

Bulletin

COUNTRY LIVING in Queanbeyan and Palerang

Your region:**Palerang, problem waste, new depot 3****Around Q town survey skirmishes; domestic violence housing crunch 4****ACT illegal shooting? as public kept in dark 5****Sustainable living When hens return to nature 6****Arts, entertainment 8****Regional papers in trouble 10****Science, wellness Surprising findings: calcium, also 'eating for two' 11**

"You were sold a dud Queanbeyan!"

Kenrick Winchester speaks candidly with Bulletin editor Maria Taylor

"I'D LOVE for this to become an election issue then people might pay more attention", says Queanbeyan's youngest councillor, Kenrick Winchester, who, to the surprise of some, has become the council's most plain-speaking critic of the Ellerton Drive Extension road proposal.

Winchester wants to tell the city it was "sold a dud", regarding the narrative that this road is a win-win bypass to solve traffic on Monaro Street and get south Queanbeyan/Googong residents most effectively to their ACT jobs.

"The Ellerton Drive Extension is not a bypass; it takes traffic from one area of Queanbeyan and dumps it in another (with) massive impact on local residents' amenity, particularly noise impact along the proposed route."

The biggest impact will be on Jerrabomberra, he notes. The alternative he and others say is to build Dunns Creek Road directly from Old Cooma Road to the Monaro Highway. [See Winchester's Your Say piece following.]

Dunns Creek Rd is getting a preliminary

analysis following community pressure. But Mayor Tim Overall, who speaks for the other side on this issue, repeats it won't be needed until 2030 and the EDE is the answer.

Hometown Queanbeyan old and new

Winchester grew up in Queanbeyan, played soccer through his high school and college days, and is now on the committee of the Queanbeyan Sports Council, while working in Canberra as a fleet manager.

He was a surprise winner in the last local elections. "I thought it would be an interesting journey," he says. As it turned out, more interesting than he expected.

His election enjoyed the support of Tim Overall and his ticket of four associated candidates all of whom were elected. Things changed with the cinema and the EDE divisions. The Mayor now has only three certain votes along with his own, making for a more independent playing field on policy.

"I was generally supportive of the EDE until I read the 2009 traffic study. Anyone reading it with an objective mind would come away with questions," says Winchester. He

queries the study's immediate rejection of the Northern Bypass, the fact that developers were on the study working group and some of the statistics on traffic flow.

Winchester now notes: "some people will make money if the EDE is built. No-one will make money if Dunns Creek Rd is built."

Many point to the rezone and development of land at Jumping Creek behind Greenleigh as a major driver for the road. The current Jumping Creek developer is Canberra Investment Corporation (CIC), the corporation also developing Googong.

Winchester lives in Googong and he recalls that the Googong Corporation sent an email to all residents urging them to support the EDE even though only a very small percentage, according to a recent survey, would want to go that way to Canberra.

He also refers to a 2006 consultant report which concluded that the EDE was not needed for Googong commuter traffic.

The September 2006 report to CIC states that Googong "does certainly not require Edwin Land Parkway [the southern end of the EDE and an earlier name for the whole

road] as an arterial road bypassing the Queanbeyan CBD". The report recommends the Northern Bypass to alleviate traffic in the CBD.

However, by 2008 CIC had commissioned a report that was looking at access options including the EDE for a proposal to build at Jumping Creek. "People can draw their own conclusions," says Winchester. ■

Your Say

Saving Jerra Reasons for supporting Dunns Creek Road as traffic 'bypass'

by Queanbeyan Councillor Kenrick Winchester

IN EARLY 2015, Queanbeyan City Council received a study by NSW RMS that found a majority of residents are generally supportive of the construction of the Ellerton Drive Extension (EDE).

After this report was received, I successfully moved a motion for council to survey all residents in the local government area that live south of the Old Cooma Road / Edwin Land Parkway intersection regarding their travel habits.

The survey included localities such as Googong, Fernleigh Park, Mount Campbell,

>> p4

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Bungendore Abbeyfield Part II

by Judith Turley

Who needs it?

MOST of us around Bungendore know someone of advanced years who, due to bad luck or health problems, is reliant on others for a roof over their head. Many of those people dread becoming a burden yet they lack the funds to buy into retirement villages and are not ready for the nursing home. They may simply be struggling to manage the accommodation they have.

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Why Abbeyfield?

Small is Beautiful. The lack of accommodation for seniors in Bungendore is dire. The Abbeyfield model is sustainable, small-scale, simple and affordable. Bungendore Abbeyfield will contain 14 bedrooms to accommodate the 12 residents, visitors and respite stays, with a small flat for the cook/housekeeper.

Where will Abbeyfield be located?

The committee considered several sites in Bungendore, initially looking for options that would minimise cost, such as Crown Land

parcels. Finally, considering its proximity to shops, services and parklands, the Anglican Church was approached. Negotiations are underway to purchase land adjacent to St Phillips, and we are grateful to the Anglican Church for their co-operation.

What will it look like?

We haven't finalised the design yet. Our priorities will be comfort, sustainability and affordability. One possible design features a central communal area with a series of pods clustered around it, joined to the centre by covered walkways.

How do we make it all happen?

Building Abbeyfield Bungendore will require both public and private assistance.

The story so far is that through street stalls, fairs, garage sales and on-line sale of donated goods, our committee has raised some \$15,000 towards our goal. We are grateful for those generous donations and the significant monetary donations.

Significant support has come from the Bungendore Community Bank, with seed funding for surveying and plans. They also plan to contribute further to other milestones including the title costs and contributions to construction.

From its profits, our Community Bank is assisting in delivering this worthwhile outcome



Members of the local committee who have been working to make Abbeyfield a reality for Bungendore gathered to meet local member and Minister for Regional Development John Barilaro who announced a \$50,000 grant from the NSW government for the project. **From left:** Penny Evans (Bungendore), Mick Fay (Bungendore), Anne Goonan (Bywong), Mick Andrews (now Canberra), Belinda Hogarth-Boyd (Bungendore), Peter Blematl (Bungendore), and Anne McVilly-Price (Doughboy).

to the Bungendore community. At the conclusion of the project, the bank contributions are planned to total \$150,000.

Local member John Barilaro has reaffirmed his welcome commitment of \$100,000 from the NSW State Government as a first step towards the project, also providing advice and assistance on funding opportunities.

This is a community project – and it needs community support. While our committee of volunteers is searching all funding sources, we'd welcome any assistance in raising money.

It'll take a lot of jam to make the estimated

\$3.5M. We need a fund-raising sub-committee to help manage that aspect. If you have ideas and energy to make it happen, we would love to hear from you. Please reply to us at: <http://abbeyfield-bungendore.org/>

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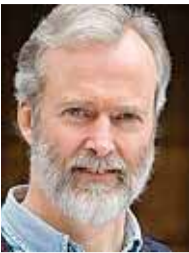
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Palerang Update with Pete Harrison

Editor's note: at the September Palerang Council meeting, Pete Harrison and Belinda Hogarth-Boyd were re-elected Mayor and Deputy Mayor.



Local government reform or mergers, rumours abound

THE local government reform rumour mill has been working overtime of late. We've heard everything from the sacking of all Councils, wheeling in a bevy of administrators, through to the option of doing nothing at all.

The outcome will no doubt fall somewhere within that range. Apart from the fact that the Independent Pricing and Regulatory Tribunal (IPART) is set to hand its assessment of councils' financial health to cabinet on 16 October, there are no real indications of when any formal directives might be issued to individual councils. If major changes

are to be made, we can only assume that any announcement will be made sooner rather than later.

Moving ahead with plans for higher rate income, consultation first

In the meantime, Palerang Council can only assume that its submission will be accepted and get on with the job at hand.

I mentioned in last month's column that council is in the process of developing a case for a special rate variation. As with everything it seems these days, we're on a tight schedule, with council needing to advise the Independent Pricing and Regulatory Tribunal of its intentions by December.

Prior to this, council is obliged to canvas community comment on the proposal. If we are to proceed, the full application must

then be lodged early in the new year.

In the coming weeks, all residents will receive an information pack containing details of the proposed rate variation options. Council has scheduled a comprehensive engagement program that includes a range of survey options, community forums, staff 'listening posts' and general on-line access to all relevant information.

The consultation process will run from 6 October through to 13 November. All residents are encouraged to participate in whatever way(s) they find convenient.

Waste management, interesting twists and an announcement

Council's 20-year Waste Management Strategy has recently been updated and will most likely be on public exhibition by the time you read this. If you're into rubbish, you might find this strategic document a good read. Even if you're not, it does provide commentary on some emerging waste issues.

Of particular interest is the proportion of a waste stream that can be diverted from landfill. While the most obvious component here is recyclables, in other, similar councils, the most significant components are actually food and green waste. In Palerang, the numbers are somewhat distorted by the relatively large percentage of rural and rural residential property owners who, by one means or other, divert these waste streams before they even leave their property.

While this may not sound like a problem, one of the measures of the effectiveness of council waste programs is the proportion of the waste stream that is diverted from landfill. Unfortunately for us, the benchmark values for diversion rates are based on 'typical' waste streams, not the sorts that come from rural or rural residential properties.

This is just one of the challenges we face as a result of our unusual demographic distribution. In order to convince the powers that be that we are effectively managing our waste, we will need to develop an acceptable method for characterising waste streams from our rural areas.

The strategy document covers a range of other waste management issues that may impact your community. It will be on exhibition throughout the month of October and any feedback will only help to improve associated services.

No need to store problem waste for once a year collection

At the end of September council opened the upgraded Bungendore Community Recycling Centre (CRC) at the Bungendore Waste Transfer Station, made possible by a \$48,000 Waste Less Recycle More grant from the NSW Government.

>> p9

Communities reject Dargues Reef gold mine plan, halt cyanide process

by Robin Tennant-Wood

AFTER sustained local campaigning by communities from Braidwood to Moruya, Unity Mining has withdrawn its proposal for a modification to its approval which would allow them to use cyanide in gold ore processing at the Dargues Reef mine.

Over 400 submissions were received, 80 percent of which opposed the modification. Unity released a statement saying that the decision not to proceed with the modification was "made in light of strong community and stakeholder objections, and the overly extended regulatory process and the onerous timeframes relating to such approvals".

Pertinent to this statement is Unity's complaint about the regulatory process and 'onerous' timeframes. Given that one of the submissions pointed out that Unity's proposal was based on incorrect rainfall data for the region, it is reassuring that the NSW government's regulatory processes for these approvals do, in fact, take time.

The same statement released by Unity also noted that the CEO, Andrew McIlwain, would be stepping down from 30 September. No reason was given for McIlwain's departure and it is unknown whether it is related to this process.

What is known is that Unity Mining's former Woodvale mine near Bendigo is still

causing major environmental problems for the residents of Woodvale and the City of Bendigo. Unity ceased mining at Woodvale in 2011, but groundwater stored in the evaporation ponds of the former mine contains an estimated 60,000 tonnes of salt and up to 60,000 tonnes of arsenic left over from the mining operations.

In 2013 it was apparent that the cost of fully rehabilitating the site was far in excess of the \$5.6m bond paid by the company to the Victorian government.

A report in the *Canberra Times* in 2013 quoted a Unity spokesperson who said that

"some components of the Bendigo gold processing plant would be transported to Dargues, the remainder would be used for concentrate processing. (Dargues licence does not permit cyanide processing.)"

It would appear that the modification to the Dargues Reef mine to allow cyanide processing was part of the plan for some time.

Up to now the Woodvale problem has been managed by the City of Bendigo council with additional assistance from the Victorian government.

Last week, however, Unity announced that it had sold its Bendigo mining operations to GBM Gold. McIlwain announced that GBM would become responsible for the ultimate rehabilitation of its land around Bendigo.



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Sustainable Events IN QUEANBEYAN

Your Say...

Rate hikes, frozen federal grants and interesting questions about management

by Palerang Councillor Peter Marshall

THE soft sell for real rate increases in Palerang seems to have commenced, as evidenced by the Mayor's [September] column, and the hard sell won't be far behind.

There are genuine reasons for councils to need to increase rates – each year NSW IPART calculates CPI then subtracts 0.1% or so from it as a so-called 'efficiency dividend', the end figure being what council can increase rates by each year.

The federal government has frozen its grants to councils since 1 July 2014, and the cumulative effect of that real cut will be large. But ask how much rates need to rise to make up for those real cuts and you can hear cicadas. Ask why local government costs (in particular road costs) increase more than CPI, and the cicadas get louder.

Fiscally sensible actions like installing renewable energy, or disposing of unneeded assets to pay down debt, sit on the 'to do list'.

It is absolutely clear to me that before pushing our hands deeper into ratepayers' pockets, we first need better financial management. Shiny new projects like car parks, recreation grounds and bridges are funded from various sources, often the inevitable gift-horse-barrel from living in a marginal state and federal seat.

They are also often partly or fully funded from loans, with no information on what source the loan will be repaid from. But you should look a gift-horse in the mouth, if you're going to be responsible for the feed, farrier and veterinary bills.

Ask for whole-of-life costs for the infrastructure, such as depreciation, maintenance and running costs (and interest for the ones funded by loans), and the cicadas are starting to get quite annoying. Meanwhile, fiscally sensible actions like installing renewable energy, or disposing of unneeded assets to pay down debt, sit on the 'to do list'.

We won't get better financial management until a majority of Palerang councillors start practicing it and demanding it. Unfortunately for the ratepayer, the rates increase is likely to be set in concrete before the next council election, so you'll only be able to punish us for it, not prevent it. ■

Survey Wars – in a council chamber far, far away...

SEPTEMBER'S Queanbeyan Council meeting had enough contentious business to crank up the heat in our normally crowded council chamber, however proceedings this time seemed rather flat and quiet.

Was it because councillors had their microphones turned down? Or was it just the fact that dirty laundry surrounding some major city projects has already been flapping around town for too long.

There was a little tetchiness between councillors Overall, Winchester and Brown regarding the CBD riverside project, but generally business was fast, efficient, and muted. Even the election of a new Deputy Mayor (congratulations Jamie Cregan), passed by with little discussion.

There was a lot of talk about traffic surveys, and it got me thinking again about council's attitude and response to pressure from community groups. In regard to the proposed Ellerton Drive Extension (EDE), council's approach has been persistently cynical – retro-fitting processes to a path they have no intention of deviating from.

Having worked for a statistical agency for over 25 years I am acutely aware of the power of numbers in the world of local

politics and developer ambitions, and I recall the gloomy advice of one of my statistical mentors: "An interesting statistic is invariably wrong".

In other words check the data, method, and motivation behind the information.

A recent 'satisfaction' survey asked a number of questions about a range of council services, but the question about the EDE in a survey of this type revealed either an intention to create bias, or simply bad survey design.

Aiming to please? 44% of respondents to Queanbeyan satisfaction survey stated they had used a non-existent road, the EDE

The absurd result was that 44% of respondents appeared to report that they had already used the yet-to-be built EDE, and 24% of that group cheerfully ticked that they were very satisfied with it. Really???

A NSW Roads and Maritime Services survey suggests that a majority of Queanbeyan residents support the Ellerton Drive Extension and believe that it will relieve congestion, despite council publicly

declaring that the EDE will not take a significant number of cars out of the CBD.

The Mayor loves this survey, but he remains quiet about the fact that a significant number of respondents also believe the EDE will create severe noise pollution for residents along the route, and negatively impact the environment.

Residents of Googong, and other communities further south, including Royalla and Burra, recently took part in a survey regarding their preferred commuting routes. The results revealed a strong preference for Dunns Creek Road, which, if built, would take commuters directly to the ACT.

At September's meeting council quickly adopted these survey findings. It was difficult to tell with the microphones turned down, but the Mayor seemed to mutter that the RMS survey was the only true gospel for the rest of Queanbeyan. He also reminded those present that Dunns Creek Road would not be needed until 2031.

So it is a fair bet that the Dunns Creek Rd will not be built on this council's watch. ■

AROUND QTown



with
Graham Franklin-Browne

SAVING JERRA From p1

Burra and Royalla. The results were presented to council at a workshop in September, and a copy of the results can be found on council's website.

Nearly 40 percent of all households surveyed responded, which is an exceptionally high response rate for a mail out survey. This response rate suggests that the ratepayers in this region are very aware of the traffic issues facing Queanbeyan, which is very important as these residents will be heavily impacted by the decisions councillors make in regards to the Ellerton Drive Extension.

What the survey proves beyond any doubt is that the people living in the southern regions of the Queanbeyan local government area (and parts of Palerang) would much prefer a Dunns Creek Road link (which connects Old Cooma Road to the Monaro Highway) over the Ellerton Drive Extension.

An overwhelming majority of residents residing in Googong, which is where the majority of growth in Queanbeyan will occur over the coming decades, preferred the Dunns Creek link



EDE route through suburbs. Seen here in Fairlane/Karabar.

which would allow them quicker and easier access to the ACT.

It would also ensure that the huge traffic numbers from the township in years to come do not need to go through Jerrabomberra on their way to and from work.

Heaviest impact on Jerrabomberra

As the suburb of Googong increases to 15,000+ residents, the impact of not providing a Dunns Creek Road will be felt heaviest by the residents of Jerrabomberra. Already, the intersections

along the Edwin Land Parkway become congested during peak periods, and this will only worsen, especially when the northern entry road to Tralee is opened.

The survey also shows that only a very low percentage of people in this region end up on Pialligo Avenue on their daily travels. A short cut to Pialligo Avenue via the proposed Ellerton Drive Extension appears to serve very little benefit to this section of the community.

I recently asked a member of the Queanbeyan Conservation Alliance their thoughts regarding the Dunns Creek Road link compared to the Ellerton Drive Extension. The response I received has stayed with me – "both roads will have a significant impact on the local environment. However, if I had to choose, I prefer the road which allows people to live comfortably in their homes, and allows children to play in their backyards".

When a 'bypass' is not a bypass

This is a powerful statement that councillors would do well to heed. The Ellerton Drive Extension is not a bypass; it takes traffic from one area of Queanbeyan and dumps it in another. It will traverse through several suburbs, have a massive impact on local residents' amenity, and will require massive sound barriers to limit the noise impact on the large number of residents that live near the proposed route. ■

Little progress on domestic violence in our region

ACCORDING to Kerry Mobbs, director of our local Women's Violence Advocacy Service, the situation for victims and domestic violence workers in our region appears to be deteriorating.

Last year her small team was seeing 9 women per week from as far away as Goulburn and Cooma. This September, partly because of changes to the way cases are allocated, the weekly caseload has increased to 34 women, with no increase in funding.

Local women's refuges have also not received promised funding increases, and it is nearly impossible to find a vacant refuge bed between here and Sydney.

The Queanbeyan Mayor and council's recent public announcement of support for anti domestic violence campaigns is welcome. It highlights the seriousness of this issue and the risk to our community if this tragic situation persists.

On November the 25th Queanbeyan City Council will host a White Ribbon event in partnership with the NSW Police, where school students and community leaders will explore how to identify and respond to family violence.

— Graham Franklin-Brown

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Canberrans kept in dark about kangaroo shooting off-reserve 'in a paddock near you'

by Frankie Seymour

DOCUMENTS obtained under Freedom of Information about this year's annual ACT government kangaroo cull seem to show that some of the shooting in Canberra was illegal and that it was a government decision not to inform the public.

On the night of June 24, a member of the public walking, as he had every right to do, on the Rose Cottage Horse Paddocks heard and saw shooting very close by, and discovered two government rangers overseeing this shooting. These paddocks are unleased public non-reserve land adjoining the Wanniasa Hills Nature Reserve.

When the member of the public approached the rangers, they claimed there was a licence to shoot there. Since they were unable to produce this licence, the member of the public called the police. The police came but, instead of demanding to see a licence for the shooting, threatened the person who

had called them, and ordered him to leave the paddocks.

A study of the government's own maps of the area shows that the member of the public, the rangers and the shooters were all on block 1693 of the horse paddocks at the time of the complaint. The FOI material shows that Licence LK2015760, which authorised shooting in nearby blocks of unleased government land, was amended – the day after the complaint was made – to include block 1693.

Public hazard

In addition to questions about legality, extreme secrecy has surrounded shooting on non-reserve public land, whether the activity was supported by a legal licence or not. At Rose Cottage Horse Paddocks, there was no signage posted or public announcement to indicate that shooting was taking place on this public land outside the reserve.

What can we expect now?

Responsible cabinet government was once the norm

MILLIONS of words have now been written about the latest change of Prime Minister and ministry. Our parliaments are adversarial but the limit was reached as the Abbott toxicity of opposition and relentless negativity spilled into government.

For there to be good government there needs to be some bi-partisanship between major political parties on vital national policies.

I was part of the Whitlam Government, entering the parliament in 1972 and a minister in the Hawke and Keating Governments. Being a 'political tragic' and active in politics since 1965, I have some insights. Being an elected representative I come from a very select cohort of the population and I acknowledge the privilege.

As a farmer, employing up to seven people on a mixed farm/small business, without any union, university or prior political

experience, I joined the ALP. This was because I was opposed to the reasons being advanced for us being involved in the American war in Vietnam on the basis of my learning of S.E. Asian history and geography.

Governments of the 50s-70s

I thought that the Menzies Government was appropriate for the 1950s, that Jack McEwen

was a great man and that Bob Menzies was a liberal not a conservative/reactionary. I also judged that the Menzies Government had drifted and was wallowing in colonial sloth. The world of the late 1960s had vastly changed since that of the early 1950s.

Whitlam, as leader of the ALP, had eliminated some of the idiocies in the labour movement and was a true policy eclectic. He was a breath of fresh air.

He won me on the basis of the principles of equality of opportunity and contemporary relevance. However, the opposition never accepted the change of government and every policy was fought, resulting in the 1975 'coup'. While the legend focuses on economic incompetence, facts do not back this up when compared to later times.

The 80s bring changes

While Fraser was combative he was not the arch conservative of the public's >> p6

Political TRAPS



Editorial comment by Maria Taylor:
Renewables the most signature departure for federal Labor, stick to it.
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The risk to the public from this secrecy was considerable. The horse paddocks remained in use by the public, night and day, throughout the shooting. The horses had been moved, but people walk their dogs there at every hour of the night. Night cyclists use the Centenary Trail.

Teenagers gather there to talk and chill. People walk there at night when they cannot sleep. Protestors who do not wish to break the law by entering the reserve patrol the paddocks on watch for shooters. Every one of these people was at risk of being shot this year.

The ACT government has attempted to explain this secrecy in the FOI correspondence, saying that the land is rural rather than reserve, and therefore somehow exempt from public scrutiny – even though it is still pub-

Queanbeyan coup central when Turnbull replaced Abbott

THE *Financial Review* broke the story that the Queanbeyan residence of federal Member for Eden-Monaro Peter Hendy was the 'night before' staging area for the 'big surprise' Turnbull challenge to Abbott on 14 September. "Sunday evening, as Abbott chatted with [Christopher] Pyne, his fate was sealed at a house outside Queanbeyan, across the ACT border in the NSW marginal seat of Eden-Monaro, held by Liberal MP Peter Hendy," the paper reported.

"Present were those whom Abbott would refer to as faceless men had they been on Labor's side.

"There was principal coup strategist James McGrath, who entered the Senate in July last year. McGrath, a former party secretary in Queensland, has a fearsome reputation as a campaign genius.

"He had spent seven years working for the Conservatives in Great Britain and was part of the Crosby-Textor team which masterminded

lic land, open to the public 24 hours a day, 365 days a year.

The letter accompanying the FOI material claims that information about licences for shooting can be withheld where disclosing the information could disclose matters of personal privacy or private business affairs. In this case the information was disclosed only because it was already 'on the public record'.

In this case a licence was issued to a company that has been engaged by the public, to manage land owned by the public, and frequented night and day by members of the public, on behalf of the public, at public expense, shooting kangaroos which are, after all, public property – and the public are not entitled to know about it. ■

the successful mayoral campaign of Boris Johnson. As Queensland Liberal director, he helped destroy Labor in that state at the 2010 federal election and 2012 state election.

"He has long been close to Turnbull. When Turnbull was opposition leader, he wanted McGrath to replace Brian Loughnane as Liberal Party federal director.

"Also at Hendy's house were senators Mitch Fifield, who had helped marshal support to enable Abbott to dump Turnbull as leader in 2009, Scott Ryan, and MPs Mal Brough and Wyatt Roy.

"SA Senator Simon Birmingham, who was in on the plot, was briefed on the outcome of the dinner when he and Pyne landed in Canberra later on Sunday night.

"It had been decided at Hendy's house that it was time to move – Abbott would be rolled on Monday... One Liberal said he could not believe Parliament rose on Thursday last week without news of the coup having leaked. He attributed it to the genius of McGrath and fellow plotters."

— from *Liberal leadership: the faceless men who stalked Abbott and made Turnbull king*, by Phillip Coorey and Laura Tingle, 17 September, *Financial Review*.

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perception and the Labor opposition did not oppose each and every policy. Fraser was seen as divisive, Hawke represented consensus and his government was able to grapple with the vastly changed world of the 1980s when the financial sector and globalisation started to take over, debt represented as wealth. The Hawke and Keating Governments were economically rational but were still social democratic. The Liberals eventually accepted Medicare even if choking on compulsory superannuation and being wary of the Accord!

The Liberal part of the Coalition opposition did not oppose everything the government did as it happily changed leaders. I was quietly supported in agricultural policy by them.

Howard and after

Howard, though narrow minded and backward looking, governed stably and predictably and was persuadable. He moved on climate change and addressed the Murray Darling Basin issue.

He was not adamantly anti-science or the environment. The long and constantly held Liberal antipathy to the organised workforce led Howard to over-reach on industrial relations.

While the Rudd Government brilliantly managed the global financial crisis (which was not actually caused by the ALP, unions or wage and salary earners), its inadequacies lay within. It became ultra-subject to attack at a time of a politically obsessed media when few people inquire deeply into issues. Many issues were blown out of all proportion.

This was a period made for an aggressive opposition leader, opposed to every policy, inclined to a handful of slogans with few if any thought through policy solutions, subject to ideology – hence the 2014 Budget.

Abbott's anti-science beliefs were best exhibited in his unrelenting attack on policies and institutions designed to address climate change.

Every issue had to be fought in the parliament and elsewhere on the basis of fear, slogans, the 'wedge', stunts, lies, broken promises, leaks to favoured media outlets and lowest common denominator perceptions. All this was joyously supported by the business backed media, Murdoch, the shock jocks, the lot.

There was no debate or discussion of issues or ideas in the parliament, only a childish slanging match. Question time became a complete joke.

Present and future hopes

The people I mix with basically want to see what I would call good government regardless of political party. So, with the change, I have a sense of relief, a sense of hope even though I know major economic problems remain.

Turnbull is not anti-science, not anti-environment, is aware of the depth of social problems and will, hopefully, focus on the economy from a view based on fairness not privilege. Hopefully, the government will not continue to be anti-research or anti-education.

It is a while since we had responsible cabinet government and an Australian Public Service which is not denigrated or ignored. We are still one of the richest countries on Earth and we have had 24 years of uninterrupted economic growth. We are an immigrant nation composed of those with many skills and experiences, now close to Asia and once respected in the world.

We can build on this. I am not so much encouraged as believing that our parliament can be returned to its rightful place and that policies and ideas will once again be debated. ■

Hens doing it naturally: everything old is new again

by Jill McLeod, Braidwood Rounds



OVER the last 20 years ethical egg practice growing regimes have been developed which surprisingly are echoes of bygone years. Now there are tough rules for the produce we export and tough rules for food grown for our own local consumption.

One local region example of ethical egg production, Long Paddock, is proving to be a very popular attendee at the Braidwood Farmers Market held twice a month in the National Theatre.

There are three partners in the Long Paddock enterprise – Amanda Mutton, Eileen Moriarty and Jennifer Moore – further proof of the increasing number of women engaging in agriculture. >>

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If your septic system stops working properly, it'll hit your bank balance, as well as your nose. Replacing your system will cost around \$10,000. An emergency pumpout will cost at least \$350. But for around \$4.50 a week, you can keep your system clean, healthy and odour-free with **Ecocare Activator**.

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Ecocare Activator is more than an environmentally friendly, natural cleaner. It destroys blockages and odours fast by keeping your system's bad bacteria in check. The good bacteria are nurtured, keeping your system working effectively, year after year. No nasty chemicals. No other cleaning products required.



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<< A September, 2015, *Choice* report focuses on ‘free-range’ production in their latest egg industry research. “Consumers will happily pay a premium for free-range eggs ... (because) to be labelled free-range, the *Model Code of Practice* says there should be a maximum of 1,500 hens per hectare.”

Long Paddock is right up near the top of the list of 41 egg producers who responded to the *Choice* questions and conformed to the standard with a stock density level of 185 hens per hectare on their farms at Bywong and Captains Flat.

Long Paddock has been operating for about two years. The original concept grew from a discussion about Amanda’s and Eileen’s farm pastures where they run cattle and sheep and how they could improve them. They had heard about using free ranging chickens to improve soil health through natural fertilization.

Having decided to run a cooperative enterprise on their two farms, the next stage was to set themselves up with movable protection for the chickens. They purchased and re-fitted some old caravans which were

hooked up to a tractor and moved every second day. As the venture matures the caravans are being replaced by purpose-built portable sheds.

Both women were determined to adhere to ethical and sustainable practices. To quote Amanda “We have the best kept chooks in the world”. Their two-legged livestock are free to range on fresh grass, have shade, leaf

litter to scratch in, dust to bath in and safe shelter. Maremma dogs and portable electric fencing provide protection from predators.

The partners, Jenny being in charge of the business administration, believe they have gone well beyond the accepted

interpretation of ‘free-range’. Eileen also believes that “terms like ‘pasture fed’ or ‘pasture raised’ ... is not entirely accurate either”. They want labelling to recognize the full extent their chooks have to unlimited external access to pasture, feed and water.

In addition to supplying the Braidwood Farmers’ Market, Long Paddock currently supplies supermarkets, markets and cafes in Canberra and Bungendore. ■



Solar panels to cut council’s greenhouse gas emissions by 153 tonnes



Queanbeyan Mayor, Tim Overall on the roof of The Q with the newly-installed solar panels. In the background is the roof of the Queanbeyan Library which had solar panels installed in 2014.

“The solar panels are expected to produce up to 140,000kWh of electricity annually, with about 130,000kWh used on site which represents about 30% offset of energy consumption over the three buildings. Council expects that the payback period for the solar panels will be between 5–8 years.

Community members will soon be able to view real-time data on the solar panels energy production by logging on to www.sunnyportal.com. — press release

QUEANBEYAN City Council will reduce its annual greenhouse gas emissions by 153 tonnes and save \$19,000 per year in power costs following the installation of 340 solar panels on council-owned buildings.

The solar panels have been installed on the RB Smith Community Centre, Bicentennial Hall and The Q and takes the total number of solar panels on Council-owned buildings to about 550 after 200 plus panels were installed on the Queanbeyan Library roof in early 2014.

“Increasing council’s generation of electricity from renewable energy sources is just one of the actions council is undertaking to reduce its carbon emissions and complements energy efficiency upgrades that are also being implemented across council facilities,” Queanbeyan Mayor, Tim Overall said.

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10am Dasher and Alice, 11am Dorothy-Jane Trio, 12pm Bridge Between, 1pm Roo Arcus, 2pm Annie and the Armadillos, 3pm PJ Junior and the Soul Pimps, 4pm Speeches, 4.30pm Dirty H Allstars, 5.30pm Chasing Giants, 6.30pm Blue Zoo Groove, 7.30pm Angry Anderson & James Southwell, 8.30pm Fireworks, 8.45pm Mental as Anything (headline act)

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- Cute off-grid two bedroom cottage with two living areas
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- Large dam previously stocked with silver perch
- Bushwalk or horse ride through the Conservation Area
- Inspiring walks will take you amongst grass trees and majestic gum trees
- Fallen dry, non-hollow timber may be collected for domestic use
- Approximately 30+ acres to utilise as you wish
- The 176 acre Conservation Area is exempt from Rate and Land Tax payments

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Cafe Wood Works with Bungendore's own Shortis and Simpson present

Not Quite Christmas!

CHRISTMAS is coming, time to look back at the year of 2015? Well, not quite.

But what a year it's been. We've had Abbott coming a cropper, Turnbull pulling the stopper, Bronnie in a chopper, and all of them telling whoppers.

The Border Force is a farce, endangered skinks have stopped a coalmine, there have been poll tumblings and budget fumbblings, and Malcolm says he will save us all. But is he man enough to save us from Bill Shorten?

All is OK, though, because Bungendore's own musical satirists, Shortis and Simpson, have been methodically, purposefully, judiciously and steadfastly, in an orderly and businesslike manner, amassing a whole new batch of songs.

Yes, just when you thought you could forget how ludicrous our political climate has become, this hilarious cabaret duo will have you laughing and crying as they look at not-quite-a-year of the foibles and follies of our political leaders.

And as the silly season approaches they will add in the odd yuletide reference. You've heard of Christmas in July, maybe even



Christmas in December. This is Christmas in November. Well, not quite!

It's funny, poignant, informative, entertaining. Don't miss *Not Quite Christmas*, Shortis and Simpson's only satirical show of 2015.

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Half a million young voices will strike gold on 29 October for Music: Count Us In

MUSIC: Count Us In (MCUI) is back with this year's song *Gold* where school kids across the country will sing the same song, at the same time. The aim of this annual event is to highlight the important role that music plays in educational development. Registrations are open for schools to get access to free support materials and classroom activity resources. Schools can register here www.musiccountusin.org.au/register.

Meet modern masters and how they were recruited, edited

Under Cover: Adventures in the Art of Editing
by Craig Munro
Scribe, 2015

Reviewed by Nick Goldie

MOST of the Australian writers you have ever heard of and quite a few beside are in the pages of Craig Munro's freewheeling memoir *Under Cover*.

For a brief period Munro was a reporter with the Brisbane *Courier-Mail*, before joining University of Queensland Press (UQP) as a fiction editor. "I developed a special interest in short-story collections, launching the careers of several writers, including Peter Carey, Murray Bail and Olga Masters. Among my authors were novelists David Malouf, Barbara Hanrahan, Roger McDonald, and Rodney Hall."

Most of these writers turn up in the pages of *Under Cover*, often with a bottle of wine under their arm. There's a hint of name-dropping as Munro tells his story and the stories of his authors.

Memorably, a correspondence with Patrick White, and a long and tense exchange with Xavier Herbert, author of *Capricornia* and *Poor Fellow My Country* – "a novel so massive and forbidding that it became the least-read bestseller in history." The correspondence with Herbert goes on for months, and the author finally writes: "How, after having spent nine years in writing it and reached the age of seventy-two and a half, could I have sat down and re-written it?"



Peter Carey, a young advertising executive with a drawer full of unpublished short stories, was taken up by Munro and UQP, his first book *The Fat Man in History*, with a cover image from a painting (*Cahill Expressway*) by Jeffrey Smart. It's one of the pleasures of *Under Cover* that we are inducted into unknown territories of book editing, the choice of title and the difficulties of choosing a cover image which is not entangled in copyright and reproduction legislation.

And, too, plenty of literary gossip. Visiting his old friend and author Gerard Lee in his "lovely old two-story house in the centre of Braidwood ... opposite the town's historic nunnery", Gerard is picking out a tune on the upright piano, and his girlfriend Jane "came around to my side of the table and sat on my lap. Was this innocent, or something darker and more brazen? I can't remember how long Jane sat with her arm around me, but felt like several lifetimes."

Gerard and Jane split up that day, and Jane went on, as Jane Campion, to write and direct a film about a woman, two men, and a piano.

On another occasion, a very boozy NSW Premier's Literary Awards dinner, Munro finds that "novelist and prime-ministerial flame Blanche d'Alpuget" had also chosen to sit on his knee, but only so as to talk to his neighbour.

Of course it's not all froth and bubble. International publishing is a highly competitive business, and editors are in the front line. An important initiative of Munro and UQP was the establishment of a Black Australian Writers series and the David Unaipon Award. (The second Award was for a trilogy of novels, including *Rabbit-Proof Fence*, made into a film in 2002.)

— This review also published in the *Cooma-Monaro Express*

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Insurance against climate change, make your retirement savings talk



BRISBANE firefighter Dean McNulty of Australian Firefighters Climate Alliance has joined as a public voice for the latest 350.org divestment campaign which urges the large superannuation fund AustralianSuper to divest retirement savings from fossil fuel companies.

He writes that as a firefighter who cares about the community nowadays “I’m not just fighting fires. I’m fighting climate change.

“Queensland’s known for its extreme weather. We’re exposed to cyclones, flooding, droughts, and heat waves. So far we’ve managed to pull through, but the projections are becoming alarmingly grim. As someone who’s seen the devastating impacts of natural disasters, I can’t just turn a blind eye to the projections and what they mean for communities across Australia.”

He notes that while other countries like the US, China and India are lifting their

game on climate change action with stronger moves to renewables and efficiency, the Australian federal government remains way behind. But the government is not the only influential sector.

“AustralianSuper has many of Australia’s most influential people on its board. People such as Heather Ridout, who have worked to shape the industry sector for over 30 years. And David Oliver, the Secretary for the Australian Council of Trade Unions.

“We know AustralianSuper can divest. CalPERS, the biggest super fund in the US, recently led the way by divesting from coal. With \$290 billion in retirement savings, CalPERS is three times the size of AustralianSuper (\$90 billion). Now it’s time for AustralianSuper to join them.”

Send a personal letter or find a petition at gofossilfree.org/australiansuper

Climate Watch:

Say one thing then do another, can Turnbull’s team honour public wishes on climate change?

ONLINE at www.districtbulletin.com.au

PALERANG UPDATE from p3

The recycling facility has been upgraded for year round collection and storage of household problem wastes which will be a great asset to the Palerang community. ■

Problem waste collection

RECYCLING of toxic waste, including batteries and lights is now a normal part of the tip management at the Bungendore Waste Transfer Station.

The community recycling centre (CRC) will complement the existing Chemical CleanOut events to keep these wastes out of landfill where they may harm the environment.

Upgrades include new receptacles for the safe storage of problem wastes; purchase of a forklift as well improved signage to integrate this Bungendore facility into the state wide network of 86 community recycling centres being developed across NSW as part of the state government’s \$465.7 million Waste Less Recycle More initiative.

The Bungendore CRC is located at the Bungendore Waste Transfer Station on Tarago Road and is open 7.00am–12noon on Monday; 12.30–4.30pm on Friday and 8.00am–4.30pm on weekends.

Problem wastes accepted for free include: Water- and oil-based paints; used motor, cooking oils; lead-acid/hand-held batteries; gas cylinders and fire extinguishers; conventional tube and compact fluorescent lamps; and smoke detectors.

California public employee pension funds to drop coal investments

CALIFORNIA lawmakers passed a bill last month requiring the state’s two largest pension plans to divest their holdings in thermal coal as part of a push to address climate change.

A story in *Guardian Australia* quotes state assemblyman Rob Bonta who presented the bill, calling coal the fuel of the past and which is no longer a wise investment for the state’s pensioners. “I’m pleased that my colleagues agree: it’s time to move on from this dirty energy source.”

The vote was 43–27, mostly along party lines and then went to the governor’s desk to be signed into law – Governor Jerry Brown is a strong supporter of climate change action.

The California Public Employees’ Retirement System (CalPERS) and the California State Teachers’ Retirement System (CalSTRS) are the largest public pension funds in the US, with coal holdings valued at \$167 million and \$40 million respectively. The funds reported they would be first analysing the financial implications for their members.

It may be no contest. “Coal is losing value quickly and investing in coal is a losing proposition for our retirees; it’s a nuisance to public health; and it’s inconsistent with our values as a state on the forefront of efforts to address global climate change,” the senate president pro tempore, Kevin de León, said in a statement. “California’s utilities are phasing out coal, and it’s time our pension funds did the same.” ■

Coles takes a lead on plastic recycling

At the Bulletin, we are always ready to acknowledge companies, big or small, that promote sustainable living. So when one of our team signed a change.org petition asking the two major supermarkets to stop wrapping small portions in plastic and styrofoam (signed by more than 100,000 people so far), the following response from Coles, reprinted here in part was very welcome news — given that conventional plastic is a devilish problem for the planet’s marine and land environments and another petrochemical product we should phase out.

Coles wrote to those who signed an anti-plastic petition:

“We are mindful of the need to minimise our waste and over the past five years we’ve been making good progress to improve our recycling rate which has increased to 70% this year.

plastics bags converted to outdoor furniture and trolley bays

“Hopefully, you’ve heard about our soft plastics recycling program with RED Group that’s now available in 480 Coles stores across Australia where customers can bring back their soft plastics – including bread bags, biscuit packs, plastic bags and polypropylene shopping bags – to be recycled and turned into useful things like outdoor furniture for schools and, most recently, trolley bays at one of our new stores.

“Approximately 280 tonnes of plastic was returned to our supermarkets by customers for recycling via this program in the past year... and we’re looking at expanding the program into more regional areas.

“Our goal is to move to fully recyclable packaging for our Coles brand products and fresh produce in coming years. This will mean phasing out the remaining small number of styrofoam trays



being used in the fresh produce area.

“We’re adopting innovative solutions for food packaging, such as a plant and PET-based meat tray (Plantic eco Plastic R™). The packs combine the use of renewable corn and recyclable plastic material to deliver a meat pack that is compatible with kerbside recycling streams. If recycled, this will reduce meat trays sent to landfill by 35,099 cubic meters per year, equivalent to 14 Olympic-sized swimming pools.

“We’re also working hard to source recycled content for packaging. Coles Brand Vinegar is now packaged with 15 percent recycled plastic, replacing new plastic.”

(Coles admits that, ironically, it still uses plastic packaging for organic produce, to differentiate from conventional and claims no easy solution for this unpopular habit. Maybe customers can make suggestions.) ■



Come and run for fun at Woodlawn Wind Farm!

Sunday, 11 October 2015 near Tarago, NSW

10km or 5km courses available.

Cash prizes, live music and a farmers’ market.

Proceeds go to the local community. Kids under 12 run free.

For ticket information and registration visit runwiththewind.com.au



Spring – and wildlife gets active We're so lucky to see them

SPRING is a time when all manner of wildlife gets going – seeking out food after hibernation, making a nest, wandering around to look for a mate and caring for young offspring. In this region we are lucky to still have a good deal of wildlife and there is much we can do to help look after it.

Risk of hitting a kangaroo and suffering car damage can be significantly reduced by increasing your reaction time – slow down and watch out. Watch for lizards, echidnas, turtles and wombats too.

Over the next few weeks Wildcare will be busy looking after baby birds that appear to have been orphaned. But many don't have to be rescued. If you come across a baby bird on the ground, just keep an eye on it, as it might continue to be fed and looked after by its parents.



Possum at release.

Baby birds end up on the ground, as they learn to fly, but haven't quite got the knack. Sometimes they can be carefully placed back in a tree – in a container if you cannot reach the nest.

A rescued bird can be placed in a box with material at the bottom to keep it secure and then kept in a warm place. Raptors (and other taloned birds), as well as flying foxes and bats, are best left and handled by an experienced wildlife volunteer.

Lizards come onto our roads to get warm and motorists can keep a wary eye open to avoid hitting them. If you see a turtle or lizard sitting on the road, and if it is safe – stop the car and move it off in the direction it was headed.

Pick up turtles by the front and back of the shell to avoid being 'scented'. For snakes, just stop and let them pass by, whilst alerting others and contacting Wildcare if you need to. Injured lizards and turtles can be put in a box, and kept in a cool place whilst you seek help.

Echidnas can be really difficult to pick up, but a towel or other material can help to avoid their spines, as you wriggle your fingers under their shoulders to lever them off the ground. Holding an echidna in a cardboard box won't work – they will dig out! So, if an echidna needs to be rescued, wrap it in a towel and place it in a plastic container.

With the grass growing again, there may be less kangaroos on the verges, but if you are

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Regional newspapers in trouble / Mirror closes

AFTER 11½ years, publisher John Mitchell announced that the *Bungendore Mirror*, as a newspaper, will be shut down effective now. The economic equation affecting all newspapers these days that rely on retail and government advertising led to the demise. Locally, the cost of printing and free distribution in a big shire is very challenging.

It is, and should be, troubling for the community to see another local news operation exit the stage. This has been an accelerating trend that seemingly no-one quite knows how to stem, other than cutting costs by going online where that is possible. The value to everyone of independent local, regional and thematic reporting is worth considering in terms of the public interest and a healthy democracy.

We at the *Bulletin* wish John well with much appreciation for his tireless coverage of all community events and for providing a platform for discussion.

As an independent community paper, the *Bulletin* is subject to the same market forces. Notwithstanding, we continue to improve our monthly focus of regional news and analysis, positive reports, arts and sustainable living. We much appreciate our advertisers and readers support, and in return will expand our village mailbox service and city bulk distribution in the coming months, to the extent affordable.

— Maria Taylor and the *Bulletin* team

NDIS to provide individual support plans for Palerang residents from July 2016

FEDERAL Member for Hume Angus Taylor announced in September that Palerang residents would be able to join the *National Disability Insurance Scheme (NDIS)* from July 2016.

"Palerang will be among the first of the NSW sites, with the exception of trial sites that have been underway in the Hunter region and Blue Mountains, to receive access to the NDIS program from July next year. Disability support agencies will be letting local communities know about planning workshops and information sessions closer to the time, so everyone will know well in advance of the rollout."

Taylor said the types of support the NDIS might fund for participants included: daily personal activities, transport, workplace assistance, therapeutic supports and mobility equipment, vehicle modifications, home design and installations, or help with household tasks.

He said a planning workbook had been prepared for participants which can be found on the NDIS website www.ndis.gov.au/ or by contacting the NDIS information line on 1800 555 677. ■

unlucky enough to hit one, contact Wildcare as soon as possible. The risk of hitting a kangaroo can be significantly reduced by increasing one's reaction time – by reducing speed and being much more alert at dusk and overnight in wild-life-rich areas.

Wombats don't run off the road when you approach

And if you come across a wombat in the middle of the road, whilst it can move extremely quickly

over short distances, it has a habit of stopping, listening, deciding what's coming towards it and then moving. Don't expect it to simply run off the road as you approach.

It is important to check injured animals to see if they are still alive and whether there is a joey onboard or hiding nearby. ■

**Wildcare contact 6299 1966
(put it in your mobile)**

PALERANG COUNCIL

Development Approvals

Notification in accordance with Section 101 of the *Environmental Planning and Assessment Act 1979*. Council approved the following development applications in **September 2015**

Development Consents are available for public inspection free of charge at Council's offices during ordinary business hours.

| Application No | Development Description | Date | Property Description |
|----------------|------------------------------------------------|------------|-----------------------------------------------------------|
| DA.2015.101 | Dwelling and Secondary Dwelling | 01/09/2015 | Lot 8 DP1195030 Majara Street BUNGENDORE |
| DA.2015.108 | 2 Lot Subdivision | 01/09/2015 | Lot 24 DP754873 704 Macs Reef Road BYWONG |
| DA.2015.125 | 2 Lot Subdivision | 03/09/2015 | Lot 1 DP1134457 664 Majors Creek Road MAJORS CREEK |
| DA.2015.141 | Alterations and Additions to Existing Dwelling | 03/09/2015 | Lot 2 DP732037 69 Morrison Road BYWONG |
| DA.2015.161 | Pergola and Deck | 08/09/2015 | Lot 25 DP754873 95 Morrison Road BYWONG |
| DA.2015.158 | Continued Use – Pergola | 08/09/2015 | Lot 2 DP837468 52 Wyoming Road BYWONG |
| DA.2015.148 | Dwelling | 08/09/2015 | Lot 66 DP754902 5291 Captains Flat Road HAROLDS CROSS |
| DA.2015.143 | Farm Shed | 08/09/2015 | Lot 1 DP1184383 2997 Cooma Road KRAWARREE |
| DA.2015.014 | Business | 09/09/2015 | Lot 1 DP1198404 14 Malbon Street BUNGENDORE |
| DA.2015.103 | Bed and Breakfast | 10/09/2015 | Lot 1 Section 32 DP758152 25–27 Monkitee Street BRAIDWOOD |
| DA.2015.140 | Shed/Workshop | 10/09/2015 | Lot 8 DP1137460 73 Quong Tart Close ARALUEN |
| DA.2015.066 | Dwelling | 10/09/2015 | Lot 66 DP754895 Hoskinstown Road HOSKINSTOWN |
| DA.2014.292 | Dwelling | 10/09/2015 | Lot 1 DP1077962 Jerrabattgulla Road JERRABATTGULLA |
| DA.2015.144 | Dual Occupancy | 10/09/2015 | Lot 38 DP1042127 43 Whisperer Place ROYALLA |
| DA.2014.028 | 5 Lot Subdivision | 11/09/2015 | Lot 127 DP755932 Nerriga Road DURRAN DURRA |
| DA.2015.146 | Alterations and Additions to Existing Dwelling | 15/09/2015 | Lot 7 DP651202 4456 Kings Highway BUNGENDORE |
| DA.2015.152 | Dwelling and Shed | 16/09/2015 | Lot 3 DP1201882 Nerriga Road BRAIDWOOD |
| DA.2015.185 | Signage – Illuminated | 16/09/2015 | Lot 105 DP878557 1222 Federal Highway Service Rd SUTTON |
| DA.2015.193 | Shed | 24/09/2015 | Lot 10 DP246156 239 Bidges Road SUTTON |
| DA.2015.164 | Studio | 24/09/2015 | Lot 2 DP1035572 60 Blewitt Lane BURRA |
| DA.2015.157 | Swimming Pool | 24/09/2015 | Lot 2 DP238028 285 Woolcara Lane PRIMROSE VALLEY |
| DA.2015.174 | Alterations and Additions to Existing Dwelling | 25/09/2015 | Lot 7 DP1015516 21 McDonald Road ROYALLA |
| DA.2015.155 | Swimming Pool | 25/09/2015 | Lot 3 DP839812 69 Gum Flat Lane BYWONG |
| DA.2015.173 | Alterations and Additions to Existing Dwelling | 25/09/2015 | Lot 628 DP1061647 9 Eyre Street BUNGENDORE |
| DA.2015.137 | Dwelling | 29/09/2015 | Lot 39 DP809665 1013 Norton Road WAMBOIN |
| DA.2015.142 | Alterations and Additions to Existing Dwelling | 29/09/2015 | Lot 1 DP843474 1576 Sutton Road SUTTON |

BIG IDEAS and wellness

Some reports on recent research findings sourced from the Australian Science Media Centre

Don't bother with extra calcium for bone strength according to new research

AGAINST all the accepted advice of recent years, increasing calcium intake through diet or supplements should not be recommended for fracture or osteoporosis prevention, say researchers from the University of Auckland.

They examined published evidence for the role of calcium in boosting bone health in older people, just published in the *British Medical Journal*. In two studies they found that increasing calcium intake from dietary sources or by taking supplements is unlikely to lead to a clinically meaningful reduction in risk of fracture.

They found no clinical trial evidence that increasing calcium intake from dietary sources prevents fractures. As a result, lead author, Dr Mark Bolland, is calling for greater transparency around calcium nutrition recommendations, saying that change is made difficult by a complex web of interactions between the supplements industry, advocacy organisations, and academia.

The researchers note that ever-increasing intakes of calcium and vitamin D, as recommended by some guidelines, focus on virtually all over-50s as being at risk.

High calcium intake comes with risks of side effects in the gastrointestinal system including constipation, say the clinicians. ■

— * * *

Avoiding excessive weight gain in pregnancy 'eating for two' questioned by new research

A UNIVERSITY of NSW study has found metabolic changes in pregnancy allow expectant mothers to conserve more energy and extract more calories without needing to consume significantly more food.

The research, published in the latest edition of *The Australian and New Zealand Journal of Obstetrics and Gynaecology* has challenged the adage of needing to 'eat for two' during pregnancy.

UNSW Professor Tony O'Sullivan and team, tracked the weight gain, energy spent (metabolised) and food intake of 26 women throughout their pregnancy using sophisti-

cated mobile sensor technology.

On average, the women gained 10.8kg during pregnancy, seven kilograms of which was additional fat mass, largely put on between the first and second trimester. This laying down of fat stores occurred despite an almost 8 percent surge in daily energy demand and no significant change in food intake.

Professor O'Sullivan said "these findings suggest the need for reassessment of nutritional advice given to pregnant women, as current advice to increase energy intake may be increasing the risk of excessive gestational weight gain".

Such weight gain is associated with complications including gestational diabetes and pre-eclampsia, as well as an increase in heart disease in offspring. There are several hypotheses about the metabolic shift in pregnant women. One involved dramatic changes to their gut flora (bacteria).

In animal studies by other researchers, mice fed gut flora from women in their third-trimester of pregnancy put on more fat than mice fed first-trimester gut flora, despite both groups eating the exact same diet and exercising the same amount. ■

— * * *

Jobs, less pollution and caring communities, strong motivators for environmental action

NEW research into what makes people take action on climate change shows that side benefits like jobs and a caring community

extremely accommodating and ensured we had tables next to each other so that we could eat the magnificent fare of 'chic picnic' (and wines to match) with relatives we hadn't seen for 14 years. Our tour group seemed as excited as we were.

FIGJAM, our tour director, had two extra tickets and really made the day of a young British couple, chosen at random, to join us, thus negating hours of queueing and a spectacular free lunch.

After lunch, and hoping to delay the inevitable separation, we prepared for a long walk around Paris with our cousins. First stop was a foot selfie on the perspex platform, marvelling at the tiny antlike creatures visible below. I am informed by a reliable source that this is a legitimate form

beat frightening stories as powerful motivations.

A comprehensive investigation involving 28 researchers globally was published in late September in *Nature Climate Change*. Their research examined which factors are most likely to result in people taking action.

The international project was coordinated by three psychology academics from Australia, led by Dr Paul Bain from Queensland University of Technology in Brisbane, and co-ordinated by Dr Taciano Milfont from Victoria University of Wellington and Professor Yoshihisa Kashima from the University of Melbourne.

More than 6,000 people across the 24 participating countries were surveyed about their climate change beliefs and pro-environmental actions. A major finding was in response to questions on whether so called co-benefits such as reduced pollution, increased economic development or a more caring and ethical community were motivation. They were.

Victoria's Dr Taciano Milfont, said, "The findings have implications not only for communicating climate change initiatives, but also for designing climate change policies. It provides guidance for creating policies that not only address climate change, but which also produce the social benefits that people want". ■

Star Search's Dr David Weldrake is on leave and will return next month.

FIFTY SHADES OF GREY NOMAD #8

Unchain my heart...

Mavis Davis with 'the Princess' and company explore Paris

THE day started early with a bus trip to Toulouse airport to catch a plane to Paris. The early start took its toll on our pious group but those who didn't slide back into slumber sat in awe watching the sun rise through the mystical fog, as our valiant bus driver navigated the traffic.

The plane trip was mercifully short. After the Princess's monologue about the requirement to navigate a short flight of stairs on the way to our rooms, I carried both our suitcases upstairs, lifted her suitcase onto the desk and we all settled in quickly.

Once fortified by a light crepe lunch, the Princess and I ventured out to visit the wonderful Musee D'Orsay, marvelling at the artworks and the view of the enchanting city of Paris.

The nearby bridge, the Pont Des Artes groaned under the strain of the infamous love-locks attached to bridge railings. We were aware of the lovelocks, consisting of millions of locks, engraved or marked with the initials of the lovers, attached to the bridge, the keys immediately discarded into the swift flowing Seine River; however nothing prepares one for the magnitude of the problem.

The sign requesting lovers to stop this practice is ignored, especially by the many

and sundry purveyors of locks and permanent marker pens. A sign ineffectually bleats "OUR BRIDGES CAN NO LONGER WITHSTAND YOUR GESTURES OF LOVE. NO MORE LOVE LOCKS! Unchain your love on lovewithoutlocks.paris.fr". This request for lovers to declare their love online appears to go unnoticed.

The next day was very exciting, the main highlight being meeting up with our relatives from Germany. Our cousins travelled on a quick two-hour train journey to Paris (as you do), and we met at the North Pier of the Eiffel Tower, to join our tour group for lunch at 58 Tour Eiffel.

We experienced a brief delay because two of the teenage cousins were reluctant to temporarily relinquish their state-of-the-art skateboards, which are apparently forbidden in the restaurant.

After some gentle, but charming, pressure from our tour guide, Nagis, the staff at the restaurant at the Eiffel tower were



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And other times by appointment.

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Email: sagehutwizard@gmail.com

Crossword

Solution p9

Across

- 1 Law determining the fundamental political principles of a government (2)
2 Thankless wretch (7)
3 Body (7)
4 Rocky and steep (6)
5 Drink of liquor and water, served hot (5)
6 Dazed state (6)
7 Contraptions (7)
8 Blood vessel leading from the heart (6)
9 Boring (7)
10 Dame Nellie _____, Australian operatic soprano (5)
11 Division of an ocean (3)
12 Belonging to them (5)
13 Pertaining to birth (5)
14 Returned to consciousness (12)
15 Italian town, birthplace of St Francis (6)
16 Coach (5)
17 Monsters (5)
18 Strong coffee with a frothed milk topping (5)

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| 27 | | | | | | | | | | | |

Down

- 2 Of time long past (5)
3 Colour similar to that of the atmosphere in daytime (3,4)
4 Taint (6)
5 Sore often found in the mouth (5)

During OCTOBER
The Creative Edge
Bungendore Fine Art, Ellendon St, Bungendore. Works by Carmel Cox, Pam Edwards, Joyleen Kitto and Robyn Langley. Ph 6238 1640 or see www.bungendorefineart.com.au.
Ros Auld and Tim Winters
FORM Studio & Gallery, Aurora Pl, Queanbeyan. Paintings by Stephanie Haygarth. For more www.formstudioandgallery.com.au.
Until 25 October
David Voigt – Return To Wilderness
Bungendore Wood Works Gallery. New works by David Voigt. Opening by Pamela Griffith artist-printmaker. For more www.bungendorewoodworks.com.au.

Friday 9 and Saturday 10
Carmen Sweet
The Q, Crawford St, Queanbeyan. Spend the night with the definitive seductress of stage as she weaves her deliciously wicked wives through one of Expressions Dance Company's most loved productions. Ph 6285 6290 or see www.theq.net.au.

Saturday 10
Queanbeyan Cup and NSW Open Qualifier
Queanbeyan Golf Course. This is an Open Event. For more see www.queanbeyangolf.com.au.
Cleanseeds Snake Information Session
Cleanseeds, 45 Molonglo Street, Bungendore. 10.30–12.00. Book early to avoid disappointment. [www.sales@cleanseeds.com.au](mailto:sales@cleanseeds.com.au) or 6238 0000.

Gundaroo Music Festival
Gundaroo Park, 10am–10pm. Food stalls, kids' activities, entertainment. Local and other bands featured. For more <http://gundaroomusicfestival.com/> or 4821 1839.

Ghost Train of the Limestone Plains
Heard of the legend of the Ghost Train of the Limestone Plains? Take a unique journey with the creators of Mysterious Queanbeyan by Moonlight Tours, exploring this region's darker side! Seats are limited and the evening includes supper, beverages and the most chilling 'entertainment'. Cost \$98pp, over-18 only. For more contact the 'Mistress of Mystery' on 0413 671 123 or nichole@qbncityofchampions.com.au.

Sunday 11
Run With the Wind
Woodlawn, Tarago, 9am. A unique fun run event which allows runners to run amongst an operational wind farm. A 5km and 10km course. For more www.runwiththewind.com.au.

Friday 16
Soil for food, fibre and the environment day – a celebration of soils
Leading soil researchers and advisors from CSIRO, NSW Department of Primary Industries, the NSW Office of Environment and Heritage, the Australian National University, the University of Canberra and South-east Local Land Services will speak on key issues and opportunities for management of soils, plus presentations by two of our region's innovative farmers, David Marsh from Boorowa and John Ive from near Yass. 9.00–4.00pm, Sutton Village Hall. Register online at <http://bit.ly/1PVcmil> email actlandcare@act.gov.au or phone 6205 3091. Cost \$20 per person, payable on registration (lunch and refreshments provided).

Friday 16 to Sunday 18
Platypus Mosaic Project
Queanbeyan City Council invites the community to help create a new public artwork on the banks of the Queanbeyan River during the Clearwater Sculpture Prize working alongside Mosaic Artist Freya Jobbins. Participation is free and all materials and tools are provided. You do not need any prior mosaic experience – but you must be at least 12-years-old to participate. To register www.qcc.nsw.gov.au.

GIG GUIDE: October
First Friday of the month: Music and Poetry
Royal Hotel, Bungendore, 7.30pm.
Friday 16
Adam Conroy: 8pm–12am, Queanbeyan Kangaroos Club.
Saturday 17
Missy Lancaster: The Loaded Dog, Tarago.
Friday 23
Bell & Wade: 8pm–12am, Queanbeyan Kangaroos Club.
Friday 30
Bill Olsen: 8pm–12am, Queanbeyan Kangaroos Club.
Addison Lane: 8–11.30pm, Queanbeyan Tigers Club.
Saturday 31
Karaoke: 8–11.30pm, Queanbeyan Tigers Club.

What's On – October 2015

Send announcements to whatson@districtbulletin.com.au

Friday 16 to Saturday 24
Company
The Q, Crawford St, Queanbeyan. Everyman Theatre's production of Stephen Sondheim's greatest-ever revolutionary musicals. Through a series of hilarious and touching vignettes, and fabulous songs, this is the first musical to examine ordinary people living ordinary lives in such an extraordinary way. Ph 6285 6290 or see www.theq.net.au.

Saturday 17
Queanbeyan River Festival
12–4pm. It's time to start building your boat or find your best inflatable for the "Build Your Own Boat" or "Float your Boat" races organised by ACT Eden Monaro Cancer Support Group. Council's biennial Enviro Expo will be held in conjunction with the River Festival this year and it will be located in the Sensory Gardens. For more www.qcc.nsw.gov.au.

Saturday 17 and Sunday 18
Bungendore Model Railway Expo
Bungendore Public School, 10am. Adults \$6, kids u-12 free. For more www.historictrain.com.au or call 0449 903 812.

Oh! it's October

the market @ bungendore

Sunday October 18th 9am–3pm
at the War Memorial Hall

All your favourite stalls
Come along for a browse
Enjoy a variety of refreshments

jewellery
giftware
soaps & lotions
local art & craft
garden products
toys & models
cakes & pastries
tea & fresh coffee
guitars & amps



textiles
preserves
hand knits
candles
cookies

mosaics
homewares
greeting cards
beads & findings
pottery & ceramics
local grown plants
prints & paintings
fruit & vegetables
clothing & footwear

Sunday 18
Stockman Market Day Steam Train
Queanbeyan Railway Station. Be fascinated by the wide range of country scenery the train travels through en route to Bungendore. For more ph 6284 2790, email federalcityexpress@gmail.com or see www.arhsact.org.au.

Party in the Park
Burra Park, 11–5pm. For more www.burracommunity.org.au.

Tuesday 20
Wamboin Community Association AGM and Spring Talk #1, Living with the locals – Getting along with snakes at your place
Wamboin Community Hall, Bingley Way. 7.30–9+pm.

Thursday 22 – Saturday 7 November
Pirates of Penzance
Erindale Theatre, McBryde Crescent, Wanniasa ACT. Wednesday to Saturday 8pm. Matinees: 31 October, 7 November 2pm. Tickets: \$49/\$43 www.philo.org.au/tickets or ph 6257 1950.

Saturday 24
Queanbeyan West Public School Fete
Morton St, Queanbeyan, 10–2pm. Everyone is invited to come along to a family fun day! Go on the rides, check out the many different stalls and enjoy a Devonshire Tea and BBQ lunch. For more 6297 2020.

Garage Sale Trail
Council has partnered to join in the Australian wide garage sale! Residents and community groups are invited to participate. To register www.garagesaletrail.com.au.

Spring Fair
Queanbeyan Uniting Church, 9–12pm. A variety of market stalls, free entertainment and children's activities. A fun day out for the whole family. For more 6297 9046.

Captains Flat Party Plan Expo
Captains Flat Community Hall, 10–2pm. Raising funds for Breast Cancer Research. Party Plan companies will be offering the opportunity to book a party and to purchase their products on the day. Come along to get some early Christmas presents.

Thursday 29
Russian National Ballet presents Swan Lake
The Q, Crawford St, Queanbeyan. With the instantly recognizable music of Tchaikovsky virtually a signature of classical ballet and the wonderfully dark story of good set against evil, *Swan Lake* is one of the most famous and loved of all works in the repertory. Ph 6285 6290 or see www.theq.net.au.

Saturday 31
Mysterious Queanbeyan by Moonlight Halloween Special
Join author Nichole Overall for a Halloween with a difference! Tour through Queanbeyan's heart and hear fascinating tales of mystery, mayhem, tragedy and the other-worldly that have unfolded over the course of 175 years. Bookings essential, for further details/costs, email qbn@qbncityofchampions.com.au or see <https://www.facebook.com/mysteriousqbnbymoonlight>.

Saturday 31 and Sunday 1
Burra Open Gardens

Burra and Googong NSW. A number of lovely country gardens will be open and on display, some with plants and home-grown produce for sale. For more <https://www.facebook.com/events/743776399066852/>.

COMING UP in November
Sunday 1
Sunday Afternoon Bungendore Express
Queanbeyan Railway Station. Be fascinated by the wide range of country scenery the train travels through en route to Bungendore. For more ph 6284 2790, email federalcityexpress@gmail.com or see www.arhsact.org.au.
Friday 6
The Mikado
The Q, Crawford St, Queanbeyan. The classic Gilbert and Sullivan operetta is back for the Queanbeyan Players' 50th Anniversary! Ph 6285 6290 or see www.theq.net.au.
Saturday 7 and Sunday 8
ActewAGL Queanbeyan Show
Queanbeyan Showground. A variety of activities and entertainment for the whole family. www.queanbeyanshow.com.au.
Queanbeyan Open Studio and Arts Trail
10–4pm. This highly anticipated annual arts event allows visitors to take a self-guided tour around some of Queanbeyan's many art studios and galleries. Meet the artists, tour the studios, watch demonstrations and add to your private collection with original artwork available for sale. Arts Trail Bus Tour tickets are available from The Q box office or call 6285 6290.

LOCAL MARKETS:
1st and 3rd Saturday of every month
Braidwood Farmer's Markets
National Theatre in the main street of Braidwood, from 8am–12.30pm. www.braidwoodfarmersmarket.org.au.
Every Saturday
Capital Region Farmers Market
EPIC grounds, Mitchell, 8–11am. A genuine farmers market offering a diverse range of fresh seasonal food straight from the producer to the consumer and an opportunity to discuss with growers. www.capitalregionfarmersmarket.com.au
1st Saturday of every month (except January)
The Captains Flat Country Markets
Community Hall, Foxlow St, Captains Flat, 10–2pm. Handmade items, craft, jams, pickles, gourmet doggy treats, preloved goods, cakes, biscuits, plants and much more! Stalls \$12. Call either 0438 600 447 or 0407 661 834 or email markets@captainsflat.org.
2nd and 4th Saturday of every month
Southern Harvest Farmers Market
Memorial Hall, Molonglo St, Bungendore, 9–1pm, (opposite Food Lovers Market).
2nd Sunday of the month (except Jan)
Queanbeyan Cottage Markets
Queanbeyan River, on the corner of Morrisett and Collett Streets, 9–2pm. Craft, timber products, pottery, leatherwork, jewellery, toys, honey, jams, chutney, cakes, plants, food and refreshments. Call Kristen 6299 0219.

3rd Saturday of every month (except July/August)
Wamboin Produce Market
Wamboin Community Hall, Bingley Way, Wamboin, 9–12 noon. Fresh produce including cheese, eggs, honey, vegetables, nuts, seeds and plants.
3rd Sunday every month
Bungendore Markets
War Memorial Hall, Molonglo St, Bungendore, 9–2pm. Art, craft and local produce.
Windy Hall Country Markets
Windellama Hall, 10–2pm, craft goods, Devonshire tea, deli delights and more. For more contact Bob Shaw on 4844 5001.
4th Saturday of every month
Braidwood Markets
Ryrie Park, Wallace St, Braidwood, 8am. Local crafts and cooking, plant and natural products. Call Geraldine 4847 5061.
More on regional and local events and local tourist attractions:
www.bungendore.com.au
www.visitqueanbeyan.com.au
www.visitbraidwood.com.au



“A Night of Satire, Comedy,
Music and Fine Food”



Shortis and Simpson

Not Quite Christmas

Saturday 14 November
6pm
3 Course Dinner & Concert
Tickets & Bookings in the
Cafe or phone 6238 1688

*Funny, poignant,
entertaining & informative
Don't miss Bungendore's
own John Shortis and
Moya Simpson's only
satirical show of 2015*

What a year its been,
Turnbull pulled the stopper,
Abbott and Hockey came a
cropper, Bronnie in a chopper
... What a whopper!