 billion for disaster relief and recovery programs. \$45 million in funding was also awarded to support farmer adoption of digital technology and connectivity.

NSW Farmers President Xavier Martin said while farmers acknowledged the funding and the state's 140-million-dollar boost to biosecurity and agricultural innovation, more was still needed to secure a brighter future for farmers.

"Funding to fight pests and bolster our biosecurity is all welcome news - but we're still waiting on the detail as to where this money is really going, and one-off payments won't do the job," Mr Martin said.

"Support for our communities to recover from successive disasters

is positive as well, but without Category D disaster assistance, we're not confident farmers can get back on their feet.

"Further funds also need to flow to fix our ruined local roads, boost our mobile connectivity and get our regional rail lines back on track, so we can stay safe and build back stronger into the future."

Initiatives to boost the sustainability of NSW's agricultural workforce additionally remained long overdue, Mr Martin said, with the state's peak farm body calling on the Minns Government to step up on upskilling future farm communities.

"Young people are the future of our state, and we must invest in building their skills, providing the services and creating the opportunities that foster a bright future for those in our regions," Mr Martin said.

"New funding for TAFE and the Growing Regions program is great, but we must reinstate the Office of Regional Youth, deliver funding for the AgSkilled program and waive stamp duty for first farm buyers under the age of 36 to ensure a stronger farming future."

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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Fostering future peacemakers: Rotary's role in global peacebuilding

Bungendore Rotary

Each year, Rotary International awards up to 130 fully funded fellowships for Peace and Conflict Studies (50 for Master's degrees and up to 80 for certificate studies at premier universities) for dedicated leaders from around the world to study at one of our peace centres.

Through academic training, practice, and global networking opportunities, the Rotary Peace Centres program develops the capacity of peace and development professionals to become effective catalysts for peace.

Rotary Club of Bungendore members Christy and Darren Kaehne coordinate the Canberra visit for the Peace Fellows each year. This visit covers time with many senior officials discussing Human Rights, Humanitarian efforts, Conflict Resolution, and Geopolitics to name a few, with visits to the Museum of Australian Democracy, Australian War Memorial, Parliament House,

DFAT, International Committee of the Red Cross, Australian Civil-Military Centre, and other sites around the capital.

The Peace Fellows are hosted at the families of Rotarians and Bungendore had the pleasure of hosting visitors from the Philippines, Canada and Brazil while the others were hosted around Canberra. It is a great opportunity to meet some very inspiring young people who have chosen to work in areas to make this world a better place for all.

Since the program began in 2002, the Rotary Peace Centres have trained more than 1,800 fellows who now work in over 140 countries. Many serve as leaders in governments; NGOs; education and research institutions; peacekeeping and law enforcement agencies; and international organizations like the United Nations and the World Bank.

Pictured are Christy and Darren with Peace Fellows during their visit. Photo: Sharon Baxter-Judge



QPRC Extraordinary Meeting of Council on Wed 2 July 2025

QPRC Council is holding an Extraordinary Meeting of Council on Wednesday 2 July 2025 at 5.30pm. This meeting will consider

DA.2025.0014 - 24 Gibraltar Street, Bungendore - Demolition of Existing Building and Construction of Medical Centre. The Extraordinary Meeting is

being held in accordance with Council's Code of Meeting Practice, in particular Clause 3.30 which notes that the agenda for an extraordinary meeting deals

only with the matters stated in the notice of the meeting. The meeting will be in the WB Freebody Chambers at the Nellie Hamilton Centre, 257 Crawford

Street, Queanbeyan. The agenda is available on Council Business tab on the website: <https://www.qprc.nsw.gov.au/>



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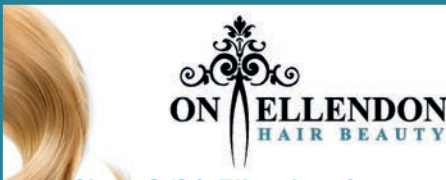
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Jerrabomberra Probus Club

The speaker at the June Meeting was Nida Degutien a Lithuanian international prize-winning author of cookery books. The picture shows her helping President Chris Colton drawing the lucky door prize

In her talk, Nida recounted when, as a senior company executive in her home country, she made a snap decision to go give it up and go to a new country when her diplomat husband was offered posting to Israel. He is currently the Lithuanian Ambassador to Australia. After leaving Lithuania, and being bored, a friend gave her a Blog subscription as a birthday present and, having used it as a virtual diary for a few months, and writing about her favourite subject - food- she discovered that she had a growing internet following. This has now grown to 150,000.

After returning to Lithuania, she decided to write a cookery book to record her collection of Israeli recipes in solid form and self-published an optimistic 5000 copies. They sold out in 6 months, and she had to do a reprint.

Out of the blue, she received an offer from a major publisher to do an English version for the large

community of, former Lithuanian, Jewish families in South Africa, descendants of those who left their home country over a century ago. Although it was her first book, she received the top international prize in her category. Her book has now been published in several languages. She has gone on to write more books on the food of other cultures and gives no sign of stopping. She has a deep interest in the food and culture of all the countries she has experienced and is impressed with how Australia has acquired a rich variety due to waves of migrants over the years.

Jerra Probus Club meets on the third Wednesday of each month from 10.30 to Noon at the Jerra community Centre.

If you would like to visit one of the our meetings to see how we work, please contact Secretary Eleanor Robertson so you can receive a suitable welcome and introduction.

Email: Eleanor.vqa@gmail.com
Phone: 0400 194 340

Peter Haddon
Jerrabomberra Probus Club
Photo supplied



An apple a day keeps the doctor away? Aussies reveal the top foods they believe will help them live to 100

Australians are on a quest for longevity, with many believing the secret to living to 100 lies in what's on their plate, according to new research from leading nutrition and food tracking app, MyFitnessPal. Yet, while nearly seven in 10 respondents believe fruits and vegetables will make them live to 100, most struggle to meet their daily recommended intake.

Despite widespread awareness of the link between diet and longevity, less than 5% of Australian adults meet the guidelines for recommended daily serves of fruit and vegetables, while many diets remain high in alcohol, takeaway food, and confectionery.

Based on the survey conducted by MyFitnessPal, the most popular foods Australians surveyed think will help them live to 100 include:

- Fruits and vegetables
 - Healthy fats (e.g., olive oil, avocado)
 - Lean protein (e.g., fish, legumes, tofu)
 - Whole grains
 - Blueberries and other antioxidant-rich berries
- Nutritionist, Longevity Expert and MyFitnessPal ambassador, Michaela Sparrow said, "While it's a positive sign that Aussies are aware of the correlation between fruit, vegetables, good fats and quality protein with living a long and healthy life - the key challenge often comes from maintaining a diet that integrates all these food groups consistently."
- "Ensuring you are hitting your daily protein targets, starting from having a nutritious breakfast, free from pre-packed foods for example, is a great first step in

building healthy habits that support good results in the long-term," added Michaela.

Some habits, however, are simply too hard to give up. Coffee and chocolate topped the list of must-have treats, with 40% of Australians surveyed unwilling to forgo coffee and 39% determined to keep chocolate in their diets, regardless of any health impact. While many strive for better health and longevity, the findings highlight the gap between intention and action—reinforcing that for Australians surveyed, balance, not strict restriction, is the driving force behind their food choices. The top 5 foods Australians surveyed would never give up include:

- Coffee (40%)
- Chocolate (39%)
- Cheese (29%)

- Eggs (28%)
 - Chicken (28%)
 -
- "Your daily food choices are one the most powerful health tools you have. Even small changes, like adding an extra serving of vegetables, will compound over time and can have a positive impact on your health and lifespan," added Michaela Sparrow.
- "Longevity shouldn't be about cutting everything out. The goal ultimately isn't to live simply on kale and water - it's about developing habits and a way of eating you can actually sustain across the different stages of life; one that includes whole foods but still makes space for the occasional treat at times. Australians should strive to build consistency and better habits, not chasing perfection." said Michaela.

- Key Facts:**
- Approximately seven in 10 Australians surveyed believe that a diet rich in fruits and vegetables can help them live to 100, according to new survey findings from leading nutrition and food tracking app, MyFitnessPal.
 - Despite the country's overwhelming passion for health and wellness, there's some indulgences Australians surveyed refuse to give up. Coffee (40%) and chocolate (39%) top the list of must-have food and drinks, no matter the health impact.
 - The majority of Australians surveyed believe that longevity and wellness aren't just about diet, it also comes down to quality sleep and regular exercise, among other factors.

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Crafters' Co-Op Workshop proves sewing is not as hard as it seams

Crafters gathered at the Bungendore Learning Hub recently, armed with their sewing machines and bursting at the seams with creativity and determination. Crafters' Co-Operative member, Dagmar, patiently and expertly guided participants of the Sewing 101 Workshop through the basics of machine sewing. They learnt everything from threading their machines to cleaning them and covering the basic stitches and functions of their sewing machines. Each participant had a goal in mind, whether it be to learn how to make an A-Line skirt, doll house bedding, alter clothes or just get their sewing machine out of its original packaging! Each crafter achieved their goal by the end of the workshop, with all agreeing that a new and exciting craft form was now available to them and they were all feeling confident

enough to independently use their sewing machines at home to further their creativity and get a few of those pinned projects ticked off the list.

The Crafters' Co-Op also held their regular fortnightly BYO craft evening on Thursday. There was a lot of crafty news to share, with the past few weeks full of local craft inspiration such as Bungendore's yarn bombing project, the CWA yarn sale, Phil's Op Shop Emporium knitting event and the Craft Alive fair in Canberra. The Co-Op crafters shared progress reports of their current projects, which included knitted and crocheted winter gear, clothes mending projects, embroidery, beaded bracelets and slow stitching. Dagmar generously helped out again with sewing projects inspired by the recent Sewing 101 Workshop and even helped Rhonda by



troubleshooting her overlocker, which had previously tormented poor Rhonda. Being able to share knowledge and skills with local women remains at the heart of the Crafters' Co-Op and continues to foster kindness and a love of craft in our community. The Co-Op provides an invaluable opportunity for women to meet,

talk and express their creativity in a supportive and relaxed space. We welcome people to our regular fortnightly craft evenings and monthly workshops.

Our next craft evening will be held on Thursday 10th July from 6-8pm and our next workshop, Embroidered Photos, will be

held on July 12th 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

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Local benefactors donate \$1,000 to help St Benedict’s

A local couple have very generously donated \$1,000 which has enabled much-needed non-perishable food to go to St Benedicts in Karabar.

Over the past few years, the Rotary Club Queanbeyan (RCQ) has developed a relationship with the IGA in Googong, working with them to deliver food to St Benedict’s, often donated or at a discount.

In this case, the generous donation required some organisation from RCQ. RCQ liaised with St Benedict’s to identify which non-perishable items were required, and then with IGA Googong to establish availability and likely delivery timeframes. The photos show the IGA Googong personnel delivering the food, and the well-stocked pantry cupboard.

This bounty will enable St Benedict’s to provide meals to those in need in Queanbeyan and Canberra for several months to come. This donation has resulted in a well-stocked cupboard at St Benedict’s and is very much appreciated by St Benedict’s, and by those in need in our community.

Photo supplied



ATO warns taxpayers: Don’t lodge yet!

The ATO reminds taxpayers to wait to lodge their income tax return until pre-fill is complete.

The Australian Taxation Office (ATO) is warning taxpayers not to lodge their tax returns until their income statement is marked as ‘tax ready’ and data has been pre-filled by the ATO.

Last year 142,000 people who lodged in the first 2 weeks of July had to lodge amendments, or had their returns investigated and amended by the ATO to fix inaccuracies in their tax return, for example, income that had not been declared properly.

ATO Assistant Commissioner Rob

Thomson said that waiting until late July allows for the ATO to prefill information in your tax return.

‘We know doing your tax return is something to tick off your to-do list each year, but there’s no need to rush. The best time to lodge is from late July once everything is ready.’

‘We pre-fill information from your employer, banks, government agencies and health funds into your tax return to help you get it right the first time - regardless of whether you use a registered tax agent or lodge yourself,’ Mr Thomson said.

Waiting for this information to be pre-filled reduces the likelihood of mistakes or omissions, which can

often result in taxpayers having to submit an amendment which can cause issues and delays for taxpayers.

‘If you wait until late July to lodge, all you need to do is check your information, add anything that’s missing and include any deductions or offsets that you’re eligible for.’

‘If you’re keen to get your ducks in a row before you lodge, make sure you have all the necessary records, ensure your personal information and bank details are up to date and check the ATO occupation guides to see what deductions you may be able to claim.’

‘The ATO is also encouraging taxpayers to download the ATO app and set up a strong digital identity to protect themselves this tax time to ensure your interactions online are safe and secure. The app not only allows you to keep records of your work and general expenses but it will keep your information safe, including notifying you of any suspicious activity on your account,’ Mr Thomson said.

Once your employer has finalised your income statement, it will be marked as ‘tax ready’. Taxpayers can check if their income statement is ‘tax ready’, as well as if pre-fill is available in myTax prior to lodging or in the ATO app.

Photo supplied of ATO Assistant Commissioner Rob Thomson



Two years of government inaction leaves Australians exposed to gambling harm

Two years after the landmark ‘You win some, you lose more’ parliamentary inquiry delivered 31 unanimous recommendations, the federal government is yet to deliver an adequate and comprehensive response. Millions of Australians remain exposed to predatory betting companies as the government continues to fail to adopt the late Peta Murphy’s landmark report recommendations. The Australian Medical Association is demanding immediate action.

AMA President Dr Danielle McMullen said online gambling is causing immeasurable harm to Australian families with the gambling lobby pressuring the government to water down reforms.

“The committee was crystal clear – partial bans do not work and it is time to recognise that ongoing industry pressure is harming Australians,” Dr McMullen said.

“While families struggle with cost-of-living pressures, gambling losses now amount to more than \$1500 for every adult, draining budgets faster than utilities or housing.”

up inducements as they exploit the regulatory vacuum.

Peta Murphy’s report exposed how these companies use this lack of oversight to systematically target vulnerable audiences, particularly children, through sports advertising.

“Peta Murphy’s inquiry was unambiguous – online gambling companies deliberately exploit Australia’s love of sport to normalise gambling as harmless fun,” Dr McMullen said.

“Australia’s sporting codes and broadcasters have been in lockstep with gambling industry partners to oppose restrictions.”

The AMA has championed reform since 2013, calling for an independent regulator and comprehensive advertising bans. Gambling harm causes severe mental health disorders, substance abuse, family breakdown and financial devastation.

The AMA demands an immediate response to all 31 recommendations, including total advertising bans, an independent regulator, and child protection.

“Two years of inaction while betting companies flood sports broadcasts with predatory advertising is unacceptable,” Dr McMullen said.

“Every day of delay means more Australians fall victim to an industry that profits from harm and despair.”

Australians lose \$31.5 billion annually to gambling – the highest per capita losses in the world. These losses now eclipse what governments spend on aged care and rival NDIS expenditure, according to a report by Equity Economics.

Meanwhile, gambling companies have been emboldened by inaction, with TabCorp ramping

Tidy Towns Sustainability Awards: entries for 2025 now open

The search is on for councils, towns, organisations, businesses and individuals across NSW who are leading the way to a sustainable future!

These annual awards inspire councils and communities to make a genuine and lasting contribution to their area. There are a broad range of award categories to enter with emphasis on partnerships between local authorities, businesses, community groups, schools and individuals.

The benefits of entering the awards are many, to which those who have taken part can testify. Your communities, volunteers and hard work can gain recognition, in turn assisting with grant funding, future planning approvals and state-wide credibility. In addition to the increase in civic pride, community organisations can position themselves as leaders in their area of expertise.

Share your amazing sustainability stories and programs and receive valuable recognition

by entering the 2025 Sustainable Cities or Tidy Towns Awards.

Submissions close 31 July 2025

Running since 1981, the NSW Tidy Towns program encourages, rewards and recognizes projects across a range of categories. These projects are a source of community pride and cohesion and driven largely by volunteers.

The Awards weekend celebrates the achievements of these dedicated and passionate people from across regional NSW and allows other communities to learn from their experiences and successes. In October 2025 the event will be hosted by Parkes who were the overall winner in 2024.

In 1990, the state Tidy Towns Awards came together to form the Australian Tidy Towns Awards. The Overall winner for NSW has the opportunity to be nominated as the NSW finalist in this iconic national environmental sustainability program.

<https://www.kabnsw.org.au/awards/tidytowns2025/>

Scammers targeting older Australians, Bendigo Bank warns

Bendigo Bank is issuing a warning that scammers may be targeting older Australians in fake term deposit scams.

Head of Customer and Threat Protection at Bendigo Bank, Jason Gordon, says scammers are impersonating legitimate financial services businesses, with criminals offering fake investment opportunities in an attempt to lure would-be investors; and in particular those aged 65 and older; to transfer large sums of money to scammers.

“Term deposits are regarded as conservative and secure investment options. Scammers know this and try to leverage the

risk profile of these investments for their own ends with fake investment opportunities that redirect your funds to their own bank account,” says Mr Gordon.

“Australians lose more to investment scams than any other scam type and retirees and those approaching retirement are often a target for term deposit scams and other kinds of investment scams,” he says.

“Scamwatch says that many Australians aged 65 and older have retired and may be seeking investment opportunities, which may explain people in this age group reporting total losses to investment scams of \$66.6 million last year.”

“Australians aged 65 and over had the highest overall reported losses to Scamwatch of \$99.6 million – almost one third of all losses reported last year.”

“This cohort only makes up less than 20% of the population, so these disproportionate losses tell us that this is a targeted demographic, and that those over 65 should be extra cautious.”

How are scammers targeting older Australians?

“A common way for scammers to capture contact information is through phony online advertisements promoting fake term deposits. By engaging with these advertisements on social

media, through online chat interactions or by processing payments online, scammers can collect your details and make you a target,” Mr Gordon says.

“Data breaches impacting companies that hold your personal information are another way your information can fall into the hands of scammers. Once they have your information, you may be contacted directly by the scammers, sometimes repeatedly and over prolonged periods of time, as they set up and execute the scam,” he says.

Warning signs of a term deposit scam

Mr Gordon says these scams are often highly sophisticated and can resemble genuine offers from trusted organisations, but here are some signs it may be a scam:

1. Implausibly high returns

Fake term deposit or investment opportunities will often come with implausibly high interest rates, promised returns or guarantees. Always be sceptical if the offer is too good to be true and is markedly different to what reputable and reliable sources are able to offer.

2. Cold outreach or unexpected contact

Phone calls, emails or SMSs claiming to be from a financial services business should be treated with extreme caution –

especially if you haven’t dealt with them before.

3. A lack of digital footprint

Scammers deliberately impersonate businesses without much of an online presence to limit consumers’ ability to compare their ‘real’ website with the scammers’ fake one.

4. Mismatched details of the receiving bank account

Any account you are transferring to should be in the same name of the relevant financial services business.

5. Time sensitive offer to ‘invest now’

Pressure to act quickly, often using phrases like “last chance” or “exclusive opportunity.”

How to stay protected

Mr Gordon says that scams are becoming more sophisticated, but there are ways we can act to protect ourselves and our loved ones.

“Never click on links in unsolicited emails or messages about financial products. Bendigo Bank has removed all links from SMS messages, so customers who receive an SMS that includes a link should treat that as suspicious,” Mr Gordon says.

“We urge Australians to treat all unsolicited contact regarding investment opportunities as

suspicious and do your own research or ask a friend or family member to help you look into the opportunity before you act,” he says.

Bendigo Bank offers face-to-face education approach to help its customers and the community safely navigate digital banking. The 30-minute, standardised classes for customers and local community groups highlight the benefits and importance of getting digitally connected, staying safe and recognising and preventing scams and fraud. Customers are encouraged to enquire at their local Bendigo Bank.

What to do if you've been scammed

Mr Gordon’s advice to customers who may have fallen victim to a term deposit or investment scam is to visit www.bendigobank.com.au/security immediately to report it and get support.

“Encouragingly, people aged 65 and over were the most likely to report a scam in 2024, with more than 62,000 reports lodged to Scamwatch. Reporting scams is critical in helping telcos, internet service providers, banks and law enforcement put a stop to criminal activity,” Mr Gordon says.

Photo supplied of Head of Customer and Threat Protection at Bendigo Bank, Jason Gordon



www.bdn.com.au

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Accessible. Responsive. Innovative.

Rebuilding Public Education

NSW Department of Education

Public notice

Notice of exhibition of a proposed school development



Proposal:

The upgrade of an existing building for the temporary use of the Bungendore High School North Campus, including new buildings and structures, landscaping, sport and play spaces and associated public domain works, supporting infrastructure and earthworks, as described in the Review of Environmental Factors (REF).

Applicant:

NSW Department of Education

Location:

4-6 & 10 Majara Street (Lots 13 and 14 DP 1139067, Lot 3 DP 830878) and Part Lot 1 DP 1276279 (Majara Street road reserve) & Part Lot 1 DP 1276282

Exhibition details:

The proposal will be on public exhibition from **Tuesday 24 June 2025 to Monday 21 July 2025**. During this period, community members are invited to review the REF and provide feedback via the Department of Planning, Housing and Infrastructure Division 5.1 planning portal. A link to the Planning Portal is included on the department’s project webpage available using the weblink or QR code below.

Information and feedback

For further information contact School Infrastructure on:

Website: edu.nsw.link/BungendoreHStempREF

Phone: 1300 482 651

Email: schoolinfrastructure@det.nsw.edu.au



Community News

Queanbeyan VIEW Club birthday celebrations - next meeting Thursday July, 17

Queanbeyan VIEW Club
V.I.E.W. Voice, Interest, Education of Women.
We are a Club that was founded by George Forbes from the Smith Family, 65 years ago. Queanbeyan just celebrated their 41st birthday with the theme of Green/Raiders. Our guest speaker was Tony Wood
NRL Canberra Raiders Mascot, Victor the Viking. He spoke on his life, how he got into the Raiders support team, and also his work with Baptist Care.
Queanbeyan supports the Smith

Family and the Learning for Life program helping 2 students.
Our next meeting will be held on Thursday, the 17th of July at the Tourist Hotel in Queanbeyan, for lunch 12 for 12.30. The Guest speaker will be Marina Siemionow from the Canberra Lung Life Support Group.
R.S.V.P to Sue on 0448427237 or queanbeyanview@gmail.com by Sunday the 13th July.
Photos supplied of Tony cutting the cake with President Kaye, and some of ladies enjoying the day.



Bungendore Seniors

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

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

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. Chair Yoga is held during school terms only. One class during the winter months at 2.30pm

Cost: \$13 per session for

THURSDAYS

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

FRIDAYS

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



What is the new Super tax the Government wants to bring in?



by Phil Harvey

If you haven't heard, the Government is planning to introduce a new tax on super. There is nothing more certain than death, taxes and changes to super.

While it isn't law yet, it's very likely to pass soon.

What is it?

It's an extra 15% tax on earnings from super balances above \$3 million, calculated on an individual basis.

Why is this happening?

The Government wants to reduce the cost of super tax concessions, which currently exceed \$55 billion a year (and growing).

As I have said before, super is essentially government sanctioned tax haven:

- Super earnings are taxed at a maximum of 15%, no matter how large the balance - and there are some individuals with more than \$400 million!
- If you're in pension phase, earnings on the first \$2 million

can be tax-free.

Who will be affected?

The tax applies to individuals, not funds. So even if you're in a shared Self-Managed Super Fund (SMSF), what matters is your personal balance.

As an example, a SMSF with two members has a total of \$5.9 million:

If both have under \$3 million each, no Div 296 tax applies.

If one member has \$2.4 million and the other \$3.5 million, only the one with more than \$3 million pays it.

How is it calculated?

Let's walk through an example.

- Start of year (1 July 2025): \$3.5 million
- End of year (30 June 2026): \$3.9 million
- Earnings: \$400,000

Step-by-step:

Adjust for contributions/withdrawals
Say you contributed \$30,000. After the 15% contributions tax, that

brings the contribution to \$25,500.
So, net earnings = \$400,000 - \$25,500 = \$374,500

Calculate the percentage of the total super balance that is above \$3 million at the end of the year. In this case it is 23.08% - (\$3.9 m - \$3.0 m)/\$3.9 m).

Apply this to the earnings
23.08% of \$374,500 = \$86,435

Apply the extra 15% tax
15% of \$86,435 = \$12,965.25 tax payable

What can you do about it?

If you haven't met a condition of release, your options are limited. But if you can access your super, you have a few strategies.

1. Withdraw excess funds

You could take money out of super to avoid further tax. However, this could be difficult if the money is tied up in large assets (like a farm or commercial property). There may also be selling costs and/or other tax implications.

2. Equalise balances with your spouse

You can each have up to \$3 million without being subject to this



tax. Consider using contribution splitting or recontribution strategies to balance your super amounts.

3. Use intergenerational strategies

If you have a SMSF you could add your children as members and use a recontribution strategy to pass on the asset to future generations.

We specialise in helping professionals and executives grow and protect their wealth and love the tax advantages that super

brings. If you would like to discuss how you could benefit from independent financial advice, call me on 02 6269 3339 or email me at team@constructwealth.com.au.

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

Image: Shutterstock



Community News

Better services and more than \$210 million in capital spending for Monaro in 2025/26

The 2025-26 budget continues the Minns Labor Government’s work in rebuilding the core services we deliver to the people of Monaro, says Member for Monaro, Steve Whan.

Steve Whan said “At its heart is the success of our government’s decision to lift the Liberal and Nationals draconian wages cap. This means essential workers staffing schools, hospitals and other critical services are now seeing real pay increases resulting in better retention.

“As I have said many times, there is no point having public buildings like hospitals and schools if there is no one staffing them. Unfortunately, the Nationals in Monaro proved they were more interested in cheque handovers and openings, rather than delivering services.

“This government has turned the tide on service delivery with reductions in teacher vacancies, fewer composite or combined classes and improvements in pay and retention across the whole Government sector.

“This has led to a shift in real wage growth for NSW - which will be the biggest help with cost-of-living pressures.

“While service delivery has been my main priority, I haven’t forgotten key commitments to capital infrastructure, schools, roads, and hospitals.

The 2025/26 financial year is expected to see more than \$210 million of our taxpayers’ money spent in Monaro on key projects including:

- \$58. 2 million being spent in 2025-26 as part of the

Bungendore High School project

- \$46.1 million toward the building Googong High School to be spent next financial year
- \$33.1 to build Jerrabomberra High School Stage 2
- Almost \$2 million will be spent on planning for Googong Public School Stage 2
- \$11.5 million to complete the roadworks at the Jindabyne Education Campus forgotten by the former government
- Bombala Hospital’s expansion is still in the planning stage, but the budget has allocated \$27.5 million, reflecting the expected progress on this \$40 million project
- \$14.7 million for the already announced intersection upgrade of Ellerton Drive and Bungendore Road (Spotlight Intersection).

This brings the total funding to

- \$33.7million to deliver an intersection solution that is capable of meeting long term future usage.
- \$4.4 million to continue upgrades on the Gaden Trout Hatchery
- Work continues on large components of the Snowy SAP, water and sewerage upgrades are in planning and the foreshore carpark upgrade is underway
- Our roads election commitments funding continues to upgrade bridges in conjunction with local councils at Rechs Creek; Briars Sharrow; and Cowbed Creek along with Tarago and Nerriga Roads

“Outside the Monaro electorate, but important to many residents, this Budget sees work continuing on the joint State and

Commonwealth upgrades of the Barton Highway (total \$101.1million over four years) along with \$21.2 million for pavement improvements at Marulan.

“We know that when the Liberal Nationals were in Government, they racked up massive government debt with poorly planned spending only partially paid for by privatising some of our communities most important public assets.

“I am proud to be part of a Labor team that rejects this approach.

“This is a budget that responsibly delivers for the people of Monaro, it is delivering real service improvements while reducing the budget deficit, lowers projected debt and without relying on privatisation of our assets.”

Call for feedback on in-home aged care pricing

National Seniors Australia Home care participants, carers, families, providers, and others are invited to engage over the new Support at Home scheme.

The Independent Health and Aged Care Pricing Authority (IHACPA) has released the Consultation Paper on the Pricing Framework for Australian Support at Home Aged Care Services 2026-27.

The Australian Government’s new Support at Home program

will combine existing in-home aged care services into a single, simplified program designed to assist older people to live independently at home for longer.

As part of this public consultation, IHACPA wants to hear from as many voices as possible, including in-home aged care participants and their families, carers and representatives, in-home providers and workers, peak bodies, government departments and

agencies, and the public.

“Everyone with an interest in aged care is encouraged to engage with us and share their feedback,” said IHACPA’s chair, David Tune.

“We want to work closely with our stakeholders to ensure our pricing advice for the Support at Home service list meets the needs of the aged care sector and reflect the costs of delivering safe, high-quality services for older Australians,” said Mr Tune.

This year, the consultation paper covers key areas of the Support at Home service list, including pricing principles, methodology, and adjustments.

IHACPA also encourages feedback on data and information requirements as well as priorities for future pricing advice.

IHACPA will use the feedback gathered from this consultation to develop the Pricing Framework for Australian Support at Home Aged

Care Services 2026-27. The pricing framework outlines the principles, scope and methodology IHACPA uses in developing pricing advice to government for the Support at Home service list.

The public consultation is open until 5pm AEST on Friday, 18 July 2025.

To view the consultation paper and make a submission, visit IHACPA’s Engagement Hub at <https://engage.ihacpa.gov.au/>

Part of the team

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

It’s more than a game. It’s where teamwork, confidence, and friendships grow. That’s why we proudly support Bungendore Junior Soccer Club.

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

Feel good about who you bank with.

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



Community Bank
Bungendore

Community News

Bungendore High School Buzz

Bungendore High School

It's been a crazy busy few weeks at Bungendore High School; here are just a few of the activities that we've enjoyed.

Our Stage 5 Agriculture students headed off to the Sydney Showgrounds at Olympic Park for the NSW Royal Agricultural Society Discover Ag Careers Expo. Featuring over fifty career paths into agriculture, the expo engaged students through hands-on workshops and seminars about the diverse and exciting opportunities in the world of agriculture.

Our powerhouse careers advisor coordinated our first Future Pathways Evening, bringing together Year 9 and 10 students and their families for an informative and inspiring event focused on the exciting opportunities available as they prepare for senior schooling and beyond. A range of vendors exhibited, and staff presented details of the Year 10 into 11 subject selection process,

including valuable insights into future pathways. It's exciting to be forging ahead into senior high school next year, having started our journey with Years 7 and 8 only.

Our textiles club and SRC students joined in the colourful yarn bombing on Ellendon Street. First, we created our yarn artworks at school with a focus on our school colours. Then, we headed out to our allotted tree and, with the assistance of QPRC, we adorned the tree and tree guard.

Our SRC also held a cake stall to raise money for 100% hOPE, a charity that gives underprivileged children in Uganda a future and hope through educational development and self-sufficient communities. 100% hOPE visited us last term and gave an incredible performance, so it was an honour to be able to send them the \$250 we raised on the day.

Photos supplied



Learn to treat Wombat mange - Wildcare's online course goes live

Wildcare has released its first publicly available online training! The first online course is loaded and ready to take - Wombat Mange Treatment. Recently we've discussed what wombat mange is caused by and how we treat it, this course dives deeper into the symptom's wombats present, how

to identify different body scores for affected wombats, and the method of treatment to recovery.

With the cooler weather, mange season is well and truly here, and the availability of the online training is timely to help in the fight against mange. Mange is a very

nasty condition, caused by a tiny mite not visible to the human eye. If not treated, the wombat will die a slow painful death; this can take up to a year depending on the size and age of the wombat. The mite burrows under the wombat's skin, laying eggs, which causes great discomfort to the wombat. The

wombat scratches continuously causing open wounds, along with hair loss and thick scabs. Often the wombat appears to be deaf and blind, with scabs around the eyes and ears. The good news is mange can be treated but only if it's reported, so please report all sighting of mange affected wombats to 24/7 Wildcare Helpline on (02) 6299 1966.

The Wombat Mange Treatment course has been developed by our dedicated Wombat Mange Coordinator, Elena Guarracino, in line with current knowledge in this area. Further practical training and support, along with mange supplies will be provided. If you are interested in learning more about wombat mange or joining the wombat mange treatment team, call the 24/7 Wildcare Helpline on (02) 6299 1966 or email the Wombat Mange Coordinator at mange@wildcare.com.au.

The course was funded through the second round of the NSW Government's Curb Wombat Mange funding, and is available free of charge to the community, landholders, and the broader wildlife sector, in addition to Wildcare members.



Wildcare Queanbeyan is run entirely by the tireless work of volunteers and funded by generous donations from the community. Vet bills, supplies, medication and petrol are all funded by our volunteers and these donations. We rescue, raise, rehabilitate and release sick, injured and orphaned native animals throughout the Wildcare service area of over 22,000km2 in south-eastern NSW. In order to provide critical care to these native animals in need, these donations are crucial to continue this service.

If you are able to support our mission, please consider donating to our public trust. Go to wildcare.com.au for full details.

Upcoming Events

July 12 - Basic Bird Care Course

July 13 - Sutton Markets

Right: Wildcare Queanbeyan volunteers in the Wombat Mange Treatment team out in the field installing mange treatment flaps at wombat burrows. Photo supplied



Community News

Monster wood and raffle auction rasies \$7,545

On Saturday 21st June, The Braidwood Masonic Lodge held its annual monster wood raffle and auction. All up \$7545.00 was raised, with a couple of extra loads of wood still to be finalised. The Lodge wishes to extend their sincere thanks to all those who assisted, bought raffle tickets or bid at the auction. Please remember that all funds raised are returned to community and charitable groups in the local area as part of the Lodge's annual disbursement of charitable funds.

We would particularly like to extend our thanks to the local businesses and individuals who lent their support either through bidding during the auction or allowing us to setup our raffle stalls outside their establishments. The Lodge is very grateful for your continued support. Right: Lodge of Truth Braidwood member, Phil Shoemark, applying his decades of auctioneering skills at the wood raffle. Photo supplied



Maria's CommunityCorner

Maria Porreca As some of you know I am a member of Queanbeyan Evening Branch of Country Woman's Association of NSW (CWA). Every quarter there is a Group Council meeting of CWA and the recent one was on 21st June in Goulburn. It was hosted by the Goulburn Evening Branch. Several members from Queanbeyan Evening attended as did members from Bungendore, Collector, Crookwell, Majors Creek, Tarago, Taralga, Yass and of course Goulburn. There was a lot on the agenda to discuss including the Group's

100th birthday later this year and the Group's 100th AGM next year. We had presentations on the Group's Education Grants, CellaED personal defibrillators and Welfare Officers. On display were some clothing of South Korea, our country of study this year. A delectable morning tea and lunch was provided by the ladies of the Goulburn Evening Branch to tantalize the tastebuds. Well done ladies and a huge 'Thank You' for all your efforts. On Wednesday 25th June the newly formed Senior Advisory Committee had its first meeting. It was great to meet other members on the committee. We got to introduce ourselves and

share some experiences and information about ourselves. First on the Agenda was the review of the Committee's Terms of Reference. There was also some great discussion around areas of priority for the Committee. The next meeting will be held sometime in August. The Queanbeyan Senior Citizens have added a new activity to their schedule of events. On offer on Mondays from 1.00pm to 3.00pm is the card game Five Hundred (500). It is held in their centre at 1 Farrer Place, Queanbeyan. So, if you're looking for something fun to do on Monday afternoons then why not attend at the Seniors Centre - lots of laughter

and fun guaranteed. The Queanbeyan Health Walking Group walks every Thursday, rain, hail or sunshine - even in minus temperatures. They meet at 8.50am at the BBQ in Queen Elizabeth Park (opposite Riverside Plaza) and after announcements break up into smaller groups to enjoy their around 45-minute walk. You walk with a buddy and at your pace. After the walk they meet in the food court in the Plaza for a coffee and a chat. It's a free activity; the only cost is the cost of your tea or coffee and maybe something to eat if you didn't have breakfast. Photo supplied





KRISTY MCBAIN MP

Member for Eden-Monaro

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- Centrelink and Medicare
- Australian Taxation Office
- Child Support Agency
- Immigration and citizenship
- National Disability Insurance Scheme
- Customs, passports
- Pensions and My Aged Care
- Veterans' Affairs, including Certificates of Appreciation
- Letters of support for grant applications
- JP Service



www.KristyMcBain.com.au

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



BUNGENDORE CRAFTERS CO-OPERATIVE

Craft Evenings
Thursday 10th July
Thursday 24th July
55 Gibraltar Street
6-8pm
\$5+ BYO craft project
Contact Thalia: 0412 884 120

Rotary Club of Bungendore

Last Saturday night Bungendore Rotarians, family, friends and special guests gathered for their annual changeover dinner.

Past District Governor Michael Moore (pictured below) and Helen joined the celebrations.

Outgoing President Alan Dyer reflected on a remarkable and action-packed Rotary year, filled with dedication, growth, and tireless volunteerism.

Alan noted the club averaged 30 volunteer hours per week and outlined five major fundraising streams:

- Monopoly: 950 of 1,250 games

sold by Christmas.

- BBQs: 26 total, ranging from community breakfasts to multi-day events like Team Penning.
- Bottles & Cans: Quietly but steadily raising funds through tens of thousands of collected containers.
- ANZAC Day Bucket Rattle: \$3,000 donated to Queanbeyan Legacy.
- Parking at Events: Bungendore Show and Rodeo efforts required extensive volunteer shifts.

The club's community involvement was broad and meaningful, from supporting school speaking events, presenting awards, and running the P-Plater driver training program, hosting a mental health first aid course, helping with Christmas hampers, maintaining the CWA lawns, and supporting the Bungendore History Walk and community garden to participating in regional and international Rotary activities, including a learning experience from an attempted Fiji village support project.

From Halloween BBQs to bowls nights, the club maintained a strong social presence. A strategic goal to host one guest speaker per month was successfully met, with Alan listing a rich lineup including historians, photographers, mayors, and community leaders. "Perhaps you can count the guest speakers

as I list them to see if we met our strategy?" he joked.

Alan concluded by recognising the naming of a new local sporting field after Rotary's own Garry Cook – a meaningful endnote to a stellar year. "What a year! Thank you to everyone."

Congratulations to Ron Wilson (pictured right) who was awarded Rotarian of the Year award for 2025. Ron exemplified 'service above self'. "This person is quietly spoken and easy to miss in the background, and yet quietly volunteers to help for many activities and has been involved in the bottles and cans program, the community garden, public speaking, and BBQs. This person helps by maintaining our lawnmower - an essential piece of equipment for the community garden. All of this while caring for Robyn and helping her join in the club activities," Alan said.

Congratulations to the new Paul Harris Fellows: Christy Kaehne, Peter Scardon and Doug Gray (pictured below left).

Incoming President, Sue Glover said "It's a privilege to step into this role and continue the great work of those who have led before me.

"To the incoming board – thank you for stepping up and for being willing to guide our club in the coming year. Your support is not



only appreciated, but essential.

"And to those who have kindly agreed to be assistants to the board – thank you for being the backbone that helps everything run smoothly. Together, we form a strong, connected team, ready to serve our community and each other."

As Sue steps into the role, she emphasised that the club is a shared responsibility. Rotary thrives when everyone contributes their ideas, energy, and willingness to participate. This could be through suggesting new initiatives, assisting with tasks, or simply sharing perspectives – the

club becomes stronger through collective involvement.

She encouraged all members, no matter how long they've been part of the club, to get involved. Whether it's offering fresh ideas, volunteering, or embracing opportunities to learn and lead, every contribution makes a difference. By sharing the responsibility, the club becomes more resilient, better connected, and more effective in its work.

A big thank you to all the volunteers – our community is stronger thanks to your time and dedication.

Sharon Baxter-Judge





Bungendore Bites

A Taste of Spring

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
- Performances by the Raio De Sol – Community Samba Band ▪ Free Face Painting
- Creative Bites – Craft fun for all ages - kids and grown-ups welcome! Enter competitions, get creative, and win great prizes!
- Fly high with kite demos & workshops - thanks to members of the Australian Kiteflyers Society
- Kite Flying Competitions: our FREE Diamond Kites supplied: thanks to Community Bank Bungendore (number of kites are limited and comps are subject to weather conditions)

*Program subject to change

Bungendore Bites @ Night
5pm to 9pm

Party time.....Hitparade

will be bringing the live music vibes under the huge marquee.

Great variety of food and drinks on offer - all meals \$20 or less! The bar will be open - thanks to the Bungendore Rugby Union Football Club.

We'll have the tables and chairs ready — just bring a tablecloth and a little creative flair & enter our Best Table Centrepiece comp (fun prizes up for grabs!).

barlens Since 1965
events | exhibitions | parties

Community Bank
Bungendore

Bendigo Bank

QPRC



Lake George members recognised for outstanding service

continued from page 1

“Malloon Brigade is being awarded the Commissioner’s Commendation Award (Unit) for their efforts supporting NSW Police and Ambulance with the access and recovery of a deceased female from a camping ground in December 2023,” said Deputy Commissioner Stewart.

“A Strike team, made up with members from Lake George is being awarded the Commissioner’s Commendation Award (Unit) for their efforts in protecting multiple structures from a large bush fire under extreme conditions in Victoria, during February 2024.

“Firefighter David Loft is being recognised for a Commissioner’s Unit Citation for Service in his part of the 2019/20 bush fires Joint Agency Fire Investigation Taskforce,” Deputy Commissioner Stewart said.

Congratulation to all recipients.

National Emergency Medals

The National Emergency Medal is awarded to persons who rendered sustained or significant service during nationally-significant emergencies in Australia in the 2019/20 bushfires.

The recipient should be commended on their dedication, commitment and service to the NSW Rural Fire Service.

- Ben Bradey - Farringdon

National Medals/Clasps

National Medals are presented to members of the Service in recognition of 15 years diligent service, with the addition of a clasp for every 10 years of additional service. The medal recognises those members who go above and beyond what is expected of active members within their Brigade.

All recipients are to be commended on their dedication, commitment,

and service to the local community.

3 members will be presented the National Medal, recognising a total of 93 years of service.

- Jake Ridley

Award: 15 years diligent service National Medal Years of Service: 15 years: Queanbeyan City Brigade

- John Ellis

Award: 35 years diligent service National Medal 2nd Clasp Years Years of Service: 46 years: Lake George Support Brigade

- Jason McWhirter

Award: 35 years diligent service National Medal 2nd Clasp Years Years of Service: 32 years: Lake George District

Long Service Medals/Clasps

Long Service Medals are presented to members of the Service in recognition of their 10 years of active service, with the addition of a clasp for every 10 years of additional service.

All recipients are to be commended on their dedication, commitment, and service to the local community.

24 members will be presented the Long Service Medal, recognising a total of 458 years of service.

- Ainsley Browne

Award: 10 years active service Long Service Medal Years of Service: 10 years : Lake George Communications

- Lachlan Gilchrist

Award: 10 years active service Long Service Medal Years of Service: 10 years: Lake George District Office

- Gregory Müller

Award: 10 years active service Long Service Medal Years of Service: 11 years: Bungendore

- Rob Allard

Award: 10 years active service Long Service Medal Years of Service: 11 years: Bungendore

- Richard Ryan

Award: 10 years active service Long Service Medal Years of Service: 11 years: Jerrabomberra Creek

- Robert Apps

Award: 10 years active service Long Service Medal Years of Service: 11 years: Jerrabomberra Creek

- Sammy El-Aasar

Award: 10 years active service Long Service Medal Years of Service: 11 years: Jerrabomberra Creek

- Callum Ceglinski

Award: 10 years active service Long Service Medal Years of Service: 12 years: Bungendore

- William Verdon

Award: 10 years active service Long Service Medal Years of Service: 14 years: Mongarlowe

- Callie Bolitho

Award: 10 years active service Long Service Medal Years of Service: 16 years: Bungendore

- Robert Bolitho

Award: 10 years active service Long Service Medal Years of Service: 17 years: Bungendore

- Peter Morris

Award: 20 years active service Long Service Medal 1st Clasp Years of Service: 22 Years: Bungendore



- Richard Thorek Burgoyne

Award: 20 years active service Long Service Medal 1st Clasp Years of Service: 21 years: Bungendore

- Mark Thorek

Award: 20 years active service Long Service Medal 1st Clasp Years of Service: 22 years: Bungendore

- Raymond Wright

Award: 20 years active service Long Service Medal 1st Clasp Years of Service: 22 years: Ridgeway

- Jenny Dewson

Award: 20 years active service Long Service Medal 1st Clasp Years of Service: 22 years: Lake George Support

- Mark Barrett

Award: 20 years active service Long Service Medal 1st Clasp Years of Service: 23 years: Jerrabomberra Creek

- Phillip Clark

Award: 20 years active service Long Service Medal 1st Clasp Years of Service: 23: Jerrabomberra Creek

- Harry Lok

Award: 20 years active service Long Service Medal 1st Clasp Years of Service: 23 years: Boro/Mt Fairy

- Paul Bott

Award: 20 years active service Long Service Medal 1st Clasp Years of Service: 24 years: Mongarlowe

continued page 11

Community News

from page 10

- Doug Palmer

Award: 20 years active service
Long Service Medal 1st Clasp
Years of Service: 26 years:
Bungendore

- Paul Milera

Award: 30 years active service
Long Service Medal 2nd Clasp
Years of Service: 33 years: Lake
George Communication

- David Murtagh

Award: 30 years active service
Long Service Medal 2nd Clasp
Years of Service: 33 years:
Charleyong

- Irene Murtagh

Award: 30 years active service

Long Service Medal 2nd Clasp
Years of Service: 33 years:
Charleyong

Commissioner’s Commendation
Award (Unit)

Mulloon Rural Fire Brigade, Lake
George, Area South Eastern

Award Recipients:

- Captain Mark Newman
- Senior Deputy Captain Ross
Cattoi
- Deputy Captain Michael
Guinane
- Firefighter Dominic Cattoi
- Firefighter Melissa Guinane

Commissioner’s Commendation
Award (Unit)

South Eastern Area Command
Strike Team Alpha Lake George,
Area South Eastern

Award Recipients:

- Group Captain Stephen Gibbs
- Senior Deputy Captain Jason
Hooper
- Senior Deputy Captain William
Stone
- Deputy Captain Daniel Barwick
- Deputy Captain Steven Pow
- Deputy Captain Daniel
Sweatman
- Deputy Captain Greg Miiller
- Firefighter Brian Egloff
- Firefighter Bryan Geoghegan



- Firefighter Koby Conroy-
Bosceski
- Firefighter Stuart Kenny
- Firefighter Keegan Milcallef
- Firefighter John Gough
- Firefighter Ginibi Robinson
- Firefighter James Reynolds
- Firefighter Robert Moon
- Firefighter Sofia Furlanetto
- Firefighter Tyler Remin
- Firefighter Alexander Latham
- Firefighter Christopher
Montgomery

Commissioner’s Unit Citation for
Service

2019/2020 Joint Agency Fire
Investigation Taskforce State

Operations, Field Operations

Award Recipient:

- David Loft

Certificate of Appreciation

In recognition of outstanding
support for the families attending
the annual AFAC National
Memorial Service in Canberra.

Recipients:

- Richard Hall
- John Ellis
- Kevin Phillips
- James Rees
- John Spring
- Patricia D’Abrera



As your state member, I can help you with

- Social Housing
- Service NSW
- Fair Trading
- Education
- NSW Health & Hospitals
- State Roads
- Police, Ambulance and Fire + Rescue
- State Emergency Service
- Revenue NSW
- Public Transport
- National Parks

- Crown Lands
- Family and Community Services
- Justice of the Peace Services & Applications
- Birthday & Wedding Anniversary Messages
- Local Land Services

Feel free to contact my office if you need any assistance

(02) 6299 4899 •
monaro@parliament.nsw.gov.au •
213 Crawford Street, Queanbeyan NSW 2620

STEVE WHAN MP

STATE MEMBER FOR MONARO

Labor

Authorised by Steve Whan MR 213 Crawford Street, Queanbeyan NSW 2620. Paid for using parliamentary entitlements

Queanbeyan Veteran and Family Hub

RSL LifeCare

Here for veterans and their families, every day

What’s on at the Hub

MON:

Mindful Movement Tai chi - 12.30pm to 1.30pm

TUES:

Invictus Yoga - 10am to 11am

Veterans Guitar Group - from 22nd July

WED:

Brave Buddies Playgroup - 10am to 12pm

Heart/Muscle/Balance - 12pm to 1pm

THURS:

Open Arms fortnightly Coffee Catchup - 10am

FRI:

Catch up anytime for a cuppa - 9am to 5pm

Visit the Hub today

251 Crawford St, Queanbeyan

Open Monday to Friday
9am to 5pm

In partnership with

RSL NSW

Queanbeyan Seniors 50+



Queanbeyan Senior Citizens
Fun... fun...fun... come and join us: new activity just added

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

NEW Five Hundred (500) - card game - 1.00pm-3.00pm. Cost \$2.00

• 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 26 July 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

LOOKING FORWARD TO SEEING YOU SOON AT ONE OF THESE ACTIVITIES

Photos supplied



Council meeting summary - 25 June 2025

QPRC

Here is the summary of the resolutions made at the Council meeting of 25 June 2025.

The archived recording of the meeting is now available at: <https://webcast.qprc.nsw.gov.au/archive/video25-0625.php>

- Council approved the Leave of Absence application submitted by Councillor Mareeta Grundy for the 9 July 2025 Council meeting
- Council heard from 12 members of the public who made presentations about items on tonight’s agenda including: a DA for Light Industry and Construction of a Warehouse or Distribution Centre at 1 & 5 Marland Court, Enviroana; DA for a subdivision at 191 Googong Road, Googong comprising 51 residential lots; a DA involving demolition of 24 Gibraltar Street, Bungendore for a new medical centre; the Operational Plan; and the Unsealed Road Grading policy.
- Council endorsed policies for exhibition, including Environmental Controls on Construction Sites, On-Site Sewerage Management, Footpath Management, Friendship and Sister City, Street Banners and Sails and will adopt policies if no submissions received. Council deferred Unsealed Road Grading Policy to allow a councillor workshop to consider advice around category 10 roads and legal advice on Council responsibility, before policy returns for Council

endorsement and exhibition

- Council granted conditional consent to DA for the light industry and construction of a warehouse or distribution centre at 1 & 5 Marland Court, Enviroana
- Council granted conditional consent to DA for 51 residential lots subdivision, residual lot and open space lots, associated roads, infrastructure, landscaping and tree removal, demolition of existing house and outbuildings at 191 Googong Road and 19 Mol Crescent Googong
- Council granted conditional consent to DA for demolition of existing building and construction of a medical centre at 24 Gibraltar Street, Bungendore
- Council considered submissions to the draft Integrated Plans and made amendments by resolution, adopted the Operational Plan and Delivery Program 2025 to 2029, including Fees and Charges, Statement of Revenue Policy and Donations Program. Council adopted the Asset Management Strategy, Long Term Financial Plan and Workforce Management Plan including amendments, adopted the Donations Policy and Guidelines including amendments. Council will provide a voluntary pensioner rebate of \$50 to all pensioners in addition to legislated pensioner rebate. Council also resolved to make and levy the rates and annual charges, as detailed in Statement of Revenue Policy
- Council endorsed the draft

Palerang Communities Integrated Water Cycle Management Issues Paper 2025 for public exhibition for 28 days and will receive a report on the results of any community feedback

- Council noted the staff report and endorsed the proposed staff comment on the liquor licence application for Queanbeyan Leagues Club
- Council endorsed the renewal of existing Alcohol Free Zones and Alcohol Prohibited Areas and addition of 1 Farrer Place, Queanbeyan
- Council adopted the Council-Related Development Application Conflict of Interest Policy
- Council received investment report for May 2025, noting return of \$1,804,595
- Council received information report about Environmental Upgrades Finance Trial
- Council received information report about a notice to amend voluntary management plan for the Bungendore Rail Corridor and Station managed by Transport for NSW
- Council received information report about planning performance
- Council received information report about Councillor workshop on 18 June including Alcohol Free Zones and Alcohol Prohibited Areas, Memorial Park Project, Palerang IWCM Issues Paper, State Significant Developments, Nellie Hamilton

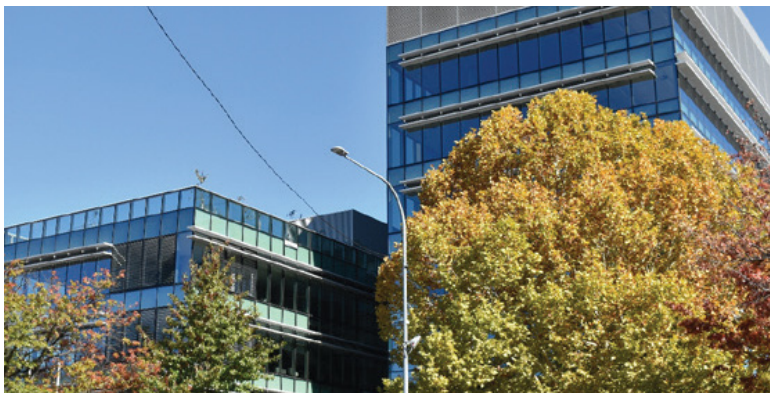
Centre Options Review

- Council received information report about site inspection in relation to DA at 1 & 5 Marland Court, Enviroana
- Council noted the minutes of the Access Committee on 14 May 2025
- Council noted the minutes of the Bungendore Town Centre and Environs Committee on 26 May 2025
- A Notice of Motion concerning phasing out of gas lapsed due to not having a seconder
- Council will receive a report on feasibility of Council partnering with low-cost loan providers to support residents and communities to electrify their homes as part of support for the Community Climate Action Plan
- Council will write to NSW Environment Minister to convey Council’s views and request the State Government focus on reducing waste to landfill to eliminate the need for Greater Sydney’s waste to be disposed of using waste-to-energy

incineration, including in regional NSW

- Council will write to the NSW Minister for Transport seeking an explanation for the changes to the NSW TrainLink Discovery Pass and request a commitment to reinstate the scheme with assurances that no service cuts or reductions will follow
- Council received delegate report from attendance at the CRJO Board Meeting on 5 June 2025
- Council received answers to questions with notice about a textile recycling trial
- In closed session, Council awarded contract for provision of books and audiovisual materials to James Bennett Pty Ltd, and to Bolinda Publishing and Ulverscroft Australia Pty Ltd for provision of special collections as part of the RFQ for Library Books and Non-Books

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>



Community News

Bungendore Fine Art Gallery Exhibition:
‘Into the Light’ opens this Saturday

“Into the Light”
By Marion Schumacher

Exhibition opening 5 July
continuing until end of August

Marion Schumacher lives and paints near Gunning, in a studio with a home attached, selling from the age of 14 years and has been working on honing her skills over the years as a full-time, dedicated artist.

Her latest exhibition for July and August “Into the Light” captures the colour and atmosphere of Australia. This has been a constant obsession for Marion, producing artwork that passes a personal

approval level has always been the first consideration.

Capturing colour and atmosphere of Australia has been a constant obsession, producing artwork that passes a personal approval level has always been the first consideration. A pleasant flow on effect is winning prizes, People’s choice awards and many sales.

Marion has worked in almost every medium, taught adult leisure classes, illustrated children’s books, painted theatre backdrops, murals and held solo and group exhibitions on a regular basis.

Along with regular guest artists the Gallery has eight resident artists,



Jenny Becker, Val Le Maitre, Sue Grieves, Janette McGuffog, Oliver Cheng, Sukhvinder Saggu, Denise Moule and Gay Mouat. The partners present a diverse range of images depicting all seasons. Subjects are mainly drawn from nature and from their immediate surroundings or from their travels. Painted in a wide range of mediums.

Open: Friday to Monday 10 am -



4.30 pm
Where: 42 Ellendon St,
Bungendore
Phone: 02 6238 1640
Mobile: 0405 893 943

Email: artist@bungendorefineart.com.au
Website: bungendorefineart.com.au
Photos supplied

Exercise and Ageing
Well

Public Invitation

4 P M , 17 T H J U L Y 2 0 2 5

Join us for our next free community event focusing on the benefits of exercise in older adults, presented by Damien from Ramsden Rehab and Conditioning.

Damien is a qualified Exercise Physiologist with over 10 years of experience helping people regain strength, manage chronic conditions, and reduce injury risks through safe, effective movement. He’s passionate about helping people stay active and independent as they age.

Topics include:

- How exercise supports healthy ageing
- The benefits of resistance training
- Preventing sarcopenia, osteoporosis, and falls
- Which exercises work best for older adults
- Simple daily movements to improve strength and mobility

This relaxed, friendly session is suitable for anyone curious about exercising safely as they age, whether you’re just getting started or already active.

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

Location: Bungendore Medical Centre, Ellendon Street

Date: Thursday 17th July 2025

Time: 4pm - 4.30/4.45pm

Bungendore Medical Centre
COMMUNITY INFORMATION EVENTS

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



Bungendore celebrates winter solstice in style

Winter Solstice in Bungendore started off with a bang - or rather, a chill - as overnight temperatures plunged to -7.3°C in some parts of the region. But as the day warmed under clear blue skies, so did the atmosphere at the Bungendore Bowling and Sports Club, where hundreds of families gathered to celebrate the turning of the season.

The Club once again proved itself a hub for community spirit, hosting a fabulous family-friendly event filled with music, food, fire, and fun. Warm fire pits kept the chill at bay, food stalls served up winter treats, and local bands CoverArt and Brawn had the crowd up and dancing well into the evening.

It was fantastic to see so many young families out enjoying the atmosphere – congratulations to the Club and its incredible volunteers for doing a brilliant job.

Winter Solstice has been celebrated around the world for thousands of years, but in Bungendore it's become a special time to come together around the fire and celebrate all that makes this community great. This year's event included a special cultural addition, with the Canberra Prosperous Mountain Dragon and Lion Dance group contributing to the festivities by retiring several of their lion heads. These were offered to the flames in a traditional gesture, symbolically honouring the spirit of the lions and releasing them to the heavens.

Club President Lindsay Noone said that while previous events featured one giant bonfire, recent upgrades to

the Club's green space have prompted a fresh approach to the night's celebrations.

"Over the last two years, the night has evolved from one huge bonfire to creating a warm and inviting atmosphere, where young and old can enjoy different aspects of the night," she said.

"We have shifted our focus to building a Club that serves the community, and the Solstice was just that - an effort to bring people together and highlight that incredible Bungendore spirit.

"Events like this are just not possible without the support and commitment of the Club Board, our member volunteers and our team of bar staff, as well as our major sponsor Community Bank Bungendore.

"Special thanks to the Rotary Club of Bungendore, Lions Club of Bungendore, Bungendore Netball Club, 1st Bungendore Scouts, Bungendore Mudchooks, Mellabella Gelato and Coffee by K and to all the Bungendore community for supporting the Club and coming together to celebrate," added Lindsay.

With big ideas on the horizon, the Bungendore Bowling and Sports Club is focused on building its reputation as a true destination for families. Keep an eye on their Facebook page for upcoming events or contact them at bungendorebowlo@gmail.com to get involved.

Sharon Baxter-Judge



Queanbeyan Lions celebrate new Board and successful year

The Lions Club of Queanbeyan recently held its 68th annual changeover dinner at the Royal Hotel Queanbeyan, marking the installation of a new Board and celebrating a successful past year. Special guests attending the dinner included Lions District Governor

(DG) Ann Reed, Past Lions DG Lorna Gordon, Member of the NSW Legislative Council Nicole Overall, Pastor Robert McMullan, St Stephens Presbyterian Church, Snr Constable Jake Dimond Queanbeyan PCYC, Gillian Southwell Board Member of

Respite Care of Queanbeyan, Chris Duncan Manager Community and Recreation at QPRC and Scott O'Hara Principal Jerrabomberra High School.

One of the highlights of the evening was the playing the Queanbeyan Junior Brass, led by John Thompson, and the singing of the National Anthem by the talented Ruby Holden. A further highlight was the presentation of Peter Stapleton Awards by Lions DG Ann Reed to Lions Beth Peisley and Dawn Roberts for their outstanding service to the Club and the community. The Toast to Lions Clubs International was made by Chris Duncan, Manager Community & Recreation QPRC.

Outgoing Club President Jamie Walker reported on the past year, noting that "The community bookshop continues to forge strong bonds within our area since the reopening in the town park, September 2023. Funds raised since inception are quickly approaching \$300,000 in total and over \$60,000.00 this year.

A special thank you to Lucy Clarke, Dawn Roberts, members



and the volunteers for the efforts and achievement". The evening concluded with Lions DG Ann Reed installing the Club's new Board for 2025-26 and the passing

of the gong from President Jamie to new Club President Laurence Kennedy.

Photos supplied



Winter Exhibitions Explore Connections to Place and Self

Marking time, space, and the stories in between, two new painting exhibitions at Rusten House Arts Centre—Resilience, Reflection, and Renewal by Sarah Richards and A Shifting Perspective by Lesley Sykes—invite audiences to explore how we navigate the landscapes of life, memory, and environment. Launching on 28 June, these exhibitions are a must see!

In Resilience, Reflection & Renewal, Sarah Richards draws inspiration from the cycles of life and the wisdom they reveal. A collection 12 paintings, each work corresponds to a specific month, reflecting on the various feelings and needs one might have at different times of the year.

Talking from her own experience, Sarah explains:

"January's 'Limitless Skies' captures that natural optimism most people feel at year's beginning, full of possibility. The winter months invite us to turn inward... while spring pieces celebrate that time when we start to come alive again, with lots of opportunities to connect. December honours both family togetherness and the complexity of missing loved ones who are no longer with us."

Sarah Richards is a Ngiyampaa woman born on Gadigal land and contemporary artist who has been living and painting on Ngunnawal and Ngambri countries since 2012. Sarah operates her own creative business, Marrawuy Journeys, through which she has transformed her passion of art into a full-time business. Sarah

was named ACT NAIDOC Artist of the year in 2015 and Canberra Women in Business' Indigenous Business Woman of the Year in 2023. Resilience, Reflection & Renewal marks her first solo exhibition.

In Gallery Two, Lesley Sykes' A Shifting Perspective turns inward to the quiet spaces of the everyday—drawing inspiration from her beautiful, light-filled studio in Mongarlowe. Rendered using a sgraffito technique, the works images have been scratched into, rather than drawn onto the surface and colour has been layered through a process of applying and rubbing back paint, to appear almost translucent. Instead of offering a literal or photographic view, the paintings conjure a sense of place through suggestion and

abstraction. Objects intersect and overlap, planes tilt and familiar forms become fluid—inviting viewers into a world where perspective is constantly in motion.

Lesley Sykes is a multidisciplinary artist, and qualified art teacher, having trained at the National Art School in the 1960s. In 2023, Lesley won the Major Acquisitive Art Award as part of the QPRC & Bendigo Bank Art Awards.

Both exhibitions will open with a special event on Saturday 28 June, featuring afternoon tea and speeches. Rusten House will also host an artist talk by Sarah Richards on Saturday 12 June as part of NAIDOC Week celebrations, giving participants the chance to hear about the stories behind her works and her creative journey. Those interested can book

their free spot via the ticketing link: <https://www.eventbrite.com.au/e/1409862991159?aff=oddtotcreator>

Neil Sloan's exhibition Safari Art also continues in Rusten House's Reading Room Gallery until 19 July and will round off with a free Travel Journal Workshop, introducing participants to techniques to create site responsive works, and tips to prepare their own art travel kits. This is a free event however spaces are limited. Secure your spot by registering via Eventbrite now: <https://www.eventbrite.com.au/e/1409748739429?aff=oddtotcreator>

For more information head to www.qprc.nsw.gov.au/Community/Culture-and-Arts/Rusten-House

Bridging the gap on dementia

National Seniors Australia

How social engagement can tackle loneliness and protect older Australians from cognitive decline.

Despite significant increases in the global population along with greater digital connectivity, the world is reportedly getting lonelier, and more socially isolated.

In Australia, about one in three people feel lonely at least some of the time - up from one in four since before the COVID-19 pandemic.

Older adults and those in regional and remote areas are particularly at risk of social isolation and loneliness, which can lead to serious and complex health complications.

One of the key health risks of poor social connections is dementia, the second leading cause of death in Australia. The World Health Organization says that loneliness and social isolation increase the risk of developing dementia by a whopping 50%.

To combat this issue, researchers at UNSW Sydney's Centre for Healthy Brain Ageing (CHeBA) launched an online study addressing the role of social engagement in maintaining brain function and wellbeing.

This world-first research, led by social health expert and clinical psychologist Dr Suraj Samtani,

aims to provide expert support and activities for people over 55 with memory concerns to stay socially engaged. The research, which has big potential benefits, is conducted via video calls.

"Evidence suggests that being socially active reduces risk of dementia by half," says Dr Samtani. "This is even after taking into account all other risk factors for dementia."

Risks of living in remote areas

One in three Australians over 65 live in rural and remote areas of Australia. According to the 2023 Ending Loneliness Together Report, 35% of those people are lonely.

These communities face challenges accessing services and experience significant geographic and resource barriers against social activities, all of which have negative health consequences.

"Interacting with friends and family, but especially having a confidante - someone you trust - is a critical factor in not feeling lonely," says Dr Samtani.

"Social connection for us is a basic human need, just like food and water."

Carolyn Monaghan, who lives in Warrnambool, Victoria, 270km from Melbourne, has been participating in the study since 1

March 2024.

"I've never participated in research before and I now value social connection more than ever," she says.

"Being part of this study group has given me mental stimulation and friendship. It's made me feel good and I've definitely looked forward to the Zoom sessions."

Dr Samtani says it is important to note the difference between social isolation and loneliness.

"Being socially isolated is the physical state of having less interactions with other people. Loneliness is the emotional state of feeling disconnected from the people around us and feeling the need for more rewarding social connections," he says.

Ms Monaghan had found herself becoming more socially isolated following her father's vascular dementia diagnosis.

"It's so easy to end up doing nothing, talking to no one and finding yourself dull and boring," she says.

According to Dr Samtani, the health risks of social isolation and loneliness are comparable to excessive drinking and daily smoking.

"Loneliness is as bad for our health as smoking 15 cigarettes a day



[and] being lonely can increase your risk of getting dementia by 26%," he says.

Conversely, according to the longest happiness study ever conducted, social connectivity can delay the start of physical health conditions by 10-15 years.

The Harvard-led study found that our relationships with people have a powerful influence on health, and that close relationships are the key to maintaining happiness throughout our lives.

"Quality relationships protect us from dealing with life's minor and major troubles on our own," explains Dr Samtani.

"Strong social connections are far more important than just having lots of connections. They help us to prevent or delay health issues - mental and physical."

Ms Monaghan has found that the research has encouraged her to do more.

"I was starting to think I couldn't be bothered to go out sometimes and I was worried I was becoming demotivated with life," she says.

"Being part of this research has encouraged me to go to social groups and say 'yes' to outings because I feel so much better for it."

Image: Shutterstock

10 EARLY WARNING SIGNS OF PARKINSON'S

Signs of Parkinson's can appear years before a diagnosis. We are on a mission to help people recognise early warning signs, seek advice and live well with Parkinson's.



• Loss of Sense of Smell
Difficulty detecting scents like bananas or dill pickles.

• Sleep Disturbances
Acting out dreams, calling out, or uncontrolled leg movements during sleep.

• Gastrointestinal Issues
Unexplained constipation or bloating; worsens with higher fibre intake due to slow gastric movements.

• Mood Fluctuations
Late onset anxiety and/or depression, unexplained apathy.

• Small Handwriting
Shrinking or cramped handwriting, often first noticed in your signature.

• Speech Changes
A softer or monotone voice that others may notice before you do.

• Facial Masking and Slowed Blink Rate
Reduced facial expressions, which may appear as disinterest or fatigue. Less frequent blinking, sometimes giving a vacant, staring look.

• Muscle Stiffness
Particularly in the back, hips, or shoulders.

• Excessive Sweating
When it doesn't match daily temperatures or strenuous effort.

• Physical Changes
Intermittent tremor, slowness of movement, decrease in natural arm swing or smaller steps or shuffle when walking.

"The earlier you know, the more you can do."

-Anna, Living with Parkinson's-



THE NEXT GENERATION: STRENGTH, VISION & LEGACY

6-13 JULY 2025

Community News

Bungendore Mitre 10 officially opened

After months of renovations and a fresh new fit-out, Bungendore Mitre 10 has officially opened—just in time for winter projects. Locals turned out in force over the weekend to celebrate the launch of the revamped store and its brand-new garden centre, now fully stocked and looking fantastic.

The Rotary Club of Bungendore added to the festivities, firing up the BBQ and serving over 400 sizzling sausages to hungry customers throughout the day. With face painting for the kids, warm coffees to beat the chill,

and plenty of smiles all round, the opening had a true community buzz.

Managing Partner Aiden Shand said, “Thank you to all our wonderful customers for coming out to help us celebrate. It was a great weekend full of fun, and we’re thrilled to finally welcome everyone into the new-look store.”

He also thanked the Rotary Club and all those involved behind the scenes. “We’re excited for what’s ahead and can’t wait to see you in store.” Stargazing flight: how Bogong moths use the night



CSIRO and HILT CRC join forces to accelerate Australia’s green metals future

A new partnership led by CSIRO will accelerate the development of a domestic green metals industry for Australia’s iron, steel, alumina and aluminium sectors.

Australia’s ambition to lead the world in green metals production has taken a significant step forward with the Green Metals Innovation Network (GMIN) - a \$10 million initiative funded by the Australian Government to strengthen industry-research collaboration.

Led by CSIRO, Australia’s national science agency, in partnership with the Heavy Industry Low-carbon Transition Cooperative Research Centre (HILT CRC), GMIN will bring together research, government and industry in a ‘Team Australia’ approach to accelerate the development of a domestic green metals industry for Australia’s iron, steel, alumina and aluminium sectors.

Green metals will be central to the nation’s economic future. Current annual exports of ores and manufactured products in the iron, steel, alumina and aluminium sectors are valued at almost \$150 billion and the sectors employ almost 200,000 people.

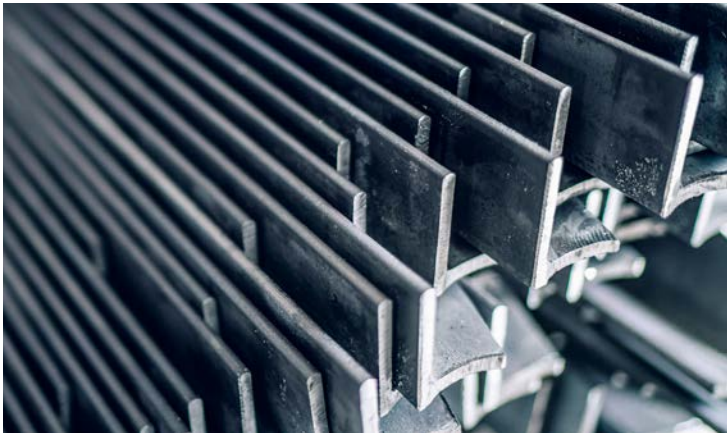
GMIN is a key initiative under the Australian Government’s Future Made in Australia agenda, which seeks to capitalise on Australia’s renewable energy and mineral resources to position the nation as a global leader in the supply of value-added materials for the net-zero economy.

The network will coordinate a national ecosystem of research, innovation and capacity building to address key technical and economic challenges to: accelerate the rate at which green metals process routes are adopted de-risk the development and deployment of new technologies suited to Australian ores and conditions drive understanding of how to lower cost and increase performance in new processing pathways.

GMIN will support research, infrastructure, talent growth, future planning, and knowledge sharing to help drive Australia’s green metals industry forward.

A nationally coordinated approach to green metals

Drawing on decades of industry engagement across the sector, CSIRO will help drive industry and research collaboration, enhance green metals



knowledge and expertise, and identify education pathways to support the skilled green metals workforce of the future.

CSIRO Chief Executive Dr Doug Hilton said Australia has an opportunity to create new low carbon growth industries and jobs in these areas, but we will need the right tools and collaborations to do it.

“At CSIRO, we strive to shape technology development that drives low-cost electrification and decarbonisation of our major industries and exports in a competitive, low-carbon global economy.

“The challenge is immense, but equally there is opportunity here for Australia to be an innovator and to create a future where sustainable energy and

mineral resources expand our prosperity.

HILT CRC CEO Jenny Selway said HILT CRC’s role in co-managing the network complements its core expertise in managing research collaboration, deep industry connections and established education and training program, and experience in fostering knowledge sharing.

“By strengthening collaboration between industry and research, GMIN will help fast-track innovation and technology to address gaps in the low-cost production of green metals including iron, steel, alumina and aluminium, as well as Australia’s transition to net zero,” Ms Selway said.

Photo: CSIRO

Drop-in session - Complying Development in the C4 Zone

QPRC

Thursday, 03 July 2025, 4:30pm to 6pm. We are holding a drop-in session to provide an update on the progress of complying development on C4 Environmental Living zoned land.

This proposal could allow landowners to undertake minor complying development, should they wish to do so.

Council has been pursuing various options to enable minor complying development in the C4 Environmental Living zone for over a decade. Staff have been investigating potential options in consultation with key NSW Government agencies. The aim of the session is to provide an update on the agency responses and the pathway forward.

We have also developed a FAQ sheet, which explains the proposed changes.

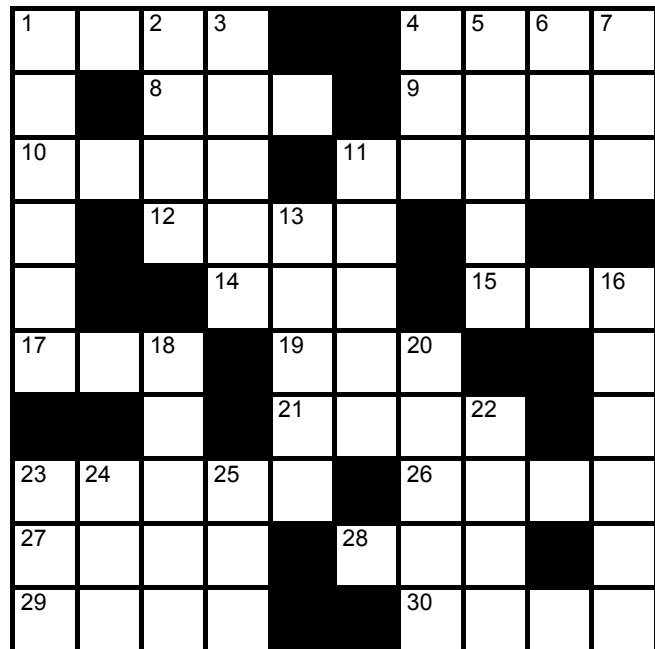
For Wamboin and Bywong community members, we are holding a community meeting on Wednesday 2 July 2025 from 4:30-6:00pm at the Wamboin Community Hall.

We are holding a drop-in session on Thursday 3 July 2025 from 4:30-6:00pm in the Nellie Hamilton Building, 257 Crawford Street, Queanbeyan where you can come and talk to Council staff about the proposal.

Head to <https://www.qprc.nsw.gov.au> for the act sheet

Puzzles

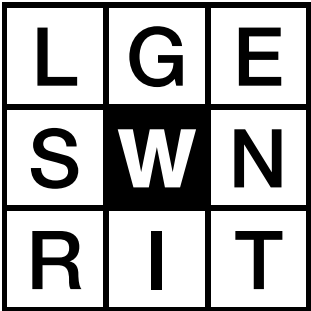
Quick Time Crossword



- Across
- 1 Incisions (4)
- 4 Follow orders (4)
- 8 Tree (3)
- 9 Field of floating ice (4)
- 10 Mature (4)
- 11 Restrict (5)
- 12 Fencing sword (4)
- 14 Tool (3)
- 15 Use a chair (3)

- 17 Donkey (3)
- 19 Ply the needle (3)
- 21 Periods of time (4)
- 23 Paces (5)
- 26 Prevalent (4)
- 27 Region (4)
- 28 Mineral spring (3)
- 29 Earth (4)
- 30 Particle of soot (4)
- Down
- 1 Ring round heavenly body (6)
- 2 Kind (4)
- 3 Oozes (5)
- 4 Frequently (poet) (3)
- 5 Supreme happiness (5)
- 6 Vast age (3)
- 7 Still (3)
- 11 Drain (5)
- 13 Becomes less painful (5)
- 16 Natural ability (6)
- 18 Show contempt (5)
- 20 Distorts (5)
- 22 Thailand's former name (4)
- 23 Sorrowful (3)
- 24 Prefix - three (3)
- 25 Light blow (3)

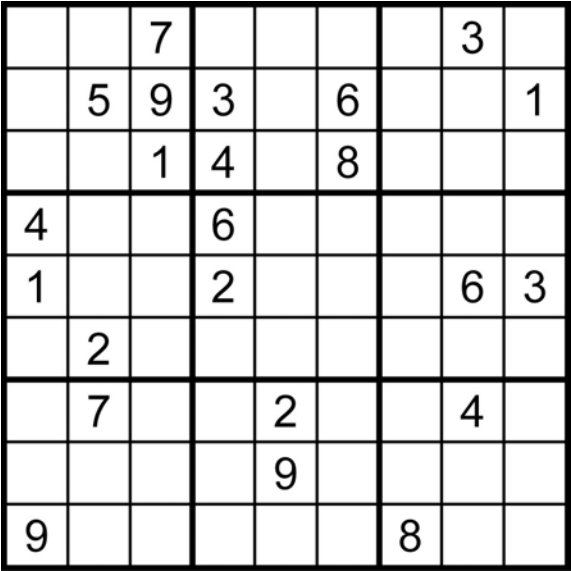
Target Time



Target: Average - 25, Good - 32, Excellent - 40+

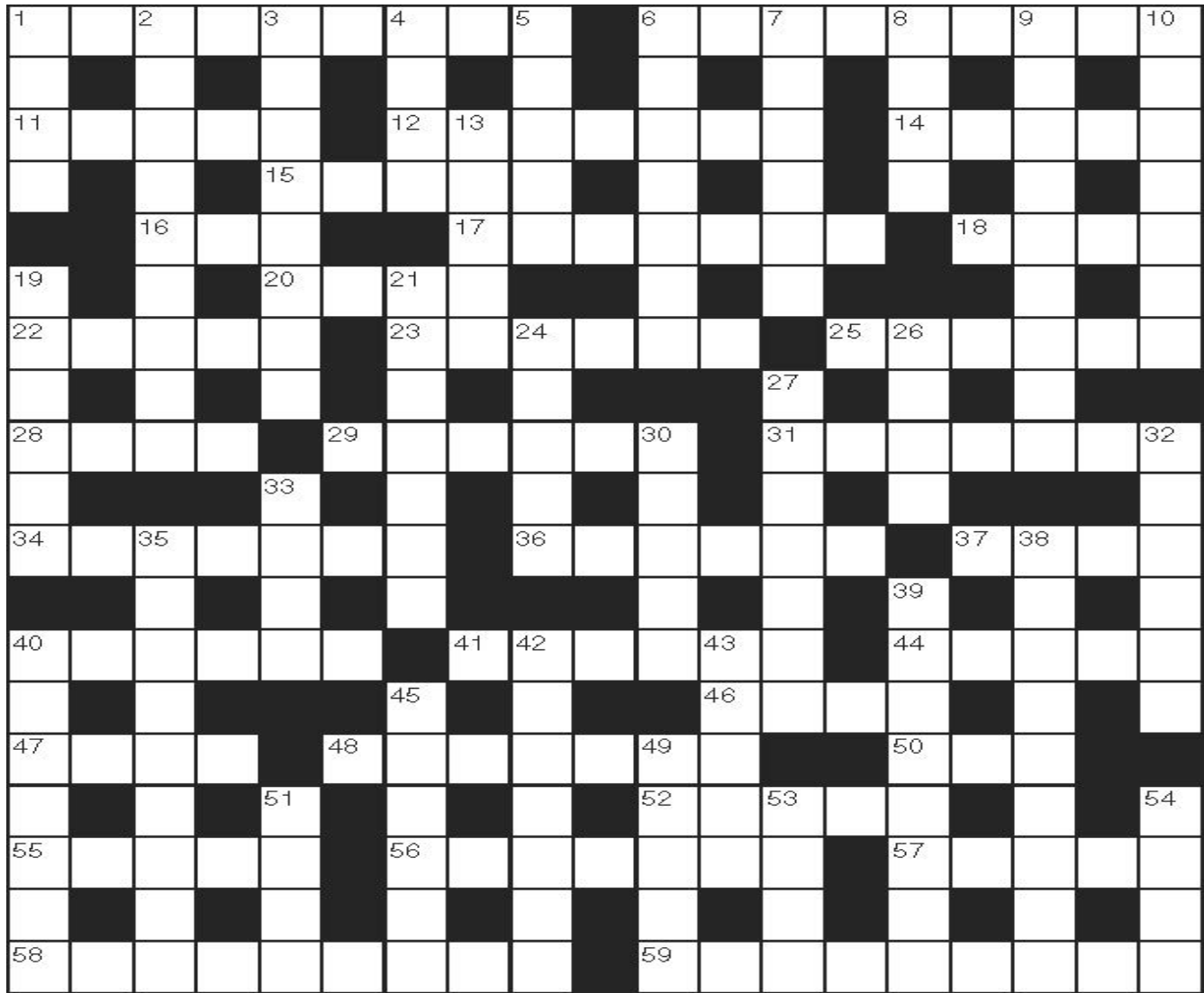
Using the nine letters in the grid, how many words of four letters or more can you make? The centre letter must be included and be used only once. Find at least one nine letter word.

Sudoku



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

Crossword

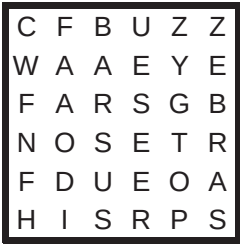


- Across
- 1 Deficiency
- 6 Device to measure distance walked
- 11 Aroma
- 12 Stretchy band
- 14 Intestinal pain
- 15 Inaccuracy
- 16 Follow
- 17 Brings to light
- 18 Double-reed instrument
- 20 Be at ease
- 22 Mystic board
- 23 St Francis' birthplace
- 25 Meditative
- 28 Moved, as a bird
- 29 Spotted feline
- 31 Contacted
- 34 Home for the terminally ill
- 36 Small loader
- 37 Smart
- 40 Plunged
- 41 Bible prophet
- 44 Back street
- 46 Rupture
- 47 Flag
- 48 Pickling agent
- 50 Taxi
- 52 Likewise
- 55 Large string instrument
- 56 Saviour
- 57 Japanese capital
- 58 Domestic appliance (5,4)
- 59 In two minds
- Down
- 1 Scarf
- 2 Very high gear
- 3 Cabled message
- 4 Swear
- 5 Understand
- 6 Ceramicists
- 7 Submissive
- 8 Deride
- 9 Roadside building replaced by E-tag
- 10 Stony garden
- 13 Ruffians (coll)
- 19 Rough sponge
- 21 Mauled
- 24 Nestling pigeon
- 26 Peruse
- 27 Inhale and exhale
- 30 Jewish leader
- 32 Lures
- 33 US coin
- 35 Strong adhesive
- 38 Underdone (4-5)
- 39 Of drugs
- 40 Tracks down
- 42 Intervenes (5,2)
- 43 Heart chambers
- 45 More solid
- 49 Farewell (Fr)
- 51 Hollow roar
- 53 Thump
- 54 Loving

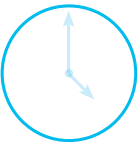
Brain Alert

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

Word Find 139 Find the following words in the grid.

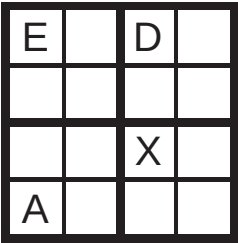


- Bars
- Beg
- Buzz
- Care
- Due
- Eye
- Far
- Fast
- For
- Four
- His
- Nose
- Ore
- See
- Set
- Top
- Was
- Zebars



Word Sudoku 140

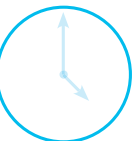
Enter the word AXED in each row, column and 2x2 square, in each combination there should be only one of each letter.



Scrambled 140

Unscramble the following letters to reveal the names of reality TV shows.

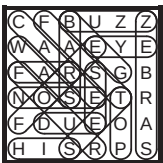
1. het coiev
2. risrovvu
3. fetchsamer
4. gbi rotrebh
5. het chroleba
6. remraf nawts a ewfi



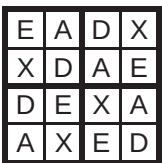
© Auspac Media

209

Word Find



Word Sudoku



Scrambled

1. The Voice
2. Survivor
3. MasterChef
4. Big Brother
5. The Bachelor
6. Farmer Wants a Wife

Queanbeyan-Palerang Regional Council

FOR YOUR INFORMATION



Road stabilisation works update

Contractors have been continuing stabilisation works on sealed roads around the local government area, with works on Hoskinstown Road and Ellendon Street in Bungendore and on Nerriga Road.

Contractors will be continuing work in Majors Creek, doing stabilisation work on Seymour Street, George Street, Araluen Street and Hill Street in early July, weather permitting. This work is funded by Council revenue.

These works are part of the contracted stabilisation works that have been underway around the local government area over the last few months.

For the safety of drivers and workers, please be aware of road work speed limits and follow the direction of signage.

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

We will be meeting with the Araluen community on Sunday 13 July. If you're an Araluen local, come along and meet with Councillors and senior Council staff to learn about projects and ask questions about issues that matter to you.

- ▶ Araluen Federal Hall, **Sunday 13 July from 2-4pm**



Draft Palerang Communities Integrated Water Cycle Management Issues Paper 2025 on exhibition

Have your say on the draft Palerang Communities Integrated Water Cycle Management (IWCN) Issues Paper 2025.

This document identifies around 35 separate issues related to all aspects of water and sewerage in the former Palerang region. The most significant of these include Bungendore water security, Bungendore Water quality (PFAS), and Braidwood water security.

The issues have been identified and will be considered in the development of the future IWCN Strategy. The Strategy may determine that some issues are part of business-as-usual, others may require ongoing monitoring or reporting, and some may warrant future public works projects.

- ▶ To read the paper and have your say by 29 July, go to **yourvoice.qprc.nsw.gov.au**

QPRC Community Grants applications open

Applications for QPRC's Annual Community Grants Program 2025/26 funding round are open!

There are two grant categories that local community organisations can apply for, and up to \$3,000 is available per eligible organisation.

Category A funding can be spent on charitable purposes and Category B funding provides donations towards venue hire of Council facilities.

Applications close 11pm Wednesday 30 July 2025.

- ▶ Read the Grant Guidelines and submit an application at bit.ly/QPRC-community-grants

Council Meetings and Times

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

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

Members of the public can make a:

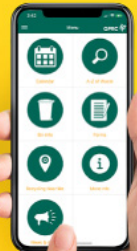
- Written presentation - submit by midday on Tuesday
- Zoom presentation - register by midday on Wednesday
- ▶ Register to make a presentation at bit.ly/QPRCinvolved

Next meeting dates are:

- 9 July
- 23 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**.

Waterways in Queanbeyan-Palerang Region survey

Share your thoughts on the health and management of waterways in the Queanbeyan-Palerang region. You don't have to be a resident — this survey is open to anyone who lives in, works in, or visits the region.

- ▶ Have your say at www.surveymonkey.com/r/qp-general

Work with Council

Current vacancies include:

- Coordinator, Water and Sewer (Queanbeyan)
- Administrative Officer

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



Policies on exhibition

There are a range of policies currently on exhibition on our Your Voice page:

- Environmental Controls on Construction Sites Policy
- On-Site Sewerage Management Policy
- Footpath Management Policy
- Friendship and Sister City Policy
- Street Banners and Sails Policy
- + more
- ▶ Have your say at yourvoice.qprc.nsw.gov.au

Follow us on social media

- @QbnPalerangRC 
- @QbnPalerang 
- @QbnPalerang 

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



PHOTO OF THE WEEK

10am Staurday 21st June - a tad on the chilly side!

PET OF THE WEEK



Name: Smokey
Age: 7 years old
Likes: sleeping, human food and his bag of toys
Claim to Fame: a strong dislike for roaming cats

Bungendore Evening VIEW Club: next meeting Monday, July 7

The Bungendore Evening VIEW Club (Voice, Interest and Education of Women) meets the first Monday of the month at the George Bar and Dining in Bungendore, at 18:00 for 18:30. The dining room is open just for us! We are a very friendly and diverse group of women, always welcoming new members, guests and visitors. Proudly supporting The Smith Family, we are sponsoring a Learning For Life student and raise funds to improve the life of disadvantaged children and young people. To enable us to do this, we charge \$5.00 per attendance, with everyone choosing and paying for their own meal and drink. We endeavour to have interesting guest speakers at each meeting: Merle Horgosi will join us for our meeting on July 7th to



talk about the 'Dance with Dementia' program. To indicate your attendance, please contact Debbie Hudson, mobile 0418 622 369, or email: bungendoreview@gmail.com New members welcome Photo supplied

CAPTAIN BUNGENDORE

1st July WAS NATIONAL TARTAN DAY IN AUSTRALIA.

A golden opportunity to don my BONNIE, wee kilt.

JAC

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

Bungendore Food Hub

A HELP UP FOR OUR COMMUNITY SUPPORTED BY OUR COMMUNITY

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

OPEN WEDNESDAYS 10AM-12PM

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

CONTACT 6228 1261 OR 0422605009

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/>

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 bungendorepsandc@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!

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,

Queanbeyan Probus Club: next meeting Mon, July 21

What are Probus Clubs?
The word PROBUS is an amalgam of the words PRO-fessional and BUS-iness

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

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

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

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



2 Wolseley Place, Jerrabomberra NSW
Aboriginal Cultural Heritage Assessment – Registration of Interest

PJEP Environmental Planning has been commissioned by DCI Data Centers ('the Proponent') to conduct consultation with Aboriginal parties for a site at 2 Wolseley Place, Jerrabomberra, NSW, legally described as Lot 6/ DP 1288362.

The consultation is being prepared to support a State Significant Development Application (SSDA), which proposes to develop a new state-of-the-art data centre in the Poplars Innovation Precinct at Jerrabomberra. The Proponent contact details are as follows: Sam Keating, Project Manager, Samuel.Keating@dcidatacenters.com

The consultation is to be carried out in accordance with the National Parks and Wildlife Regulation 2019 (NSW) and the Aboriginal Cultural Heritage Consultation Requirements for Proponents (DECCW 2010) and will include consultation with the Aboriginal community.

DCI Data Centers is seeking interest from Aboriginal parties who hold cultural knowledge relevant to determining the significance of Aboriginal objects and/or places that may exist within the subject area who wish to be included as a Registered Aboriginal Party ('RAP') for the project.

Please register your interest in writing to the contact details provided below by 5:00pm, 16 July 2025.

Phil Jones Director
PJEP Environmental Planning 48 Marine Pde AVALON, NSW, 2107
E: phil@pjep.com.au

Please be advised that the Proponent is required to forward the names of all RAPs to the Metropolitan Local Aboriginal Land Council and Heritage NSW unless instructed to withhold that information.

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

Mayor's Column

At our meeting last week, Council adopted the 2025-26 Integrated Plans including the Operational Plan and Delivery Program. These are our major planning documents that help guide Council's direction over its elected term. Next



year's budget is highlighted by significant investment in our road network with more than \$42m funding for roads - including the major project on Monaro Street, Stage 5 of the Nerriga Road upgrade, design and land acquisition of Stage 1 of Dunns Creek Road and many more. There is also more than \$13m towards bridge projects, highlighted by the upgrade of Briars Sharrow Bridge and Reschs Creek Bridge. In the recreation area, the budget includes a much-needed upgrade of the Braidwood Pool plant room and retiling of the outdoor pool at the Queanbeyan Aquatic Centre. The capital works are funded by a combination of capital grants, developer contributions and reserve funds.

We are seeking feedback on the draft Palerang Communities Integrated Water Cycle Management (IWCN) Issues Paper 2025. This document identifies around 35 separate issues related to all aspects of water and sewer in the former Palerang region. The most significant of these include Bungendore water security, Bungendore water quality (PFAS), and Braidwood water security. The issues have been identified and will be considered in the development of the future IWCN Strategy. The Strategy may determine that some issues are part of business-as-usual, others may require ongoing monitoring or reporting, and some may warrant future public works projects. To read the paper and have your say by 29 July, go to yourvoice.qprc.nsw.gov.au

The Foxlow Parklet in Captains Flat is open to the public again! After being out of operation since 2021 after finding high levels of lead on the site, it is great to get the park open again. Thanks to funding from the NSW Government through NSW Crown Lands, the site was remediated by excavating and removing contaminated soil and importing clean soil. The Australian Government funded the new playground under the Local Roads and Community Infrastructure Program.

Contractors are making steady progress on the Macs Reef Road and Bungendore Road intersection safety upgrade. Initial earthworks and drainage works have started with further construction to follow. The project is on track to be complete by the end of August 2025.

Cr Kenrick Winchester, Mayor

Puzzle Solutions

Target Time

Target: Average - 25, Good - 32, Excellent - 40+

grew, newt, sewing, sewn, sinew, slew, slewing, stew, stewing, strew, strewing, strewn, swig, swine, swing, swingle, swirl, twig, twin, twine, twiner, twinge, twirl, weir, welt, welting, went, wert, west, westing, wiglet, wile, wilt, wine, wing, winger, winglet, winter, wire, wise, wisent, wiser, wist, wren, wrest, WRESTLING, wresting, wriest, wring, wrist, writ, write.

Sudoku

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

Quick Time Crossword

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

Crossword

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

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

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



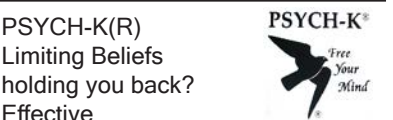
BUNGENDORE SENIORS
Next get together will be Thursday July 3, at the Bungendore Sports Hub amenities building \$5.00 per person. ALL WELCOME

NEED HELP LEARNING TO READ?

I have helped people, of all ages, learn how to read within 12 weeks. Call Phillip at 0408 402 741 for more information.

PSYCH-K®

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



Wide Span Sheds

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Your local authorised agent.

LIONS COMMUNITY BOOKSHOP

A non-for-profit group with all funds donated to local charitable organisations. LOCATED IN THE QUEANBEYAN PARK Tuesday to Saturday 10am-4pm. See page 23 for more info



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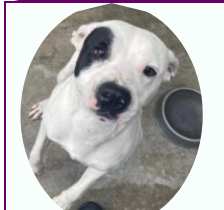
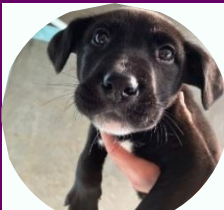
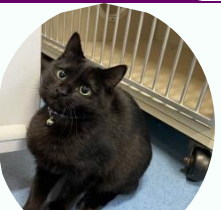
HAROLD BRADLEY TRANSPORT

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



GOULBURN MULWAREE ANIMAL SHELTER has 3 lovely pooches & 3 kittens looking for people to give them a 2nd chance at a long & happy life (28 June 2025)

Rehoming Organisation No.: R251000140

 MAX, Medium, Male, Staffy. Approx 2½ years www.petrescue.com.au/listings/1114332	 COOPER, Medium, Male, Staffy/Border Collie mix, Approx 6 wks www.petrescue.com.au/listings/1127869	 DARREN, Medium, Male Kelpie mix. Approx 8 months www.petrescue.com.au/listings/1126877	 LOTTE, DSH, Approx 6 months www.petrescue.com.au/listings/1125634
 TEASER, DSH, Approx 5 months www.petrescue.com.au/listings/1117742	 TRICKY, DSH, Approx 5 months www.petrescue.com.au/listings/1117741	Go to Pet Rescue: www.petrescue.com.au/groups/11042/Goulburn-Mulwaree-Council to see more photos and details about these animals and also for info on how to adopt from the Shelter. The Journey from Rags to Wags begins with You Every Animal Deserves a Happy Ever After 	

Three kitties & a really lovely pooch are currently doing time at the QPRC AMF (as of 28 June 2025)

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

 Ref No S135 "Reeta", DSH, Female. Found on 20 June. Available for adoption from the 30 June if not claimed by owner.	 Ref No S133 "Beth", DSH, Female. Found 16 June. Pretty youngster looking for her forever family. She is a 10/10 gal. Playful & enjoys the company of felines & humans..	 Ref No S122 "Kevin" DSH, Male. Found in Elizabeth Cres 19 May. Sweet & handsome. Kevin has a gentle heart & playful spirit but can be shy at first. Would thrive in a home where he had a cat friend to keep him company.	 Ref No S202 (or 203?) "Heidi", Wolfhound x, Female. Found on 20 June at Hillbar Rise. Available for adoption from the 27 June if not claimed by owner.
 You can't buy LOVE but you can RESCUE IT		Contact Info: Call the facility: 6285 6269 Email the facility: animalinfo@qprc.nsw.gov.au	

End Their Wait, Begin Their Life.

Find your new Best Friend at DAS. These are 17 very deserving dogs ready & waiting for adoption. Here are 4 of them. (As of 28 June 2025)

 Gypsy www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/gypsy	 Conin www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/conin	 Hershey www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/hershey	 Jax www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/jax
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As of 28 June 2025 44 animals are waiting patiently for their forever homes at the RSPCA.

There are

- * cats & kittens
- * dogs & pups
- * birds
- * fowl
- * a guinea pig

And 2 rabbits



To see who is available at the Shelter at any given time click on this link: rspca-act.org.au/adopt-pet

NB some of the kittens are available at Pet Barn Majura and Pet Barn Gungahlin.

For all dogs available for adoption see www.cityservices.act.gov.au/pets-and-wildlife/dogs/adopt

Sport

Mudhooks Getting Closer

Stewart Wilson

The Mudhooks moved a step closer to the minor premiership and semi-finals at Jindabyne on 21 June with a win over reigning premiers, the Jindabyne Bushpigs. Always a tough opponent and especially on their home turf, the

Jindy boys kept the Mudhooks honest for much of the game before the Chooks took control in the second half to win 35-19. The Mudhooks remain undefeated this season and are well clear on top of the table with three more games scheduled to

play before the semis. The Bushpigs had the best of much of the first half and in what seems to be pretty much standard procedure this year, the Mudhooks conceded the first points through an unconverted try to Jindabyne and took a while to get going. The score remained 5-0 for a time, the Mudhooks absorbing considerable pressure in the meantime and although not operating at their best, the feeling was that they were never out of it but just needed to get their act together. Both teams scored a converted try later in the first half leaving it 12-7 in favour of the Bushpigs after the first 40 minutes. Mudhooks number eight David Cox scored the try which was converted by Tom Worman. This pair ended up scoring most of the team's points between them. 'Coxy' added another two tries in the second half while Tommy had a good day with the boot, converting all five of the tries the Mudhooks scored. The second half witnessed a much better performance by Bungendore as the team finally started to play the way we know they can, adding four more tries: the two for David Cox and one each to hooker Kalib Maksimovic and flyhalf Kyle Shand. Tom Worman's boot added the extras and Jindabyne was restricted to a single converted try in the half, of which the Mudhooks took ownership and sealed the result. Next up, the Mudhooks take on



the Yass Rams at the Bungendore Sports Hub next Saturday, 5 July. This is another big day on the club's calendar both on and off the field - Ladies' Day - with both the Mudhooks and Chicks playing and food, refreshments and other fun things to be enjoyed. Player awards and their sponsors

for the game were: Best and Fairest: Brent Williams (3 points), Scott Geronimi (2 points), Uraia Rabici (1 point). Players' Player: David Cox. Coach's Player: Brent Williams. Chicks' Pick: Scott Geronimi.

Bungendore Mudchicks

Bungendore Mudchicks Recently, the Mudchicks took to the sunny fields of Jindabyne for an unforgettable showdown! Despite battling injuries that left the team running on one leg, the Chicks were ready to give it their all. The Jindabyne Miss Piggies are

known for their gritty style of play, and with the home field advantage, they showed just how formidable they can be. Highlights of the match included the outstanding performances by Kristyn Crebbin, who charged fearlessly into the line! Caitlin O'Connor and Kylie Darmody, both playing through injuries,

showcased determination and skill that left everyone in awe. The crowd erupted for spectacular tries scored by Sacha Arnold, Chem Hansen, and Lana Bobbine—what a trio of talent! While the final score may not have been in the Chicks' favour this time, it certainly didn't reflect the

heart and passion they displayed on the field. The Mudchicks fought valiantly, proving that teamwork and resilience shine brighter than any scoreboard! The final score was 32-15 to the Jindabyne Miss Piggies. Points this week went to - 3- Tia Baxter

2- Kristyn Crebbin 1- Caitlin O'Connor Coaches- Chem Hansen Blokes pick - Candis Stratis Players player - Sacha Arnold Photo: Mudchicks at the recent sponsors day and naming of the Garry Cook field.



Round 11 Reserves - Douch double lifts Whites in dominant bounce back

By Brodie Campbell

The Queanbeyan Whites reserve grade side managed to put their horror 40-7 loss in round 10 far behind them, as they produced their best win of the season defeating the Western District Lions 33-7 in their Spence Cup matchup at Jamison Oval last Saturday.

The Whites have been fighting to keep themselves in the final's equation all season, but saw their chances take a big hit when they were demolished by Royals at Phillip Oval just a few weeks ago. The match ended in a 40-7 scoreline, with Queanbeyan's only points coming from a penalty try awarded in the final minute of the contest.

The loss was extremely disappointing for fans, particularly since the Whites had strung together a series of resilient victories, so experiencing such a heavy loss was a major setback. Queanbeyan came into their contest with the Lions desperate to make a statement with their response, and an eagerness to not be the team the winless Lions would beat. The Whites were also pleased to welcome back Jackson Stuart to the starting side after a long-term injury. His experience and speed bolstered the side's outside back stocks at a crucial point in the season.

Any nerves were quickly settled for the visitors within the first two minutes, as five eighth, Mitch

Douch crashed across on the right-hand side to give the Whites an early 5-0 lead. The Lions, Nofoasa Lemalu, crossed over soon after to give Wests a narrow 7-5 lead after 10 minutes. The lead would be short lived with a Wests knock on giving Queanbeyan the scrum feed just inside their half. From halfback Jake Mead, Douch fed the ball onto Stuart who put on a burst of speed to take the ball through to Wests 22 before connecting with winger, Jack Negus who finished the move off giving Queanbeyan a 10-7 lead, which would then remain the score through the rest of the first half. Neither side's attacks were able to breach the defence, and the Whites were just able to hold on to the lead as they went into half time.

The second half can only be described as a reawakening of the old Whites, as their attack began to look in sync once again. Mitch Douch kicked off the scoring just as he did in the first half, producing a spectacular individual try from the halfway line to give himself a double. Douch broke through the defensive line to find open space, before chipping the ball over the top of scrambling defenders and regathering to score just to the right of the goal posts.

That individual brilliance gave the visitors confidence and momentum as they went in to score again through Maligi Finau and Cameron Stanley to give the Whites a resounding 33-7 lead.

As the final siren went off, the celebrations from the players and its fans were truly representative of how much the victory meant, as there smiles and cheers across Jamison Oval.

In the other games from Saturday, Firsts, Colts and Women's teams all had games against Wests with mixed results. The Colts kept their hot streak going with an impressive 34-20 victory, however the Firsts and Women's teams both went down, with the women being beaten 43-10, whilst the Firsts team narrowly went down 48-42.

All four sides will return home to Campese Oval this Saturday and get the chance to play in front of their fans as they go up against the Uni-Norths Owls, whilst the Thirds and Fourths sides will enjoy another bye.

Firsts: Tries: Koko Salim (2), Nathan Carroll (1), Blake Miller (1), Tuaina Taii Tualima (1), Kye Darmody (1). Conv: Cullin Cooper-Jones (6).

Reserves: Tries: Mitchell Douch (2), Jack Negus (1), Maligi Finau (1), Cameron Stanley (1). Conv: Jack Negus (4).

Colts: Tries: Kalen Billiards (2), Colten Mansfield (2), Niall Tallon (1), Xavier Tuli (1). Conv: Zane Glanville (2)

Women's: Tries: Lara Cosgrove (1), Charli Campbell (1). Conv: nil.

Pictured is Jacob Mead. Photo: Jordan Mirchevski Photography



Tigerettes and Tigers: Round Eight Results

Georgia Buckley

Big thank you to North Canberra Bears for hosting us for their Fight MND round - a great turn out for a great cause! Our Tigers came out on top against the North Canberra Bears in Kaleen yesterday.

Try scorers:
Peter Mortimer
Alex Evans
Daniel Jacobs
Dylan Ahosivi

Tries converted by Daniel Jacobs

3 points - Peter Mortimer
2 points - Dylan Ahosivi
1 point - Tommy Williams

Tigerettes unfortunately went down against the Bears in a big game of defence. Plenty to take onto our next round after a bye.

3 points - Sally Williams
2 points - Kody-Leigh McGlone
1 point - Ellie Shoobert

Photos: Lauren Woodward Photography

