

South East Local
Land Services News
and updates

RSL Lifecare: *Dying
to Know Expo* -
Friday, July 31

Pet
of the
Week



Regional Independent

Free

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

No. 465

Wednesday 29 July, 2026

Footpath works begin on Monaro Street Refresh



Debbie Evans

The Monaro Street Refresh project is now in its fourth month, and the works program has been updated to include stormwater main relining, which was not included in the original program.

In response to questions from the Regional Independent Council

has given an assurance that the revised works program is still expected to be finalised in coming weeks, although no firm date was given.

In its update on the project Council stated, "The first section of the new concrete footpath has been poured, with sections of kerbing and medians now completed

between Crawford Street and Collett Street.

"In coming weeks, work will continue with the new footpaths, kerb installation between Lowe and Crawford Street, continue with electrical infrastructure and underground service works, and further drainage and pavement construction.

"We have been working closely with businesses to manage the footpath construction at the front of their properties.

"The program is currently being updated to incorporate recent changes associated with the proposed solution to reline the stormwater main. The revised program is expected to be finalised

in coming weeks."

Council's official response on whether the work will be complete by November 2026 is, "the revised program is expected to be finalised in coming weeks."

continued page 3

Above: Monaro Street Refresh.
Photo: Debbie Evans

BUNGENDORE MITRE 10



PUMP Installation & Servicing NOW available

Fast, professional and reliable pump installation and servicing for residential, commercial and rural needs.

Call today
for a quote

mitre10.com.au | 6238 1517 | sales@mitre10bungendore.com.au | Mon to Fri 6am to 6pm | Sat 7am to 5pm | Sun & P/hol 8am to 4pm

Dying to Know Expo: Starting the Conversations That Matter Most

We spend much of our lives planning for the future - our careers, finances, families and retirement - yet one of the most important conversations many of us avoid is about what matters most to us if we were ever unable to



speaking for ourselves. The upcoming Dying to Know Expo, presented by the Queanbeyan Veteran & Family Hub in partnership with COORDINARE - South Eastern NSW PHN, aims to help change that.

Held in recognition of National Dying to Know Day on 8 August, the Expo will bring together guest speakers, service providers and community organisations to encourage open conversations about life, values, wishes, advance care planning, grief and end-of-life planning. While these topics can seem confronting, the event is ultimately about living well, making informed choices, and ensuring our preferences are understood and respected.

A key message of the Expo is that advance care planning is for everyone - regardless of age, health status or life stage. Planning ahead isn't just about the end of life; it's about thinking ahead, considering what matters most to you, and sharing your values, preferences and choices with the people who may one day support you. It is a

gift to yourself and to those who care about you.

The campaign behind the Expo, "Nobody Knows: The Secret I'm Glad I Shared," highlights an important reality: if nobody knows what matters most to you, they may not have the information they need to honour your wishes. Sharing your values, preferences and choices ahead of time can provide clarity, reassurance and confidence for those closest to you, helping them support the decisions that are right for you.

Research shows that only 53 per cent of Australians feel comfortable discussing these important conversations with a family member, despite the fact they are relevant to every one of us. By creating safe and welcoming spaces for conversation, the Dying to Know movement encourages people of all ages to start talking, plan

ahead, and make informed choices that reflect what matters most throughout life.

Since 2013, Dying to Know Day has grown into a national movement promoting awareness, education and open discussion about death, dying and grief. However, the organisers emphasise that these conversations shouldn't happen on just one day each year. Dying to Know Day is a reminder that planning ahead and talking openly about our values, wishes and preferences is something we can do at any stage of life, and something that benefits everyone.

The Dying to Know Expo provides a valuable opportunity for community members to learn about available resources, explore practical options, and gain the confidence to begin these important conversations. Attendees

will hear from guest speakers and connect with organisations offering guidance on advance care planning, future health care decisions, funeral options, grief support and other services that empower people to make informed choices and live with confidence.

By starting the conversation today, we can help ensure our future choices reflect what matters most to us, while providing clarity and reassurance for the people who care about us most.

Event Details

Where: Queanbeyan Veteran & Family Hub
When: Friday 31 July 2026
Time: 9:00am - 4:00pm
Register: <https://www.eventbrite.com.au/> and search Dying to Know, Queanbeyan

Or scan the QR code (left)

Join the 2026 Arts Trail and Help Celebrate a Milestone Year

The Queanbeyan-Palerang Arts Trail will return this October, marking a significant milestone for one of the region's most beloved cultural events. In 2026, the Arts Trail celebrates 20 years in Queanbeyan and 10 years in both Braidwood and Bungendore, and organisers are calling on local artists, creatives, venues and businesses to help make this

anniversary year the most lively yet.

Over the past two decades, the Arts Trail has grown into a significant showcase of the region's vibrant creative community. While it began with a focus on visual arts, the event now embraces all forms of creative expression, including literary and performing arts. From exhibitions, artist

demonstrations and open studios to live music, street performances, media art projections and interactive experiences, organisers are encouraging participation from creatives of all disciplines.

The annual event provides a fantastic opportunity for the public to connect with the people, places and stories behind the art. For artists and makers, it offers the chance to share their creative process, promote their work, and an opportunity to engage directly with new audiences. Local businesses and community organisations are also invited to collaborate with artists and performers to create memorable cultural experiences and attract visitors throughout the district.

Queanbeyan-Palerang Regional Council undertakes

extensive promotion of the Arts Trail, showcasing the talents of the region's artists, musicians, performers, writers and craftspeople. Participants who wish to be included in the event's printed and online promotional materials must complete their registration before the closing date on August 16.

2026 Arts Trail Dates

- **Braidwood:** 3-4 October 2026
- **Bungendore:** 10-11 October 2026
- **Queanbeyan:** 17-18 October 2026

Registrations are now open and will close at 11:59pm on 16 August 2026.

Organisers are encouraging participants to build on the event's past success by offering free or value-



added experiences that complement their usual activities. Free events help keep the Arts Trail accessible and welcoming to new audiences, while artists can explore income opportunities through artwork sales, merchandise and other creative offerings.

Registration forms, participant terms and conditions, and further information about marketing

and insurance requirements are available on the Arts Trail website at: www.qprc.nsw.gov.au/Community/Culture-and-Arts/Arts-Trail

For more information or to discuss participation ideas, contact QPRC's Arts & Heritage Team on 0409 438 953 or email Cultural.Services@qprc.nsw.gov.au.

Photos supplied



Regional Independent

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

Distribution is **6,000** copies every fortnight, with stands in Queanbeyan, Karabar, Jerrabomberra, Bungendore, Braidwood and Wamboin.

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

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 GP SHOP BEHIND BUNGENDORE ANGLICAN CHURCH, DIBBALTAR STREET BUNGENDORE

CONTACT 6238 1261 OR 0422606089

Wide Span Sheds

No Compromise Steel Building Solutions

MOJO Constructions

0481 195 714

Your local authorised agent.

ON ELLENDON

HAIR BEAUTY

Shop 3/30 Ellendon Street, Bungendore

6238 0512

New homes • Extensions
Pergolas and decks • Carports
and farm sheds • Joinery shop
Office fitouts and renovations

Mark Osarek Licensed builder
NSW Lic: 149698C • ACT Lic: 19926069

0411 647 697

Email: mojoconstructions@bigpond.com

FOR ALL YOUR CONSTRUCTION NEEDS

TAYLOR'S SELF STORAGE

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

44 KING ST BUNGENDORE 6238 0305

TAYLOR'S OF BUNGENDORE taylors@tob.net.au

Footpath works begin on Monaro Street refresh

continued from page 1

Council’s official response on whether the work will be complete by November 2026 is, “the revised program is expected to be finalised in coming weeks.”

Those who travel through the CBD will also likely have noticed a marked deterioration in the road surface at the intersection or Crawford and Monaro Streets during the refresh project.

When asked about the works needed to restore the intersection, the Council indicated, “The timing for the Monaro/Crawford intersection work is pending the final approvals for the stormwater solution.

“Some minor disruptions have already been managed under daily traffic control.

“Full closure of the intersection will be required for demolition of the existing pavement and reconstruction of the road. There will be no vehicle access through the intersection, and a revised detour arrangement will be in place while the reconstruction work is occurring.

“Pending the final approval, we expect that this closure will be for 2-4 weeks.” Council’s statement concluded.

Meanwhile, some locals have expressed their scepticism on Council’s stated timeline for completion of the refresh project.

On July 19, Mark McKinnon posted a video of the Refresh project on the Facebook Queanbeyan Community Noticeboard and called for an inquiry into the works, saying there was “no chance this is going to be done by Christmas time, no chance at all.”

He warned people to get ready for Christmas time if the street isn’t open, “the traffic is going to be backed up for yonks.”

Work commenced on the project on Thursday March 12 with Council confident the work would be completed in six months; the project timeline is now eight months.

At its 10 June meeting, Council approved up to an additional \$3,250,000 to address the Monaro Street Refresh stormwater issue.

This issue became apparent when the north side of Monaro Street was dug up, exposing a major stormwater main under the eastbound travel lane, much closer to the surface than Council anticipated.

It was also of a non-standard external shape and construction.

In a statement on its website Council said, the shallow depth and the unusual structure of the main has created structural challenges that require them to carefully plan the best way to address the issue to ensure that heavy vehicle traffic will not damage the stormwater main in the future.

Seven scenarios were presented to Council, each with estimated additional project costs and project timeline extensions. Council was not asked to choose a scenario, only to approve additional funding in the budget.

The preferred option it is hoped will allow contractors to reline the existing 1800mm diameter pipe and replace the culvert through the Lowe Street intersection.

“This option involves the least delay to the project and the community, at an estimated 8 weeks. This option will also allow Dale and Hitchcock to continue works on the site between Lowe Street and Crawford Street,” the statement concludes.

Great Granny Square Challenge: entries close August 10

The Bungendore CWA’s Great Granny Square Challenge is underway, and we are looking forward to being overwhelmed with squares when the challenge finishes on 10th August. The squares, and other crocheted items, will be on display at Bungendore’s War Memorial Hall on Saturday 15th August. That’s when the winners will be announced and the prizes generously donated by Bungendore businesses, will be awarded.

The squares will then be donated to Roundabout Canberra who will make them in to blankets of the sizes needed to keep families with children warm.

All the details are on our website bungendorecwa.org

If you are a knitter, crocheter or sewer, you might also like to make clothing that will be sent to help Ukrainian refugees through the Good Neighbour Project. People are asked to make items in wool, and to contribute to a set of clothing that includes a sweater, socks, mittens, hat, small toy and a card, Currently, they need mittens, and hats for all ages, but as this is a huge project with people contributing from all over Australia, the specific items needed to complete a set change as new donations are received.

And of course, our regular Craft and Chat get together continue on the fourth Monday of every month at our cozy CWA rooms in Gibraltar Street, Bungendore. We often have a craft activity to try out, or you can bring your own project to work on. See you there!

Photo supplied





phl
surveyors
professional solutions

Surveying Planning

13 Gibraltar Street, Bungendore 2621

www.phlsurveyors.com.au

Phone: 6238 0144

TAYLOR'S AUTOMOTIVE

BUNGENDORE

Car servicing & repairs
Truck servicing
Trailer servicing & repairs
All Rego Inspections (except Gas)
SafeTstop brake inspections
Auto Electrical work
Air conditioning work

(02) 6238 0305
autoelec@tob.net.au
40 KING STREET, BUNGENDORE



PRD. REAL ESTATE

Same Floorplan. Two Completely Different Feels

46 Birchfield Drive,
Bungendore



\$1,599,000 - \$1,679,000
🏠 4 🚗 2 🚗 2

44 Birchfield Drive,
Bungendore



For Sale:
37 Taylor Place,
Greenleigh



🏠 4 🚗 2 🚗 4
\$1,600,000

For Sale:
11/12 Waniassa Street,
Queanbeyan East



🏠 2 🚗 2 🚗 1
\$529,000- \$549,000

WEEKENDS SHOULDN'T be about laundry

- 1) Call or go online to request a service
- 2) We collect
- 3) We wash, dry and fold your laundry
- 4) We deliver the next day



- Growing Families
- Businesses
- Time-Poor Professionals
- Busy Tradies
- Mums, Dads & Carers
- Holiday Laundry

0493 299 645
spintumblefold.com.au

Wellness 2 Age Program: Finding Confidence One Step at a Time

At 73, Jenny had started to notice little changes in her daily life, getting up from the ground after gardening had become difficult. She had never had a fall, but was definitely feeling less confident on her feet.

"Gardening has been my passion, and I used to think nothing of kneeling down in the garden," Jenny said. "Now I catch myself wondering, 'Can I actually get back up again?'"

Jenny had also noticed changes in her memory.

"It wasn't big things," she explained. "I'd see a neighbour I've known for years and suddenly their name would disappear from my mind. Sometimes I was in the middle of a sentence, and I couldn't find the word I wanted."

When Jenny heard about the Wellness 2 Age program, she

was unsure at first. She wasn't a particularly active person; she also was out of practice meeting new people so felt a little bit nervous.

Jenny ended up signing up for the Wellness 2 Age program - she wanted to be able to garden well into her 80s. She also hoped it would help her improve her memory.

"I almost chickened out," she laughed. "But everyone was so welcoming. It wasn't about being fast or competitive. It was about moving, learning and connecting. I also realised I wasn't the only one experiencing these changes. It was comforting to meet people who understood exactly what I was talking about."

Over the 10 weeks, Jenny noticed improvements.

"I feel steadier on my feet now, and I have more confidence moving

around the house and garden," she said. "The tips they shared have been incredibly practical."

Perhaps most importantly, Jenny found new friendships and renewed confidence. We were all so sad when the program finished, so we have arranged our own coffee catch ups.

"These days, if I forget a name or a word, I don't panic. I've learnt strategies that help, and I know I'm keeping my mind active."

Looking back, Jenny says joining the program was one of the best decisions she made.

"While I had some individual things I wanted to improve, I gained so much more. I've become stronger, more confident, and I've met wonderful people. There was so much laughter in the room each week. It reminds you that getting older doesn't mean stopping



and withdrawing from society. Sometimes it's just about taking that first step.

Wellness 2 Age is a free 10-week program that starts Tuesday 11th August 1:30-3:00pm. Walk 2 Connect is a free walking program for people who want to stay active

and meet new people. To register your interested contact Samantha Karmel on 0493 425 609 or fill in this form: <https://bit.ly/wellness2age> See page 11 for more details Image Shutterstock

QPRC's official town crier now officially the loudest man in the world

"Joseph McGrail-Bateup, Queanbeyan-Palerang Regional Council's official Town Crier since 2017, has put the spotlight on our community by setting a phenomenal new world record."

Mayoral Minute Council meeting, 22 July 2026

Guinness World Records

Oyez, oyez, oyez!

This May, Joe broke the record for loudest shout by an individual (male) with a reading of 122.4 dB (C-weighted).

Joseph, the official town crier for Canberra and Queanbeyan, can shout as loud as a rock concert and match the noise levels of a military jet taking off.

That comes in handy considering he often has to shout over the noise of sports car engines at events in his hometown.

The record breaker, also known as Lord Joseph, was appointed the

official town crier of Canberra in 2017.

He was asked to town cry at car shows, fetes, and other events, but got very serious about it when he joined the Ancient and Honourable Guild of Australian Town Criers in 2022 and started taking part in competitions.

"In the first year I managed to take some places in the event, but in 2024 I took first place away for the loudest cry at 98 dB," he said.

"The words that are used in these competitions are 'oyez, oyez'. At the beginning of this year I was wondering what I could do that was a little bit different, so not being unfamiliar with Guinness World Records - I am also a former holder for archery - I looked up shouting and here I am, six months later with the record.

"My daughter and I worked together to find the best word to hit the decibels. The previous word

was 'quiet' but that wasn't quite loud enough and we ended up settling for the word 'now'."

Joseph says he's "ecstatic" to be back in the record books, after previously earning a title for the fastest time to shoot 10 arrows into a 40 cm target from an 18 m distance with 1 min 0.03 sec in 2019.

Of course, his job comes with some hazards.

He confessed: "Have I ever lost my voice through shouting or town crying? Yes, I have. Generally it's after competitions or a day where I'm doing a car show and out there yelling all the time and yelling over sports cars is quite an interesting thing, but it's a lot of fun and sometimes I can be louder than the sports cars sitting next to me."

This is a record Joseph would have never imagined he'd break as a youngster.

He said: "When I was a kid I didn't



really have a loud voice, I was very shy, withholding all that stuff until I left school and I joined the theatre. It was very clear then that I needed to pipe up, make myself loud.

"So, I trained in the theatre where you didn't use microphones or anything like that and I got loud

and as the years went by, louder." It's amazing what you can do when you put your mind to something. Photo supplied

Council congratulated Joe at last week's council meeting.



A LUMINOUS, JOY-FILLED EXPLORATION OF THE DAZZLING COMPLEXITY OF WOMANHOOD.



6—8
AUGUST



18+
theq.net.au
← Booking details

Council Meeting Summary - 22 July 2026

QPRC

Here is the summary of the resolutions made at the Ordinary Council meeting of 22 July 2026.

The archived record of the meeting and the Public Forum are both available at: <https://webcast.qprc.nsw.gov.au/archive.php>

- Council heard from two members of the public who made presentations about items on the agenda including: Development Waste Guidelines and Post Exhibition Report - Honouring Historical Significance of Heavy Horse, Alma.
- Council congratulated Joseph McGrail-Bateup on breaking the world record and becoming the world's loudest town crier.
- Council accepted the Riverside Cemetery, Queanbeyan Condition Assessment Report and will invite feedback from the Heritage Advisory Committee, place it on public exhibition for 28 days prior to developing a Conversation Management Plan.
- Council approved entering into a 20-year amended lease agreement with Argyle Community Housing for the property located at 26-28 Sassafra Crescent, Karabar.
- Council adopted the QPRC Development Waste Guidelines.
- Council endorsed placing the intention to name the laneway from Duncan Street to the rear of the QPRC Braidwood Depot and site of the future Braidwood car park Alma

Lane on public exhibition for 28 days and if no objections will proceed to formally adopt the naming of the lane, Alma Lane.

- Council agreed to submit a loan application to NSW Treasury Corporation for a total of \$5,500,000, being the maximum amount required for the Monaro Street Project. Following a receipt of a further report on the outcome of the NSW Treasury Corporation loan application, Council will approve the future loan drawdown and approves ANZ as the successful lender for the consolidation of the loans listed in the report.
- Council received Investment Report for June 2026 - return of \$1,343,791.
- Council received information about planning reforms and Minister's expectations.
- Council received information about the Queanbeyan Sewage Treatment Plant Upgrade project.
- Council received information about fire safety concerns at 9-21 Kendall Avenue North, Crestwood.
- Council received an information report with summary of a road renewal and maintenance activities for the 2025-26 financial year
- Council received information about the sale of 19-21 Gibraltar Street, Bungendore.
- Council received an information report about HSEQ.
- Council received an information

report about bi-annual compliance reporting.

- Council received an information report with the resolution action sheet.
- Council noted the minutes of Access Committee held on 1 July 2026.
- Council received an information report with answers to councillor questions about QSTP Project Board Meetings
- Council received an information report with answers to councillor questions about Queanbeyan to Bungendore Potable Water Pipeline.
- In closed session Council awarded the schedule of rates contract RFT202554 - Cleaning, Inspection and Condition Assessment of Sewer Stormwater Mains and Pits to Interflow Pty Ltd.
- In closed session, Council awarded contract RFT-2010959 for design and construction of improvements to Greenleigh Reservoirs and associated site works to Duratec, Limited for sum of \$2,772,301 and approves supplementary vote of \$719,613 for QPRC Water Fund.
- In closed session, Council received an information report on ongoing legal proceedings.

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 Reminder

Monaro Police District

With the recent rise in E-bike use on our local roads, The Monaro Police District urge that all E-bike riders know the rules before you ride.

E-bike riders must follow the same road rules that apply to regular bicycles:

- You must wear an approved helmet securely fitted and fastened.
- You must not carry more people than the bike is designed for. If carrying a passenger, they must be

wearing an approved, fitted and fastened helmet.

- If you're 16 years or older and not supervising a child under 16 years riding a bike, you can't ride on the footpath.

Penalties apply for dangerous and negligent riding as well as fines from \$818 for illegal E-bike use.

For further information visit Transport NSW <https://www.transport.nsw.gov.au/.../bicycle-riders/ebikes>

Photo: NSW Government





TOWARDS ZERO

You risk more than your own safety going a few K's over.

No matter how quiet it is, or how many times you've driven the road, every kilometre over the speed limit increases the risk of a serious crash.

Isn't it time we got serious about casual speeding?

CASUAL SPEEDING.



EVERY K COUNTS

Bungendore High School Buzz

Students from Bungendore High School's Years 10 to 12 recently had the privilege of immersing themselves in an inspiring and eye-opening excursion to the

University of Canberra. The day began bright and early, with excitement and anticipation running high as we gathered at school, all eager to explore the

possibilities awaiting us beyond graduation. After a long bus ride, we were greeted at the university by

warm, enthusiastic staff whose positive energy immediately set the tone for the day. The campus itself was striking, with towering

buildings, native forestry, gleaming metalwork, and vibrant art installations surrounding us, creating a dynamic atmosphere that hinted at the creativity and ambition thriving within its walls.

Walking alongside students from across various districts, we felt a sense of companionship and possibility. It was both humbling and exhilarating to see so many young people, each with their own dreams, coming together to glimpse what their futures might hold. Our group was soon welcomed by a university staff member who outlined the day's activities and shared valuable insights into university life.

One of the highlights was stepping into a real lecture theatre, which was a first for many of us. Sitting in the tiered seats, listening to a university lecturer, we could truly envision ourselves as

university students. As Nalda reflected, the excursion "gave a realistic picture of what could be our future."

Throughout the day, workshops tailored to our interests and career ambitions offered hands-on learning and fresh perspectives. Students explored subjects they were passionate about and connected with university faculty, gaining practical advice and inspiration.

By the end of the day, we left the campus with fuller minds and hearts. We returned to Bungendore with a clearer understanding of the pathways open to us and a renewed excitement for what lies ahead. As Taeya summed up, the day was "very informative." For many of us, this excursion was more than just a visit; it was the start of a new chapter.

Written by Jess, Year 10.
Photo supplied



Delivering in Queanbeyan-Palerang, July 2026

Kristy McBain
Member for Eden-Monaro

July has been a busy month across Queanbeyan-Palerang, with significant progress on local projects that will benefit our growing communities for years to come.

A major milestone was reached with the official sod-turning for the new Googong Sports and Recreation Hub. This important community

facility is being delivered through a partnership between all levels of government and the local community, with \$2.5 million from the Australian Government, \$650,000 from the NSW Government and \$200,000 from the Queanbeyan Whites Rugby Union Club.

Once complete, the hub will feature modern change rooms, public amenities and a covered outdoor gathering

space, providing accessible facilities for sporting clubs and residents. It is a great example of what can be achieved when governments and communities work together to support active and connected neighbourhoods.

Progress is also continuing on the Jerrabomberra Traffic Campaign, supported by a \$2 million investment from the Australian Government and delivered

by Queanbeyan-Palerang Regional Council. Following community consultation, the project has been refined to include upgraded pedestrian crossings, additional safety infrastructure and traffic improvements. Work has commenced on line marking on Halloran Drive and pedestrian fencing along Edwin Land Parkway. Further works will roll out in the coming weeks to help improve safety and accessibility for residents.

Another exciting milestone was celebrated recently when the new Bungendore High School reached its topping-out stage. It was wonderful to see Member for Monaro, Steve Whan and Bungendore High School Principal, Melissa Gibbons mark the occasion. The new school is taking shape quickly, and I look forward to seeing students from Bungendore and surrounding communities enjoying their new facilities from Term 1 next year.

Free Tax Help Available in Queanbeyan

With tax time underway, residents earning \$70,000 or less a year with simple tax affairs can access free assistance through the Australian Taxation Office's Tax Help Program, which is being hosted through my Queanbeyan office until the end of October.

ATO-trained volunteers can assist with lodging tax returns, claiming eligible refunds, amending returns and setting up myGov accounts linked to the ATO. Appointments can be made by calling (02) 6284 2442.

Every Answer Matters in the 2026 Census

Australia's next Census will be held on 11 August 2026. Conducted every five years, the Census provides valuable information that helps governments, businesses and community organisations plan services and infrastructure for local communities.

Households will begin receiving Census information from late July and can complete the Census online, or with paper forms and support options also available. Importantly, all personal information is protected by law and kept strictly confidential. For more information visit <https://info.census.abs.gov.au>

Nominate a Local Legend

Nominations are now open for the 2027 Australian of the Year Awards. Eden-Monaro is full of remarkable people making a difference every day, and this is an opportunity to recognise their contributions.

Nominations close on 31 July 2026.

As always, if I can assist with a federal government matter, please contact my office on 6284 2442 or by email at Kristy.McBain.MP@aph.gov.au.

Photo supplied from the recent commencement of work at the Googong Sports Precinct





Blind Creek Solar Farm



Keep up to date with the Blind Creek Solar Farm project



octopus australia

Scan the QR code to find out more or visit: blindcreeksolarfarm.com.au

Community News

Brain Training at the Library

Stay sharp and socially engaged with our fun brain training session! Discover effective exercises to boost memory and cognitive function while enjoying the opportunity to connect with others in a friendly and supportive environment.

Next sessions:

Braidwood Library -
Wednesday 12 August 2026 -
1.30-2.30pm

Queanbeyan Library -
Thursday 20 August 2026 -
10-11.30am

Bungendore Library -
Wednesday 26 August 2026 -
10-11am

Book your free tickets here <https://events.humanitix.com/host/queanbeyan-palerang-libraries>



Maria's Community Corner



Maria Porreca

Although the day was a bit chilly to start off, the Queanbeyan Trash & Treasure Market on Sunday 12th July was great. There were so many stalls to explore. A nice way to spend a Sunday morning. The Christmas in July Market the following Sunday was also epic. On the evening of Tuesday 14th July the CWA Queanbeyan Evening Branch (QEB) held its monthly meeting at Campbell and George. A lovely number of members also attended dinner prior to the meeting to share stories and friendship. There were lots on the agenda to discuss, including such items as possible donations to community

organisations, fundraising events, craft day and the upcoming 'How To' day on Saturday 1st August. It was a very productive evening. On Friday 17th July around 20 members from the CWA QEB ventured out for dinner at Ramas Fijian Indian Restaurant in Pearce for a gastronomic delight. The food was amazing, the service was great and the atmosphere was friendly and attentive. We ordered one of the banquets given there were so many of us. All night the restaurant was full, no sooner someone left, there were other patrons ready to take their seat. Very popular and if you haven't been then worth the trip 'across the border'. A large contingent of Seniors from Queanbeyan travelled to the



Burns Club in Kambah to celebrate Christmas in July. The majority travelled by bus but some of us went by car. We had our own designated space in the club and the food, as usual, was tantalizing. So many different cuisines to choose from. My favourite is Asian as I do not cook that at home. The food was all delicious and the

company was exhilarating. It was a great opportunity to exchange stories and past experiences, lots of laughter. Have you been busy knitting or crocheting granny squares? You have till 10th August to enter your 15cm (6-inch) squares in the Bungendore CWA Granny Squares Challenge. The squares will be donated to Roundabout and they will make blankets, knee rugs etc from them to donate to someone in need. Although acrylic yarn is preferred, pure wool will also be accepted. Prizes will be awarded and you will be able to check out the display on 15th August at 9.30am at the War Memorial Hall, 51 Molonglo Street, Bungendore. For more information contact Jude on 0412932508 or email bungendore.handicraft@gmail.com. Till next time, take care everyone. Maria
Photos supplied

THE
TREASURE
TRAIL

Queanbeyan Palerang

ARTS TRAIL

REGISTER NOW



VISIT
QUEANBEYAN
PALERANG

QPRC

We downsized our home...
not our lives or
the children's inheritance.

This Saturday 1st Aug - don't miss out

- Many people over 50 are questioning the future – Are you concerned about:
- Rising costs?
 - Isolation and at risk of requiring a care facility?
 - Increasing pressure on retirement savings?
 - Maintaining a large home alone?
 - The hidden costs and traps of retirement villages?

- What if you could have:
- On-hand facilities and meaningful connectedness
 - Shared meals & meaningful work with all-ages
 - Food gardens & shared infrastructure lower living costs
 - Guest accommodation that grows friendships
 - Interdependence without dependency – Independence without isolation



We invite you to explore a new approach to a more resilient and connected future that allows us to age well and with dignity.

DATE: Saturday 1st August 2026
TIME: Sessions at 11am; 3pm; 7pm.
PLACE: Kangaroo Club, 33 Stuart St, Queanbeyan

Come and talk to us about your situation. What are you seeking? We're at the venue all day. For enquiries contact us, we'll get back to you:
Text 0428 268 935
Email: creatingaparallelsociety@proton.me

Community News

It's a Wrap - P-Plater course number 10 done and dusted!

Rotary Club of Bungendore

Sunday 19 July, saw the Rotary Club of Bungendore, together with the team from Sutton Road Driver Training Centre, successfully complete the delivery of its 10th P-Plater Defensive Driving Course. Despite a chilly start of -6°C, the weather turned out perfectly, making for a fantastic day of learning and driving.

14 P-platers braved the elements, and the very early morning start, to successfully complete the course. This brings the total number of local young drivers we've helped through the program to approximately 150. A huge thank you to our members, Wade, James, Keith and Cookie for their assistance on the day, and to the professional team at Sutton Road Driver Training Centre. Special thanks to our fantastic sponsors (Community Bank of

Bungendore (Bendigo Bank), PHL Surveyors, Shoemark Real Estate, IGA, Mitre 10, Lake George Hotel, Royal Hotel, Taylor's Automotive Bungendore) for their ongoing support.

From one of our course graduates: "Once again, I would like to thank both the organisers and sponsors of the Rotary Defensive Drivers Course. Although I completed the course approximately four years ago, I recently (and unfortunately) had a collision with a kangaroo on the Federal Highway. While my vehicle did not fare well, I believe the training I received through the course enabled me to remain calm and respond appropriately to the situation. As a result, I was able to avoid what could have been a far more serious outcome. I noticed that I immediately went into "automatic mode", applying the skills and techniques I had

learned during the training. You never know when this kind of training will be called upon, but in my case, it proved invaluable. Thank you again for providing such a worthwhile and potentially life-saving course. Eliza"

And from a parent: "As a parent I am so thankful to Bungendore Rotary and the sponsors for enabling my 3 sons now to complete the Defensive Driver training course early in their driving 'careers'. Living out of town they encounter wildlife regularly and deal with often unpredictable traffic and hazardous roads. I feel more confident with them out on the roads knowing they have tested themselves and their cars in tricky situations. It's such a great initiative for local P-platers, thanks again. Ingrid"

Photo supplied



NSW Nationals Endorse Mareeta Grundy for Monaro

Councillor Mareeta Grundy, in her second term on the Queanbeyan-Palerang Regional Council, has been endorsed as the NSW Nationals' candidate for Monaro for the March 2027 NSW State Election.

The selection process was held on Sunday, July 19. Leader of the NSW Nationals Gurmeh Singh and Chairman Rick Colless were in attendance along with Member of the Legislative Council Nichole Overall, who has been recently re-endorsed for the NSW Nationals' Legislative Council ticket.

Mr Singh said he was proud to see two strong women continuing to represent regional NSW for The Nationals and welcomed the addition of Ms Grundy as part of a dedicated team readying to face the 2027 election.

"I'm very much looking forward to working with Mareeta to deliver our plan for a stronger regional NSW," Mr Singh said

"People want representatives who listen, make sensible decisions and are prepared to stand their ground when their community is being overlooked. Mareeta has already demonstrated those qualities in local government

and I know she'll bring the same determination to Macquarie Street.

Mrs Overall said she was delighted to back Ms Grundy as a candidate whose record showed she understood the importance of responsible government and genuine grassroots representation.

"I'm honoured to have been re-endorsed by the NSW Nationals to run for the Legislative Council and I'm proud to see that Monaro will have an outstanding local candidate in Mareeta Grundy for the Legislative Assembly," Mrs Overall said.

"Families, small businesses, farmers and regional communities are feeling the impact of being left behind by Labor. Mareeta has always been prepared to ask the hard questions, stand up for local people and fight for better outcomes."

First elected to Queanbeyan-Palerang Regional Council in 2021 and re-elected in 2024, Ms Grundy has established a record of advocating for greater accountability and responsible financial management. During her first term she opposed the council's proposed 64 per cent special rate variation, arguing

local families and businesses were already struggling and increases were not being matched by service delivery. Ms Grundy also opposed a pay rise for councillors and the mayor during the cost-of-living crisis.

"My view is that elected representatives are there to make tough decisions, be accountable, and stand up for the people who put them there - that's the approach I've taken on council, and it's the approach I'll take if I'm elected to Parliament," Ms Grundy said.

"People across Monaro are telling me the same thing. They're working harder than ever but finding it more difficult to get ahead. They're frustrated by rising costs, declining services, and a government that is increasingly disconnected from life in regional NSW."

Ms Grundy has a professional background in health having worked with organisations including the Australian Institute of Sport, St Kilda Football Club, the Canberra Raiders, the Heart Foundation, and the Australian Defence Force. She has also operated her own business and



remains actively involved in local sporting clubs and community organisations.

"Monaro is my home, where I've worked, run a business, raised a family, and been very involved in community life," Ms Grundy said.

"I'm honoured to have earned the confidence of the NSW Nationals to take this next step in fighting for

the people of Monaro and to make sure we don't continue to be left out in the cold".

"My focus between now and March 2027 is to work every day to give our communities the confidence to know I'm here for them.

Above: Nationals candidate for Monaro, Cr Mareeta Grundy. Photo supplied



TREWORKS

tree specialists

Improve the health, appearance and safety of your trees

Fully insured to work in NSW / ACT

Qualified arborists, tree surgeons and climbers

Tree assessments and diagnostic reports by a Level 5 arborist

Tree pruning and removals

Branches taken away or mulched

Full clean up

Free quotes

Visit our website www.treeworks.net.au or

call **1800 TREEHELP** (1800 873 343)

★ BUNGENDORE ★

BEER & BBQ

FESTIVAL

Come on Down to Smokers Alley

Save the Date!

20 MARCH 2027





Like, follow & share!



New dance work exploring the dazzling complexity of womanhood premieres at The Q next week

Liz Lea and Q the Locals is thrilled to present Diamond next week, a one-woman show that invites audiences into a world of humour, glamour, and heartfelt transformation.

With moments of raw honesty and riotous play, Diamond celebrates the

brilliance that emerges through time - the courage, fragility, and power that define us as we evolve.

The performance blends contemporary dance, song, cabaret, and a touch of burlesque, and is the second in a trilogy of works - the first being RED which toured for

five years to four countries and over twenty-eight performances.

Inspired by the enduring strength and many facets of a diamond, the work reflects on how we are shaped by experience, pressure, and the will to keep shining. A sparkling homage to the resilience and beauty of ageing women - bold, unapologetic, and full of life.

As part of this world premiere season presented by Q the Locals, Liz will be joined by some very special guests - expect magic and mayhem in this riotous search for the silver lining, the diamond.

Creator and performer Liz Lea says she is "super excited to bring this work to the stage. Diamond is a wild foray through the rollercoaster of ageing and a love letter to the audience. The work will be loud, lively and full of laughter. I am thrilled to be working with a brilliant team to shape a work that cracks into and through the madness of menopause and creating our futures through the magic of movement."

Diamond will be showing from the 6-8 August at The Q - Queanbeyan Performing Arts Centre. Tickets are available at theq.net.au.

Photo supplied



Daffodil Day Thursday 20 August

Hello beautiful people!

I will again be fundraising for Cancer Council located outside The Country Butcher in Bungendore on Gibraltar Street, From 9am - 4pm or until stocks last.

Daffodils are \$15 a bunch. I will also have some merchandise and one of these items will be mini bears.

Ordering in advance secures your bunch or 2 or as many as you wish. Many missed out last year. We did 100 bunches in just over an hour.

If you cannot make it on the day, you can arrange to pick up from my home.



Please phone 62381996 or email: psegeri@bigpond.com

Donations are most welcome. My official page is now live and you can find me at Cancer Council ACT, Bungendore Daffodil Day.

On behalf of ACT Cancer Council I thank you from the bottom of my heart in advance for your support.

Pauline Segeri

**EMPOWER GOLF**

EMPOWER GOLF CLINIC

Queanbeyan Golf Club

JOIN EMPOWER GOLF'S WELCOMING COMMUNITY

Learn to play golf, regardless of your disability. Limited spots at our clinics - sign up today!

5 BROWN ST,
QUEANBEYAN NSW 2620

FIRST TUESDAY
OF EVERY MONTH

11AM - 12PM

COACH
TRENT BRITTON

MAX NUMBER OF
PARTICIPANTS: 10

PARAGOLFER NOT
AVAILABLE





SCAN TO SECURE
YOUR SPOT NOW!

info@empowergolf.com.au
empowergolf.com.au





Big on community

Bigger for sharing profits with you.

Banking with us means profits are invested back into the community.

Open an account in minutes via the app, or visit your local branch.

📍 Community Bank
Bungendore

**Bendigo Bank**
The better big bank

Bendigo and Adelaide Bank Limited ABN 11 068 049 178, AFSL/Australian Credit Licence 237879

New Sheds for Bungendore War Memorial Hall

The Bungendore War Memorial Hall has always been in need of storage and the container in the rear just wasn't up to it. Apart from having to tramp across a bumpy paddock, the door latches had become harder to open and close. Storing our tables and 100+ chairs in there was just not an option.

In 2024 we were given a grant from Bendigo Bank (PFS) to build a storage shed just behind the Hall and I am pleased to announce that after 2 years, much discussion with all involved parties and a

slight change of plan, we now have two 6x3m sheds with a concrete path leading to the side of the Hall. We can now clear much of the chair obstruction to the toilets and with the aid of a trolley, easily access the tables and chairs when needed.

The second shed will be used by the Bungendore Quilters to store all of their exhibition equipment. They currently rely on a member to offer them container space and each year in November they have to arrange transport from Bywong

to the Hall and back.

We would like to thank Bendigo Bank for their support and also give a shout out to Lachlan and Nora from Regional Sheds, who not only were great to deal with and did the job with no fuss, but also gave us a hefty discount so that we could afford both sheds within our budget.

Lyn Randall
President, Bungendore War Memorial Hall

Photo supplied



New national research reveals eating alone and lack of motivation are the biggest reasons for declining nutrition in older people living at home

Landmark national research has uncovered a hidden and growing health crisis among older people living at home: quietly declining nutrition. The multi-modal research suggests that this problem has less to do with access to food, and a lot to do with motivation, loneliness and the loss of a reason to cook among older people.

HomePlate Insights, led by the Maggie Beer Foundation and funded by the Wicking Trust, is the most comprehensive study of its kind ever conducted in Australia. It combines a national survey of almost 2,500 older people, in-depth interviews and focus groups with more than 230 older people across regional and metropolitan Australia, and a University of Sydney literature review.

The findings show one in five older people describe their eating as merely 'good enough' - not thriving. The reason isn't access to food. It's whether they still have a reason to bother. For 20%, better awareness and access to simple information is also likely to be helpful.

While innovation and services have focused almost exclusively on prepared meals as the solution, HomePlate Insights suggests other barriers matter just as much.

The hidden warning signs

HomePlate Insights reveals warning signs such as:

- Cooking for one is the tipping point. Almost a quarter of those interviewed one-on-one were living or eating alone, and 40% of

people living alone say cooking for one is simply unappealing - the single biggest barrier to eating well in that group.

- "It's just me, it doesn't matter anymore." After losing a partner, motivation to cook can disappear almost overnight. One in nine people interviewed directly linked their declining eating habits to the loss of a spouse.
- More than a quarter are quietly skipping meals. Lunch is often the first meal to go, replaced by a cup of tea and a biscuit.
- Confidence masks risk. Nearly 8 in 10 older people rate their eating as "good" or "excellent" - but of those, more than half (53%) already have at least one risk factor - living alone, financial strain, or being 85+ - that puts their future eating quality in jeopardy.
- It gets worse with age. Just 30% of people aged 85+ say they still enjoy cooking and feel confident doing it, down from around half of those aged 65-74.

A proportion of older people lack awareness about the importance of, and give too little priority to, good food.

Why this matters

Malnutrition among older people living independently is estimated at around 5%, but that figure climbs to 30-40% among those admitted to hospital. Unlike a dramatic health event, malnutrition in older age typically builds quietly, meal

by missed meal, until it surfaces as a fall, an infection, a wound that won't heal, or a hospital admission.

"Older people overwhelmingly want to grow old at home. But staying at home and staying well aren't always the same thing," says Maggie Beer Foundation CEO, Jane Mussared.

"Malnutrition can build slowly and quietly, and it often goes unnoticed until someone ends up unwell. We created HomePlate because we wanted to find out from older people what their experiences are. We want to work with older people, aged care colleagues, foodies, clinicians and others to address the barriers to eating well. We need to understand the opportunities that might help an older person stay well at home, before health crises make it too late."

It's not about food access. It's about wanting to bother.

There's real opportunity in widening our focus, beyond food delivery alone.

- The single strongest driver of poor eating outcomes is a lack of energy or motivation - it is more than twice as influential as the cost of food.
- The strongest driver of good eating is anticipation and enjoyment of food - nearly three times more powerful than any other factor measured.
- Sharing meals with others is directly linked to both higher enjoyment of food and

significantly higher overall wellbeing.

- Simple clear information about food, and support about how to prepare it, is likely to be valued by older people.

"What the academic literature confirms is what we heard directly from older people themselves, that malnutrition in later life is rarely dramatic, and rarely about a single cause," said Professor Susan Kurrle, University of Sydney.

"It's the slow accumulation of physical changes, social isolation and lost confidence in the kitchen, and it's still under-recognised in how we support older people to live well at home. This review brings together Australian and international research to make the case clearly: food is not incidental to healthy ageing, it's central to it."

The company gap

Eating with others is one of the most powerful things that keeps older people eating well, but many are missing out on it. In the national survey, 18% of older people rarely or never share a meal with anyone, rising to more than a third of those who live alone. Almost half of all people living alone say they would like to share meals more often than they currently do.

In one-on-one interviews conducted as part of the qualitative research, the sentiment came through again and again, in older people's own words:

"If I'm on my own, I don't bother." – Focus group, Yamba, NSW

"When you eat with other people, you always eat more." – Coffee group, Albury, NSW

"It's the company that matters." – Focus group, Rochester, VIC

The system is set up to deliver food. It's not set up to deliver a reason to eat it.

The research found that current support for older people is heavily skewed toward food provision - meal delivery services like Meals on Wheels are well known and valued - but almost 8 in 10 people surveyed could not name a single initiative that helps with the other things that get in the way of eating well: motivation, cooking confidence, or social connection around food.

Encouragingly, those experiencing the poorest eating outcomes are the most open to trying something new, pointing to new opportunities.

"This research gives us something we've never had before - a clear, evidence-based picture of what's really getting in the way of older people eating well at home," said Clare Fargher, HomePlate Project Lead.

"It tells us that we need to focus on building motivation, confidence in the kitchen, and connection at the table. The Maggie Beer Foundation will work with stakeholders in the next stage of the HomePlate Project to explore and address these gaps."

Bungendore Seniors 55+



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

Get Togethers - Our get togethers are weekly and we alternate between Thursdays and Fridays, so mark your calendar and join us on a Thursday or a Friday or come along to both. Enjoy great conversation, a few laughs, some games and morning tea.

We meet at 10am at the Bungendore Sports Hub ammentities building. Cost is \$5.00 per person, which includes morning tea.

See right for dates.

Everyone over the age of 55 is



welcome!

Seniors Chair Yoga -Chair Yoga: Tuesdays at the Bungendore Scout Hall - 2.30pm. Chair Yoga is held during school terms only. Cost: \$13 per session for members, \$18 for non-members. All welcome to attend

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

THURSDAYS
Thursday 6 August
Thursday 20 August
Thursday 3 September
Thursday 17 September
Thursday 1 October
Thursday 15 October
Thursday 29 October
FRIDAYS
Friday 14 August
Friday 28 August
Friday 11 September
Friday 25 September
Friday 9 October
Friday 23 October

Jerrabomberra Combined Probus Club: June Update

The Jerra Probus club's July general meeting received a timely presentation from Vice President Richard Hobbs on the subject of "How to prepare for the unexpected". Richard has many years of firsthand experience in military and civil risk assessment and preparedness planning. He has been a volunteer with the NSW Rural Fire Service several years to the present and was able to provide a very professional talk from deep personal knowledge and experience.

Richard explained all levels of official government planning agencies. While these are now coordinated, they do not extend to detailed plans at local levels

so local groups and individuals need to fill the gaps themselves. He explained that Emergencies are just that: thing that emerge when unexpected even if not unprecedented. Hence the need for preparedness. There are several readily available sources of advice: publications and websites by; NSW Health, NSWRFs, NSW State Emergency Service, Red Cross and AusAlert. The last of these will alert people in affected areas using push messages to mobile phones based on actual location at the time, not home address.

Significant points made by Richard included awareness of the possibility of losing power,

so food in freezers spoils quickly, thus the need to have several days' supply of non-refrigerated food. Loss of communication which causes several problems including inability to buy items using other than cash or inability to charge mobile electronic devices. He recommends checking the lists available from the organisations listed. In addition, download the "Fires Near Me" and similar disaster apps and keep devices charged, turned on and nearby.

If you do not have a computer, tablet or mobile phone, ask a friend or neighbour to help you. Getting to know your neighbours in a valuable asset!



A vote of thanks was given by Margaret Quail.

General meetings are held on the 3rd Wednesday of each month at the Jerra Community Centre from 10.30 to Noon.

In addition to our regular monthly General Meetings, we have sub-groups to cater for any who have relevant interests: Walking Group meets twice weekly (Tues & Thurs) subject to weather, coffee mornings are held once a month (4th Wed). Photo is of the latest meeting at Café 34 in Queanbeyan CBD. Margaret Stone is running a Mah Jong group. The Gardening group usually meets at different private homes close by

to minimise fuel use (2nd Wed). We have a library of books on a range of topics which members are welcome to borrow. Some by past speakers, or of special interest, are subject to signing out.

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

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

Peter Haddon
Jerra Probus Club
Photos supplied

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

WELLNESS 2 AGE run by trained health professionals.

STAY STRONG • STAY SHARP • STAY INDEPENDENT



"The activities were really fun, and I picked up practical tips so I can stay independent at home."

 10 weeks of friendly group sessions in your community	 60+ years no diagnosis or referral needed to take part 50+ for First Nations people	 Free of charge every ability welcome; walking aids, no barrier
---	--	--

Queanbeyan	Tuesdays	1:00pm - 2:30pm	starts 11 th August
------------	----------	-----------------	--------------------------------

IS THIS FAMILIAR? • Feeling less active? • Finding everyday tasks more difficult • Changes in memory or concentration? • Concerned about falling or recently had a fall?	WHAT YOU WILL GAIN: • Stronger body and better balance • Sharper mind and memory activities • Greater independence at home • New connections and community support	READY TO FIND OUT MORE? Samantha Karmel Healthy Cities Australia 0493 425 609 samantha@healthycities.org.au  Scan or register here: https://bit.ly/wellness2age
---	---	--

This program is supported by funding from



BYO Craft Project Night Brings Warmth and Creativity

Despite the freezing weather outside, the atmosphere inside the Bungendore School of Arts was warm, cosy and buzzing as Bungendore Crafters' Co-Op's recent BYO Craft Project evening attracted a jam-packed room of enthusiastic crafters.

Members brought along an incredible variety of projects, with embroidery, crochet, knitting and sewing all well represented. One crafter recently shared her latest creation made lovingly for her canine companion, Toby (pictured). You may have seen Toby sporting his colourful outfit around the streets of Bungendore on one of his leisurely strolls! As always, our much-loved Show and Tell segment was a highlight of

the evening, giving crafters the opportunity to share both completed works and projects still in progress.

This month, one member affectionately renamed the segment "Show and Ask", joking, "I have craft problems and you all are great at solving problems." It perfectly captured the spirit of the group, where sharing ideas, troubleshooting tricky projects and offering kind, encouraging advice are just as important as the crafting itself.

With plenty of laughter, conversation and admiration for each other's skills, it was another wonderful evening celebrating creativity, friendship and a shared love of craft.

If you've been thinking about

picking up a craft project or would simply enjoy spending an evening with like-minded women, we'd love to welcome you. BYO Craft Project evenings are held at the Bungendore School of Arts from 6.30-8.30 pm every second Thursday. During August, our meeting dates vary slightly, and we'll gather on Thursday 6 August and Thursday 27 August instead. Bring along any craft project you're working on or have been eager to start—or just come along for a chat and some inspiration. Follow Bungendore Crafters' Co-Operative on Facebook to join our online craft community and for all the latest BYO Project Evening and craft workshop news.

Photos supplied



Federation Compact Welcomed by NSW Country Mayors

Country Mayors Association of NSW (CMA) Board and its 89 remote, rural and regional member Councils has welcomed the Labor National Conference's support for the Federation Compact which is not only promising to increase core funding for Local Government but also addresses road funding, training and capacity building

for councils.

"Financial sustainability is the number one issue facing our Members. The Federation Compact which we understand was unanimously supported by delegates at the Conference is very welcome news. The Compact goes to the heart of the problems that almost every council in Australia

faces; financial sustainability, skills shortages, road maintenance and the capacity to deliver the services our communities need," Mayor Firman said.

The announcement of the Federation Compact, is the culmination of years of lobbying by the Local Government sector to address successive Federal

Governments' falling financial contribution to Local Government through the Financial Assistance Grant's program. The Grant is untied funding which allows councils to deliver the infrastructure and services their communities need and demand. The Grant has fallen from 1% of total tax revenue in the mid-1990s to 0.49% in the most recent budget.

"While we appreciate there is more work to do, to tease out the fine details of the operation of the Compact, the commitment to on-going annual increases for the Financial Assistance Grant is great news. The CMA along with our friends at LGNSW, ALGA, the USU as well as other state and territory associations and councils across Australia have worked hard to encourage Federal Governments to commit to

sustainable funding for Local Government. The CMAs' Invest in Us Campaign has been the most recent way we have tried to ensure the Commonwealth recognises the importance of councils in building and sustaining the economic, social, environmental wellbeing of Australian communities," Mayor Firman said.

"We thank the Prime Minister for supporting this great initiative and recognise the work that now needs to be done to turn the Labor Party's overwhelming support for the Compact into implemented Government Policy as quickly as possible," Mayor Firman said.

On behalf of the CMA Board, Members and staff I would like to acknowledge the tireless work of Mr Graeme Kelly, General Secretary of the USU for

his intense lobbying work over several years to raise awareness of the perilous nature of council finances, especially in remote, rural and regional Australia and the need to increase the Financial Assistance Grants. The work of Mayor Matt Burnett, President of ALGA and Mayor Darcy Byrne at LGNSW as well as regional organisations of councils, Joint Organisations and council alliances should also be acknowledged as we know that they have raised the issue at every opportunity, as has the CMA.," Mayor Firman said.

Photo supplied of: Country Mayors Association of NSW (CMA) Chairman Mayor Rick Firman OAM, Prime Minister The Hon Anthony Albanese MP, CMA and LGNSW Board Member Mayor Phyllis Miller OAM and LGNSW President Mayor Darcy Byrne.



ACREAGE BARGAIN For Sale: 202 Pattersons Lane, Young, NSW

Raine & Horne Young offer this great value for money 4 ha. house and land package that provides a blend of space, comfort, and peaceful rural charm. The 3-bedroom home is perfect for anyone seeking a peaceful retreat while offering acreage for livestock. There are 3 roomy bedrooms with built-in robes plus family living and kitchen/dining rooms. Facilities comprise a reverse cycle air-conditioner, a gas cooktop and electric oven. There is generous undercover space for up to 6 vehicles, ensuring ample parking for family and guests plus a workshop. Surrounded by lush paddocks, a dam and countryside views from the timber deck all perfect for enjoying solitude and nature. Proximity to full suite of local amenities and attractions in Young, ensuring you have everything you need within reach.

\$790,000

Raine & Horne Contact: Graeme Schneider 0417 251 795
Raine & Horne Young | Grenfell



Clouds over Briars Sharrow bridge project

Wet weather and unsuitable ground conditions mean the Briars Sharrow bridge project is unlikely to be completed by the end of 2026.

Council recently approved an extra \$300,000 for accelerated earthworks, hoping the project could be completed by the end of the year rather than early 2027.

However, Council said last week the funding would only be used if it achieved genuine acceleration in the program.

“We are working with the contractor to accelerate other aspects of the program, by considering alternative construction methods.

“The project has been progressing, but frequent wet weather and unsuitable ground conditions experienced over the last 6-8 weeks have slowed progress, particularly affecting earthworks and foundation-related activities.

“While earthworks have been able to progress, we have not been able to accelerate the earthworks at this stage due to the wet weather.”

Local resident and Briars Sharrow bridge user, Ashley Meyer-Dilley, said the likely delay in delivery of the bridge project has come as no surprise to her.

“They’ve chosen to do the work in winter when it rains.

“If Council had planned and communicated with the community better, they would have known winter is not the ideal time to do the work. Now they and the community are going to pay the price.

“For residents the price is an increase in wear and tear on vehicles, more physical time travelling, more time on the roads which is wearing physically and mentally.

“Council initially proposed Foxlow Bridge as an alternative route but after hearing from the community, and a subsequent check of the bridge safety, that bridge has been closed indefinitely.

“And at this point there is no plan for re-opening it.

“Council was planning to do works on the Reschs Creek crossing, but nothing has been done there either. If we get a lot of rain people at Rossi will be cut off.

“They really haven’t thought this project through properly, and I haven’t heard anything from Council since the last community meeting, we had with them.

“They acknowledged their community engagement was poor around the Briars Sharrow project, but they’ve done nothing to fix it since,” she said.

Council received \$9 million in grant funding from the NSW Government to upgrade Briars Sharrow crossing to a concrete bridge structure.

The new bridge will be 92m long, 9m wide and will be constructed 4m higher than the existing crossing.

Council is confident the new bridge will significantly reduce the impacts of flooding, as it built above the 1% AEP level.

The bridge planks are being poured off-site. This new bridge will have 35 planks, and 27 of the planks have already been poured.

Council reported the planks need time to cure and so there is no need for the planks to arrive on site now, as they need to be installed at the appropriate stage.



The bridge planks will be installed on top of bearing pads, which are on top of headstocks, which are installed once the bridge piles are at the final height. The piling works will be starting in the coming weeks.

The project also includes around 718m of roadworks, increasing road approach width from single lane to two lanes.

Council claims the project will also improve safety by removing the current single-

lane give-way arrangements.

Woden Civil Contractors Pty Ltd is conducting the new bridge works.

Photo courtesy of Andrew Hadley, taken 21st July.

Here to help

As your federal Member of Parliament I can assist with a range of issues, including:

- 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



KRISTY MCBAIN MP
Member for Eden-Monaro



**6284 2442**

**KristyMcBain.com.au**

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



www.bdn.com.au

Let our expert team guide you through your legal matters

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

- Commercial Law
- Family Law
- Migration
- Employment Law

Principal Lawyers:



Tanya Nadin



Lorraine White



Richard Baker

Please phone for an appointment

Queanbeyan
6299 3999

Canberra
6230 1999

Accessible. Responsive. Innovative.

The 30% retiree tax just changed retirement planning

Phil Harvey
Up until now, Australians have built wealth using a relatively simple strategy. Accumulate assets while working, then progressively sell them and realise the capital gains after retiring into a lower tax bracket.

The recent changes to Capital Gains Tax make that strategy less effective for future self-funded retirees.

From 1 July 2027, not only will the existing 50% CGT discount be replaced by an indexation method, but individuals will face a minimum tax rate of 30% on the capital gains accrued from that date.

Importantly, gains accrued before 1 July 2027 are protected under transitional rules, even if the investment is sold later.

Nevertheless, the consequences for self-funded retirees can be significant.

Suppose a retiree who has no other taxable income sells an

investment and has a \$50,000 capital gain after indexation. Under the old rules the tax would be about \$5,300 before offsets and Medicare. Under the changes, the tax would increase to nearly \$15,000.

Call it what you like, but for self-funded retirees it is a retiree tax.

The question you should be asking is how you avoid it. Luckily there are a few ways:

1. Use superannuation. For Australians within ten to fifteen years of retirement, strategies such as maximising concessional contributions, using available carry-forward contribution amounts and considering non-concessional contributions may become increasingly valuable. If there is a big age gap between partners, consider super splitting.

2. Have a bigger main residence and downsize in retirement

The capital gains on your main residence are tax-free. This comes with a few considerations such as loan serviceability and increased

holding costs, and it only works if the downsized home is cheaper than the one you are selling.

3. Investment bonds deserve another look

Earnings are taxed within the bond at a maximum rate of 30%. Once the bond has been held for at least ten years—and provided the 125% contribution rule has been observed—withdrawals come without any further tax paid.

4. Partial Age Pension eligibility

There is an exemption of the minimum 30% tax for recipients of certain government payments, including the Age Pension. Qualifying for even a small Age Pension payment in the year you are selling assets may have considerably greater tax significance than it does today.

Pre-retirement planning is increasingly about deciding how assets should be held, preserving flexibility and managing the tax consequences of eventually selling them.

The investors benefiting the most



may not always be those earning the highest returns.

There is time to review existing arrangements, but restructuring should not be done unless there is a clear benefit for doing so.

The important question is not “What should I invest in?” it is needs to start with “how should I

invest so it's fit for purpose when I retire?”

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 - ABN 61 601 365 904)



Photo: Shutterstock

Wonderful Women of Wamboin Turn 20

The Wamboin Whisper is delivered to all residents in Wamboin, Bywong and residents in QPRC just south of the Federal Highway. The Whisper has been a community newsletter run by the Wamboin Community Association since 1981.

In 2006 an article appeared in the August Wamboin Whisper asking “How well do you know your neighbour?”, as living in a rural residential area it can be “easy to forget we have neighbours who may be ill, lonely or indeed new to the area”.

It was written by Claire Ayling, after a group of ladies had worked together on a community quilt enjoying the connection, and the question was suggested about starting a monthly women’s group.

The original groups name was the Wamboin Wobbles, and it started

with 23 participants who met on the 11th September 2006. It was initially as a fortnightly meet up for craft and social activities, then quickly included a walking group and a book club. Not long after it became a weekly social event.

After starting the name was changed to the Wonderful Women of Wamboin (WWoW), and they have now been meeting weekly for nearly 20 years. The location has changed over the times, from starting at St Andrew’s Church in Wamboin to now the Wamboin Community Hall.

They still meet between 10:00am - 12:00 noon on Mondays, with the exceptions of the 5th Monday, where they go out for lunch, a short break over the Christmas/Summer holidays and Public Holidays. The group is casual and women come when they are able to, to have the opportunity to sit and chat, craft

and socialise with others. Over the years the women have created strong bonds and support each other with various life challenges, some have moved away others have sadly passed.

During these two decades the women have had a variety of guest speakers come, crafted for charities and helped at a variety of community fundraising events. These include raising money for local groups and charities such as: the neonatal unit at the Canberra Hospital, making drainage bags for post breast cancer surgery patients, knitting Trauma Teddies for the Red Cross and NSW Ambulance Service in Queanbeyan, holding International Women’s Day lunches with guest speakers, multiple workshops for a wide range of crafts, as well as a wide range of speakers on topics such as Arthritis, Hamlin



Fistula, cyber security, journalism, caring for native wildlife, and much more. They even had a WWoW holiday to Tumbarumba to see the Pioneer Women’s Hut as well as an overseas trip to Bali.

This year the current WWoW’s were discussing the impending 20th birthday of WWoW.

On the 14th of September 2026, the Wonderful Women of Wamboin will be holding a small celebration of 20 years of meeting. They invite all past WWoWs and their

partners to come along to the Wamboin Community Hall, Bingley Way Wamboin, between 10:00am - 12:00 noon on Monday 14th September 2026.

Please contact wonderfulwomenofwamboin@gmail.com to find out more information or RSVP.

Images: taken from the Wamboin Whisper, October 2006, edition: WWOV Wamboin Whisper Article about 1st Meeting

Community News

Page 15

Work begins on Queanbeyan's Basketball Stadium expansion

Queanbeyan basketballers are getting closer to scoring a better local stadium with the first sod turned on the upgrades today, thanks to \$3.5 million in funding from the Minns Government.

The funding will see the Queanbeyan and District Basketball Association modernise its existing facilities by building a new indoor basketball court and upgrading amenities to support the club's growing number of players.

With facilities dating back to the 1970's and only one full-sized court, the club stadium host games simultaneously, and the club

has been limited in expanding basketball programs for local players.

The new court will meet International Basketball Federation requirements, allowing the club to host representative competitions on home soil without the need to travel away for games.

Member for Monaro, Steve Whan MP said, "It's fantastic to see this project hit the court and start delivering for the Queanbeyan community."

"With a new full-sized court and upgraded amenities, Queanbeyan

will be ready to host more games, more programs and higher-level competition, keeping the action local and giving players a true home-court advantage."

Queanbeyan and District Basketball Association was founded more than 49 years ago and has grown from a grassroots club to organising games and competitions for players aged 4 years to 67 years-old, as well as fielding state representative teams.

On a weekly basis, the club hosts over 490 children and 250 adult players and up to 400 spectators as well as various community

groups including local schools.

Queanbeyan District Basketball Association Board Member, Gary Bullivant said, "The expansion of the basketball stadium has been a long-held dream of the Queanbeyan basketball community and we are very excited that the opening of the new stadium and refurbished facilities will form part of our 50-year celebrations in 2027."

"The new court will help us meet the growing demand for basketball participation, which has been limited by a lack of court space and inadequate facilities, we'll be able

to offer new programs, increase the number of home games for our teams competing in the Basketball ACT competition, and deliver other sporting and community activities.

"Most importantly, this new community facility will support young people to stay active, connected and engaged, through participation in our programs well into the future."

For more information on Queanbeyan and District Basketball Association go to: <https://www.qbda.com.au>

Photo supplied



Queanbeyan Veteran and Family Hub



Here for veterans and their families, every day



What's on at the Hub



MON: Invictus Yoga (Back Monday 20th) - 10:00am to 11:00am

TUES: Veterans Guitar Group - 10:00am to 12:00pm

Heart-Muscle-Balance - 12:30pm to 1:15pm

WED: RSL Sub Branch Catchup - 9:00am to 11:00pm

Fortnightly - Create & Caffeinate - 10:00am to 12:00pm

THURS: Zumba (Back Thursday 23rd) - 11:00am to 12:00pm

Fortnightly - Open Arms Coffee Catchup - 10:00am

FRI: Mind Body Balance Tai Chi - 9:30am to 10:30am

Visit the Hub today

Level 1
251 Crawford St, Queanbeyan
Open Monday to Friday
9am to 5pm

In partnership with



BUNGENDORE CRAFTERS CO-OPERATIVE

Craft Evenings

Thursday 6th August
Thursday 27th August
Bungendore School of Arts:
57 Gibraltar Street, Bungendore
6.30-8.30pm
BYO craft project
Contact Thalia: 0412 884 120

Empower Golf bringing people together

Debbie Evans

Queanbeyan Golf Club's Assistant Pro, Trent Britton, is looking forward to welcoming participants to Empower Golf's next come-and-try day at the Club on Tuesday, August 4.

The come-and-try session will be 11am - 12pm.

Trent is a strong advocate for golf and its benefits in encouraging physical activity and supporting mental health. He says Empower Golf is an ideal way to introduce people living with disability to golf for the first time, or to help former players return to the game they love after an accident or illness.

At the Queanbeyan event players of all abilities will have the opportunity to try golf.

Registrations can be made through the Humantix booking system and enquiries can be directed to Ben Tullipan - ben@empowergolf.com.au

Your ticket includes ball and club hire, expert tuition from one of Australia's most respected disability golf professionals Trent Britton and use of adaptive equipment.

The clinic runs for 1 hour, so that includes plenty of time to relax and chat to the other players.

The Queanbeyan Golf Club is located at 5 Brown Street, Queanbeyan East.

Trent says Empower Golf can also provide a valuable pathway for locals to use NDIS funding to discover or return to sport, depending on their individual funding arrangements.

Previous Queanbeyan events have brought together 12-15 people who now meet through golf every Thursday.

James Gribble, the founder of Empower Golf, is an Australian who is passionate about the ocean, adventure travel, people and golf.

James worked in investment banking in London for 8 years after completing an economics degree from the University of Sydney.

In late 2008, James broke his neck whilst backpacking in Zambia, Africa, becoming quadriplegic. For four years he focused on an intensive rehabilitation program, proving many doctors wrong with his significant recovery. He is now able to walk short distances on crutches and crucially, returned to many of his passions.

Before his injury, James had a low single digit handicap and played golf around the world. After a long struggle, he is now able to play golf and currently is the highest ranked quadriplegic golfer in the world. James has experienced firsthand the very positive impact that recreation and travel can have on any individual, be they fully able-bodied or less able-bodied.

The psychological, physical and social benefits associated with golf inspired James to establish Empower Golf and he is in the process of launching Empower Life. Their mission is to make golf, other recreations and travel, accessible to Australians of all abilities.

James has a strong focus on improving the lives of disabled individuals, working closely with the Royal Rehabilitation Hospital in Sydney. He is also an Ambassador for Sargood on Collaroy, located on the Northern Beaches of Sydney, NSW, the world's only resort for people who've suffered a catastrophic spinal injury.

James combines his passions and helping those with disabilities with the skills of a corporate background to change people's lives.

Finally, he is a motivational speaker whose honest, raw, and emotional story is a lesson in humility, gratitude and contribution to community. James is currently working on a feature length documentary called Tiger Fish that explores his journey to date and his return to the site of his accident in Africa.

Right: Trent Britton is looking forward to welcoming people to the next come and try Empower Golf on Tuesday, August 4. Photo supplied



Country Education Foundation launches second year of the Tim Fischer Fellowship as inaugural recipient brings regional youth initiative to life

The Country Education Foundation (CEF) has officially opened applications for the second year of the Tim Fischer Fellowship, building on the momentum of the Fellowship's inaugural year. Individuals passionate about making a difference in rural and regional Australia through the power of education are encouraged to apply.

The Fellowship supports a recipient with up to \$50,000 in funding, mentorship and networking opportunities to help turn their bold ideas into reality. The proposed project must include an education element, whether through communities, workplaces, youth, students or other educational contexts to create meaningful change in regional and rural communities.

As applications open for the 2026 Fellowship, inaugural recipient Annabelle Hudson has reflected on the significant progress made in delivering her initiative, True North – a practical, student-centred program designed to recognise their strengths, expand their sense of possibility, and approach future education and career decisions with greater clarity and confidence.

Originally from Young in regional New South Wales, Ms Hudson is developing True North to address a gap she observed among regional students: not a lack of talent or ambition, but unequal access to exposure, tailored guidance and

opportunities to explore what might suit them.

Ms Hudson has worked closely with students, educators and community stakeholders to refine and pilot the program, developing practical resources that help young people identify their strengths, values and interests, and turn those insights into achievable goals.

"True North has evolved from a powerful idea into something real and deeply meaningful," Ms Hudson said.

"I've spent time listening to students and educators in rural and regional communities and shaping the program around what they have shared to genuinely reflect their experiences, aspirations and challenges. What has stood out most is just how much potential exists when young people are given the space and support to recognise their strengths."

"Many students already have the capability to achieve incredible things – what they often need is greater self-belief and clearer pathways. True North is about helping them see what's possible and giving them practical steps to move forward with confidence."

Country Education Foundation Chief Executive Officer Wendy Mason said the Fellowship's first year demonstrated the power of backing individuals with bold ideas and strong community purpose.

"Annabelle has embodied everything the Fellowship stands for – innovation, dedication and a genuine commitment to improving outcomes for rural and regional Australians through the power of education. Her progress over the past year reinforces why this program matters."

Ms Mason said applications are now open for the second Fellowship and encouraged Australians from diverse professional backgrounds to apply and submit a project that includes an education element, whether through communities, workplaces, youth, or students that ensures lasting impact across rural and

regional Australia, regardless of the industry.

"This Fellowship is about investing in people with the drive to create practical solutions to real challenges in country communities," she said.

"It could be someone in agriculture, education, health, science, technology, the arts or other – what matters most is a compelling idea and the commitment to turn that idea into lasting impact, through an education element."

Country Education Foundation Chair, Nick Burton Taylor said the Fellowship continues to honour Tim Fischer's belief in the

transformative power of education and opportunity.

"Tim believed deeply in the potential of people from regional Australia," Mr Burton Taylor said.

"He understood that talent is everywhere, but opportunity is not always equal. This Fellowship continues his legacy by helping bridge that gap and supporting people determined to create positive change."

Applications for the 2026 Tim Fischer Fellowship are now open and close on 24th August.

Photo supplied of Annabelle Hudson and CEO of Country Education, Wendy Mason



Veolia: The Objections Have Not Gone Away

In its July Tarago Times column, Veolia announced that it is finally preparing its response to objections lodged against its proposed Tarago waste incinerator. This comes three and a half years after the public exhibition closed in December 2022, when 619 of the 627 submissions (98.7%) opposed the project.

As Veolia returns to those submissions, Communities Against The Tarago Incinerator (CATTI) would like to remind the company and our wider community of several central points raised in CATTI's objection. They remain as valid today as they were in 2022.

First, the proposed incinerator is not clean. Burning mixed municipal and commercial waste does not make it disappear. It transforms that waste into air pollution, greenhouse gas emissions and large quantities of contaminated ash that must still be handled, treated, transported or buried. CATTI's objection also highlighted the risk of pollutants accumulating in soil and water and entering plants, animals and the local food chain.

Second, it is not renewable energy. The proposed fuel would include plastics and other materials produced from finite fossil resources. Burning those materials releases carbon emissions and destroys resources that should instead be avoided, reused or recycled. Energy from waste is excluded from the National GreenPower Accreditation Program and is not identified as renewable energy in the NSW Electricity Infrastructure Roadmap.

Third, it is not green and does not support a genuine circular economy. A circular economy keeps materials in use through reduction, repair, reuse, remanufacturing and recycling. Incineration permanently destroys those materials. Large incinerators also require a reliable supply of waste for decades, creating pressure to keep feeding the furnace rather than reducing waste and improving recycling.

Veolia's own Environmental Impact Statement estimated that the proposal would generate an additional 85,777 tonnes of carbon dioxide each year. It would also produce substantial quantities of

bottom ash and hazardous air-pollution-control residue. These outputs are not a circular solution. They are another waste stream and another environmental burden for Tarago.

CATTI also challenged Veolia's comparison between incineration and coal-fired electricity. There is no coal-fired power station in the Southern Tablelands that would reduce its output because this incinerator begins operating. Nor is it reasonable to compare the proposal with an uncontrolled landfill while ignoring that Veolia's existing Woodlawn Bioreactor captures landfill methane and uses it to generate electricity.

These concerns have not been overtaken by time. During the past six months, hearings of the NSW Parliamentary Inquiry into Proposed Energy From Waste Facilities have repeatedly returned to the same unresolved issues: emissions, contaminated ash, climate impacts, agriculture, food safety, regional fairness, community acceptance, regulation and whether proponents can be trusted to operate these facilities safely.

That last point became particularly relevant in July, when Veolia Chief Growth Officer Kathryn Whitfield said energy-from-waste proponents should be judged on their operational record, not merely their construction credentials.

CATTI agrees. Veolia should therefore be judged on its record at Woodlawn: years of offensive odours, licence breaches, pollution incidents, leachate-management failures, EPA notices and continuing distress for surrounding residents. Its existing operations provide a clear example of why past performance matters.

The objections have not expired and the evidence has not disappeared. If anything, Veolia's

continuing failures and the Parliamentary Inquiry have made those objections stronger.

Tarago deserves better than another generation of pollution, promises and excuses. The proposal should be rejected—now.

Please continue to speak up, stay informed and support CATTI at www.notaragoincinerator.com and <https://www.facebook.com/groups/491803828839813>. Report odours from Veolia's landfill to the NSW EPA on 131 555 or at info@epa.nsw.gov.au.

James Innes
President
Communities Against The Tarago Incinerator (CATTI) Inc



Why is there a bank holiday?

Everyone loves a 3 day long weekend and bank staff are no exemption. On the first Monday in August each year it is known as the NSW/ACT Bank Holiday. But why did it originate and why do we still have the Holiday?

The NSW Bank Holiday originated in the United Kingdom for compensating counting house staff for extra work involved in the 30 June end of financial year balances by granting them a holiday on the first Monday in

August. This idea then flowed into Australia and was first introduced in New South Wales by the Bank Holiday Act of 1875. The Holiday was observed on the first day of August each year, however, it was then changed in 1912 to be the first Monday in August. This has remained unchanged.

Of course, the manual balancing of ledger books in banking has changed over the years and computers have assisted in the majority of banking procedures.

Banking itself has changed dramatically in recent years with internet banking, Tap and Go, forms of insurance, continual policy, procedural and governance updates just to name a few.

The major difference that has not changed at the Community Banks of Bendigo Bank is our commitment to our customers and our communities. It comes first, always has and always will. Direct telephone lines to our branches, the majority of staff and directors

being local residents and a banking model that sees a large percentage of profits at our local branches go back into the community in the form of sponsorships, grants and donations. In fact, over \$12m has been returned back into the Braidwood and Bungendore districts in the past 24 years. This is a staggering figure and is thanks to our communities supporting our local branches.

So, if you go to the Braidwood or Bungendore branch on the 3rd of

August and read the sign saying "Closed due to a Bank Holiday", please don't curse under your breath, take time to reflect on how the Community Bank, its staff and board of directors have assisted your communities. Next time you see one of the staff or directors, you might even give them a pat on the back and say thanks.

Nick Fry
Community Engagement Manager
Community Banks Braidwood/ Bungendore/Crookwell

Queanbeyan Seniors 50+ Activities: Music Fashion Event this Saturday

Mondays

Chair Yoga - 9.30am
Mat Yoga - 11.00am.

Contact Sue on <https://www.agewell.yoga>

Tuesdays

Zumba Gold 9.30am
Zumba Normal Impact 11.00am

Monday Yoga & Tuesday Zumba at

AXIS Centre, 22 Campbell Street (building next to Lions Bookshop in Queanbeyan Town Park). NORMAL IMPACT ZUMBA & MAT YOGA OPEN TO EVERYONE (not just seniors)! Monday & Tuesday Classes during school terms.

Tuesdays & Thursday Exercise Classes

Times - 9.30-10.30am (1 Farrer

Place, Queanbeyan)

Wednesdays

Tai Chi Qigong - 2 classes:
10.30am to 11.30am
11.45-12.45pm

Bookings essential - you can book at TryBooking or come to the first class.

Thursdays

Zumba GOLD - 11.00am to 12.00pm @ Veterans Hub - Upstairs 251 Crawford Street, Queanbeyan

Fridays

Mat Yoga - 9.30am Chair Yoga - 11.00am. Contact Louise... <https://sunlightyoga.com.au/no> booking required (NOW AT AXIS CENTRE in the Park near the Lions Book Club.

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.

Mondays

500 - 1.00pm-3.00pm
Cost \$2.00

Craft & Chat - 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-12.00 noon
Cost \$2.00

Euchre - 1.00pm - Cost \$3.00

Mahjong - 1.00pm-3.00pm
Cost \$2.00

Thursdays

Rummikins - 1.00pm
Cost \$2.00

Hand and Foot - 10.00am 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 12.30pm, Rear 1 Farrer Place.

Riverside Plaza Stall - monthly, next one is Saturday 15 August

Membership is **now due** for new members only \$20.00

per annum. New members very welcome.

Membership fees due by 30 June 2026 for the financial year 2026-2027.

Table Tennis: would you be interested in playing table tennis? Please register your interest by phoning the below numbers.

For further information, please contact Brenda at 0407 201 392 or 0407 902 989.

Visitors are welcome during activity hours at the rear 1 Farrer Place, Queanbeyan.

Music Fashion Event

This Saturday 1 August at the Seniors Centre.

Featuring country singer Ruby Holden and a Fashion Parade by Debbie Maree - gold coin donation required. Seats are limited so book early. Contact Brenda to book

Photo supplied



Putting the ‘El Niño noise’ into perspective

Fiona Leech and Matt Lieschke, Senior Agriculture Advisors

How much attention should livestock producers pay to the El Niño hype?

Farming is often regarded as a calculated gamble, with producers continually assessing the odds of how seasonal conditions may play out. While long-range weather forecasts are an important piece of the puzzle, they are only one factor among many. Current soil moisture, pasture availability and livestock condition are equally important indicators when planning for spring and beyond.

With increasing attention on El Niño forecasts, it’s worth asking: how much weight should producers give them, and what other indicators should be considered?

What is the current forecast?

The Bureau of Meteorology’s (BoM) long-range forecast is indicating an increased chance of below-average rainfall across parts of NSW during the August to October period. This drier outlook is partly being driven by rising sea surface temperatures in the central tropical Pacific Ocean, which are now above El Niño thresholds.

However, it is important to keep this forecast in

perspective.

Remember: El Niño is only one climate driver.

Despite the strong media focus on El Niño in recent months:

- El Niño is only one of several climate drivers that influence Australian rainfall
- a strong El Niño signal does not automatically translate to severe drought conditions
- the BoM notes that a strong El Niño signal does not necessarily mean strong impacts on Australia’s climate.

Most importantly, seasonal forecasts do not account for your farm’s current situation, including:

- current soil moisture reserves
- existing pasture availability
- livestock condition
- feed availability and management options.

These factors have a significant influence on how your business responds to seasonal conditions.

For many producers, these indicators may be more important than the seasonal forecast itself when making management decisions.

How are conditions looking across the south east?

Recent rainfall patterns have reflected the typical winter

west-to-east trend across the south east region.

Areas performing well

Properties west of the Great Dividing Range have generally experienced:

- higher winter rainfall
- warmer-than-average temperatures
- above-average pasture growth than normal.

Soil moisture monitoring indicates that many of these areas now have a near-full soil moisture profile providing a strong foundation heading into spring.

Areas facing more challenges

Conditions have been drier across:

- the Tablelands east of the Divide
- the Monaro
- the Far South Coast.

In many of these areas:

soil moisture is adequate in the top 20-30 cm

deeper soil moisture reserves remain low to moderate.

A useful tool: Farming Forecaster

One resource available to producers is Farming Forecaster, a free online decision-support tool that provides local production and seasonal information.

The tool combines data from a network of soil moisture probes across the south east region and provides:

- real-time soil moisture monitoring
- local rainfall and weather information
- pasture production estimates
- livestock performance information
- 4-month pasture growth forecast.

The pasture forecasts are generated using GrassGro, a CSIRO-developed farm modelling system.

Key questions to consider before spring

As spring approaches, producers should focus on indicators that are most closely linked to pasture growth, generating adequate carry-over feed for summer and autumn.

Some useful questions to ask include:

- How much soil moisture is currently stored in the profile?
- Is pasture growth tracking as expected?
- What are the prospects for spring feed production?
- Will there be sufficient carry-over feed for summer and autumn?
- Are livestock in suitable condition heading into spring?



- What management options are available if conditions become drier?

Timing matters

Late August is a particularly important time to assess:

- whether soil moisture reserves are sufficient to support spring growth
- the likelihood of producing enough pasture for summer feed reserves
- whether stocking rates and feed plans are appropriate.

Looking beyond the El Niño headlines

While El Niño deserves attention, they should not be viewed in isolation. Producers who currently have:

- good pasture cover
- strong soil moisture reserves
- healthy livestock condition

may still be well positioned heading into spring, regardless of media speculation surrounding seasonal forecasts.

The Pasture Forecast feature within Farming Forecaster can be particularly valuable for assessing the likelihood

of achieving a productive spring in your area.

Learn more

For a practical discussion on using Farming Forecaster and how it can support decision-making, listen to the recent Big Shift for Small Farms podcast: ‘Beyond the weather Forecast: A decision-making tool’.

Producers can also register their interest in an upcoming webinar planned for late July, which will provide an update on:

- current soil moisture conditions
- pasture growth trends
- seasonal outlooks for spring
- management considerations for livestock producers across the south east region.

Bottom line: Don’t make decisions based solely on El Niño headlines. Consider the full picture soil moisture, pasture conditions, livestock condition and local seasonal indicators to make informed decisions for spring and beyond.

Photo supplied

National Tree Day

Simone Horn, Senior NRM Advisor

Across Australia’s farming regions, paddock trees stand as living landmarks in the landscape. These scattered trees provide far more than a reminder of the original bushland. It was National Tree Day on the 26th July, and therefore worth recognising the vital role paddock trees play in supporting productive farms, healthy ecosystems and resilient rural communities.

More than just a tree

Paddock trees are often among the oldest living features on agricultural land. Many have survived decades and sometimes centuries of changing land use, droughts and floods. While they may appear isolated, these trees are ecological powerhouses, providing essential habitat and delivering a range of benefits that contribute directly to farm productivity.

As many mature paddock trees reach the end of their natural lives, protecting existing trees and encouraging the next generation of recruitment has never been more important.

A lifeline for wildlife
Mature paddock trees

are among the most valuable habitat features in agricultural landscapes. Their hollows, bark, branches and canopy provide food, shelter and breeding sites for a wide range of native wildlife.

Birds such as parrots, cockatoos and owls rely on tree hollows for nesting, while microbats use hollows and loose bark as daytime roosts. Insect-eating birds and bats help control agricultural pests, reducing damage to crops and pastures. Native bees, butterflies and other pollinators also depend on flowering trees for nectar and pollen.

Even isolated paddock trees can act as stepping stones across fragmented landscapes, allowing wildlife to move safely between larger patches of habitat. This connectivity is a vital support for biodiversity and helps maintain healthy ecosystems across farming regions.

Natural pest controllers
One of the often-overlooked benefits of paddock trees is their role in supporting natural pest control. They provide habitat for insectivorous birds, bats and beneficial insects that

prey on many agricultural pests. By supporting these natural predators, paddock trees can help reduce pest populations and contribute to more balanced, resilient farming systems.

A single microbat can consume thousands of insects in a night, while birds such as thornbills, robins and treecreepers feed on caterpillars, beetles and other pasture pests.

Shade and shelter for stock

Anyone who has watched livestock seek refuge beneath a tree on a hot summer afternoon understands the value of paddock trees for animal welfare.

Shade helps reduce heat stress, improving livestock comfort, productivity and wellbeing. During periods of extreme heat, access to shade can help maintain feed intake and reduce production losses.

Trees also provide shelter from cold winds, rain and storms. Shelter can reduce energy demands on livestock, helping animals maintain condition during challenging seasonal conditions. In lambing and calving periods, shelter can improve survival rates by protecting vulnerable young

animals from exposure.

Improving soil structure and soil health

Healthy soils are the foundation of productive farms, and paddock trees make a valuable contribution to soil health.

Tree roots help stabilise soil and improve soil structure by creating channels that allow water and air to move through the profile. Leaf litter and organic matter from trees contribute to nutrient cycling and increase soil carbon levels over time.

The result is often improved infiltration, reduced erosion and greater soil biological activity. Beneath and around paddock trees, soils frequently support diverse communities of microbes, fungi and invertebrates that play essential roles in maintaining soil function.

These improvements can enhance the resilience of farming systems, particularly during periods of drought or intense rainfall.

Managing salinity and water balance

Deep-rooted native trees play an important role in managing water movement through the landscape.

By drawing water from deeper soil layers, trees can



help reduce groundwater recharge, which contributes to dryland salinity in susceptible areas. While paddock trees alone are not a complete solution to salinity, they form an important part of integrated landscape management.

Looking after paddock trees for future generations

Protecting paddock trees is an investment in the future of both agriculture and the environment. Simple actions can make a significant difference, including:

- retaining existing mature trees as well as fallen timber
- fencing around trees to protect them from stock impacts
- encouraging natural regeneration of seedlings or planting new native trees to develop the next generation of paddock trees
- controlling invasive weeds around trees.

The large, mature paddock trees we value today took many decades to grow.

Ensuring that young trees survive and mature will help maintain the environmental and productive benefits these trees provide well into the future.

Celebrating National Tree Day

Take a moment to appreciate the paddock trees that dot our rural landscapes and consider whether you can help to look after them or the young trees that will eventually take their place!

Paddock trees are working assets that contribute every day to productive, sustainable and resilient farming systems. By protecting and regenerating these remarkable trees, we invest in healthier farms, healthier landscapes and a stronger future for generations to come. Read more about them on our website by scanning the QR Code.

Photo supplied



New weed management guide

Alicia Kaylock, Senior NRM Advisor

Weeds are one of the biggest and most persistent challenges facing land managers. Whether you're managing a small lifestyle block, a grazing enterprise or a conservation property, it can be hard to know where to start. That's why we have developed a new resource: Integrated weed management: A land manager's guide, to help make weed management less overwhelming and support more strategic decision-making.

What is integrated weed management?

At its most basic level, integrated

weed management (IWM) means using more than one tool to manage weeds. Sounds pretty simple, right? Well, there's a little more to it than that.

A successful IWM plan starts with understanding both the weeds you're managing and the land you're managing them on. By considering how weeds spread, what conditions favour them and what desirable vegetation you want to promote, you can address the underlying causes of weed problems rather than just treating the weeds themselves. This leads to better long-term outcomes than reactive or one-off treatments.

Why make an IWM plan?

Let's be honest, weed management can be expensive, time-consuming and, at times, completely overwhelming. When you've got multiple infestations, competing priorities and limited resources, it can be difficult to know where to focus your efforts.

This is where an IWM plan can make a real difference.

A good plan helps you prioritise actions, focus on what matters most and make the best use of your time and budget. Not all weed infestations should be managed in the same way. In some situations, protecting clean areas and eradicating isolated outbreaks will provide a far greater return on investment than tackling large,

established infestations. IWM helps landholders identify where they can have the greatest impact and develop a realistic pathway towards achieving their goals.

How can our new guide help?

This practical resource takes you through every step of the planning process. It covers weed identification and biology, selecting appropriate control methods, mapping infestations, improving your on-farm biosecurity practices, understanding your land and developing realistic management plans. The guide also includes a comprehensive planning template to help you set objectives, prioritise actions, monitor progress and review outcomes over time.

Designed for a wide range of land managers across the south east, the guide aims to move weed management from a reactive, year-to-year task to a more strategic and achievable long-term process.

Where can I get a copy?

Integrated weed management: A land manager's guide is now available through our South East Local Land Services offices. Whether you're dealing with a new weed incursion, trying to reduce a long-standing infestation or simply looking for a more strategic approach, this guide will help you develop a plan that's practical, achievable and tailored to your property.

Seasonal conditions - July outlook

Brief seasonal conditions update from our senior agriculture advisors.

Palerang - Palerang district has experienced a mild start to winter with soil temperatures significantly above average for this time of year with moderate (but variable across district) soil moisture. Producers are seeing above average growth for temperate pasture species with good underlying fertility. Monitor the forecasts and soil moisture regularly as changes will occur as winter progresses.

Goulburn - Rainfall in recent months has displayed the normal west-to-east winter pattern, with areas to the west of Gunning/Crookwell receiving significantly more rain. These areas that have received good recent rain are now showing a full profile of soil moisture to at least 60 cm.

Areas to the east (e.g. Taralga, Goulburn, Lake Bathurst, Sutton Forest) generally have good soil moisture down to 20-30cm, but the sub-soil remains relatively dry. These areas will be looking for further rainfall in July and August to increase overall soil moisture and confidence heading into spring.

Yass - Yass Valley and Boorowa areas have received significant rainfall in late June/early July resulting in soil moisture profiles reaching near to full capacity. Pasture conditions are very favourable for this time of year given the significantly warmer conditions experienced throughout the month of June.

Monaro - Cold, wet(ish) and wild winds on the Monaro! Winter has finally arrived after a very spring-like start to winter. Pasture growth rates will stay low over the colder months with winter rainfall to be banked for spring growth when temperatures allow for it. Soil moisture very variable across this district at the moment.

South Coast - Some areas on the South Coast have experienced average to above average rainfall through May/June leading into a position of full moisture through the soil profile, paired with a spring like start to winter has seen tropical, summer grasses to continue to tick along. Water logged soils may start to become an issue for winter feed sown in some parts and management of soaked pastures to conserve feed will be important

Far South Coast - Many parts of the Far South Coast have experienced a dry start to winter with soil moisture levels below 50% to depth in most parts. Tropical, summer grasses to continue to tick along which has used up that banked soil moisture in plant growth. Winter rainfall will be important leading into spring to replenish soil moisture to drive the spring break.

Get in touch with our senior agriculture advisors by calling 1300 795 299.

HILLVIEW ANGUS BULL & FEMALE SALE
Wednesday 5th August 2026 - 11am



Beef Week Open Day:
Saturday, 1st August 2026
9am – 4pm



4418 Kings Highway, Bungendore, 2621
Contact: Danny Hill 0418 623 790

Winter weed control - what can I do?

Bella Hart, Land Services Officer
Think winter means it's time to pack away the weed control gear?

While growth may have slowed, winter is one of the best times to get ahead of many weed problems. A little effort now can save you a lot of time and money come spring.

Here's how you can stay on top of weeds this winter.

Keep clean and vigilant

Make sure you are thinking about preventing weeds and weed seeds from entering your property all year round - aim for this to be a habit.

If you are feeding hay or other fodder that has been brought in from elsewhere, there is a chance that it may contain weed seeds. To stop this introduction from becoming a mass weed infestation, use a feed pad or a sacrifice paddock to ensure all seeds that may come in fodder are concentrated in one spot that is easy to monitor and treat (e.g. a fenced flat area near a farm track that can be easily seen).

Even if your problem weeds are not susceptible to your chosen

control methods now, use this time to map or note down where they are growing so you can prioritise, pick suitable control methods and know where you must go back to in the spring.

Maintain your groundcover!

Now that we are officially in an El Niño cycle and dry times are forecasted for the future, having enough of the right type of plants covering your ground has never been more important.

From a soil perspective, maintaining groundcover is essential to prevent erosion, particularly on vulnerable soil types or in steep areas. A healthy layer of groundcover can also act like a mulch, helping to moderate soil temperature and reduce evaporation.

From a production perspective, it is much easier for desirable pasture species to respond to rainfall or small windows of favourable conditions if they are already established and have some amount of leaf above the ground.

For weeds, maintaining groundcover of 70% or more is

recommended to compete with weeds for resources like space, light, nutrients and water and is key to winning the fight against weeds. All too often we see paddocks overgrazed in the winter months fall victim to a heavy weed burden in the spring. Excessive grazing pressure can come from native animals like kangaroos, ferals like rabbits and deer, or your livestock - so consider if your grazing management needs some more refinement or if your fences and feral management need some more work.

Some weeds are susceptible to chemical control in winter

Weeds like Paterson's curse (*Echium plantagineum*), spear thistle (*Cirsium vulgare*), Chilean needle grass (*Nassella neesiana*) and serrated tussock (*Nassella trichotoma*) that germinate and actively grow during winter are susceptible to chemical controls now. Care still needs to be taken to ensure the right herbicide and application methods are chosen, but when the weather is suitable (no impending rain, no or little wind), treating these newly



germinated weeds or their adult counterparts in winter means one less weed to focus on in spring.

Weeds are vulnerable to physical removal all year round

For smaller or isolated infestations, chipping weeds like African lovegrass (*Eragrostis curvula*) or mulching larger weeds like blackberry (*Rubus fruticosus* species aggregate) can be an effective form of control and can be done at any time of the year. Ideally, physical removal works best when done carefully to avoid excessive soil disturbance.

Learn about landholder responsibilities under the General Biosecurity Duty and practical approaches to reducing weeds on-farm and across the landscape by scanning the QR code to watch an informative video.

For more information, check out the WeedWise website, or for more tailored advice, call or drop into your nearest Local Land Services office.

Photo supplied

1080 explained: How long does 1080 stay in the soil for?

1080 is a pesticide used to control invasive species.

Sodium fluoracetate (1080) is a naturally occurring toxin found in more than 30 species of native Australian plants.

The good news is that 1080 is readily broken down by naturally occurring bacteria and fungi, meaning it doesn't build up over time in the soil or the wider environment.

Plus, it doesn't remain in the food chain like other pesticides can. If an animal ingests a sub-lethal dose of 1080, it is usually excreted from the body within approximately 8 hours.

If you're curious about the science of 1080, you can check out the pestSmart site using the QR code.



A stomach full of evidence: feline forensics confirm our gut feelings

Andy Taylor, Senior NRM Advisor

For decades, conservationists knew that feral cats were a threat to Australia's native wildlife. However, understanding exactly what cats were killing required hard evidence. One of the most powerful sources of evidence has come from the analysis of feral cat stomach contents

What was found paints a sobering picture.

Research* into feral cat diets found that cats prey on at least 400 different vertebrate species across Australia, including 28 threatened

species. This includes the obvious birds, reptiles and mammals. But it also revealed the dramatic impacts on native invertebrates. A review of 87 cat diet studies estimated that feral cats consume more than one billion invertebrates every year across Australia. In one documented example, a single cat's stomach contained one bearded dragon, 10 skinks, 3 geckos, a blind snake, 25 centipedes, 13 crickets and a moth. Such findings highlight the broad ecological damage inflicted by feral cats, beyond their well-known impacts on mammals and

birds. The evidence required for action is stacking up!

These studies confirm that feral cats are highly adaptable hunters. Whilst rabbits are often a major food source, cats readily switch to native mammals, reptiles, birds and insects when conditions change. The research found that predation on small native mammals increases where rabbit numbers are scarce or reduced, highlighting the ongoing risk cats pose to vulnerable populations. In fact, cats have been implicated in the complete extinction of at least

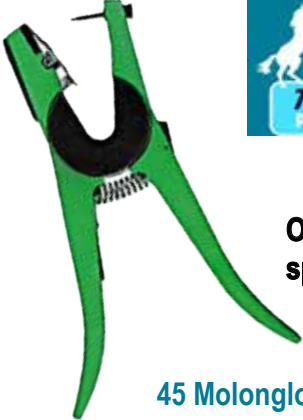
20 native mammal species. Importantly, this research has done much more than quantify the problem - it has helped shape conservation solutions. The evidence has guided targeted cat-control programs, informed threatened species recovery efforts and highlighted the need to coordinate rabbit and cat management. The findings have also supported investments in predator-proof fencing, island restoration projects and national feral cat management strategies. But the threat persists across the country and is a concern in southeast NSW.

Working together is the key to reducing this threat and Local Land Services and Landcare are teaming up to work with landholders on the threats to biodiversity on their land. If you own land in the Royalla, Burra and Michelago areas and would like to hear more about our proposed feral cat activities in 2026-27, then email Andy Taylor at andy.taylor@lls.nsw.gov.au or call on 0427 750 891.

Read more of the research scanning the QR Code for Feral Cats.

Photo supplied





cleanseeds rural

SHEARWELL NLIS | ELECTRONIC BUTTON TAG

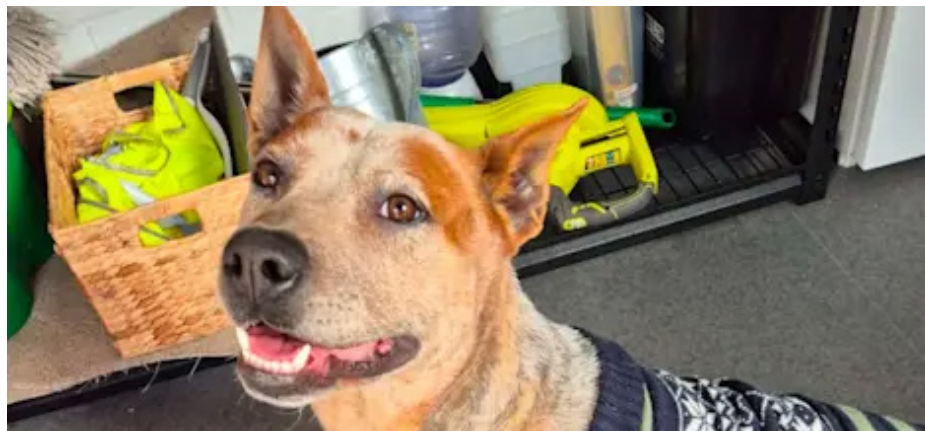
Official electronic tag for all types and age of cattle. Easy to apply with a super sharp spike to pierce the ear, not just punch through. Less effort for you, less stress on the livestock. The Button tag has NLIS conditional accreditation.



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

Queanbeyan-Palerang Regional Council

FOR YOUR INFORMATION



Animals available for adoption

We have five dogs and one cat at the Queanbeyan Animal Management Facility looking for their forever homes.

One of these dogs is Barry (pictured), who has been patiently waiting to meet his forever family for some time now.

Barry is a 2-year-old Australian Stumpy Tail Cattle Dog, and the shy boy who first arrived has completely blossomed. He's now looking fantastic, having put on healthy weight. Once Barry gets to know you, his fun-loving, cheeky Heeler personality shines through.

- Find out more about Barry and the other animals available for adoption at the Queanbeyan Animal Management Facility at www.qprc.nsw.gov.au/animal-adoption

Annual QPRC Community Grants applications open

Applications for Category A and B Community Grants are open!

These grants support local community groups and not-for-profits to provide a wide range of activities that build community capacity, contribute to the welfare and the broader social fabric of the Queanbeyan-Palerang community.

Category A funding can be spent on charitable purposes like relief of poverty, advancement of education or other community purposes, while Category B provides donations towards venue hire of Council facilities. Up to \$3,000 is available per eligible application.

- Learn more and submit an application by 5pm Thursday 30 July at bit.ly/QPRC-community-grants

Arts Trail registrations open

This year we celebrate the Arts Trail 20-year anniversary in Queanbeyan, and its 10th year in Braidwood and Bungendore. Help us make this milestone an unforgettable one by getting involved!

We are calling on local creatives, venues and businesses to register their creative offerings and public activations. We welcome all creative ideas big and small, across a broad spectrum of artforms including the visual, performing and literary arts.

The 2026 event dates are:

- Braidwood – 3 & 4 October
- Bungendore – 10 & 11 October
- Queanbeyan – 17 & 18 October
- Register by 16 August 2026 at www.qprc.nsw.gov.au/arts-trail

Have Your Say

Projects & initiatives open for community comment	Closing Date
2026 Cat Containment Policy - Urban Areas	10 August
South Jerrabomberra Densification Planning Proposal	11 August
Draft Rural Contributions Plan	12 August
Water and Sewerage Strategic Plan - Palerang Communities	14 August

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

Submissions can be made:

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

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:

- 12 August 2026 (Queanbeyan)
- 26 August 2026 (Queanbeyan)

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.

Work with Council

Current vacancies include:

- Casual Events and Arts Officer
- Senior Town Planner
- Trainee Community and Recreation
- Metering Project Officer
- For more information and roles see bit.ly/QPRC-Careers



FOGO Reminders

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

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

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



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

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

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

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

Follow us on social media

@QbnPalerangRC

@QbnPalerang

@QbnPalerang

Sign up for our weekly eNewsletter

eepurl.com/codv-v

Quick Time Crossword

BRAIN TRAINING

Welcome to a puzzle fitness workout aimed at improving your brain power. Boost your mental agility with a session every day in the Mental Gym. Record the time you take to complete each puzzle and you can keep track of your ever increasing mental strength.

Ready & Able

The letters in A CARTOON PENALTY can be arranged to spell two words that form a common phrase with the word AND in between them, like TOM and JERRY or BACON and EGG. Are you READY an ABLE to find them?

and

TIME

Add Up

If the number in each circle is the sum of the two below it, what is the top number?

TIME

2

1

3

6

8

Add-a-Letter

With the addition of one more letter, each word can be rearranged to answer the clues. The new letters, in order, will spell out the name of a Hollywood legend (5,5).

TURN

DIAL

ROTE

SEAT

GALE

PALE

NEAR

TAIL

SEAR

REIN

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

Reduced to ash

Perfect

River mammal

Preference

Bird of prey

Beseech

Stadium

Essential

Lift up

Wash out

TIME

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

- Across

1 Riches (6)

5 Failure (coll) (3)

7 Scottish river (3)

8 Rubber (6)

11 Manuscripts (abbr) (3)

12 Hit hard (5)

14 Church ornamental recess (4)

16 Former Russian rulers (5)

18 Ridge of gravel and sand (5)

20 Single entity (4)

21 Eastern (5)

23 Astern (naut) (3)

24 Makes suitable (6)

27 Friend (Fr) (3)

28 Finish (3)

29 Workers in metal (6)
- Down

1 Tiny (3)

2 Girl's name (3)

3 Those granted leases (7)

4 Rain heavily (4)

5 Debase (6)

6 Leave off (6)

9 Sharp blows (4)

10 Decay (3)

13 Giant wave (7)

14 Charge with a gas (6)

15 Moved on ice (6)

17 Disturbance (4)

19 Coastal wedge-shaped indentation (3)

22 First man (4)

25 Mine (3)

26 Distress call (init) (3)

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.

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

Crossword

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

Target Time

Target: Average - 10, Good - 14, Excellent - 16+

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.

F	T	E
O	O	L
O	S	O

- Across

1 Spurred

4 Sample of cloth

8 Throat condition

12 Respond excessively

13 Stabbing weapon

14 Concoct

17 Choose

18 Go without food

19 Speaking platform

23 Earth's lowest point (4,3)

25 Outer layer of the skin

27 Variety

28 Fails (coll) (5,3,4)

31 Person in their eighties

35 Half man, half goat

38 Subjects

40 Reach
- 41 Dog owners

43 Increase

45 Persian governors

47 The common people

50 Ouzo, eg

51 Trailblazer

52 Contests

53 Destroys

54 Rated
- 16 Sudden takeover

20 Amiability

21 Stress

22 Morass

24 Transport centre

26 The simplest alkane

28 Exclamation used to startle

29 Greyish brown

30 Explicit

32 Without spikes

33 Metric unit of mass

34 Gathering

36 Brought out

37 Anything that

39 Narrow road

42 A brace

44 Nettle

46 Performed on stage

47 Depicted

48 Old length unit

49 Queasy
- Down

1 Imperil

2 Bind (3,2)

3 Soonest

5 Beside

6 Bunch of hair

7 Make silent

8 Orange 50-across

9 Uncouth Aussie (coll)

10 Depraved

11 Seasoned smoked beef

15 Social insect

PHOTO OF THE WEEK



An unexpected sight - four echidna's at Mulloon. Photo Antony

PET OF THE WEEK



Name: Freddy
Age: 15 months old
Likes: running around the farm and going for rides in the golf cart
Dislikes: his toys being taken away after he has chewed them to pieces
Claim to fame: knows he can almost get away with misbehaving because he is too cute

Bungendore Quilters: Market Day Saturday 8 August

Our Market Day will be held at the Bungendore Community Centre on Saturday 8 August from 10:30am to 2:30pm. All manner of items, including fabric, will be available for sale so come on down and say hello. You may just find a little treasure you have been looking for.

We will also be drawing our Bungendore War Memorial Hall raffle at 11:00am so if you haven't got a ticket as yet, you can purchase one then before we draw it) or at the IGA BBQ next Saturday, 1st August. We are hoping to raise \$500 for the Hall and haven't reached our goal as yet. All funds raised will go to the Hall to assist with maintenance and upkeep. Tickets are \$2.00 each so please support this worthy cause.

QUILT RAFFLE RAISING FUNDS FOR THE BUNGENDORE WAR MEMORIAL HALL
1st and 2nd prize (choice between four quilts)
Tickets \$2 each Drawn Saturday 8 August 2026 at the Bungendore Community Centre during Quilters' Market Day 10:30am — 2:30pm



Raffle held and quilts made by members of Bungendore Quilters.

CAPTAIN BUNGENDORE

WINTER HAS BEEN pretty good!!

JACK FROST IN THE MORNING, followed By BEAUTIFUL, SUNNY days.

A time for COATS, BEANIES, BOOTS AND SCARVES.

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 your full name, address and phone number 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 GP SHOP BEHIND BUNGENDORE ANGLICAN CHURCH, BIRRAHAR 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

NOTICE OF AGM

Notice is hereby given that the Queanbeyan Hospital Auxiliary's Annual General Meeting will be held at 5.30pm on Wednesday 12 August 2026 at the Queanbeyan Uniting Church, 13 Rutledge Street, Queanbeyan.

The Queanbeyan Hospital Auxiliary is a community organisation that raises funds to assist in providing the best possible service and care to patients, staff and visitors to the Queanbeyan Hospital. New members are always very welcome. For more information call in at the hospital kiosk or contact our Branch President, Colin Murray by email to: qbnhospaux@gmail.com.

NOTICE OF AGM

Bungendore War Memorial Committee will be holding their AGM at 9.00am on Thursday 06th August 2026.

Venue - Bungendore RFS, King Street

Enquires - bwmcommittee@gmail.com



VALE TRISH McROBERTS

'A Special Thank You'

Where would we be without volunteers!

Tricia gave 45 years of her time volunteering for Bungendore Community Aid (BCA) as our Treasurer. She did so selflessly as she totally supported this Organisation and what it stood for over the years with our contribution to Bungendore residents and surrounds. Helping people!

She was caring, considerate, helpful, and exceptional at what she did keeping perfect books for so many years.

Bungendore Community Aid has been continuously active since the 1970's and would not have survived without so many dedicated volunteers like Tricia over the years.

Tricia passed away on 7th June 2026, after a long illness 'A true fighter'.

A huge loss to her family and friends.

The members of BCA will miss her, as a friend and integral part of our committee.

Rest in Peace Tricia.

Bungendore Community Aid

Bungendore Evening VIEW Club

Next meeting - Monday 3rd August

At our July meeting we proudly welcomed locals Andrew, Caleb and Lisa Gersbach - all members of the Tour de Cure - a family who all support each other in their endeavour to raise funds for ground-breaking research to bring us closer to finding a cure for cancer. Andrew explained that not everyone can be a scientist but everyone can play a part in helping to raise funds. Apart from participating in rides Andrew visits Regional communities educating the importance of sun screen and healthy habits. Since its inception in 2007 \$164million has been raised.

Guest Speaker for the August Meeting will be Emily Howarth from the Bungendore Public School.

Where - The George Bar & Dining

Time - 6pm -6.30pm meeting followed by dinner (at own expense)

New members welcome

For more information contact dhudson2@vtown.com.au or 0418 622 369

Mayor's Column

On Monaro Street contractors have poured the first section of concrete footpath between Shamrock Lane and Collett Street. More concrete work has taken place with sections of median and kerbs completed. Round 1 of the Shopfront Improvement Program has seen the installation of window signage start to be installed in shopfronts on Monaro Street. Participating businesses will be getting a combination of new footpath A-Frames, updated lightbox signage, new fascia awning signage and bespoke neon window signage. Round 2 of the Shopfront Improvement Program will be open to Expressions of Interest in the coming weeks.



We are seeking community feedback on a 30-year strategic plan for water and sewer services for the former Palerang Council area. The strategy looks at the water and sewer requirements for Bungendore, Braidwood, and Captains Flat. The strategy includes a Total Asset Management Plan for a 30-year planning period, and a Long-term Financial Plan. Submissions must be received by Council by Friday 14 August. You can have your say at yourvoice.qprc.nsw.gov.au

Works are continuing to progress at the Jerrabomberra Reservoir and its almost ready for water. The roof columns, roof beams, internal pipework and the mixer will be put into position before the reservoir is filled. Temporary fencing will be installed around the site over the next 4-6 weeks. This is so that the current fence can be removed and replaced with a new, higher security fence. Pedestrian access will be maintained wherever possible, and Jerrabomberra Hill Road will remain open. The project remains on track for completion before Christmas 2026.

At the 22 July Council Meeting, we congratulated Joseph McGrail-Bateup for becoming the world's loudest man. The Queanbeyan Town Crier now holds the Guinness World Records title for the loudest shout recorded by an individual, with his shout reaching 122.4 decibels. That's louder than a chainsaw or a jet engine! We thank Joseph for attending the meeting and congratulate him on his world record.

Works have started on the Rutledge Street footpath in Bungendore. The footpath will run for 215m along Rutledge Street from Ellendon Street to the Kings Highway. This project will improve accessibility, enhance pedestrian safety, and support active transport in Bungendore.

Cr Kenrick Winchester, Mayor

LOCAL ACTIONS TO END HOMELESSNESS



Learn more about how you can make a difference to people in our community needing secure, affordable homes, and contribute to ending homelessness

- For over 40 years local organisations have provided housing for people on low incomes and support for those becoming homeless
- Hear about what our community is providing to make a difference at a time when the need is growing
- Join others in a conversation in National Homelessness Week to discuss what more we can do together

7 - 9PM TUESDAY 4 AUGUST 2026
ARALUEN ROOM
GROUND FLOOR
NELLIE HAMILTON CENTRE, QPRC
REFRESHMENTS PROVIDED

ORGANISED BY QUEANBEYAN MONARO GREENS
CONTACT CO-UNICILLOR KATRINA WILLIS 0431 184 717



PRESENTED BY QUEANBEYAN HOUSING ACTION COLLECTIVE
CONTACT VIV COX 0448 263 520



Queanbeyan Community Choir

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

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

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

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



Target Time

Target: Average - 10, Good - 14, Excellent - 16+

loe, fool, foot, fottle, FOOTLOOSE, loft, loose, loot, lose, lost, oleo, sloe, slot, soft, sole, solo, sool, soot, stole, stool, tole, tool, toot.

Brain Training

READY & ABLE:

ANTONY and CLEOPATRA

ADD UP: 56

ADD-A-LETTER:

1 Burnt 2 Ideal 3 Otter 4 Taste 5 Eagle

6 Plead 7 Arena 8 Vital 9 Raise 10 Rinse

The added letters spell: BETTE DAVIS

Puzzle Solutions

Sudoku

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

Quick Time Crossword

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

Crossword

J	E	T	T	E	D		S	W	A	T	C	H		C	R	O	U	P
E	I		A	P	I		U		U		O		C	K	E			
O	V	E	R	R	E	A	C	T		F		S	T	I	C	K	E	R
P		U		L	S		H	A	T	C	H		N	E		V		
A	P	P	O	I	N	T		N	O		S	T	A	R	V	E		
R			E		R	O	S	T	R	U	M		R					
D	E	A	D	S	E	A		W		E	P	I	D	E	R	M	I	S
I		I	T		M	E		I		R	A		E		E			
S	O	R	T		B	I	T	E	S	T	H	E	D	U	S	T		
E		P		O		T		E		U		H		U				
		O	C	T	O	G	E	N	A	R	I	A	N		F	A	U	N
U		R		H		R		E		A		M		W		N		C
N	A	T	I	O	N	A	L	S		T		A	C	H	I	E	V	E
V		R		M	A	S	T	E	R	S		A						
E	X	P	A	N	D		N		W		S	A	T	R	A	P	S	
I		I		L		D	E	M	O	S		I		E		C	O	
L	I	Q	U	E	U	R		I		I	N	N	O	V	A	T	O	R
E		U		S		E		L		C		G		E		E		
D	U	E	L	S		W	R	E	C	K	S		G	R	A	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, 10am to 2pm, in the Community Hall, Foxlow Street, Captains Flat. Enquiries to CFCA.Markets@captainsflat.org.au

the market @ bungendore
10am-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

Southern Harvest Farmers Markets - Weekly on Saturday from 9 am - 12 pm, 23 Malbon St, Bungendore (Village Square) Contact: markets.southernharvest.org.au

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 CWA

Book Club : 1st Wed of the month
Garden Club : 3rd Sat of the month

Craft and Chat: 4th Mon of the month

Mahjong : 4th Tues of the month
CWA Rooms, Gilbraltar Street, Bungendore

More info
https://www.bungendorecwa.org

BUNGENDORE SENIORS

Next get together will be Friday 31 July, at the Bungendore Sports Hub amenities building \$5.00 per person. ALL OVER 55's WELCOME

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
Monday 9am-2pm

Braidwood waste transfer station
Fri, Sat Sun & Mon - 10am to 4.30pm
Braidwood buy back centre: Sunday 10am-4pm

SAGE HUT WIZARD

Need answers? Just bring your questions! Empowering intuitive readings at The Sage Hut in Bungendore. Over 30 years experience. E:wizardwisdom22@use.startmail.com https://www.facebook.com/sagehut-wizard.com.au



VINTAGE & RETRO

Vintage and retro secondhand shop open Friday, Saturday and Sunday - 10.00 am to 4.30 pm. Its the year of the horse, Saturday August 1st is all the horses birthday come in for horse theme specials ART BY ANDERS 144 Uriarra Rd Crestwood Queanbeyan.

CB BOBCATS

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



Pickleball in Bungendore: Saturday mornings

Bungendore Park Tennis Club is now running an open social session on every Saturday between 9 and 11am at the courts (weather permitting). All abilities are welcome and we have several good paddles (bats) available for those that don't have their own. Contact Lyn for more information at bptc.pickleball@gmail.com



Business Classifieds

HAROLD BRADLEY TRANSPORT

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



CHOOKS FOR SALE

Layer pullets, 22 weeks, Isa W, B, R, LS, BTR, SLW. Order today for delivery to Bungendore Friday 21 August. Phone Jim on 0428 194 105



FIREWOOD

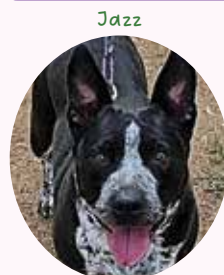
COBAR GREY BOX, WELL SEASONED, CLEAN, HIGH HEAT, LONG BURNING. STORED ON CONCRETE. ALL WOOD SIEVED PRIOR TO DELIVERY. 2 TN \$1000 DELIVERED

C.O.D Bungendore Area Only

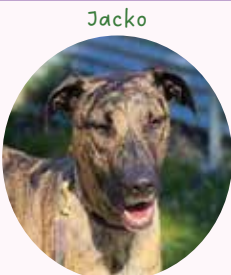
Ph 0403 229 576

There are lots of new faces at DAS. These 21 pooches are ready & waiting to begin the next chapter of their lives.

(25 July 2026)



Jazz
Cattle Dog x Staffy (F)
Approx 9 yrs
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/jazz



Jacko
Bull Arab x (M)
Approx 12 mths
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/jacko



Tigger
American Staffy x (M)
Approx 7 yrs
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/tigger



Opie
Mastiff x (M)
Approx 11 yrs
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/opie



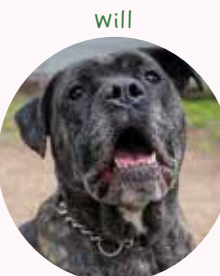
Angel
Kelpie x (F)
Approx 2 yrs
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/angel



Matteo
Crossbreed (M)
Approx 12 mths
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/matteo



Remi
Amer Staffy (M)
Approx 7 yrs
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/remi



Will
Cane Corso x (M)
Approx 5yrs
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/will



Brock
Kelpie (M)
Approx 12 mths
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/brock



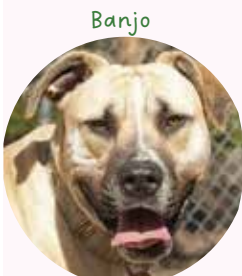
Miles
Kelpie (M)
Approx 12 mths
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/miles



Molly
Kelpie (F)
Approx 12 mths
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/molly



Pebbles
Kelpie x Sharpei (F)
Approx 6 yrs
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/pebbles



Banjo
Mastiff x (M)
Approx 2 yrs
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/banjo



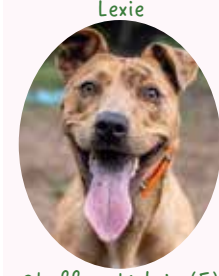
Arnna
American Staffy (F)
Approx 3 yrs
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/arnna



Bonny
American Pitbull x (F)
Approx 7 yrs
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/bonny



Cruz
Kelpie x Staffy (M)
Approx 12 mths
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/cruz



Lexie
Staffy x Kelpie (F)
Approx 12 mths
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/lexie



Duke
German Shepherd x (M) Approx 12 mths
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/duke



Avicii
Staffy x (F)
Approx 9 mths
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/avicii



Stella
American Staffy x (F)
Approx 12 mths
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/stella



Sam
Staffy (M)
Approx 12 yrs
www.cityservices.act.gov.au/pets-and-wildlife/dogs/dogs-for-adoption/sam

When adopting remember the 3-3-3 Rule

The 3-3-3 rule is a guideline for helping newly adopted dogs adjust:
✓ 3 days to decompress
✓ 3 weeks to learn routines, and
✓ 3 months to feel fully at home.

Please give them that time

Every dog deserves a loving safe forever home



INFORMATION ON ADOPTING A DOG FROM DAS:

www.cityservices.act.gov.au/pets-and-wildlife/dogs/adopt-a-dog

All they want is a 2nd chance

For an up to date list of all dogs available for adoption go to this link:
www.cityservices.act.gov.au/pets-and-wildlife/dogs/adopt

Mudchicks' Inspiring Season Comes to an End in Semi-Final Battle

Bungendore Mudchicks

The Bungendore Mudchicks secured their place in the 2026 finals series on Saturday 18th July, after overcoming a determined Yass outfit 36-12 in the washout round played on Saturday.

Yass wasted no time making their intentions known, coming out with plenty of energy and showing just how far they have come this season. The home side challenged the Mudchicks at every opportunity, refusing to give Bungendore any room to settle into their game.

The visitors struggled to find their rhythm in the opening 20 minutes, with both sides

trading blows in a physical contest. When the halftime whistle sounded, the scores were locked at 7-7, with the result still anyone's to claim.

Whatever was said to Bungendore at the break had the desired effect. Following a passionate halftime address from Candy Stratis, the Mudchicks emerged a different side, lifting their intensity across the park and taking control of the contest.

The girls on the edges laid the platform through relentless work around the breakdown, with Jess Dawes, Candy Stratis and Kym Cullen leading the charge. The trio were immense in defence,

dominating the rucks, carrying the ball with purpose and showcasing the physicality that has become a hallmark of the Mudchicks this season.

With momentum firmly on their side, the girls capitalised on the hard work up front. Tia Baxter, Taryn Robson, Kym Cullen and Candy Stratis all crossed for second-half tries as the Mudchicks piled on the points, turning a tightly contested encounter into a convincing 36-12 victory.

The win caps off another impressive season for Bungendore and confirms their place in the finals series.



Semi Final Challenge

The Bungendore Mudchicks travelled to Cooma on the weekend for their semi-final showdown, knowing they were up against one of the competition's strongest sides.

As expected, the Red Devils came out firing, striking early in the first half and putting the Mudchicks under immediate pressure. Bungendore refused to back down, with Kym Cullen producing one of the moments of the match. Spotting space out wide, Cullen burst through the defensive line and raced 60 metres to score beneath the posts, bringing the Mudchicks right back into the contest.

Through the middle of the park, Kate Clarke and Charlie Callendar were relentless. Both continually

broke tackles, carried the ball with purpose and laid a strong platform for their side with powerful runs and uncompromising physicality.

It was a performance built on heart, determination and teamwork. Every Mudchick gave 110 per cent, leaving nothing in the tank as they fought until the final whistle. The club's player points could have gone to any member of the squad, with every player making valuable contributions throughout the match.

While the result brings the Mudchicks' season to a close, it does little to overshadow the incredible progress this group has made. Over the course of the year, the club has watched players who had never previously picked up a rugby ball develop into a competitive semi-final side. It is a testament to the

commitment, resilience and culture that has been built within the team.

The Bungendore Rugby Club is immensely proud of what the Mudchicks have achieved this season and is excited to see what they can accomplish in 2027.

Although the women's campaign has concluded, the club's attention now turns to the Mudchicks, who will contest the grand final on 8 August. The entire club will be right behind them as they chase premiership glory.

Player Points
3 - Charlie Callendar
2 - Kym Cullen
1 - Kate Clarke

Blokes' Pick: Kym Cullen

Coaches' Award: Kate Clarke

Photos **Rose Sports Media**



Mudhooks Into Grand Final

Stewart Wilson

Minor premiers and grand finalists for the Bungendore Mudhooks rugby team in 2026 with a 36-27 win over the Cooma Red Devils on 18 July in the last regular season game, followed by defeating the Jindabyne Bushpigs 37-26 in the qualifying final a week later. Both were played at the Bungendore Sports Hub.

Winning the minor premiership is nice but means nothing in the overall scheme of things - as the Mudhooks have discovered in recent years - but it does come with the advantage of playing the qualifying final at home.

The winner goes straight into the grand final at home and also has a week off, the loser gets a second chance by playing the winner of the elimination final.

So it will be the Mudhooks versus either Jindabyne or Cooma in the

grand final at the Bungendore Sports Hub on Saturday, 8 August at 2.30pm.

The Cooma game was one of two halves for the Mudhooks - pretty ordinary in the first and much better in the second. Cooma scored its first two tries from handling errors by the Chooks and had the better of possession and territory in the first 40. The Chooks showed a couple of flashes of what they are capable but of were behind 20-10 at the break.

Cooma scored first after five minutes to take a 5-0 lead but the Mudhooks responded with a try to centre Aiden Shand shortly after. Another Cooma try - this one converted - took it to 12-5 in its favour but Mudhooks centre Zac Jerrim brought it to 12-10, the team within reach despite being nowhere near its best.

An unconverted try and a penalty

goal took the Red Devils' lead out to 20-10 at the break.

Whatever coach Anthony McCudden said to the Chooks at half time worked, because the team was much better, playing some good rugby. Aiden Shand scored another, fullback Toby Campbell added one and both were converted by captain and halfback Tom Worman. This put the Mudhooks into the lead for the first time at 24-20.

Another converted Cooma try put them in front again 27-24 midway through the half but the Chooks held it together, tries to number eight Jye Russell and winger Jy Clarke plus one conversion taking the score to 36-27 in their favour before the match was ended about ten minutes early and the result declared due to an injury.

Next up was the Mudhooks' old foe, the Jindabyne Bushpigs in

the qualifying final. There were slightly worrying signs early when the Bungendore boys got off to one of their pretty much regular slow starts and found themselves down 14-nil after just ten minutes thanks to a pair of Jindabyne converted tries.

After that, things started to even out between the two teams in what was shaping up to be a tough game. Lock Jack Stanford stormed over in a great run to put the Chooks on the board, Tom Worman converted and on the stroke of half time winger Luke Gorman went over with Tom from the sideline.

So 14-all at the break and it was on. Jack Stanford scored another try a couple of minutes into the second half and again Tom Worman converted to make it 21-14.

There was some controversy

shortly afterwards when the Bush Pigs were awarded a penalty try after a lengthy bombardment of the Mudhooks' line from close range. Twenty-one all and the game could go either way with about half an hour to play.

The Mudhooks then began to slowly gain a slight upper hand, but they were never dominant. Flyhalf Kyle Shand scored with about 20 minutes to go and Tom Worman ten minutes later. Tommy converted both, giving him a perfect five out of five goal kicking tally for the game.

Ahead 35-21 with about ten minutes to play, the Mudhooks looked safe, but it 'ain't over until it's over', especially against Jindabyne. The Bush Pigs did score once more just before the end to make it 35-26 in favour of the Chooks when the referee blew time, the team heading for the grand final on 8 August.

Player awards and their sponsors for the Cooma game were:

Best and Fairest: Brent Williams (3 points), Aiden Shand (2 points), Jye Russell (1 point).

Players' Player: Kalib Maksimovic.

Coach's Award: Cameron Faddy.

Chicks' Pick: Kalib Maksimovic.

SAVE THE DATE AND GET BEHIND THE MUDHOOKS!

Southern Tablelands Monaro Cup rugby grand final: Bungendore Mudhooks versus either the Jindabyne Bushpigs or the Cooma Red Devils.

8 August 2026, Bungendore Sports Hub 2.30pm.

Photos
Rose Sports Media



Sport

Queanbeyan Whites

Queanbeyan Whites

The Queanbeyan Whites continue their march towards the final's series with wins over Royals (40-39) and Uni-Norths (22-19) over the past fortnight. This weekend they host Wests at home and need a win to hold onto second spot.

The Whites took a while to settle into the game against Uni-Norths last weekend at ANU-North with ball security and penalties making it difficult for either side to maintain any momentum

Uni-Norths opening the scoring off the back of a lineout win 8metres

from the Whites line. The Owls forwards secured the ball and drove over the Whites forwards to take a 7-0 lead.

Queanbeyan immediately responded as pressure on the kick off saw the Whites regain possession and as half back Archie Blayney-Brown kept his forwards moving towards the line. Patience and ball security saw the Whites move through several phases before a giant dummy step by Blayney-Brown open the gap for him to dive over the line.

The Whites took the lead five

minutes later as some quick fire passing along the backline saw the ball pop with winger Koko Salim, who was well covered but an inside pass to lock Nick Frost caught the defence heading in the wrong direction and the next pass put full back Angus Tagicakibau into space to speed the last 15 or so metres to score under the post and take a 7-14 lead around the 18 minute mark.

This remained the scoreline at half time as both teams defence stood up to periods of sustained pressure, including both teams going through a period of being a man down.

It took twelve minutes but Uni-Norths levelled the scores after a period of sustained pressure and a series of penalties against the Whites eventually resulted in a try next to the posts and a 14 all scoreline.

The Whites regained the lead around the 63rd minute mark. Uni-Norths seemed certain to score when they moved the ball out to their winger who raced up the field before some last minute tackling halted him in his tracks causing him to lose the ball.

Off the back of the ensuing scrum Salim came in-field taking the ball at speed and carrying it over the 22 well into Uni-Norths half before being taken down. Quick support moved the ball across the field to Rademaker on the wing who raced away to score and give the Whites a 14-19 lead.

The defensive pressure by both sides kept supporters on the edge of their seats for the remaining 15 minutes. Both teams had opportunities to score but dropped balls, penalties and missed passes meant neither side were able to



capitalise. Carroll extended the lead to 14-22 with a penalty goal with 8 minutes to go but Uni-Norths regathered the restart and again reduced the lead to 19-22 with just minutes remaining

Queanbeyan immediately pressured the restart and after a couple of phases forced the turnover enabling Carroll to kick the ball out to secure the win.

Round 15 results against Uni-Norths

First grade won 22-19. Tries: Michael Rademaker, Angus Tagicakibau, Archie Blayney-Brown. Conv: Nathan Carroll (2).

Pen: Nathan Carroll (1)

Reserve grade lost 22-38. Tries: Andrew McFarlane, Neville Amputch, Steven Prail. Penalty try.

Colts lost 29-31. Tries: BJ Fitzpatrick, Lachlan Stanley, Willaim Cave, Hayden Patu, penalty try. Conv: Lachlan Stanley

Third grade lost 5-48. Try: Mark Tiuru-Beni

Fourth grade lost 24-54. Tries: Luke Cochrane, Tomas Aitken, David Sparkhall, Oscar Farfan. Conv: Ryan McElroy (2)

Photos by **Jordan Mirchevski**

