THE DISTRICT

Bulletin

APRIL 2011

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The man with the plan

by Maria Taylor

JOHN BARILARO, son of post-war Italian immigrants, Queanbeyan businessman and local councillor, is our new state representative for Monaro. He's the man with a plan for the ailing Queanbeyan hospital, the sputtering local economy and the crumbling infrastructure that local ratepayers are saddled with fixing.

Meeting Barilaro, you soon realise that one can't just pin 'National Party' on his lapel and peg him according to old stereotypes. For example, he says he's passionate about energy efficiency, and we talk about rail transport, saving money in home and office and how efficiency is one way to lower greenhouse gas emissions.

In the family business, he started manufacturing energy-efficient windows and doors 25 years ago – when energy efficiency was well accepted as a win for the pocketbook and the environment, an idea that got lost in Australia in the 1990s.

The business, Ryleho Home Solutions, employs some 15 people at the plant in Queanbeyan and serves builders and a growing number of renovators who want to better insulate their home. Barilaro also notes the north-facing passive solar orientation, solar panels and rainwater tanks which he and his wife Deanna have at their own home. So here's one side of the new face of the National Party in regional Monaro.

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The new Member for Monaro, John Barilaro with his wife Deanna at their Queanbeyan window and door frame factory: looking ahead to the next four years.

Photo: Maria Taylor

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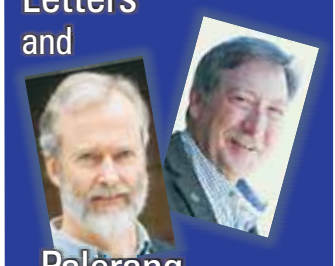

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ANOTHER FACE OF REGIONAL ARTS

Creative family spirit from Jerra

by Nichole Smith

Mother and daughter: artists Claire Primrose (left) and Maxine Price with one of Maxine's arresting ceramic heads.
Photo: Marcele Martins

QUEANBEYAN RECEIVES much attention for its impressive sporting achievements but less well known is that it is also home to a thriving arts and cultural community filled with local, national and internationally renowned artists.

Maxine Price and her daughter Claire Primrose – a mother/daughter pair of artists from Jerrabomberra – show the spirit of this growing group of artists currently placing their creative stamp on the area. Besides their distinctive art, Claire is also set to open a Studio Gallery in the city later this year.

"We really love Queanbeyan and the opportunity arose to create a space where we could work, showcase our art and offer other artists the opportunity to do the same," comments Claire.

Coming from a visual arts and teaching background, Claire concentrates on linear drawings and paintings inspired in the main by domestic life and her children, while for the largely self-taught Maxine the focus is "medium to large sculptural human and zoomorphic ceramic forms".

Domestic inspiration and relationships

Says Claire: "my recent work is about trying to produce little pieces of order amongst chaos in the home. Simplified forms and images have been used deliberately to reference and celebrate the profound impact a child makes."

Claire's bold drawings, with echoes of Australian painters Robert Dickerson and Wendy Sharpe, highlight these aspects of domesticity and parenthood in a style that is economical and candid.

"After the transition from teaching, I wanted to continue to create and communicate my ideas. That's hard with small children and so I made the decision to involve them in my work," explains the mother of two. "This exposed me to a totally different outlook – nobody can draw with such economy of line as children – and I wanted to keep that naivety.

"People sometimes don't recognise the skill inherent in art of this nature but it's really about capturing the essence of that child-like form of expression where your perception of things is immediate and obvious and not altered by the parameters and rules we are so often impeded by as adults."

For Maxine, relationships are particularly important, both those between people and with the environment. "I work predominantly in figurative forms and am inspired by a mixture of elements," she says.

"Individuals, the landscape; I have recently finished some pieces based on Lake Mungo near Mildura and another on an extraordinary English woman, Bess of Hardwick. I am always looking for inspiration."

Maxine's innovative ceramics have been said to be reminiscent of Chagall or Picasso, their abstract and often imposing nature creating an exercise in thought-provoking character studies.

Encouraging each other's work

Although the artists focus on different styles and mediums, both are very encouraging and proud of each other's work. "I was not surprised that Claire wanted to be an artist and I was very pleased that she was able to further her strong interest in this area," says Maxine.

> *"I feel quite privileged that our art is such a strong bond between us and strengthens our mother/daughter relationship."*

"We do sometimes work together – only recently we had a still-life painting session and participated in a lithography workshop – but mostly we critique and encourage each other and I believe we both benefit from this interaction. I particularly seek Claire's opinion and value her advice about directions I take in my ceramic work."

According to Claire, her mother's creativity certainly impacted her own decision to become an artist. "Maxine has seriously been producing her art in the last seven to eight years but for as long as I can remember she was creating things, fixing things, being artistic – from sewing to sculpting, making costumes, building props for school plays, anything tactile."

Each of the women has won numerous awards – and Claire has been an entrant in the prestigious Sulman and Archibald Prizes – and they have also been involved in a variety of exhibitions, individually and jointly.

"In 2009 we held an exhibition at 'The Q' and another in 2010. We draw on our varied life experiences and our family influences and in many ways our styles complement each other," says Maxine.

Both artists agree that entering competitions and exhibiting is a difficult thing.

"An exhibition is an exposure of your inner-most self and if you win an art competition you shouldn't feel any more pleased than if you came last; it's really about having the courage to display something to others that is such an intimate part of you, and that applies to all forms of creativity."

A new gallery and studio

While the pair currently produces works from home studios in Jerrabomberra, in August Claire will open FORM Studio and Gallery in Aurora Avenue in Queanbeyan. It joins an increasing number of local galleries earning a widespread reputation including The Artists Shed and Workshop Bilk as well as the many good Palerang galleries.

"Queanbeyan is becoming increasingly recognised as a creative hot spot and we are really excited about it," she says.

"Any artwork requires a degree of obsessiveness and that can come at the expense of other things, so we hope this space will provide an inspiring platform for artists from the Canberra/Queanbeyan and regional community to showcase their passion for the visual arts."

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SHOWCASE OF LOCAL BANDS

FeralBlu – what happened when the Firey Pigs left

FERALBLU WAS FORMED by Danny after the FirePigs disbanded just over three years ago. Danny wanted to investigate that challenging genre, the blues, which he felt would be better served by a smaller outfit. First member engaged was FirePigs bass player Bill Bostle. Mark Thornton was then approached, and he suggested his friend, drummer Paul Dugdale. And so it came to be.

Danny's a reasonably prolific songwriter and FeralBlu's sets are peppered with a fair sample of his works. Bill Bostle is also an accomplished songwriter and has recently filled out FeralBlu's repertoire with some of his works. Covers aren't dismissed out of hand, and the sets generally have a healthy 40 percent or so of them.

Why FeralBlu? Ok, the name went through a few changes which all contained the present, but basically *that* stemmed from Danny's email address which is an alloy of a couple of enterprises from the past. It also sets the scene for the approach the lads take to performance – just don't shoot us! Yeah, Bill only knows how to turn a volume control to the right, Mark's as deaf as a post and needs max vol, Paul can't stand it and wears earplugs, and Danny? Well, he's always been loud and needy in that way.

FeralBlu snapped in full voice. Musicians in the band, pictured from left to right: Mark Thornton, John Daniel (sitting in for Paul Dugdale – ta John!), Danny Velnaar and Bill Bostle.

All of the boys have had an extensive history in bands and solo expression, most notably – all of them! If this was a profile on Bill it would run to many paragraphs, but he's a gentle soul and not at all egotistic. As are we all …

Passing the time when not playing music

In our other lives, we do things like – Danny trawls through your rubbish at the tip; he's a tip monkey. Bill holds high office in a federal government department; Mark is a photo/journalist; and Paul is a lecturer in medical stuff at university. From these descriptions it's easy to see that Danny has the most important job, and it's therefore fitting that he has last growl when it comes down to the nitty gritty.

The demographic thing is always interesting, but the bottom line is that we're all alive and well past the age of consent – all offers and requests to go through management. Well OK, 'at home', Danny, Bill, Mark in Bungendore, Paul, Canberra and John who sits in sometimes, Carlton Estate. As far as influences go, they cover such an eclectic range that you could say that we cover them all to some degree, and I'm not kidding.

Gigs, yeah we've done them here, there and somewhere else, definitely around the region and in this fair town of Bungendore, next one hitting here at the **Lake George Hotel on Friday 15 April from 7pm** featuring local bands FeralBlu, Eagle Medicine, Toadfish Chutney, and Old Bones and Blisters. The last one was one of the biggest gasses the bottom (pub) ever blew. Look forward to expo-says on EM and OB&B in later issues, plus Friend or Enemy and others.

Just remember, all of us love yez all!
— Danny Velnaar

Plot of *Funny Money* in case you were wondering...

ON HIS BIRTHDAY, middle-aged Henry Perkins is going home on the underground, looking forward to his birthday dinner. He and his wife Jean have invited their old friends, Vic and Betty Johnson. On the tube train, by mistake, he picks up the wrong suitcase without noticing it and leaves his behind.

When he gets off the train he wants to get out his gloves and scarf and realises that he is actually carrying someone else's briefcase, and it's full of money! He goes to a pub and counts the money several times in one of the booths of the gents. 'Bent copper' Davenport – in plain clothes – watches the excited man and believes he has come to the pub to solicit men.

When Henry reaches his home, Vic and Betty are just arriving. Henry is now planning to just grab a few things and hurry off to Barcelona with his wife and the money, leaving his old life behind (as you do). He knows very well that all the money in the briefcase must be part of some criminal transaction, so his conscience is not bothering him at all.

Foreseeably, unforeseeable events intervene. While he is still explaining to his reluctant wife that they have to leave in a hurry, 'bent copper' Davenport – who Henry does not recognise from the pub – arrives and wants to have a talk. Of course Henry thinks this is about the money, and a whole series of mistaken identities ensues, which also includes Vic and Betty, who are introduced to Davenport as relatives of the Perkinses on their way home to Australia (still with us?).

Then of course there's 'Mr Nasty' – owner of the briefcase – who is killed by his accomplice 'Mr Big' and thrown into the Thames near Putney Bridge, together with Henry's briefcase (which contains, among other things, a cheese and chutney sandwich – we're not sure yet why that is important).

Does 'Mr Big', find the Perkinses before they leave for Barcelona? Will Henry's alleged body in the river with his sandwiches complicate matters? (The answer is yes, of course!) You'll just have to go see *Funny Money* for these and more totally unlikely but hilarious plot twists – only at 'The Q' in April!

Continuing at the Woodworks Gallery in Bungendore through April

Helen Fitzgerald

. . . the rains have come

Watercolours and botanical illustrations

Helen Fitzgerald's new exhibition ... *the rains have come*, is a response to the ending, however temporary this may be, of 10–20 years of drought and semi-drought throughout most of central and southern Australia and in particular the Canberra and Southern Tablelands regions where she works and lives.

An experienced artist and teacher, with degrees and overseas study at the University of Vienna and the University of Perugia in Italy, Fitzgerald moved to Queanbeyan in 1972. Since then she has taught tertiary students in various Canberra institutions including the Canberra School of Art and nine years in the Faculty of Applied Science at Canberra University.

She has received numerous awards for her detailed and beautifully seen botanical representations of flora and fauna. She still works with students of all ages in the region particularly through her continued activities with the Bungendore School of Art.

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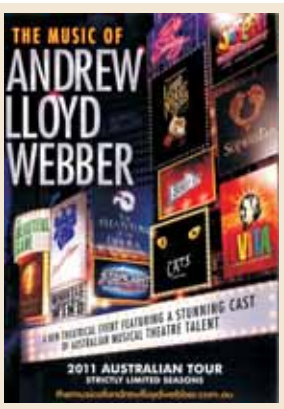
FOR YOUR CHANCE TO WIN A DOUBLE PASS email the *District Bulletin* with 3 entertaining reasons why you should spend an enjoyable evening with Chinese action drama. Send an email with your name, address, phone number and reasons to media@districtbulletin.com.au, subject line *Lost Bladesman*. **Only entries received by 17 April with all the above will be considered.**



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London's *Daily Telegraph* announced "Ray Cooney is a national treasure", and the *Sunday Times* was moved to declare "Farce lovers are in for two and a half hours of inspired, demented bliss."

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Horrors! Karabar revives person-eating assistant in lover-ly musical

by Miles Thompson

WHEN MOST PEOPLE think of school productions, the biggest questions are: "Will the kids remember their lines?", "Will the cardboard backdrop fall on a small child?" or "Which kid will spend all their time onstage waving to mum and dad, instead of doing the choreography?" However, at Karabar High School, the performers are already seasoned troupers thanks to their in-depth performing arts program.

In recent years the school's productions have done exceptionally well, and when the modern musical classic *Little Shop of Horrors* hits the stage next month, you will see the depth of talent coming through in the next generation of true performers.

Karabar High is bringing to life the story of Seymour and Audrey, who are employed together in a run-down florist shop. Seymour is poor and was orphaned as a child, hence his dream of a life that is away from the depressing, empty, dreary, poverty-struck lifestyle that comes with the 'Skid Row' he has always known. The only thing that keeps him happy is seeing his love interest, Audrey, every day.

Audrey also has secret feelings for Seymour and dreams of being able to leave her current life behind in the hope of finding, as she sings, *Somewhere That's Green*. The musical is the story of their struggle to get off Skid Row away from their unpleasant employer, Mr Mushnik, and Audrey's oppressive boyfriend, the Dentist, by enlisting the assistance of an unusually helpful carnivorous plant (Audrey II).

Far left: The Shangri-las *(from back, LtoR) Kattarna Davy, Maddi Dove, Lara Bowyer, (front) Maddi Whan, Maddi Gagel, Sheridan Hall.*

Left: Tim Benfatto (The Dentist) practicing his daunting demeanour over Amy Jenkins (Audrey).

Photos: Miles Thompson

Big cast, fun songs, challenging roles and opportunities

The vibrant songs lend themselves to the creative and enthusiastic cast of 100-plus students from years 7–12 (including two specialty performing arts classes in years 7 and 8). There are huge ensemble numbers including *Skid Row*, as well as spectacular solos and touching duets such as *Suddenly Seymour*, *Son be a Dentist* and *Feed Me*.

Leading lady Amy Jenkins, 16, said that although her character is a "platinum blonde bimbo", she has enjoyed the challenge of playing Audrey. "I guess she's really naive, but I like her because she's so genuinely kind and caring. Her dream (of getting off Skid Row) is so simple and lovely, she just wants to go *'Somewhere That's Green'*. It's a really different role for me because it's a rock/pop musical and that's a bit of a challenge, but I've come to love the character of Audrey.

"It's really fun to work with my friends, doing something we all enjoy. It's also great working with our new drama teachers Charlotte Gearside and Emily Tutin, and it's great to have such one-on-one closeness with them so early in their teaching here."

Audiences may recall the movie version of the show, with Rick Morannis, but be warned, Audrey II is not so placid as portrayed in the movie. Amy said that despite the musical not being written recently and "quite strange" in its themes, the central idea of what lengths people will go to in order to achieve their heart's desires, still holds universal appeal today.

"It's about how normal, average people will go to great lengths to achieve things... and how far is too far?"

Students involved in the production have great opportunities to polish everything from singing and acting to playing in the orchestra or managing lighting and sound.

Amy, who played Mabel in Karabar's *Pirates of Penzance* last year, said she's really heavily involved in Karabar's performing arts program. "I don't really do much outside of school because Karabar has given me so many opportunities in itself. Each of the performances, productions and workshops we attend are really enriching experiences in themselves."

Audiences will be able to see just how flourishing this performing arts program is when *Little Shop of Horrors* sprouts from the floorboards of the **Erindale Theatre 3–5 May 2011**. Come for the great music, come for the dancing, come for the singing, come for a good night out. But whatever they offer you – don't feed the plant!

Tickets available from Karabar High School, Ph: 6298 4333.

Tuesdays with Morrie: just stunning

THE RESPONSE to the play *Tuesdays with Morrie* has been unprecedented for a touring play at 'The Q', according to program manager Stephen Pike, leading to a return engagement in early May.

"Standing ovations are hard to come by in our region and are usually bestowed upon musicals. However, *Tuesdays with Morrie* received a spontaneous one on opening night, something I have never seen for a play before," said Pike.

"I knew the play had been a sell-out in its Sydney season and the book is an international best seller but I was not expecting the scale of the response nor the emotional reaction to the story. I have never felt such palpable emotion in a theatre before."

(The *Bulletin's* theatre department can confirm that at play's end on opening night there was hardly a dry eye in the house, judging by our own and immediate neighbours' reactions and the loud sobbing coming from a tender young person somewhere up the back.)

"There were over 20 emails and dozens of verbal responses. To put that in perspective, most shows would be lucky to get written feedback at all – even if they are very good productions. In my 30-plus years in theatre I am only aware of two other productions getting over 20 written responses," said Pike.

"I have a theory that if a production can captivate your imagination and has a story that will make you laugh and cry you can be pretty sure people will talk it about for a long time. The musical we are doing later in the year *Blood Brothers* is saturated in these qualities."

"I read the book many years ago and when I saw your advertisement I made up my mind that it was a must see. I am already thinking that I may even go and see it again this evening depending on the availability of seats."

"What a gem of a play, and such a beautiful production. We were emotional wrecks by the end of it. Our guest, London theatre critic, Mark Shenton, was also most impressed both with the production and the theatre, and it was a real pleasure to be able to arrange for him to experience such an impressive piece of Australian theatre making during his Australian visit."

"I was so thrilled to introduce my 11-year-old daughter to the magic of theatre. She was one of the first to stand for the ovation and I was so proud of her innate reaction to do so. A production and performance that I will never forget."

"I wanted to thank you for the wonderful play last Thursday – simply brilliant. Great performances by both actors."

"Any chance of extending the season because of popular demand..."

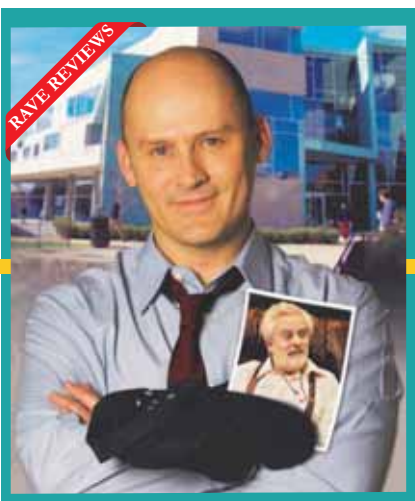
Celebrate the magic of the musicals

COMING TO the Canberra Theatre in June: *The Music of Andrew Lloyd Webber*, an evening with maestro's most timeless songs performed by the current stars of Australian musical theatre...Blake Bowden, Alinta Chidzey, Andrew Conaghan, Michael Cormick, Trisha Crowe, Delia Hannah, Kirsten Hobbs, Shaun Rennie and directed by Stuart Maunder.

Lloyd Webber has been described as the master of musical theatre. His musicals have been seen by hundreds of millions around the world, translated into dozens of languages and won every major entertainment award.

Directed by one of Australia's leading directors, Stuart Maunder, this theatrical event will feature some of Andrew Lloyd Webber's most timeless songs from Eva Peron's passionate *Don't Cry For Me Argentina*, to the classical masterpiece *Pie Jesu*, from the rock favourite *Superstar* to the breathtaking *Music of the Night*.

Continued p15



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Late summer, autumn produce

I THINK of autumn as the graceful, calm, season. The autumn fruit, an artist's still life, are in abundance – pears, quince, persimmons, pomegranates and of course the delicate raspberry.

New season apples are coming in, still crisp and tart – we ate them with a little salt when we were young. Local farmers are having luck with apples this season – I have a lovely box of Jonathons from Millpost farm. You can find all the Batlow apples at the farmer's market at Epic priced at $3 per kilo – with the last of the nectarines and peaches also at $3 per kilo.

Now is the time to poach the pears with brown sugar, marsala and a cinnamon stick – I do prunes the same way then use them together.

Photos: Karen Heyer

Quince are falling off the trees and are in all the markets now. They are messy to peel, but worth the effort for paste or jam. I like to poach them in the slow cooker and use them with apples in frangipane tarts. Always throw some of the peel in the pot to help bring out the rich red colour.

Beetroot have been great at the Epic markets, as have the cauliflowers and cabbage. Leeks are in and fennel just starting to come in, they are usually well priced at the Fyshwick markets.

The tomatoes are holding on until the first frost, it is a good time to make some simple sauces up for winter dishes. The local pumpkins are waiting for a frost but some are now appearing in the markets. My husband asked me if I had put brown sugar in the pumpkin soup – the pumpkins are so sweet at the moment!

Tuscan cabbage, or cavolo nero from the kale family is at Epic markets. It is being supplied to us by growers from Little Burra as well. It is a great source of vitamins and good to throw in soups at the last minute.

The wonderful supply of raspberries has been coming from Judith Torman, at 'Sazava', Carwoola, and the saffron milk cap mushrooms (*pictured above*) from the Turley/Watson family, Millpost farm.

Please share your knowledge and tips for growing wonderful produce with us.

— Kate Shelton
www.benedicthouse.com.au

FOOD LOVERS in Bungendore also specialises in fruits and vegetables grown locally or in the region as well as offering organic small goods and free range meats. Their tomatoes from Goulburn and avocados from up the coast are always delicious!

LIQUID GEOGRAPHY –

Canberra district a winner

IT'S OUR WINE – your wine, with diversity in variety and style found nowhere else but the Canberra Wine District. Did you know that of James Halliday's top 100 wines in NSW for 2011, the Canberra District came equal top with the Hunter Valley and scored 14 out of the best 100 wines? Talk about punching above your weight, Rocky Balboa would be proud.

by
Peter Davies
Shepherds Run Wines

As we run into autumn and the days still stay warm and sometimes gentle, there is a plethora of wonderful events in the local region. Check out *What's On* the last page of the *Bulletin* as well as local adverts. The magnificent seven local wineries are all open over winter and offer a warm and inviting place to visit. The addresses and opening times are in the brochures available in many tourist venues.

By the way, I recently read that *Lark Hill* at the top of Smiths Gap scored 92 out of 100 for their Lark Hill Gruner Veltliner 2010 – congratulations to Sue, David and Chris!

Predictions of a low grape harvest

I predict that Australia's national grape harvest will dip well below the recent average of 1.8 million tonnes and could even fall to 1 million tonnes. There has been significant disease pressure on many east coast wine regions, including Canberra.

At Shepherds Run, a heavy fall of rain just at flowering knocked us around badly and later in the season we couldn't get our tractor and sprayer into the vineyard to spray for powdery mildew. Downy mildew is not helping either. So, no grapes for us this year.

Looking forward to history

This month sees the 40th anniversary of the establishment of the Canberra District wineries. Next time I will regale you with some interesting tidbits of our history – so much achieved in so little time. By the way don't miss a great new winery on Brooks Road – *Little Bridge Wines* – check them out at **www.littlebridgewines.com.au**.

So that's about it from me. Please visit our local wine and food businesses. They are there to provide a special experience for you, be it haute cuisine or cheap and cheerful. We are very lucky to have the variety, quality and choice of places to eat and drink.

Raspberry pavlova recipe from Kate Shelton's book Love of the Laminex Table, *out soon.* Photo: Leonie Keogh

Raspberry meringue for Easter? or anytime? yumm

Late summer is the season for raspberries and other seasonal fruits like pears. There are several raspberry growers in the Palerang region including in Sutton, Captains Flat (find their contact p2, they are looking for pickers now) and Carwoola, maybe more?

***Kate Shelton** from Benedict House has provided us with this luscious recipe and also season fruit and veggie update on this page.*

Pavlova with fresh raspberry cream

Meringues and pavlovas are always regarded as 'special'. Though they simply comprise of egg white and sugar, two simple ingredients, the combination is rather temperamental and challenging to perfect. As a general rule, I weigh the egg whites, and double that weight in sugar.

Pavlova ingredients:

- 300g egg whites
- 600g castor sugar *or* brown sugar for a softer texture
- To make a softer meringue for **pavlovas**, add ½ teaspoon vinegar and tablespoon of cornflower to the mixture.

Method:

Preheat the oven to 150°C. Cover large flat baking trays with baking paper.

Mix the two ingredients in a saucepan over a larger saucepan containing boiling water. Stir for a few minutes until the sugar dissolves and the egg white becomes clear. Place mixture into the large bowl of an electric mixer and set on High. Mix until peaks hold their shape.

Divide the mixture in half and spoon onto the baking trays, shaping two circles. Bake for 15 minutes at 150°C, then turn down to 100°C. Bake for 1½ hours and turn off the oven. Leave in the oven to cool with the door ajar. Store in an airtight container until required.

I sometimes make individual meringues as pictured on left.

Raspberry cream ingredients:

- 1 litre thickened cream
- 500g fresh raspberries
- 1/3 cup castor sugar
- ½ cup water

Method:

In an electric mixer, whip the cream until soft peaks form.

In a saucepan, bring the sugar and water to the boil, stirring to dissolve the sugar. Turn down the heat and add the raspberries. Turn gently a few times, then turn off and allow to cool.

Drain the liquid from the cooked raspberries and set aside. Gently fold the raspberries into the cream and spread over one of the meringue layers.

Add the top merinque and more of the raspberry cream. When serving pour some of the raspberry liquid over the top and sprinkle with icing sugar.

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On top of the world...

4 4 2

HALL REGION 277 OAKEY CREEK ROAD

This stunning 200ac property has some of the regions most scenic views of the Murrumbidgee River valley. 'Strathburn' is a large 4 bed, 4 bath home with sep living areas, rumpus, self-contained flat, study den, wine cellar, zoned r/c air, slow comb fire,solar hotwater & solar panels. Outside is a heated pool & spa, DLUG, 4 bay stables, cattle yards, machinery shed & orchard. Fronting onto Oakey Ck, with deep pools & cascading falls all just 20min to Canberra's CBD.
Offers Over $1,250,000 New Listing

6262 5122 | Chris Dixon 0414 819 377

Home among the gum trees

2 1 1

GUNDAROO 123 BERALSTON ROAD

Set amongst pristine bushland with tree-top views, this charming home has loads of appeal with its bright, modern interiors, raked ceilings, floating floors & wrap-around decking. Two generous bedrooms both with built-in-robes & cosy living area with log fire & open plan kitchen & dining that open out onto the rear deck over looking the pool. With endless opportunities to redevelop & make this bush land sanctuary your own, it is a must see. **Offers Over $530,000 New Listing**

6262 5122 | Chris Dixon 0414 819 377

4 2 6

CARWOOLA 15 PONY PLACE

Landscaped gardens on 11 acres of natural bush is this stunning 4-bedroom plus ensuite home. Features include stunning parquetry flooring, granite benchtop in kitchen, spa bath, rev. cyc. a/c & solid fuel heater, bituminised circular driveway, 4-bay 140sqm shed with 3-phase power, bore, 2 dams and automated irrigation. **EOI by 20/4/11**

6262 5122 | John Sneddon 0403 139 701

6 3 3

SUTTON 49 VICTORIA STREET

"KANDALLAH" On the outskirts of Sutton village & 15 mins from Canberra's inner city is an oustanding rural retreat of 6.62acres (approx) with a substantial 3 bed + study, ensuite residence & a separate 3 bed 1 bath cottage. Features modern kitchen & bathrooms, DGH, DLUG, 2 lic bores & shed. **$1,200,000**

6262 5122 | Chris Dixon 0414 819 377

4 2 1

GUNDAROO 9 MORNING STREET

This 4 bed, ens + study colonial style home is positioned on a 1 acre block with rear lane. Features incl slate floors with in-slab heat, lounge with raked ceilings & an open plan kitchen & family room. Outside is a paved entertaining area with pond & pizza oven, garage & bore. **Offers Over $700,000**

6262 5122 | Chris Dixon 0414 819 377

3 1 2

BUNGENDORE 459 BUNGENDORE ROAD

3-bedroom + study home with impressive infrastructure set on 40 ac with views to Bungendore & Lake George. Featuring a new kitchen, spacious living room, solar hot water, s/c heating & large outdoor entertaining area. 2 dams, a bore with commercial irrigation license. **EOI by 7/4/2011**

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4 2 2

WAMBOIN 81 CANNING CLOSE

4-beds + ens dbl-brick home set on a 20 ac bush block in "Old Wamboin". Features include; Blackwood timber kitchen with stainless steel appliances, slate flooring, Cheminee Phillipe fire, ducted gas heating, glass walled atrium and a large game's room. Creek, productive bore, vegie gardens, dbl-garage and dual road frontage. **EOI by 7/4/2011**

6262 5122 | John Sneddon 0403 139 701

5 2 2

GOOGONG 277 FERNLEIGH DRIVE

5-beds + ens solid brick home on 5.3ha (13ac) block with creek frontage and sweeping rural views. Featuring high ceilings, dbl glazing, ducted evap cooling, gas heating, dbl sided Cheminee Phillipe fire & c'yards for outdoor living. There is a studio with a mezzanine level and a detached self-contained flat. 3 dams, 2 paddocks + netted vegies & orchard. **By negotiation**

6262 5122 | John Sneddon 0403 139 701

For Sale

Bywong
Offers over $995,000
107 Summer Hill Road
Sprawling home with self-cont flat on 40ac of productive grazing land with 5 paddocks, 2 dams, bore, stables & sheds. **John Sneddon 0403 139 701**

Mullion
By Negotiation
Doctors Flat Road
80ha (200ac) bush block with creeks, wildlife and privacy. Ideal getaway for hunting, riding or walking. **John Sneddon 0403 139 701**

Gundaroo
Offers over $280,000
24 Morning Street
This scarce 1/2 acre block is located in a quiet side street, fringed by leafy trees. Level & with rear lane access. **Chris Dixon 0414 819 377**

Carwoola
Offers over $750,000
198 Widgiewa Road
Architect designed passive solar 3-bed home on a private 20ac. Approx. 15 mins to Qbn & 30 mins to Civic. **John Sneddon 0403 139 701**

Carwoola
$480,000
56A Widgiewa Road
8ha (20ac) block with views. Sealed road access and only 15 min to Qbn. Ideal location for your dream home. **John Sneddon 0403 139 701**

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PaterangBulletin_FP

Six-month update on sales, prices, rural residential

by John Sneddon

THIS MONTH in *Property Matters* we are presenting the sales activity data for the six-month period of 1 September 2010 to 28 February 2011 for the rural residential areas of Bywong, Carwoola and Wamboin. Also included in the table below are the figures for the six months before that – 1 March to 31 August 2010 – for comparison purposes. This information was sourced from allhomes.

In comparing the latest six months reporting period to the six months before that we can see that:

- the number of house sales remained the same for the Bywong and Wamboin areas with a significant increase in Carwoola house sales
- the average number of days on market to achieve a sale were significantly less for Bywong, more for Wamboin and were roughly the same for Carwoola
- the numbers of properties currently on the market have increased in all three areas.

In my opinion the most telling statistic is the increase in the numbers of properties on the market. For buyers, it provides more properties from which to choose and for sellers it generally means there is increased competition to achieve a sale. However, as reported previously there are still good numbers of buyers actively seeking a rural residential property to meet their needs, whether it be a grazing block, a property with equestrian infrastructure or a bush block for a peaceful and private retreat.

If you would like to discuss the state of the market in your area, please don't hesitate to contact John Sneddon of Peter Blackshaw Real Estate Inner North & Rural on 0403 139 701.

	Bywong		Carwoola		Wamboin	
	1/9/10 – 29/2/11	1/3/10 – 31/8/10	1/9/10 – 29/2/11	1/3/10 – 31/8/10	1/9/10 – 29/2/11	1/3/10 – 31/8/10
House sales	8	8	13	6	11	11
Average sale price	$876,813	$735,500	$787,036	$748,500	$673,182	$908,727
Highest sale price	$1,100,000	$1,200,000	$1,200,000	$945,000	$832,000	$1,385,000
Lowest sale price	$762,000	$570,000	$580,000	$510,000	$659,000	$640,000
Average days on market	59	112	83	78	79	53*
Land sales	2	2	4	6	3	7
Houses for sale	11	8	12	8	13	6
Houses currently under offer	2		4		4	

* Two extreme results were removed in calculating this average. With them the average was 90 days.

Are you running your business like an entrepreneur?

by Jean McIntyre (Marketing Angels)

Jean McIntyre talks about the difference between entrepreneurship and the function of running a business. Just because someone owns and runs a business does not make them an entrepreneur. She asks "Are you really an entrepreneur or have you just created a job for yourself?"

I CONDUCTED a little poll a few weeks ago about the big concerns of businesses in the ACT. Interestingly the main concern for the small businesses I polled was attracting new customers to the business – followed by the skills crisis.

In my view the main challenge for businesses – that is related to these things – is the lack of entrepreneurship.

According to the Business Dictionary, entrepreneurship is defined as:

Capacity and willingness to undertake conception, organisation, and management of a productive venture with all attendant risks, while seeking profit as a reward.

Entrepreneurs are risk tolerant: what does it mean?

This is a good definition and at its core is the idea that entrepreneurs are people who are prepared to take risks in order to achieve their profit and growth goals.

In my experience there are two kinds of business people. (There are actually many more than that but I want to focus on two here). Those are entrepreneurs and people who create a business to give themselves a job with some autonomy. Both are equally valid reasons to create a business.

In this context risk tolerant means being willing to invest valuable resources to achieve an outcome where success is not guaranteed.

Entrepreneurs invest. They invest in advice from accountants about better ways to manage their money. They invest in great graphic design to make their brand professional and consistent.

They invest in trade mark and patent protection for their intellectual property. They invest in legal advice to protect their business. They invest in setting up quality systems. They invest in good recruitment, training and OH&S practices to protect their staff.

And of course they are willing to invest in marketing to derive the revenue they hope to gain.

Entrepreneurs invest because they understand the return they can get from the investment and how it will help them achieve their goals.

The other kind of business person

The other kind of business person doesn't consider investment – they only think in terms of cost. They don't plan expenditure but wait until they have to spend money. In this way they are always playing catch up.

They often have goals they'd like to achieve: "I hope to earn a $1 million revenue by 2015". "I hope to grow and sell my business for $2 million in 2013". The problem is that they are unable to link investment with those goals.

Obviously my business is in marketing so that's where I see the problem the most but it's not limited to marketing.

How much should you invest in marketing?

I often get asked by people "How much should I spend on Marketing?" Marketing Angels has a great e-guide that answers just that question. The short answer is – be prepared to spend a minimum of 10% of your expected revenue. That is, if you expect to earn $1 million – then $100,000 is a good start.

The long answer is it depends on what you want to achieve, what the competitors are doing and what is happening in the market. Sometimes you'll need to spend much less – sometimes much more.

Interestingly – if you were in retail and ran on a 20% markup – you wouldn't think twice about spending $800K on stock (and staff etc) to derive that $1 million.

So why then wouldn't you spend that much on marketing if it were to deliver a good profit?

Entrepreneurs focus on the profit they want to achieve and spend whatever it takes to generate sufficient revenue to deliver that profit.

(A slightly edited version from Jean's blog.)

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Tanya Nadin (nee Hannaford) will continue to be available for casual appointments on Tuesday afternoons and, by appointment, on Tuesday evenings.

Ian Marjason is available for casual appointments on Friday afternoons.

Both Ian and Tanya may be available at other times by appointment or alternatively both are available Monday to Friday in the Queanbeyan office.

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Ancient arts for stunning jewellery

BRAIDWOOD AREA ALCHEMIST

by Heike Hahner

WHEN TALKING to gold and silver smith Paul Bott of Mongarlowe, near Braidwood, it becomes instantly clear that he loves and has great pride in working with precious metals.

He delights in the ancient processes of working with gold and silver and refers to them as an "ancient and noble art form" and he "hopes to equal the past masters of old". Through working with metals, a strong connection exists for Paul with a past that stretches back far beyond the ancient Celt, Pict, Viking and Byzantine cultures and this shines through everything he does.

Living in the 21st century is not always to Paul's liking.

Paul Bott melting palladium and platinum together in the crucible — with the mould right next to that keeping warm ready for pouring.

He strives in his life and his work to achieve what he calls a "zero foot-print" on this planet. This means to Paul, that we should minimise our impact on our environment by re-using and re-cycling. From this zero foot-print notion stems his ideas of reclaiming gold and recycling jewellery.

At over $1,300 an ounce, gold is a very expensive art medium and Paul lovingly explains how gold dust is collected from his equipment and polishing tools. It then is sent off to be reclaimed. Unlike other goldsmiths, who will take cash for their reclaimed gold, Paul takes the gold back to use it again.

On the day of our talk, Paul hands me a small, but very heavy plastic bag. It contains a small amount of tiny pebbles with a beautiful bright yellow glow – reclaimed gold, ready to be used for a new piece of jewellery.

Paul offers the unusual service of recycling jewellery. Old or unused pieces, such as wedding bands after a divorce, are melted down and re-worked into beautiful new pieces. He adds with a grin, that the melting down of a wedding band in the crucible is quite a cathartic event for some people. Wedding bands are a favourite and very meaningful piece of jewellery for Paul.

Alloys and pure elements are very different

There is something fascinatingly medieval and mysterious about the processes Paul describes that lead to the birth of an intricately designed piece of jewellery. Alloying, for example, Paul explains, is the mixing of metals. Pure gold is 99.9 pure, or 24 carat, and will never, like platinum, oxidise. White gold is an alloy and can often contain 25 percent palladium. Other common additions to gold are copper and silver.

Paul points out that a lot of inexpensive gold jewellery, such as that made from 9 carat gold, is mainly copper and silver and contains only a small amount of gold. The term 'karat', Paul explained, comes from ancient times and stems from the use of carob seeds to weigh gold, because the seeds reputedly had a uniform size and weight.

A goldsmith can tell where the gold he is using comes from, because of the other elements it contains, such as palladium, platinum, silver or copper. So, a wedding band for someone living in the Braidwood region could be made from local gold, thus adding depth and meaning to a very significant event in most peoples' lives.

For Paul, as a craftsman and artist who takes his profession seriously, the differences between alloys and pure elements are extremely important, as the quality of the materials he works with will be reflected in the final product.

Creating something stunning and unique

The fact that gold can be used again and again excites Paul. He says that there is some loss when making a new piece; so, to make a piece of jewellery that weighs 10 grams the client must provide 12–15 grams of gold. The more work and the more fabrication that is involved in creating a piece, the more expensive it becomes.

Viewing some of Paul's pieces, one can say that they are well worth the cost. Although he takes his time with clients by drawing designs and discussing their ideas, the real value and charm in his work is the fact that he will create a stunning on-off piece – one that will be absolutely unique and unmatched.

If you would like to recycle some jewellery, you can get in touch with Paul on 4842 8164 or 0429 428 164.

Fun and happenings at Riverside Plaza

Lots of things are going on at Riverside Plaza, Queanbeyan. There are Easter activities for the kids and a call for early memories of shopping at JB Young's.

School holiday activity

Paint & decorate your own eggs for Easter. It's happening in the Food Court from Wednesday 13 April to Friday 15 April. Come along from 10am–2pm. The cost is free!

Colouring-in fun

Colour-in and enter to win a $20 voucher from Target. Three vouchers will be awarded. It's easy to enter, just drop your entry off at Target or Centre Management before Wednesday 20 April. Your entry will go on display next to EB Games. Winners will be contacted by 21 April.

Kids' book special

When you spend $50 at any store in one day, bring your receipt to Centre Management and receive a FREE kids' book. Valid during school holidays, 11–21 April 2011.

We need your help

JB Young's store in Queanbeyan would have been 55 this year in May. To mark this milestone we're on the hunt for stories from a bygone era about this iconic part of our shopping centre history.

Image courtesy of the National Library

We want to know any stories about the store from quirky memories to who used to shop in the store (famous or infamous!) or anything you can remember. We do already know that a certain Russian spy used to have secret meetings in the store.

To coincide with this anniversary, we will be hosting a display on Monaro Street later this year.

Please contact:
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RIVERSIDE PLAZA

– From the Editor –

History looms large in April

HERITAGE AND history, quite without our planning it that way, have come together as a big focus for April in the pages of the *Bulletin*. Both Queanbeyan and 'Canberra and region' are celebrating our local heritage with events in Palerang villages and Queanbeyan city.

Palerang Councillor Cath Moore gives a bit of background on p12 from the work of the Council's Heritage Advisory Committee and all talks, walks and shows are listed in our back page *What's On* calendar.

Timing being everything, we also have a fascinating review of Barry McGowan's new book, *Dust and Dreams: Mining communities in south-east New South Wales*, p13, that again highlights the central role of gold and other mining in the development of this region – the 'reefs' mined in western Palerang, larger mining sites and now relics from Captains Flat to Braidwood and the interesting human history that came along with these dreams.

Even our interview with John Barilaro, our new state representative, ended on a discussion of how more localised state planning laws might offer the opportunity for creating heritage zones in Queanbeyan.

* * * * * * * *

Greenhouse thought bubbles

THE FINAL EPISODE of the excellent BBC series *How earth made us*, showed planet-wide evidence that humans are now a 'force of nature' not only capable of but demonstrably altering the planet: exhibit A – a mud volcano engulfing Indonesian villages as a consequence of a gas drilling project gone horribly wrong.

Following that theme, the program ends with an easy-to-understand discussion of how human atmospheric pollution with greenhouse gases from burning fossil fuels is causing global warming and climate change.

What struck me the most about this program (and in other international examples) was the total lack of the forced debate that is still bogging down Australian public discussions of climate change and greenhouse gas pollution.

Is it the influence of too many political reporters who still don't understand the science and just repeat what politicians say because they like a rowdy, political debate? Is it talkback radio jocks and newspaper columnists who are deliberately ignorant, rude and like to stir with a handful of sceptics because that gets them ratings?

While the federal government appears finally to be getting some courage on this issue, (let's wait and see about NSW) there's no doubt the media carries a lot of the blame for public confusion and that Australia seems so stuck in circular arguments compared with much of the world on this issue.

Dear Editor ...

DARGUES REEF MINE UPDATE

Calls from endangered species

THE DARGUES REEF mine and processing development is still being considered by the NSW and federal departments. The state decision will await the election results. Federally the public will be given 10 days to comment on (*mining company*) Cortona's response to the risks to federally listed endangered species.

Meanwhile, there is concern that the rock below the development isn't all granite, as the Environmental Assessment states, but sandstone and other rocks that are the source of the springs in the northern Araluen valley. Ironically just as they are under greatest threat, the species below the development site are thriving in the wet, with thousands of tadpoles and young fish in the water holes.

I'd just picked up a quoll scat a few weeks ago when I heard a mother quoll give a 'cough' to warn her young, and the powerful owls have begun their winter 'booming' early in the mist. The petitions calling for more rigorous conditions haven't been presented, although signatures are coming from all around Australia. The loss of any species affects us all. If you'd like to add your name, go to **www.jackiefrench.com** by 15 April.

Federal member Mike Kelly has been invited to meet with members of the *Araluen Agricultural Producers and Protectors of Eco-systems Coalition*, an association of landowners in the Araluen, Majors Creek and Deua River catchments and local vicinity who are concerned at local development issues such as the Dargues Reef development – anyone interested in joining can contact Robyn at **clubbr@yahoo.com**.

— Jackie French, Araluen

Indoor staff jobs secure in Braidwood

BEFORE LAST MONTH'S state election, then Member for Eden Monaro Steve Whan presented a cheque for $400,000 to Palerang Mayor Walter Raynolds, and General Manager Peter Bascomb, on the steps of the Braidwood Literary Institute building – the seat of Palerang Council in Braidwood.

The conditions of the grant were that the monies were only to be used on the refurbishment of that building to assist Council retain their offices in Braidwood. (*The* Bulletin *has been given to understand a further $100,000 has been earmarked by the incoming state Coalition through John Barilaro for this purpose as well.*)

This secured the indoor staff in Braidwood for the foreseeable future, at least until the next Palerang Council election in September 2012.

Staff members, who were present, were ecstatic as they had endured a very difficult five months over the Christmas holiday period, since the first suggestion that because of fiscal deficiencies in the upcoming Palerang budget, the cost of repairing the Literary Institute building meant 'other' options had to be considered.

The public present loudly applauded the Mayor's statement, as it demonstrated to them that their voices had been heard at the two public consultation meetings the shire had held.

— Cheryl Raper, Braidwood

Live exports shame Australia

THANK YOU for the informative and sad report on a shameful part of Australia's economy, the live export trade of cattle and sheep for slaughter overseas. The sacrifice slaughters are particularly horrible. And what an amazing woman Lyn White must be to continue handling the horror scenarios. We hope she finally gets the message through to the relevant pollies that financially and ethically Australia does not need this trade.

We just read in the *Sydney Morning Herald*, that there has been a large jump in the number of cattle deaths on export ships travelling to Asia and the Middle East. The number of fatalities on board went up 20 percent last year. The report said the voyages can take as long as 35 days and ships can carry as many as 19,500 cattle or 114,000 sheep or a combination. The carcasses of those who don't survive are minced and thrown overboard as shark feed. Enough is enough!

— Sophie Dachser, Queanbeyan

14 MAY BY-ELECTION

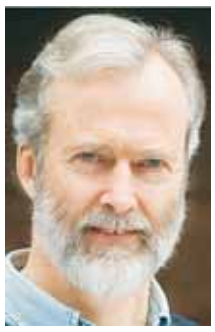
Palerang Council will hold a by-election on 14 May for the position of one councillor. Interested parties can nominate for this position by lodging a nomination form by 12 noon on Wednesday 13 April. Relevant material is available from Council offices or electronically from the Electoral Commission, www.elections.nsw.gov.au.

As we go to press, two nominations have been received. One from Pete Harrison from Wamboin whose statement is below, and one from Mark Horan from Braidwood, who has run unsuccessfully in the two most recent elections after being a councillor in the first Palerang assembly.

Horan did not provide the *Bulletin* with a candidate statement but told a local paper that he owed another run to those who voted for him last time. In his time on Council he was closely associated with big rural landowner politics and votes.

Candidate Statement from Pete Harrison

COMMUNITY ENGAGEMENT TOPS HIS LIST



ANOTHER ELECTION, more politics. What does it matter who you vote for? It's only one councillor out of nine, and they're all useless anyway, right? That's certainly the way a lot of people will view the upcoming Palerang Council by-election. But there are good reasons to look at another aspect of the local government election process.

In my capacity as president of the Wamboin Community Association, I have attended every meeting of the current Council (which is more than can be said for most councillors). I have also attended all but one of the meetings aimed at preparing the new Palerang LEP.

At a personal level, I probably do have better things to do with my time. But as a community representative, and at times the only member of the public gallery, this exercise has been quite enlightening. I have developed a different perspective on the importance of community engagement with local government.

Many of the Council matters that have occupied my time since Palerang's inception have been the result of inadequate community engagement – lack of fundamental understanding of the issue and/or a lack of appreciation for the importance of the issue within affected communities.

The dramatic increase in rates for rural residential ratepayers, the threatened closure of the Macs Reef Road waste facility, the destruction of heritage structures in both Braidwood and Captains Flat, and the most recent matter of staff cuts in Braidwood are all controversial issues inflamed by inadequate community consultation or representation.

I have lived in the rural residential community of Wamboin for the last 15 years. While I originally worked as a research chemist, I spent most of my professional career delivering services within the Information and Communications Technology industry. I have been involved for over 10 years, at various levels, with the Wamboin Community Association, and in a broader context have interests in sustainable living, and in youth development through my role in Scouts Australia.

One councillor *can* make a difference, but they will only be as effective as their knowledge of relevant issues and their ability and commitment to support these issues in Council. I am committed to the representation of community interests, to the ongoing process of community engagement, and to the fundamental principle of transparent governance. I believe that these three factors can make a real difference in the effective operation of our Council.

Pete Harrison,
ph: 6238 3525
Email: contact@peteharrison.id.au

Changes after the rain

story and photos by Jo Walker

THE SPRING and summer rains, after such an extended dry period, resulted in rapid growth on most of the trees and shrubs in our area. The various colours of new growth displayed by the eucalypts – red, orange and yellowish green – added as much colour in the landscape as some of the flowering shrubs. Interestingly, very few of the eucalypts in this area flowered, although many of them are carrying dense clusters of buds by now.

It's a real contrast to last year when the Red Stringybark (*Eucalyptus macrorhyncha*) and some of the Yellow Box (*E. melliodora*) attracted Rainbow Lorikeets to the area to feed on their nectar-laden flowers. A compensation for the lack of flowers was the extensive shedding of bark by the smooth-barked gums, especially Scribbly Gum (*E. rossii*), pictured on left, and Brittle Gum (*E. mannifera*). Many of the former shed all of their bark, their creamy-white trunks standing out like candles in the bush.

Most of the shrubs reacted to the rain by putting on spectacular displays of flowers. However, the continuous rain had a deleterious effect on the amount of seed produced by many of the local plants, preventing pollination by insects in some cases and washing away pollen from wind-pollinated plants.

Some of the pea plants had very little viable seed or none at all, and a stand of *Pomaderris angustifolia* at my place that has produced copious quantities of seed annually for many years produced seedless capsules this time – much to the consternation of the Crimson Rosellas who relish the seed as a food source.

Seeds take opportunity to sprout after rain

There were evidently lots of seed in the ground from previous years just waiting for a suitable period of moisture in the soil. Enough tiny seedlings of eucalypts and wattles are germinating to produce a future forest in some places.

Continued p12

AGED CARE

A personal perspective on aspects of the Productivity Commission's enquiry *Caring for Older Australians*

by Gina Pinkas

DISTRESSED AND frustrated by my experiences in getting aged care for my parents and my uncle, I made a lengthy submission to the Australian Government's Productivity Commission enquiry into care for aged people in Australia.

When my mother, an occupant of a dementia wing in an award-winning aged-care home, died, I decided that it was important to submit to the enquiry my personal experiences which illustrated failures in the provision of care in some aged-care facilities.

Over the previous four years I had closely observed the care of my uncle, my father and my mother all in their nineties. My experience covered three aged-care homes in different states and three types of care – high, low and dementia.

The Productivity Commission was required to develop "detailed options for redesigning Australia's aged care systems to ensure it can meet the challenges facing it in coming decades" (quoted from *Caring for Older Australians – Draft report*, page vi). It recently issued a draft report on its enquiry and this can be found on the Commission's website, **www.pc.gov.au**. The report mainly addresses flexible funding options for the future and strategies to ensure real costs are addressed in funding models.

Need for coordinated information

One of the main issues I submitted to the enquiry was the need for coordinated information across all levels of government and providers in how to access and fund assistance before entering a person in a residential aged-care facility. During my inspections of eight aged-care facilities, I came across many people who were similarly looking at the best care option for their loved one.

They were at times misinformed or uninformed and did not understand the funding provisions. Nor did they know which questions they should be asking the management. At times there was uncertainty if beds were, or would be, available and whether bonds should be paid in full or as part payment with significant benefits for some from making only part payment. There was also a lot of misinformation about waiting lists. While lists were kept, we were assured that beds were allocated on a needs basis. There seemed to be a lack of transparency in the allocation of beds.

In response to the submissions, the Commission has recommended a single 'gateway' into the aged care system to provide information, assessment, care coordination and carer referral services.

Severe lack of skilled workers, poor pay

My greater concern is the severe lack of skilled aged-care workers which is reflective of the low pay they receive. While I found some homes had mediocre facilities with excellent care, a new award-winning facility was poorly supervised and at times insufficiently staffed.

This resulted in events such as: no supervision of common areas in a dementia care ward with the one on-duty staff member shut away in a distant room helping a resident, a visitor having to remain an hour in the ward waiting for someone to let them out, residents falling out of bed with pressure warning mats not connected to alarm systems, and the near starvation of one resident due to a failure to feed (the resident responded to special feeding care when it was finally provided).

A lack of consistency in supervision of workers and a policy of rotating staff throughout the aged-care facility meant carers did not get to know the specific needs of individual residents and the constant change is distressing to some residents. Inadequate staffing also led to a failure to check changing medical instructions or help post-operative residents back into the aged-care facility.

Level of staffing is an area where aged-care facilities can, and often do, make cost savings. Revenue is not specifically mandated to go to any one operating area and funding budgets for staff is generally up to the discretion of the provider.

While the Commonwealth mandates the staff-to-child ratio in a child-care facility, there are no such standards for our vulnerable parents in care. Their needs for adequate care at the end of their lives are just as important as those for children at the beginning of their life.

The Productivity Commission has dismissed this need to set universal staff-to-resident ratios by stating that there does not seem to be a need, given the variability of clients' needs, and the accreditation process aged-care facilities must undertake. I disagree.

Nurses in aged care paid less

Poor pay is a serious barrier to adequate carer recruitment. Some provider submissions to the enquiry indicated that annual staff turnover was as high as 29 percent. The relatively low level of remuneration of direct care employees and the big wage gap between payments for registered nurses in aged-care facilities compared to their equivalent in the public health system was raised by a number of submissions.

Weekly pay levels for registered nurses in aged-care facilities are almost $400 less than in the public health system. The Commission quotes a submission which outlines the base pay rate for an entry level zoo keeper is $19.50 an hour while that for an entry level personal care worker is only $15.90 (*Caring for Older Australians – Draft report*, page 362).

The Productivity Commission has somewhat supported the payment of competitive wages to nursing and other care staff. One reason that the federal government has not resolved the disparity in pay rates between aged-care nurses and public health nurses is that there is no "specific requirement for providers to direct the extra funding towards higher wages" (*Caring for Older Australians – Draft report*, page 364).

It then goes on to note that increasing wages to a competitive level would result in greater expenditure than that outlined in Treasury projections in the *Intergenerational Report 2010* (*Caring for Older Australians – Draft report*, page 364). The Commission lamely dismisses this very important issue by saying that wages of aged-care workers in the long term are unlikely to become competitive unless there is an independent mechanism to assess costs and setting scheduled care prices. Then its only recommendation to address this major issue is to state "scheduled care prices, should take into account the need to pay competitive wages to nursing and other care staff delivering aged care services" (*Caring for Older Australians – Draft report*, page 371).

The results of this enquiry, due to be delivered to the federal government by the end of June, will have a major impact on the care for our loved ones and ultimately for us. Unfortunately, it has failed to adequately address the issue of securing appropriate numbers of well-trained and recompensed aged-care staff – a vital issue in aged care.

Exit fee ban – a win for young homeowners

THE FEDERAL government's ban on mortgage exit fees has recently passed into law and will apply to all new home loans from 1 July 2011, a win for families in Eden-Monaro.

The Federal Member for Eden-Monaro, Mike Kelly, said that this is a real victory for all consumers because one of the biggest roadblocks stopping families getting a better deal on their home loans will finally be removed.

"This measure will help boost competition in the home loan market over time, by giving consumers the ability to swap banks without facing the financial burden of exit fees," Mike Kelly said.

"Many local families and young couples complained to me that they wanted to leave their current loan, but were not able to do so because of the exit fees.

"I found it unacceptable that in some cases exit fees were so high that they completely wiped out the savings from switching to another bank (up to $7,000)."

This law builds on the federal government's existing reform giving ASIC the power to pursue banks over unfair exit fees on both new and existing mortgages. ASIC is also able to stop banks re-badging an unfair exit fee as another type of charge.

Some of the big banks have already responded to the government's initiatives by abolishing their exit fees, and one, National Australia Bank, so far has offered to pay exit fees for home owners to switch across from the two big banks that still have the fees in place.

— Press release

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What is the Palerang action network?

Do you have a sustainability initiative that might benefit from a broader network of people to leverage more resources? Would you like to be part of this network?

The story so far…

EARLY IN 2010 Palerang residents were invited to be part of the Sustaining Our Towns (SOT) project which is funded by the NSW Government through its Environmental Trust.

Those who attended the community meetings went on to submit an application for SOT funding for a project named PANS (Palerang Action Network for Sustainability).

The aim of PANS is to "increase the sustainable development capacity of Palerang communities by providing advocacy and secretariat support for local initiatives". It will be autonomous and managed locally by volunteers.

Our long-term goal is to set up a service which connects Palerang people and projects with research for grant applications and business models for start-up sustainability businesses. Administrative services may be available for community groups struggling with limited capacity.

A skills register, an exchange and learning/tutoring network form part of the overall aims.

We will also be investigating the commercial provision of services like tele-commuting centres and other sustainability-based contractual services as a way of ensuring PANS' viability.

The PANS application received seed money ($5200) from SOT to develop the Network and to seek ongoing funding through grants and business models. Most of this money is for the employment of PANS contractor(s) whose brief is, under the guidance of the PANS committee, to create the PANs network.

Want to be involved?

If you are inspired by the PANS vision and/or have projects under way that might fit in with the network, please contact Anne-marie Duke at **annimee1@gmail.com**. We are hoping to build a team of people from throughout Palerang to promote and develop this idea.

Project partners of the Sustaining Our Towns (SOT) project are SERRROC (South East Resource Recovery Regional Organisation of Councils), Clean Energy for Eternity, the Southern Rivers Catchment Management Authority and the thirteen SERRROC Councils.

— Melinda Hillery

PALERANG CELEBRATING HISTORY IN APRIL

Captains Flat, Bungendore and Braidwood

THE CANBERRA and Region Heritage Festival takes place 9–24 April, and Palerang's Heritage Advisory Committee (HAC) has organised a number of events as part of this year's celebrations.

There will be two history walks, the first on Saturday 9 April starting at 2pm in the historic mining village of Captains Flat. (*For details of time and place of all activities* ***please see What's On, p16***). The second walk is around the heritage-listed village of Braidwood on Sunday 17 April.

On Friday 15 April at 5pm, HAC is launching a pamphlet on the origin and history of Bungendore street names, in the Council foyer, Majara St. On Saturday 16 April, the main event starts at 10am, when HAC is hosting a heritage forum in the Council meeting room, also in Bungendore, with guest speakers David Scobie, Suzannah Plowman and Palerang's own heritage advisor David Hobbes.

David Scobie, who produced the original Bungendore Conservation Planning Study, 1982, funded by the Heritage Council of NSW and Yarrowlumla Shire Council, will talk about that and his current heritage work in various country towns. Suzannah was commissioned by Palerang Council to write a thematic history (2008) and heritage inventory of Lake George, Molonglo Valley and Burra, (two volumes, 2009). David Hobbes will talk about the process of heritage listing and respond to any questions or concerns.

Following the presentations there will be ample time for questions and discussion from the floor. The forum is expected to finish by 1pm.

All are welcome and all events are free.

— Catherine Moore, councillor, Palerang Council and facilitator, HAC

More people, more creative parking, now crack-down in Bungendore

DETAILED PARKING rules and Council parking patrols with fining capacity have been instituted in Bungendore. Council staff say this enforcement of parking rules may be expanded elsewhere in Palerang with time. The reasons for diverting scarce Council enforcement resources to parking in Bungendore, as well as a lengthy list of offences, can be found on a Council fact sheet on Council's website under Planning & Environment, Compliance & Enforcement at **www.palerang.nsw.gov.au/planning/12995/13028.html**.

Queanbeyan gets more pedestrian friendly

QUEANBEYAN RESIDENTS can look forward to a 'Crawford St Lifestyle Precinct', development of which could get underway in June–July.

The plan will see the section of Crawford St between Monaro and Morisset Sts transformed into a more pedestrian friendly area. The current four lanes of traffic will be reduced to two and the footpaths will be widened.

Queanbeyan City Council's Manager of Parks and Recreation, Tim Geyer, said the development will take between 6–9 months to complete and it's important that members of the community know what to expect during this time and that a detailed alternative traffic plan would be worked out for the construction phase.

"In 2006 Council undertook a project to gain a view of the community's vision of Queanbeyan for the next 25 years. The construction of an area similar to the Crawford St Lifestyle Precinct was encouraged by the community and it will add significant value to the Queanbeyan CBD."

Public hearing on mini park rezone proposal

QUEANBEYAN CITY Council is proposing to rezone a number of 'small pocket parks' for other uses and will hold a public hearing in April on the matter.

Thirteen parcels of land might go from 'community land' to 'operational land' and be rezoned. The public hearing will be on Tuesday 19 April 2011 at 5.30pm in the Queanbeyan Conference Centre, 253 Crawford Street, Queanbeyan.

Council received 43 submissions as well as numerous phone inquiries during a public exhibition phase, said Council General Manager, Gary Chapman.

The proposed rezone would allow Council to sell or redevelop the land. Mr Chapman said the proposal is in response to the ongoing maintenance costs of the 'pocket parks' many of which are near other open space in residential areas, with one located in an industrial area.

If it goes ahead, funds from the sale could be used for other parks.

VIEW raises money for literacy at the Bywong Car Boot Sale

THE LAKE George VIEW Club's stall was well supported by Palerang residents and visitors. Despite early rain, there were no dampened spirits, and everyone at the Bywong Car Boot Sale had a most enjoyable time with the smiles providing the warmth. It was a wonderful opportunity to meet old friends and make new ones.

All proceeds from the Lake George VIEW Club stall went to the Learning for Life Program run by the Smith Family and to sponsor literacy awards in local schools. Thank you to all who supported us. Together we raised just over $200.

VIEW Clubs of Australia always welcome enquiries and new members to our day and evening meetings, where you will find friendship, guest speakers and activities. Lake George VIEW meets the third Tuesday of every month.

Our deep appreciation goes to the Bywong Community Association for their help and support for our stall.

— Anne Walker

CHANGES AFTER THE RAIN

Cont'd from p10

Silky Parrot Pea (*Dillwynia sericea*) seedlings are plentiful on some of the open rocky areas with heavy soils along with Trigger Plant (*Stylidium graminifolium*) seedlings. The seeds of some of the shrubs I've planted on my land are germinating, too. Grevilleas have consistently done so, even in dry years, but at present Mint Bushes (*Prostanthera* spp.) and various species of *Pomaderris* (on right) and Hop Bushes (*Dodonaea)* are surrounded by a scattering of minute plants. There are even tiny, slow-growing Urn Heath (*Melichrus urceolatus*) seedlings emerging from the ground in places.

Grasses and forbs soak up the rainfall

Native grasses, of course, had a bountiful season, producing lots of herbage for grazing wildlife and shelter and food for insects to the delight of insectivorous birds. The grasses flowered and seeded over a long period because of the constant moisture in the soil – and Weeping Grass (*Microlaena stipoides*) is still flowering and producing seed.

Many of the moisture-loving forbs took advantage of the higher rainfall. There has always been a scattering of Golden Stars (*Hypoxis hygrometrica*) in the damper, grassy areas on my place, but this year there were hundreds. The Small Pennywort (*Hydrocotyle tripartita*) has taken over several muddy areas and Stinking Pennywort (*H. laxiflora*), the flowers of which have a pig-sty aroma, is carpeting areas of drier ground. More surprisingly, there are large areas of Hyssop Loosestrife (*Lythrum hyssopifolium*), pictured below, along the creek and through the wetter grass swards. This was never a common plant and even less so during the drought.

Even if the rainfall lessens next year, the effects of plant growth and other changes during this wet year will last for some time to come.

The Burra Quilters

Invite you to join them on

Sunday 1 May in the Burra Hall

From 10am till 12 noon

For

The Biggest Morning Tea

Lots of wonderful handcraft (ideal Mother's Day gifts), a silent auction and a chance to meet up with friends and neighbours

All proceeds go to support Cancer research

Please bring a plate — Gold Coin donation

BRAIDWOOD PRAM WALKING GROUP

EVERY TUESDAY DURING SCHOOL TERMS
COMMENCING TERM 1 – 2011

Tuesday's 10am

MEETING AT THE MPB CAR PARK

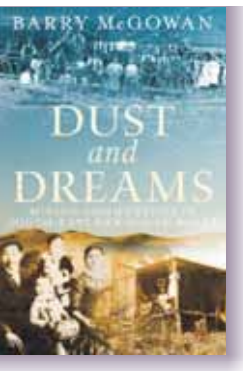
Come along for a walk, a chat and a play at the park

For enquires please contact
Kellie 6128 3688/0427 415 917

Dust and dreams conjure flesh and blood

New book on the mining history of our region

by Sarah Newsome



Dust and Dreams: Mining communities in south-east New South Wales

by Barry McGowan

University of New South Wales (UNSW) Press RRP $49.95

AS WE VISIT the Captains Flat markets or enjoy the Braidwood cafes, we rarely spare a thought for the miners of the past. Some of these towns survived, some became villages of commuters, hobby farmers and retirees, and some have slowly been reclaimed by the encroaching bush.

It's difficult to conjure up the rich and vibrant history of gold towns and ghost towns from the relics which remain. There is the odd chimney left, or piece of rusting machinery, which can be as difficult to decode as a tribal artifact from darkest Africa.

But if you know how to read them, mining towns, like abandoned ports or old penal settlements, can be an evocative reminder of the "dynamic yet ephemeral" nature of much of our early settlement.

And Barry McGowan does. In researching *Dust and Dreams*, he drove for hours and hiked for miles in search of abandoned mines and towns, often in a rugged and remote terrain of all-but-impenetrable thickets of blackberry bushes and teatree.

The result is a book which moves beyond the primary-school treatment of our mining history – which, if memory serves involved a cursory overview of the Eureka Stockade, the Lambing Flat riots, and the impact on rail and road development.

This image of a mining relic was sent to us by Jennifer McCurley of Captains Flat who is studying journalism and photography. Thanks Jennifer!

In *Dust and Dreams*, McGowan guides us through the stories of the old towns, and links them to our lives today. He traces this legacy to the way we think, the way we socialise, the way we work and the way we think about our environment.

Area full of minings towns, camps

He shows us the remarkable diversity of the mining towns in our region. Reef-mining camps such as Bungonia or McMahons Reef seemed almost festive compared to the "isolated and threadbare existence" faced by many lone fossickers, "the lost tribes" who camped in desolate humpies in the scrub. These are also a stark contrast to company towns such as Captains Flat, which had an active sporting and social life.

Miners themselves also varied. British, German and Scandinavian miners worked alongside Chinese and Aboriginal miners. There were miners who were self-employed men, and those who drew regular salaries from the big companies. There were miners who were swaggies down on their luck, and shearers making do in the off-season.

However diverse the miners were, they shared self-reliance, perseverance and a dream of becoming independent. McGowan argues that miners were a versatile, aspirational and entrepreneurial group, who helped to shape the broader society.

Mining communities reflected this resilience. Faced with neglect by officialdom and isolation, mining towns either had to lobby for facilities such as schools, or work together to raise funds to provide them.

Adversity fostered a strong sense of local connection. Miners banded together, the British and European in unions and progress societies, the Chinese in fraternal societies. When people in these towns discussed the issues of the day, it was largely in terms of the family and community aspects.

"Sporting activities, festivals and church functions were the mortar that bound these communities together, in good times and bad." The inter-war and post-war periods seemed particularly lively, with socials, tennis days and euchre nights often doubling as fund-raisers to build local facilities. Towns grew from humpies interspersed with sly grog shops, to include hotels, butcher shops, schools, and eventually racecourses, cricket grounds and schools of arts.

Industrial disputes in Captains Flat

Despite the community ties, tensions arose, often fuelled by a harsh environment or tough times. In Captains Flat, tensions took the form of industrial disputes – long-running disputes marked by militant union mavericks on one side and tactless and abrasive mine management on the other.

Despite this – or perhaps because of it – mining companies often took a substantive interest in town welfare. In Captains Flat, the Lake George Mines Company supported everything from living quarters to hospitals, libraries, golf courses, and picture theatres. They sponsored every club from the Boy Scouts and Girl Guides to the CWA to the footy club.

These days the economic influence of mining companies has moved beyond building roads and sponsoring sporting competitions. Today, company decisions about employment practices, such as the prevalence of a fly-in, fly-out workforce, affect regional development.

The impact on our environment is no less critical

"When the mines closed [at Captains Flat] in 1962, the waste dumps were forty metres high and covered fifteen hectares," McGowan notes. Despite government committees and extensive remedial work, the pollution of land and river remains part of the legacy of local mining activity.

Present-day mining companies face stricter legal obligations to minimise the environmental impact and ensure effective site rehabilitation.

"However, the sheer size of many new mining projects ... will mean that some present-day mining operations... leave a large permanent scar on the landscape..."

Dust and Dreams is highly recommended, as a thoughtful and balanced exploration of our mining heritage. It includes mining in and around Captains Flat, Bombala, Tarago, Bungendore, Macs Reef and Braidwood.

About the author:

Barry McGowan is a visiting fellow at the ANU's School of Archaeology and Anthropology, and specialises in mining heritage and history. Along with numerous other publications, McGowan has published four earlier books on mining communities in southern NSW: Lost Mines, Lost Mines Revisited, Bungonia to Braidwood *and* The Golden South, *the last of which is a history of the Araluen, Bells Creek, Majors Creek and Jembaicumbene goldfields. He is also a specialist on the history and heritage of the Chinese people in Australia and has written about Braidwood's Chinese pioneers for the Braidwood Museum.*

THE MAN WITH THE PLAN

Cont'd from p1

On the day we meet, the national media is running with a story about the latest organisational shift for the NSW department of environment – moving it into a super portfolio. The speculation is that here's the first step towards deals with the Shooters Party and their desire to hunt in National Parks.

I ask Barilaro about his position on hunting in National Parks. Aren't we a bit over that as a society? he comments. "This has never come up in Monaro and it's not part of our mandate on taking office," indicating his belief it won't be a serious issue. Would he personally work with Greens (in contrast to the Shooters in the NSW Upper House) to effect legislation? Certainly, he says, he's happy to work with the Greens or anyone who agrees to bring back common sense.

Local issues uppermost on his agenda starting with health

As a first-time state representative and backbencher, he says his job is foremost as a local representative with an understanding of local government based on his tenure on Queanbeyan City Council, where he will see out his term.

Queanbeyan Hospital, and its fraught staffing situation, is high on his action agenda. He tells me the long-running disputes between the visiting medical officers and nursing staff on one side and the hospital administration on the other have escalated in recent months and he has heard much personal testimony about the workplace environment there.

He's hearing that a high percentage of the nursing staff have left in the past year or two, and doctors have also resigned. Complaints include lack of basic equipment, lack of support in an unsafe, unproductive work environment as well as claims of harassment. "We're losing our staff across the border."

The number one task is to fix the workplace environment. The new Health Minister Jillian Skinner is an advocate of hospital district boards which propose to give medical staff and the community more say and are boards for a three or four hospital network.

Barilaro says he will urgently seek a meeting with Greater Southern Area Health Services management to hear the other side of the story – it might be a budget matter – and he wants to help facilitate "a good, frank honest dialogue".

Expanding the regional business and job base

On the campaign trail Barilaro spoke of the Coalition creating 100,000 new jobs for NSW, with 40 percent of those earmarked for regional communities. How would that happen? Lowering payroll tax and offering other incentives for private enterprise in regional centres he says. Also, further decentralising public sector jobs from the metro areas as well as expanding the number of public sector jobs and funding more infrastructure works.

The NSW Coalition would like regional Australia to help take the population pressure off the big cities. To attract people to regional centres they are offering relocation payments as part of the plan. He said the Coalition proposes to pay for all this by 'savings' in other sectors and is also floating the idea of issuing government bonds in the financial market.

What kind of industries could be expanded in Monaro? Tourism, he says, but he also "loves the idea of Monaro as part of a renewable energy precinct" as developed by his predecessor Steve Whan and federal member Mike Kelly.

People worry about the (lack of) footpaths

As a doorknocking candidate he didn't hear about this big picture stuff: he most frequently heard about people's woes with roads and footpaths (lack thereof or crumbling).

He can't yet think of a conflict of interest between being a councillor and a state representative, instead, the Council experience highlights the challenge he faces in representing people's concerns about roads and footpaths.

Simply put, the deepening financial hole for local governments, including Queanbeyan and Palerang, is due to past state government cost shifting to the local level for maintaining roads, bridges and other infrastructure.

Queanbeyan, he says, is down $1.9 million in funding for its obligations and Palerang with a smaller rate base is even worse off and was from the start. How to fix that? The current proposal is a $1 billion loan scheme for local governments (possibly funded by bonds) where the state government pays 50 percent of the interest rate.

Planning rules to get yet another overhaul?

Controversial news for some is that the new state government will once again take the planning laws "back to the drawing board" with a view to giving local Councils more say. Depending on the local decision-makers this could be good or bad news, and in Palerang's case may further delay the overdue task of completing the new Local Environment Plan. In Palerang, some fear that this could mean current state rules for environmental protection of flora and fauna in rural areas will be thrown out of local development plans.

Barilaro believes the key to localism is community consultation. I ask for an example of why Queanbeyan needs more local control of planning. He answers that he would like the ability to create wholesale heritage zones and streetscapes, "We are currently limited in how far we can go with it". Definitely not your typecast answer.

Pocillovy?!

DID YOU KNOW, if you are a collector of **EGG CUPS** you are known as a POCILLOVIST (pronounced PO-SIL-O-VIST)? *Pocillovy* is the name given to the hobby which comes from the Latin, *pocillum ovi*, meaning a small cup for an egg. An article in the *Financial Times* in May 1984 claimed that Winnie Freeman, a housewife and collector of Reigate in Surrey, invented the word, using it in the title for her little monograph on the hobby of collecting egg cups.

A word of narrow focus and specialist appeal, pocillovy is rare enough that no dictionary has yet opened its pages to admit it, although it may be found among aficionados of this hobby and in occasional news items. It's an odd-looking term, which emphasises its essential weirdness, since the only common English words that end in -ovy are anchovy, groovy and Muscovy.

History of the humble egg cup

The history of the egg cup goes back as long as there has been the ability to boil eggs. Egg cups have been used since prehistoric times, with some of the earliest occurrences on Minoan Crete. The earliest recorded images of egg cups appear in a Turkish mosaic dating from 3 AD and examples were found among the ruins of Pompeii from 79 AD. Undoubtedly wooden egg cups were made before silver ones but are extremely difficult to date.

The 19th-century farmer or traveller would carry an egg cup made of wood or silver. Along with bread and cheese, an egg would make a fine roadside snack. Once the egg was placed in the cup, it was 'beheaded' by a special set of scissors called an egg decapitator.

Silver egg cups, made in the 19th century were often gilded inside. This was to prevent the sulphur from the egg staining the silver. Some say that it affects the flavour. At this time 'egg' spoons tended to be made of horn, ivory or bone, these are now avidly collected.

In France, Louis XV helped to boost the popularity of egg cups. People would buy an egg cup to try and emulate their king. He was reported to be able to "decapitate an egg at a single stroke". The earliest examples of Victorian egg cups often come in sets of four, six or even twelve pieces on a matching tray. Breakfasts had become gastronomic feasts by this time and families of 10-plus were commonplace.

The double egg cup became very popular in the 1930s. The smaller end was used to serve the egg as normal and the large end was used to serve the egg chopped, mixed with salt and pepper and eaten with a spoon or fork.

The egg cup has to be one of the world's simplest and most successful ideas. The cups have been produced for centuries in countless thousands but they have only really become 'collectable' during the past few decades with examples that are affordable or expensive, and rare, funny, beautiful or nostalgic. Egg cups can be made of china, pottery, wood, plastic, bakelite, glass and various metals.

— Take care 'til next time, Annie
joyce@anniescollectables.com.au

with 'Annie' Joyce Nordsvan

– What's the big idea? –

What's the big idea about Easter?

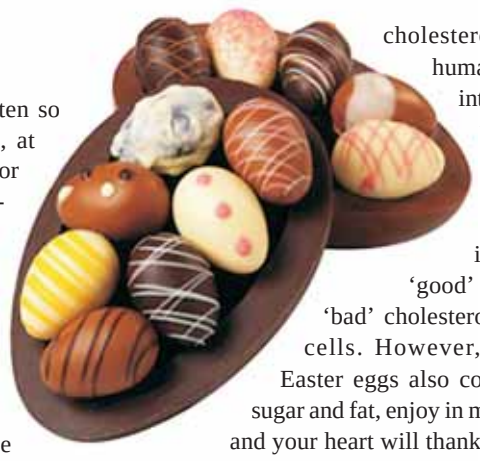
There's more science to Easter than you might think at first. Astronomy, biochemistry, ecology and mathematics are all front and centre on 24 April this year.

with Sonja Chandler

Finding the date

Our calendar is based on the solar year – the time it takes the Earth to go completely around the Sun, or about 365 days. The date of Easter is determined by using a lunisolar calendar and involves both the phase of the Moon and the time of the solar year. In the Gregorian calendar (also called the Western calendar or Christian calendar), Easter is celebrated on the first Sunday after the first full moon after (or on) the March equinox. 'Equinox' comes from the Latin 'equal' and 'night' and refers to the two times per year when night and day are of approximately equal length. The Ionospheric Prediction Service (IPS) of the Bureau of Meteorology has an interesting webpage, *Determining the date of Easter*, at **www.ips.gov.au/Educational/5/2/1.**

Chocolate versus cholesterol



The luscious chocolate eaten so happily at Easter (indeed, at any time!) really is good for us. Studies suggest that eating chocolate lowers blood pressure and cholesterol levels and may protect against heart disease and stroke – but exactly how chocolate does this is unclear. Recently, some Japanese researchers focused on the production of two molecules: apolipoprotein A1 (one of the main components of 'good cholesterol') and apolipoprotein B (the main component of 'bad cholesterol'). Using human liver and intestine cells, the scientists showed that cocoa polyphenols (antioxidants) could both increase levels of 'good' and decrease levels of 'bad' cholesterols – in both types of cells. However, since chocolate Easter eggs also contain lots of sugar and fat, enjoy in moderation and your heart will thank you! Information about the research is at **www.sciencedaily.com/releases/2011/02/110207124039.htm**.

Bilbies are as cute as bunnies

In March 1968, a nine-year old Queensland school girl wrote a story called *Billie the Aussie Easter Bilby*. Rose-Marie Dusting grew up, became a passionate advocate for saving threatened native species and published her story as a book in 1979. The bilby (*Macrotis lagotis*) is a native Australian marsupial; however, with their large ears and 'hopping' movements they are sometimes called 'native rabbits'. Historically common across arid and semi-arid regions of Australia, bilby populations have suffered drastically in the past 100 years due to competition and predation from introduced species (such as rabbits, foxes and cats). Today, bilbies are found in fragmented populations in parts of the Northern Territory, Western Australia, and Queensland. They are protected wherever they occur – except at Easter, when their chocolate relatives can be consumed without worry! Information about bilbies can be found at **www.environment.gov.au/biodiversity/threatened/publications/bilby.html**.

Something egg-stra

A question for egg fans: how long does it take to perfectly soft boil an egg? To answer this, it seems we need a saucepan, water and the aforementioned egg, *plus* a thermometer, a calculator and a mathematical formula! According to Dr Charles DH Williams of the University of Exeter, the formula is relatively simple:

$$t_{\text{cooked}} = \frac{M^{2/3} c \rho^{1/3}}{K \pi^2 (4\pi/3)^{2/3}} \log_e \left[0.76 \times \frac{(T_{\text{egg}} - T_{\text{water}})}{(T_{\text{yolk}} - T_{\text{water}})} \right]$$

where $\tilde{n}$ is density, c the specific heat capacity, and K thermal conductivity of an 'egg'. According to this formula, a medium egg (M~57 g) straight from the fridge (T_{egg}=4°C) takes 4.5 minutes to cook. The derivation of the formula and much egg-cellent information can be found on *The Science of Boiling an Egg* at **newton.ex.ac.uk/teaching/CDHW/egg/**.

– RURAL FIRE SERVICE LAKE GEORGE –

Winter pass times

***Doug Palmer** suggests we spend the winter months getting free exercise reducing the fuel load outdoors, and enjoy the marshmallow toasting and other firey sports safely indoors.*

I DON'T HAVE much to report this month, I'm afraid. The fire season is ending in a sort of muttery fizzle, rather than going out backwards and on fire. This is a nice change from recent years where we went in busy and came out busy, with extra helpings of busy in-between.

I'll be providing a proper post fire season wrap-up next month. My somewhat subjective impression, though, is that this has been the quietest fire season that I can remember. Every time the sun got a look-in and started drying things out, another load of rain would arrive.

I can't predict what things will be like next year. I'm willing to guess, though, that things will be hotter and dryer. Simply because, if they're not Palerang is well on the way to becoming a maritime shire. What that means is the mass of fuel that has grown up this fire season is likely to present a considerable fire hazard next year.

I would like to suggest, therefore, a winter spent reducing the fuel load around anything that you hold dear. Come the next fire season, I think that it will turn out to be effort well spent.

What that doesn't mean, of course, is setting light to everything the moment the fire season ends. I've already talked about the dangers of burning off with the current growth. There's six months of time to get things ready and cleaned up. Waiting for the right weather conditions and proceeding cautiously keeps everybody's properties intact and your insurers happy.

Oh, and even outside the fire season, remember to inform your neighbours, local brigade captain and fire control if you are planning to burn something. It saves having to avoid people in the streets later on.

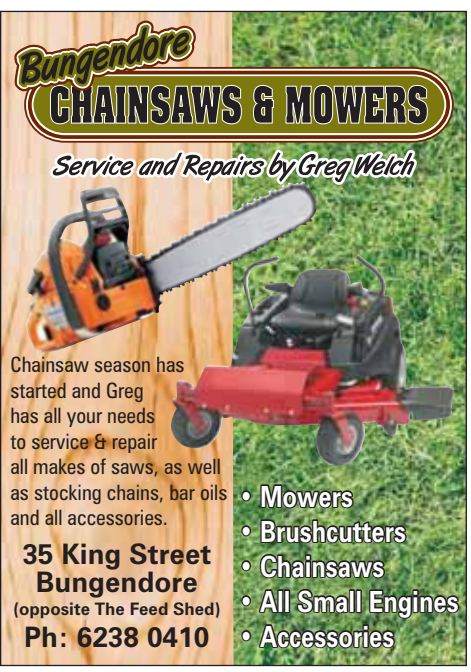
On the winter that is to come, temperatures are heading downwards and I'd also like to issue the seasonal request to check your heaters before starting things up. Check for frayed electrical cords and worn electric blankets. Remove any dust build-up from electric heaters.

If you have a wood fire, consider having your chimney swept before lighting that first fire. As a rule of thumb, don't assume that anything that has lain dormant for six months will work as well as the last time you used it.

Change the clocks and the batteries

And … change the clocks and change the batteries. Now is the time to replace the batteries in your smoke detectors. Smoke detectors are mandatory in New South Wales; at least one per building level. So if you haven't got one, can't find it or can't seem to get it to work, get one, find one or replace it.

Welcome to the non-fire season!



Exercise tips for the young dog

by Heike Hahner

WE ARE CONSTANTLY encouraged by healthcare professionals to exercise more. Similarly, dog trainers see a large number of dogs these days that are over-weight and under-exercised.

But what about young dogs – puppies up to 4 months and young dogs from 4 to 12 months of age? Most dog owners mean well but are often confused by the flood of information on what to and not to do.

“ Over-exercising may cause problems in pups and young dogs, frequently affecting the joints and the bones of the legs. ”

Puppies of most small to medium breeds grow at least until they are 12 months of age; and puppies of bigger breeds may continue to grow until at least 18 months old. Make sure you avoid over-exercising whilst your puppy is growing. Over-exercising puppies can negatively affect their musculoskeletal development and this is especially important for large and giant breed puppies.

No jogging or biking

As a general rule of thumb, when exercising your pup or young dog let him set the pace and duration. When your puppy sits or lies down during a walk it is important to allow him to rest. If he appears too tired to continue, stop the walk and head home. Make his next walk a lot shorter.

With puppies, at no time should you:

- jog or run
- play excessive frisbee or ball
- run it alongside a bicycle (in NSW, the RTA road rules state that a bicycle rider must not lead an animal, including by tethering, while the bicycle is moving)
- do fast paced or very long walks.

Don’t start sports such as agility or flyball for small to medium-sized dogs until they are at least 12 months old; large to giant breed pups should wait until they are at least 18 months old. Examples of the sizes we’re talking about include: small dogs are the size of Jack Russells; medium-sized dogs are the size of Kelpies or Border Collies; large breeds are German Shepherds and Pointers; and giant breeds are Mastiffs, Great Danes and Irish Wolfhounds.

Preventing complications

Over-exercising may cause a variety of problems in pups and young dogs, frequently affecting the joints and bones of the legs. For example, osteochondroitis (OCD) is a condition that may be caused by pups being both overfed and over-exercised. With OCD, a piece of cartilage breaks off the joint, causing arthritic-like symptoms. The onset of OCD can be as early as 5 months of age and will leave the dog suffering lameness and soreness in the affected limb for the rest of his life.

Surgery to remove the loose cartilage is possible, but may be costly and is not always as successful as desired. Prevention is better than cure: keep your pup’s weight healthy and exercise him with caution until about 12 months old.

Jumping is another big risk activity for pups and young dogs. Pups love to leap off things or jump over the kids’ home-made hurdles. Help your pup in and out of the car, block the veranda or place a ramp over steep stairs. Teach children to play different games with the pup such as hide-and-seek; or have them teach pup harmless exercises and tricks such as “Come”, “Sit”, “Drop”, “Roll over”, and “Speak”. Some long-backed breeds like German Shepherds and Dachshunds do not do well if they have to go up and down stairs frequently at any age.

So enjoy your puppy and your young dog, because the time with them as cute little pups is very brief. But while you enjoy them, remember to protect them from preventable injuries. For more information on safely exercising puppies and young dogs access the RSPCA website, **rspca.org.au/How-should-I-exercise-my-puppy** or email Heike at **hhahner@bigpond.com**.

*For specific questions – contact Heike on **hhahner@bigpond.com** or phone: 4842 7143*

CELEBRATE THE MAGIC *Cont’d from p5*

Having starred in recent productions of *Cats*, *West Side Story* and *Mamma Mia!*, the multi-talented cast will perform numerous Lloyd Webber classics.

Through state-of-the-art technology, audiences will be swept from the avenues of Broadway to the magnificence of Eva Peron’s Argentina, to the speedways of Starlight Express, in a dazzling journey through the many settings of Andrew Lloyd Webber’s greatest works. All the ‘big’ moments from *Evita*, *The Phantom of the Opera*, *Cats*, *Jesus Christ Superstar*, *Joseph and the Amazing Technicolor Dreamcoat*, *Sunset Boulevard*, *Woman in White* to the current *Love Never Dies* will be there.

Lloyd Webber has been referred to as “…one of the most prolific-ever composers of musicals…” (*The UK Daily Mail*). He has composed 16 musicals, several film scores, a Latin Requiem Mass and continues to compose every day. His musical *Cats* was the longest running musical on Broadway, only to be overtaken by another of his hit musicals *The Phantom of the Opera*. Lloyd Webber was knighted in 1992, and his awards include seven Tony’s, three Grammys including Best Contemporary Classical Composition for *Requiem*, seven Olivier’s, a Golden Globe, an Oscar, two International Emmys, the Praemium Imperiale, the Richard Rodgers Award for Excellence in Musical Theatre and The Kennedy Center Honor.

— Press release

*Showing **CANBERRA THEATRE CENTRE***
Wednesday 1 June 7.30pm
Thursday 2 June 1pm & 7.30pm
Friday 3 June 7.30pm
Saturday 4 June 1.30pm & 7.30pm
Sunday 5 June 1pm & 6pm
Bookings: 6275 2700, or
www.canberratheatrecentre.com.au

LAKE GEORGE HOTEL

20 GIBRALTAR ST, BUNGENDORE
PH 02 6238 1260
EMAIL – lakegeorgehotel@gmail.com

WHAT’S ON

Monday to Thursday	Happy Hour 5pm to 6pm
Monday & Tuesday	Schooner Draw – Drawn @ 6pm
Wednesday	Pool Comp 7pm Cash prizes
Thursday	Key Ring Cash (*jackpots if not won*)
Friday	Meat raffles drawn @ 7.30pm
	Jag the Joker drawn @ 7.30pm (*jackpots if not won*)
	Live Entertainment* from 7.30pm to late
Saturday	Every 2nd Sat NPL Poker Tournaments from 4pm Cash prizes

*(*Refer to Gig Guide for line up*)

Key Ring Cash Permit No LTPS/09/08405 Jag the Joker Permit No LTPS/09/04100

THE GEORGE RESTAURANT & BISTRO

– OPEN 7 DAYS –
DOING BREAKFAST ON SAT & SUN MORNINGS FROM 9AM

Lunch: 12pm to 2pm (*7 days*)
Dinner: 6pm to 9pm (*7 days*)

Light refreshments from 2pm till 5pm
Friday, Saturday and Sunday afternoons

Wednesday & Thursday Nights
$12 Rump & $12 Schnitzel

Wednesday, Thursday & Sunday Nights
Order from the children’s menu by 7pm and only pay $5

We also offer blackboard specials

– GIG GUIDE: LIVE MUSIC –

APRIL:

Friday 8
Queen Juanita & the Zydeco Cowboys, 7pm, Lake George Hotel, Bungendore.
Mixta, 8pm Queanbeyan Bowling Club, 97 Campbell St, Queanbeyan.

Wednesday 13
MFS Club Night – Danny V, Cultural References, Adam Easton + more, 7pm, Old Canberra Inn.

Friday 15
Local Band’s Night, with **FeralBlu; Eagle Medicine; Toadfish Chutney; Old Bones & Blisters**, Lake George Hotel, Bungendore.
Queen Juanita & the Zydeco Cowboys, 8pm Queanbeyan Bowling Club, 97 Campbell St, Queanbeyan.

Saturday 16
Tori Darke, 8.30pm, The Loaded Dog, Tarago.

Sunday 17
Andy Burbidge, 12–3pm, Bungendore Village Square.

Wednesday 20
Australian Songwriters Association Gig, 7pm, Beyond Q Bar Bistro Bookshop (Curtin Shops).

Friday 22
Good Friday (Free Juke Box & Free Pool), Lake George Hotel, Bungendore.
Crushed Ice, 8pm, Queanbeyan Bowling Club, 97 Campbell St, Queanbeyan.

Monday 25
Two-up, 2–6pm, Lake George Hotel, Bungendore.
Two-up, Queanbeyan Bowling Club, 97 Campbell St, Queanbeyan.

Friday 29
Jukes, Queanbeyan Bowling Club, 97 Campbell St, Queanbeyan.

Saturday 30
Extreme Makeover Party, with Al Green & Co, Lake George Hotel.

Award-winning country singer-songwriter Tori Darke will be performing at the Loaded Dog in Tarago on Saturday 16 April starting at 8.30pm.

MAY:

Friday 6
Music/Poetry Night, from 7pm, Provincial Pantry, Village Square.
Hit and Run, Queanbeyan Bowling Club, 97 Campbell St, Queanbeyan.

Wednesday 11
MFS Club Night, with **Danny V; Temily Motley; Elkabout**, 7pm, Old Canberra Inn.

Queanbeyan Hotels – Walshes, Royal, and other clubs including Kangaroo and Tigers Clubs also have live music on Friday and/or Saturday nights.

What's On – April

Send your announcements to whatson@districtbulletin.com.au

Queanbeyan Heritage Festival
7–25 April 2011
AMAZING STORIES

Heritage Festival Launch
Thurs 7 April at 5.45pm
Queanbeyan Library, 257 Crawford St

The Mayor of Queanbeyan, Cr Tim Overall, will officially launch the 2011 Heritage Festival. General members of the community are invited to attend the Launch. Contact 6285 6239.

History & Heritage Network Meeting
Thurs 7 April at 6pm, Queanbeyan Library

Join members of the Queanbeyan History and Heritage Network to hear special speaker, Barbara Moore, on aspects of Irish Family History; and find out more about history and heritage activities in the local district. Free. General members of the community are invited to attend. Contact: 6285 6239.

Satin and Steel – Women's Amazing Stories
Thurs 7–23 April, Queanbeyan Library

Learn about the triumphs over adversity by some of the amazing women of Queanbeyan in this special exhibition. Stories of hardship and loss as well as success and dedication. Library Opening Hours. Free. Enquiries 6285 6239.

Queanbeyan Council Heritage Awards
Sat 16 April, 12 noon, Queanbeyan Museum

The Mayor of Queanbeyan will announce the 2011 Heritage Awards for outstanding contributions for the preservation, restoration or additions to heritage buildings or landscapes. General members of the community are invited to attend. Free. Enquiries 6285 6239.

Queanbeyan Museum Open Day
Sat 16 April, 11am–4pm, 10–20 Farrer Place

Join in the fun and entertainment at the Museums' Open Day in historic Farrer Place. Both Museums open to the public to see the new exhibitions and Printing Museum demonstrations. An exclusive performance from renowned folk performer John Warner. Refreshments available. 11am–4pm. Free. Enquiries: 6299 7449; 6297 2730.

Queanbeyan Historical Museum
Sat 16 April, 11am–4pm, 10 Farrer Place

The Queanbeyan Story – The Settlement Becomes a Town. This new exhibition looks at the many things that go to making a town: the railway, telephones, shopkeepers, plumbers and barbers, schooling, courthouses and our town's involvement in war. Launch by the Mayor of Queanbeyan at 12.30. Free.

Stories from a New Generation. Queanbeyan High School students will present amazing stories from Queanbeyan's intriguing past. Free.

Put Yourself in Queanbeyan's History
Sat–Sun, 2–3, 9–10,16–17 April

Discover how you can help conserve our rich historical heritage by becoming a volunteer in an active and dynamic local Museum. The Museum Society members were proud recipients of a 2010 NSW Government heritage Volunteer Award for their work at the Museum. 10 Farrer Place. Enquiries 6299 7449; 6297 2730.

Mon April 25 – ANZAC DAY
Queanbeyan in World War II

A New Exhibition on Queanbeyan's involvement in World War II. 10am–3pm. Free. Enquiries: 6299 7449.

Queanbeyan Printing Museum
'Hot off the Press': Sat–Sun, 2pm–4pm

The Queanbeyan Printing Museum tells the story of the local newspaper, the *Queanbeyan Age*, established by John Gale in 1860. The printing presses date back to the late 1800s and have been restored to full working order. 20 Farrer Place. Free. Enquiries 6285 6298. Open 2–3, 9–10, 16–17, 23–24 April, 2–4pm.

For more details on these events visit **www.qcc.nsw.gov.au** and click on Heritage Festival 2011. Visit the Queanbeyan Museum website at **www.queanbeyanmuseum.org.au**

National Trust · Queanbeyan Museum · Canberra and Region Heritage Festival · Queanbeyan City Council

Throughout April

The rains have come – Exhibition by Helen Fitzgerald

Bungendore Wood Works Gallery, Bungendore. "A response to the ending, however temporary this may be, to over 20 years of drought and semi drought throughout most of central and southern Australia and in particular the Canberra and Southern Tablelands regions". Ends 2 May.

Feathers, Fur and Flowers

Bungendore Fine Art, 42 Ellendon St, Bungendore. Exhibition of work by Vivien Pinder. For more information, phone 6238 1640.

Tuesday 5 – Saturday 16

Keys to the light of Egypt

'The Q', 253 Crawford St, Queanbeyan. Exhibition by Rosemary Benet.

Wednesday 6 – Saturday 16

Funny Money

'The Q', 253 Crawford St, Queanbeyan. When Henry finds £2 million of someone else's ill-gotten gains, he faces quite the dilemma leading to increasingly hysterical situations. Visit **www.theq.net.au** or call 6285 6290.

Saturday 9

Courses for Horses – planning and management of a horse property

Jane and Stuart Myers bring their brand of horse happiness to Braidwood equine enthusiasts. For more information, phone 4842 2594.

Captains Flat Heritage Walk

Walk starts at 2pm in the historic mining village of Captains Flat. The meeting point is the site of the now demolished ore loader, Mines Road, and the walk will end in the main street.

Saturday 9 – Sunday 24

Canberra and Region Heritage Festival 2011

Various venues and times. This year's festival *Design* marks the 100th anniversary since the design competition for Australia's new capital city. To celebrate there is a program of events that will have patrons thinking, exploring and rehashing their notion of design. Information on festival events is at **www.events.act.gov.au/?/heritagefestival**.

PALERANG COUNCIL

CANBERRA AND REGION HERITAGE FESTIVAL APRIL 9–24
Palerang heritage events, hosted by the Palerang Heritage Advisory Committee

- Captains Flat history walk, 2pm April 9, meet at the site.of the now demolished ore loader, Mines Rd.
- Braidwood history walk, 11am April 17, meet outside the Anglican Church, Elrington St.
- Launch of the history of Bungendore street names pamphlet, 5pm, April 15, Council foyer, Majara St, Bungendore.
- Heritage forum, 10am–1pm April 16, Council meeting room, Majara St, Bungendore, with guest speakers David Scobie, Suzannah Plowman and Palerang's own heritage advisor David Hobbes.

All events are free, and everyone is welcome.

Sunday 10

What's it Worth 2011

Albert Hall, Commonwealth Avenue, Canberra, 10am–4pm. Bring your treasures to be assessed and to hear stories from experts. A small admission charge of $5 is levied at the door and valuations are $5 for each item with a maximum of three. More info at **www.rotarywhatsitworth.com.au/**.

Tuesday 12

Marion Mahony Griffin Lecture

Regatta Point Canberra Business Centre Function Room, 5.30 for 6pm. Lecture by Rosemarie Willett, Vice President of the Canberra Chapter of the Walter Burley Griffin Society. Tickets are $15 (general) and $10 (WBGS members). For tickets contact Luke Wensing at **luke.wensing@optusnet.com.au** or phone 0416 249 002.

Wednesday 13 to Friday 15

School holiday activities at Riverside Plaza

Food Court, 10am–6pm. Paint and decorate your own eggs for Easter! Free to kids young and old.

Thursday 14

Grand Design: the Albert Hall Inside and Out

Albert Hall, Commonwealth Avenue, Canberra, 5.30–7.30pm. A special event in Albert Hall to celebrate the ACT Heritage Festival. Speakers will include Peter Freeman, heritage architect for the Albert Hall refurbishment, Phillip Leeson, heritage consultant on the replacement of the Albert Hall curtains and Dr Lenore Coltheart, historian and adviser on the recent refurbishment. There will also be a guided tour of Albert Hall. Contact the National Trust ACT on 6239 0533 for bookings.

Friday 15

Bungendore History Pamphlet Launch

Palerang Council foyer, Majara St, Bungendore, 5pm. Palerang Heritage Advisory Council is launching a pamphlet on the origin and history of Bungendore street names. There will be drinks and nibbles provided.

Saturday 16

Paddock Plants Field Day

Goulburn/Tarago region. The NSW government Sustainable Grazing Program will be hosting Paddock Plants Field Days. Learn to identify and recognise common paddock plants; understand what plants tell you about your paddock or landscape; and identify and recognise weeds as well as useful plants. To register interest in this field day phone 02 4828 6600 or email **goulburn.office@industry.nsw.gov.au**.

Palerang Heritage Forum

Palerang Council meeting room, Majara St, Bungendore, 10am. Palerang Heritage Council is hosting a heritage forum with guest speakers David Scobie, Suzannah Plowman and Palerang's own heritage advisor David Hobbes.

Sunday 17

Second Hand Sunday at Benedict House

Benedict House, 39 Isabella St, Queanbeyan, 10am –1pm. Retro, vintage and contemporary fashions.

Braidwood Heritage Walk

Outside the Anglican Church, Elrington St, Braidwood, commencing at 11am. Guided walk around the heritage-listed village of Braidwood.

Thursday 21 – Monday 25

National Folk Festival

Exhibition Park in Canberra (EPIC), Canberra. For info visit **www.folkfestival.asn.au/**.

Friday 22 – Tuesday 26

Easter Long Weekend

Including Good Friday, Easter Saturday and Sunday, Easter Monday holiday and ANZAC Day holiday (in lieu).

R.E.G.E.N. Festival – ReGrowth 2011

Braidwood, near Majors Creek. The event that celebrates unity and peaceful cooperation will be held over the Easter/ANZAC long weekend. Everyone is encouraged to come and share ideas, music and dance with a local, interstate and international community. Contact **info@regen.org.au**.

Monday 25

ANZAC Day services

Saturday 30

Windellama Rural Fire Brigade Auction

Windellama Hall & Grounds, day starts 7am; auction items booked in by 9am; auction commences 10am. Now with lower commission, so it's time to get together all those unused goods as they could be exactly what someone else is looking for. If you would like a stall to sell goods, remember Mother's Day isn't far away, contact Cathy Meehan on 4844 5407 for stall enquiries. For auction enquiries contact Jim Meehan 4844 5554, Lynton Roberts 4844 5118 or Rex Hockey 4844 5147.

– Plan ahead for May –

Sunday 1 May

Burra Quilters Biggest Morning Tea

Burra Hall, 10am–12pm. Lots of wonderful handcraft, a silent auction and a chance to catch up with neighbours. Please bring a plate. Gold coin donation. Proceeds to support Cancer Research.

Tuesday 3 – Thursday 5

Little Shop of Horrors – the modern musical

Erindale Theatre. Tickets available from Karabar High School. Phone 6298 4333.

Tuesday 3 – Saturday 14

Q Parks Photo Competition – Shortlisted Finalists

'The Q' 253 Crawford St, Queanbeyan. The exhibition will showcase the entries of finalists in Queanbeyan City Council's photographic competition for local residents. The exhibition will be officially opened on Thursday **5 May at 5.30pm** and winners will be presented with prizes.

Friday 6 – Saturday 7

Capture the Flag

'The Q', 253 Crawford St, Queanbeyan. Award winning playwright and director Toby Schmitz's new Australian play is a gripping, intelligent and unlikely story that sees coming of age meet historical apocalypse in a unique and immersive theatrical experience. Visit **www.theq.net.au** or call 6285 6290.

Saturday 7

Monaro Folk Society Gala Ball

Albert Hall, Commonwealth Avenue, Canberra, dancing from 8pm until 11.30pm.The Gala Ball is a chance to dress up in your best evening colonial wear, after-five or just your best and enjoy an evening of great dancing to the Monaro Folk Society's Bush Capital Band with calling by Beryl Pedvin. This will be a night to remember. Please bring a plate for supper The Albert Hall will be decked in autumn colours with decorations made by the Monaro Folk Society's Albert Hall decorating team. Cost $19 MFS members, $22 groups and concessions, $24 other. Enquires phone Barbara on 6161 2426 or Bob Hodgson on 6255 2189.

Sunday 8

Chestnut Festival – Hoskinstown

Hoskinstown, 10am–4pm. Roast chestnuts, cooking demonstrations with chestnuts, many stalls, produce cakes, jams, plants, eco-products, clothing, trash and treasure, etc. Or, have your own stall $30 (book with Jan on 6238 2072). This is a major fundraiser for the Hoskinstown Community Hall.

Friday 13

Junior Landcare

Round 2 of the 2011 Coles Junior Landcare Garden Grants closes. Coles has been providing School Garden Grants of up to $1,000 to schools and youth groups to help create gardens in their grounds or community. Go to **www.juniorlandcare.com.au** for more information.

Saturday 28

Carwoola trivia night

Stoney Creek Community Hall, Gathering Place, 7.30–10.30pm. The Carwoola Community Association's annual trivia night. Entry fee of $10 per person includes supper. Starts at 7.30 sharp.

EVERY MONTH:

Every Saturday
Capital Region Farmers Market
8–11am, EPIC grounds, Mitchell, **www.epic.act.gov.au**.

1st Saturday of every month
Captains Flat Country Market
Captains Flat Community Hall, Captains Flat, 10am–2pm. Old fashioned country market undercover in the Community Hall, bric-a-brac, trash and treasure and local produce. Call 6236 6094 or email **www.captainsflat.org**

2nd Sunday of the month (bar January)
Queanbeyan Cottage Markets
Queanbeyan River, short distance from Queanbeyan Town Centre on the corner of Morrisett and Collett Streets. 9am–2pm. Over 100 stalls with high quality craft, timber products, pottery, leatherwork, handknits, pewter and silver jewellery, children's toys, honey, jam, chutney, cakes, plants, food and refreshments. Come spend the day, stay for lunch and enjoy the atmosphere while the children enjoy the rides and jumping castle! Call Kristen Ballard 6299 0219.

3rd Saturday of every month (bar July, August)
Wamboin Produce Market
Wamboin Community Centre, Bingley Way, 9am–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, 9am–2pm. Crafts, trash and treasure and general stalls.

Windellama Country Market
Windellama Hall, Cnr Windellama & Oallen Ford Roads, 10am–2pm.

4th Saturday of every month
Braidwood Markets
Ryrie Park, Wallace St, Braidwood, 8am. Local crafts and cooking, plant and natural products. Lots of treasures to be found! Call Geraldine Sutton 4847 5061.

More on regional and local events and local tourist attractions:
www.kingshwytodiscovery.com.au
www.bungendore.com.au
www.visitqueanbeyan.com

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