

Bulletin

COUNTRY LIVING in Queanbeyan and Palerang



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connect to Living Well

Our new section on living well starts this month on p6 and 7. In these pages we will be making the connection to these (pictured) and other practitioners, farmers and retailers dedicated to offering the goods and services for a healthy, 'natural living' lifestyle. We also bring you related news and profiles.

Who's who, p2

Community Association accuses Barilaro of "misrepresentation" by Maria Taylor

THE Member for Monaro John Barilaro has been roundly criticised by the President of the Wamboin Community Association (WCA) for his 'after the fact' championing of a protest against inclusion of one zone, E4, in the Palerang Local Environment Plan (PLEP).

Jenny Richards says Barilaro has indulged in wholesale misrepresentation of the Wamboin and neighbouring areas in his recent communications with the Minister for Planning and Infrastructure, Brad Hazzard.

The PLEP was lodged for final gazettal with the Department of Planning in late February. Soon thereafter, Barilaro informed select residents that he had written to

"I don't believe Mr Barilaro has any understanding of our area at all or that he listened to the wider community."

Minister Hazzard that "[Palerang] Council is committed to [the E4 zoning] in spite of overwhelming local opposition to the decision."

He asked that the E4 zone be excised from the document for independent review "given the extensive public anger about this Council's decision."

He also claimed that he had worked extensively with Council throughout the LEP process: providing examples of "the community's deep concern" and "striving for an acceptable outcome".

The background involves a protest

group demanding that zoning E4 be changed to zoning R5 for rural residential areas. This group employed a long-running scare campaign, incorrectly repeating that E4 imposes a restrictive 'environmental protection zone'. In fact it is called 'environmental living', a label devised by the NSW Department of Planning.

Its framework of permissible activities in the new PLEP mirrors the old 'rural residential' framework that everyone says they want to retain.

R5 on the other hand is an urban expansion zone applied around towns and villages. Many see subdivision as the motive behind the anti-E4 protests because of the presumption of development in the R5 framework.

The protest was led by Bywong residents Mike Cramsie and Keith Gascoine since the beginning of 2013. Some 135 submissions to council supported their campaign. Barilaro has taken up their cause but repeatedly has cloaked it as the whole "community" being upset.

7,000 residents affected by call for interference – where was the Member for Monaro before?

In fact total rural residential (E4) areas are not only Bywong and Wamboin and Sutton East but also include Burra, and the part of Carwoola not already zoned E4 under Queanbeyan, as is Royalla. In all, some 7,000 Palerang residents are affected by any state intervention in the LEP on the basis of these claims. >> p4

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Connecting and living well

Our April cover shows some of the growing number of local and regional business people that bring us traditional and natural, healthy living, goods and services. Part of that also is living on this earth with a small footprint.

Our friends on p1 are certainly not an exclusive list. We know there are other businesses offering natural living and environmental services in the region. We look forward to connecting you to our readers in the future. Do contact us.

— **Robyn and Maria**
(Contact details this page)

<< Seen on p1

Top row (L to R)

Emma Booth – with husband Tony purveyors of organic, free-range, grass-fed, preservative and spray-free, wax-free and gluten-free foods, Food Lovers Market, Bungendore.

Louise Sailer – organic and natural sources for clothing, cosmetics and household items, also traditional medicine advice with Felicity Patterson, Wild Rose Organics, Bungendore.

Tony Coote – broadacre farming with natural systems, free-range and biodynamic production of eggs and other foods. Mulloon Creek Natural Farms between Bungendore and Braidwood.

PHOTO: MARK NEWSHAM

Middle row (L to R)

Cathy Preston – exercise and massage, Bungendore Wellbeing and Pilates Studio.

Bronwyn Richards and Helen Lynch – village backyard farming. Organically grown vegetables, herbs, fruit and poultry on ½ acre. For village sale. Wynlen House, Braidwood.

Sally Brumley – wide range of natural health and cosmetic products, supplements and remedies, Queanbeyan Health Foods.

Bottom row (L to R)

Yvonne McQuire – wide range of natural health and cosmetic products, remedies and supplements, foodstuffs, naturopathic advice, Dickson Health Foods, ACT.

Martin Largey – small acreage organic horticulture, selling to neighbours, Bywong. Look for Martin and other rural residential producers listed in our Country Classifieds p12.

Deborah Keenan – gifts including Australian-made greeting cards and other paper products from 100% recycled board, also native seeds, Beautiful Gifting, Queanbeyan.

> See news and features, p6 and 7

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Heritage, negotiating parades and happy birthday Braidwood!

with Jill McLeod

BRAIDWOOD, heritage listed in 2006, will celebrate its 175th birthday between 27 April and 4 May.

There will be the traditional method of celebrating all great historic happenings, the iconic street parade through the main street, held on Saturday, 3 May at 1pm.

Street parades are not easy to organise these days. The responsible committee almost needs to spill blood, usually that

of the president or honorary secretary, to convince a nervous local council administration that a bullock team, reckless horseman or a gaggle of infant school children won't break ranks and mow down the expectant crowd.

The Braidwood Heritage Society has bravely taken on board the perils of the street parade so as not to disappoint. The committee has organised many other wonderful happenings to celebrate an occasion rivaling the NSW Governor's visit in 2007 to formally acknowledge the previous year's heritage listing.

Having drawn attention to the Governor's visit, I will humbly mention that I had a delightful conversation with Her Excellency following a performance of my radio play, *A Tribute to Gwen Meredith*, written especially to honour her visit. Two new episodes of *Blue Hills*, created with the ABC's permission, contributed to the celebration in the National Theatre which was 85-years-old at the time.

Crime! In Braidwood. First Royal Commission probed police, cockies and bushrangers

Forever seeking unusual ways of celebrating Braidwood's history, I also wrote and directed a play reading drawn from a humorous section of the 1867 Royal Commission into Crime in Braidwood. It was conducted in the then two-year-old courthouse built in 1865, while the play reading was in the 'new' Braidwood Courthouse built in 1901.

Australia's first Royal Commission inquired into the activities of police officers and property managers in the Braidwood district. It investigated the extent to which bushrangers were protected and assisted by the deliberate inactivity of the police and the blind eye or two and succour offered by property owners who wished to avoid stock losses and homestead robberies.



Previous parades: from top left Braidwood Central School in heritage mode; members of the Braidwood Film Club in 2008; and the magnificent O'Rourke horse-drawn hearse.

The Commission identified misconduct and found the Police Superintendent had failed to exercise "strict and proper control over his men".

Some of the events celebrating 175 years:

Foundation Day Picnic in Ryrie Park on

Sunday 27 April. Foundation Day honours the anniversary of the gazetting of Braidwood as a town, the actual date in 1839 being 24 April. The Heritage Path of pavers engraved with Braidwood family information will be unveiled.

The Braidwood Film Club's evening



Heritage abounds!

Nichole Smith fills us in on Queanbeyan Public School's 150th anniversary last month and Queanbeyan heritage festival



Queanbeyan Museum curator Gillian Kelly, seen here at the historic old public school building, started her teaching career there half a century ago. Her students are now possibly grandparents. Hard to believe.

IN CASE you missed the celebrations last year, Queanbeyan's history is long, stretching back 75 years before our nation's capital was even a twinkle in a politician's eye. Accordingly, with the Heritage Festival taking place this month, [see program link at the end of story, p12] the city's rich and fascinating past is again being brought to the forefront.

At the end of March yet another milestone in Queanbeyan's journey was marked with the 150th anniversary of the town's first public school in Isabella Street.

From humble beginnings in the home of a local woman in 1864, 13 years later a charming stone building was erected to cater to the growing number of students. It continues to stand proudly on the edge of the school site which now reflects four different generations of educational architecture. Having begun with an enrolment of 33 pupils, by the time it reached its Cent-

screening that day in the National Theatre is *On Our Selection*, an Australian film made in Braidwood.

The weekend of 3 May will be packed to the rafters starting with the Braidwood Heritage Markets opening at 9am on Saturday, in Ryrie Park. Art, music, dancing and more will be very visible in the main street.

A competitive display of decorated old work boots, Meg Davidson's wedding

dress display, and the Max Prothero Memorial Tug-of-War happen that weekend along with the 'Free Kids' Corner'.

Find quilts through the ages in the National Theatre over the weekend and also the Community Bank Heritage Art Prize. Entries drawn from postcodes 2622 and 2621 will be housed in St. Bede's School Hall, the National Theatre and the Braidwood Community Art Centre. The Heritage Art Prize money will amount to \$5,000.

And to finish off the day, if residents and visitors aren't already exhausted, the Saturday Family Country Rock Night at the Braidwood Services Club will ensure a good night's sleep.

Find more and updates on The Festival of Braidwood website, www.festivalofbraidwood.org.au.

enary in 1964, there were 1,000. Today, 700 children walk the same halls that many of their forebears did.

As part of the celebrations, a photo wall has been created at the school, giving an indication of some of the many changes it's experienced over the intervening years including the time spent as an Intermediate High School from the 1920s until the opening of Queanbeyan High School in 1959.

50 years ago, where have the years flown

Although somewhat hard to believe, Queanbeyan Museum curator Gillian Kelly commenced her teaching career at QPS half a century ago while still only a teenager.

"If you had told me 50 years ago that I would still be here in Queanbeyan I would have been stunned," says Mrs Kelly.

"I was 19 and my first class was eight-year-olds – some of whom are also still here in town. I have difficulty believing any of them are of grandparent age!"

Continued p12

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WCA President Jenny Richards now says “I don’t believe Mr Barilaro has any understanding of our area at all or that he listened to the wider community. Where was he during the past year when he could have explained the state government template for the LEP?”

“He didn’t come to meetings of community or council and yet he has now written to the minister and talks about what the majority of the people want. In my opinion it’s total misrepresentation.”

She said that her community association supports E4 and is writing to the minister saying that the community has been misrepresented by the local member.

Similar letters to the minister have been sent by other Wamboin landholders saying “how dare he misrepresent the people of



Keith Gascoine (left) and Mike Cramsie (centre) receive community service awards from Member for Monaro John Barilaro, soon after the latter wrote to the planning minister taking up their story about wholesale “community” opposition to Palerang zoning.

she had written to him about the LEP a year earlier and never received a response. “In the nic-

est possible way I said this claim is not true. There has been no representation on this matter or anything else over 18 months.”

Claims of working with community denied

Bywong resident Richard Miller notes that of 2897 residents of Wamboin and Bywong, 25 submissions in February against E4 came from Wamboin and 89 came from Bywong: less than 5 percent of that combined area. He has written as much to the minister, as have others from the Bywong community.

In mid March, Miller, Jenny Richards and another Bywong resident met with Barilaro to put the positive case for E4 and ask that it be even-handedly presented to the minister. According to Palerang Major Pete Harrison, Barilaro had agreed to do that.

Barilaro was given a sampling petition signed by about 90 rural residential landholders supporting E4 and the reasons why.

Jenny Richards says she was amazed early in the meeting when Barilaro said he had been working closely with all the community groups in the affected areas and they all felt strongly in favour of R5.

Richards recalled: “I said really? I’m president of the Wamboin Community Association. When were you planning to contact me?” Richards reminded Barilaro that

Wamboin and we’re quite happy with E4”.

The Bulletin checked with the Burra Community Association. Secretary Sue Bromhead said there has been no public consultation with the community by Barilaro. She also confirmed that the E4, R5 debate was not raised in Burra. Council sources say maybe one submission against E4 came in from there. “Personally I support the E4 zoning,” said Bromhead.

Bywong Community was also not ap-

proached, according to its president.

The local member’s puzzling call for intervention based on claims of widespread protest, has been joined by Angus Taylor the federal representative for Hume (that includes Wamboin, Bywong and Sutton) in an April 1 letter to Minister Hazzard.

Taylor told the *Bulletin* he too believes there is a huge community outcry against E4: “One must be very careful changing zoning. It’s very important to protect people’s property rights. I made my position clear 12 months ago and I haven’t changed my mind”.

However all available evidence indicates that the vast majority of the 7,000 strong rural residential sector are not upset by Council’s decision-making on this matter. Any late intervention by NSW affects all of these areas and voters.

If the claims are unfounded, what’s it all about? Politics may hold a clue. John Barilaro, who came into office on a very narrow margin, is already running for re-election on a National Party ticket. Jenny Richards may have put her finger on it when asked what was driving the local member’s single-minded support for the protesters: “It helps if you are card-carrying members of the Liberal Party.” ■

Supermarket plan too concrete for councillors

PALERANG Councillors came to a surprise decision at their April meeting to reject a revised development application for a supermarket complex in Bungendore. The site is on four blocks facing the Kings Highway west of the Caltex station.

Councillor Keith France, who was the last to raise his hand in the 5–3 decision to reject the Krnc Bros Investment Pty Ltd plans in their current form, summed it up:

“We’re between a rock and a hard place. The developers tried but the architect hasn’t done them any favours. But it is a complying development. If we reject it, the developer is faced with a choice of lodging a new DA with all the attendant fees.”

The decision to reject (and send the developers back to the drawing board) was in response to the proposal’s unadorned concrete box building design. As Councillor Richard Graham argued in making the rejection motion, it does not fit the character and visual amenity of Bungendore as required by the village strategic plan. A more heritage façade, or hiding the building from view, were

deemed preferable.

Mayor Pete Harrison agreed that this large development, including a relatively massive carpark, would set a precedent for what was acceptable design for the village. What worked for Gungahlin was not going to work in Bungendore was the feeling.

Some changes were made by the developer after Council’s March meeting and deferral of a decision until April. These included reducing the floor area of the building by 10 percent and taking it down to a single storey. A majority of Councillors said they felt the changes had been only minimal to the overall visual impact.

Councillor Peter Marshall noted that the proposal also did not comply with council’s responsibility to require ‘ecologically sustainable development’ in a number of important ways.

He said 89 trees would be removed to be replaced by some 8,000 sq metres of concrete and asphalt. Planting 28 new trees was insufficient. There are no plans for solar power, and almost none for rainwater collection in a town with tight water availability.

General Manager Peter Bascomb said the developer now had three choices: either put in a new DA, ask for a review

Cont’d next page

Local Land Services elections: where were the voters?

SHADOW Minister for Primary Industries Steve Whan has slammed the Local Land Services (LLS) election process as a debacle and called for an inquiry into the low voter turnout.

Speaking in Parliament in March, Whan said: “It turns out that less than one in 10 eligible voters enrolled to vote in the Local Land Services election last weekend and – as far as I can tell – even less turned out and actually voted. The figures range from five percent to just below 10 percent of eligible voters voting.

“The formal figures are not available because the government has made a decision not to release them. That places a shadow over the process and suggests the government is covering up a debacle.

“Over the past two sitting weeks I have asked three questions to the Government in Question Time about voter registrations

and voter turnout. None have been answered and the LLS and DPI now refuse to release figures.

“The fact is, this election has been a debacle. It had a lower voter turnout than your average election in Zimbabwe and frankly it could in no way be seen to be genuinely representative.

“The voter registration process was botched as was the paperwork going out to voters. No doubt that was part of the reason for the low turnout.

“From my discussions with land owners, though, the main reason for low voter turnout was they had no confidence whatsoever in the process – in the LLS model or that their voices would matter.

“These boards are unrepresentative of NSW landowners and importantly they are appallingly unrepresentative of the vital role women play in rural communities.” ■

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Are you located in one of these local government areas?

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Who is singing that (bird) song? It's not what you (or Darwin) may have thought, but defending territory is a clue

by Ben Latham

IF YOU WERE to look up the definition of birdsong in the dictionary or a biology textbook, what would you find? Typically, but incorrectly, "complex song produced by males in the breeding season".

Dr Naomi Langmore of the Australian National University and a team of international scientists are challenging this long-held misconception, discovering that female birds are almost as likely to sing as their male companions.

The research observed every songbird species known around the world barring one, and found that females in 71 percent of these species were singers. Furthermore, females were singers in every species found in Australasia, including the Superb Fairy Wren spotted around Canberra, but were less likely to sing in North America and Europe.

"That's probably why there was this perception for so long that bird song is a male trait, because research was mostly

done in Europe and North America," said Dr Langmore.

Her team is not only re-writing the biology textbooks, they're also contradicting the theories of Charles Darwin.

"Darwin focused on the evolution of song through sexual selection, and assumed birdsong was a male trait to attract females. Our findings suggest that bird song may have evolved through a broader process, called social selection, as both sexes competed



Photo: Alison O'Halloran

for food, nest sites, mates and territories," she said.

The group has also theorised that female birdsong developed for functions beyond sexual selection and mate attraction, includ-

ing competition with fellow female songbirds.

"They may also use it in direct interactions with a rival female, so they might actually have a singing match where they sing at each other, and those can actually escalate into a physical fight sometimes."

Dr Langmore and the team published their findings through the journal *Nature Communications* in early March. The researchers hope to further explain why female song is present in some bird species but not in others.

"Female song seems to be associated with species that defend year round territories, and it seems to have been lost mainly in species that are migratory." ■

— CLIMATE WATCH — with Jenny Goldie*

IPCC warns: possible displacement of hundreds of millions of people, reduced crop yields and the loss of trillions of dollars from the global economy.

Reports sensible people can't ignore

REPORTS warning us of climate change are coming regularly now. We cannot afford to ignore them. Just this week there was one from the American Association for the Advancement of Science (AAAS) that made three main points.

First, climate scientists agree: climate change is happening here and now. Second, we are at risk of pushing our climate system toward abrupt, unpredictable, and potentially irreversible changes with highly damaging impacts. And third, the sooner we act, the lower the risk and cost.

Perhaps even more important is the just released final draft of the fifth assessment report (AR5) by the UN's Intergovernmental Panel on Climate Change (IPCC). It warns of the possible displacement of hundreds of millions of people, reduced crop yields and the loss of trillions of dollars from the global economy.

How will Australia be affected?

Worryingly, the AR5 chapter on Australasia warns of bushfires moving into high risk areas; damage and death from more frequent and extreme heat waves; increased flood risk that will affect the mining industry through decreased exports if mines are flooded; a decline in tourism, especially as the Great Barrier Reef degrades, but also affecting the ski industry; and a reduction of 4 percent in beef, sheep and wool industries if temperatures rise 3°C above the 1980-99 baseline. The dairy industry will be affected, except in Tasmania.

Unfortunately, the federal government is heading in exactly the wrong direction, attempting to abolish the carbon tax as promised. It also wants to dismantle the Climate Change Authority that gives independent advice on targets, as it did the Climate Commission that advised on the science. The government must heed the scientists' warnings and do its utmost to limit warming to 2°C. Direct Action is simply not good enough!

* Jenny Goldie is President, Climate Action Monaro.

Those wanting to receive weekly bulletins from Climate Action Monaro should email jenny.goldie@optusnet.com.au. Would the 'Frank' who applied, please do so again as his email was inadvertently lost.

> The Pope and I, p13

Rather than killing the messengers, Australia should lift its emission reductions

IN March the Climate Change Authority, headed by former Reserve Bank Governor Bernie Fraser, released a report saying that in the current situation Australia should lift its emission reduction target from five percent below 2000 levels to 19 percent by 2020, avoiding steeper cuts later. Instead the federal government wants to abolish the authority which includes civic leaders from business, education, science and economics.

Fraser told the National Press Club: "If policy makers accept the science and its implications, you would expect them to follow through." He also said that politicians pledge to protect the community interest, but instead the nation was getting dismantling of current effective action to reduce emissions, as the federal government's response. (Peter Martin reporting from the press club in "Policy's too-hard basket", 25 March *Canberra Times*.)

The *Australian Financial Review* also reported on 13 March that "Fraser has hit out at the Abbott government, accusing it of allowing big business to dominate environmental policy".

<< or go to court. Councillors said afterwards they are hopeful revised plans can be achieved.

Neighbours and other Bungendore residents voiced more practical concerns. Neighbours worried about carpark lighting, fencing and privacy, water-runoff, night-time security, potential hooning and graffiti.

Others noted that the complex would house a liquor store open extended hours on the weekends. A concern was that this was right next to the King's highway, and more generally that traffic on the highway was already very challenging and would get worse with the supermarket. ■

Capital region job loss

THE Australian Bureau of Statistics has released regional job figures showing a decline of 13,000 jobs in the Capital region since the O'Farrell state government took office in March 2011.

The Capital region is defined as the area between Goulburn and the Victorian border, which includes Queanbeyan and Palerang.

These figures reveal that unemployment in the region has climbed to 6.9 per cent in January 2014, up from 1.7 per cent in March 2011. ■

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Combating fatigue by embracing natural foods

by Felicity Patterson, practitioner natural health management

EXPERTS say that more than 20 percent of us suffer persistent fatigue and exhaustion causing us to be physically and mentally tired and weak. Too many people reach for sugar, processed foods or an energy drink giving short term relief, causing negative health consequences and masking the root cause of the fatigue.

Just like processed foods, refined carbohydrates, like sugars and white flours, are void of nutrition. Yet we consume so much.

Beat the energy slump by giving your body what it needs, palaeolithic style. The fresher the food, the more nutrients it contains.

Eating fresh, wholesome, raw, and living foods the way they are supposed to be eaten, in their natural state, can produce endless results.

Cover the basics

Make sure to cover the basics. Get enough sleep, exercise, and drink plenty of water. Try removing stimulants such as caffeine, alcohol, sugar and processed foods.

Drink a glass of warm water with lemon juice or a tablespoon of apple cider vinegar on rising, a fruit and vegetable juice before breakfast.

Boost your B vitamins with meat, poultry, salmon, eggs, milk and green leafy vegetables. B vitamins help your body efficiently process foods and turn it into energy; they may prevent mood swings and PMT fatigue.

Magnesium is important for a myriad of functions, not the least being bone, protein and fatty acid formation. Vitamin A, the anti-stress vitamin, is found in eggs, mangoes and spinach.

Top energy boosting nutrient rich foods which are easily added into your diet include:

Salmon contains a host of vitamins and minerals such as magnesium, potassium, selenium and all the B vitamins.

Kale is great to add to juices. It comes stocked with chlorophyll, iron, calcium, vitamin A, fiber, vitamin C, B vitamins, magnesium, potassium, copper, vitamin K and plenty of antioxidants.

Quinoa is a seed rich in protein, essential fatty acids, iron and magnesium.

Natural LIVING



with Felicity Patterson



Seaweed is particularly high in minerals like calcium, iron, magnesium and manganese. It is also loaded with various bioactive compounds, including phycocyanins and carotenoids. Some of these substances are antioxidants with powerful anti-inflammatory activity. But where seaweed really shines is in its high content of iodine, a mineral that is used to make thyroid hormones.

Garlic is high in vitamins C, B1 and B6, calcium, potassium, copper, manganese and selenium. It is also loaded with another active ingredient called allicin. Allicin has been shown to lower blood

pressure and total and LDL cholesterol, while raising HDL. Studies show that it may lower our risk of several common cancers.



Blueberries are renowned for their antioxidant content, some of which can cross the blood-brain barrier and have a protective effect on the brain.

Coconut Oil – the fats in coconut oil boost energy levels, combat inflammation,

promote weight loss, lower cholesterol, and fight cognitive decline.

Snacks could include raw nuts, almonds, Brazil nuts, hazelnuts, pecan, walnuts and seeds especially linseed, sunflower seeds and pepitas.

Go crazy on lettuce, rocket, radicchio, watercress, endive, globe artichokes, carrots, celery, beetroot, green peas and beans, alfalfa sprouts, leeks, shallots, broccoli, cauliflower, cabbage and brussel sprouts, plus grapefruit, apples and pears.

Choose seed-based spreads with no trans fats, such as tahini and avocado and cold-pressed, good-quality oils such as extra-virgin olive oil and nut oils.

For any life change to truly take hold, it has to be enjoyable.

As always everything in BALANCE. ■

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FuturePLANS projects so far have focused on: local power production, food supply, public transport, waste reuse and recycling, the growth of local green products and services, the retention and creation of biodiversity and carbon holding plant corridors.

FuturePLANS is a not for profit community in Palarang. Find out more about all these connections at www.futureplans.org.au/. ■

Blueberries and muscle repair

THE commonly-held superfood status of blueberries has been confirmed by studies discovering a link between muscle repair and the berry's consumption.

Athletes experienced faster muscle repair and recovery if blueberries were consumed before or after fatiguing exercise.

Researchers attributed this effect to the antioxidant properties of blueberries that counteracted the inflammation and oxidative

stress that builds up during strenuous exercise. Southern Cross University sport scientist, Dr Rosanne Coutts, explains that this research also may be able to help those undergoing physiotherapy.

"The findings may also be of interest to those who are working with individuals doing physical activity as part of rehabilitation programs where strenuous exercise is utilised to reactivate and vitalise working muscle", Dr Coutts said.

The studies were published in the Journal of the International Society of Sports Nutrition. ■

Do like Mummy

A RECENT study has found that children mirror their parent's everyday activity levels, and are more likely to participate in physical activity if their parents exhibit an active lifestyle.

The study was conducted by the University of Cambridge, where the activity of a group of over 550 mothers and their four year-old children were observed over the course of a week using motion detector monitors.

Parents hugely influence their children's healthy habits which is not always easy in busy lives.

Families can plan work and play activities together, including doing chores that involve movement, even using music to dance along to, dancing being fine aerobic exercise. Walking or riding bikes rather than driving short distances is also recommended. ■

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About lifestyle, organic farming and looking after the environment and animals...

Robyn Hall interviews **Penny Kothe** of **Caroola Farm** between Bungendore and Braidwood. Besides running a busy farm with her family, Penny is the coordinator for the FuturePLANS Local Food Initiative and the farm offers permaculture courses and an open day in May.

What is Caroola Farm and how did it come about?

Caroola Farm is a 100 acre property based on principles of sustainability and regeneration including permaculture, organics, holistic management and humane animal management.

We run an integrated farm which includes chickens, ducks, sheep, cattle, pigs, orchards and vegetable gardens with the aim to be as sustainable and self-sufficient as possible.

Tell us a bit about yourself and your family?

I grew up on a small family cattle farm, went to high school, university and worked in Sydney, but I always wanted to return to the land.

In 2007 I returned to farming (albeit conventionally), in Mudgee and then Bellbrook, moving to Mulloon in 2012 for both the climate and to be closer to family. There are four of us working on the farm on a daily basis, caring for animals and implementing the longer term farm plan.

What advice would you have for others wanted to set up something similar?

Start with a goal, where do you want to be in five years time? Picture yourself there, what



does it look like, what do you see around you? Then look at your resources, are you able to afford property or can you lease it? What skills do you have that may be applied to your vision? Will your work on the farm be part time or full time? Engage the whole family; you all need to have a shared vision.

Go on farm visits and open days, talk to people, go to courses, read and learn.

You have a reputation for humane treatment of your food animals. Can you tell us a bit more?

We are currently in the process of being certified 'Humane Choice' (through The Humane Society International) which is about natural animal treatment, allowing them to exhibit their natural animal tendencies eg scratching, eating bugs, etc – for chickens, digging; and wallowing for pigs – and not

doing anything unnecessary in the way of wing clipping, tail docking, etc.

The stocking densities are beyond free range. We load and transport the animals ourselves and go to the abattoir and assist with processing for all chickens and ducks. For pigs we load and transport ourselves.

What are a few of the many benefits of eating organic food?

Organic foods don't contain synthetic chemicals, so you are eating a natural product without anything added to it (which reduces allergies and reactions).

They are grown on properties that have a sustainable long-term plan for their soils, biodiversity and maintaining a natural balance.

They contain naturally what all foods should contain, they are not artificially

boosted by colour or added nutrient.

How do you stay fit mentally, spiritually, physically?

By being out with nature, caring for the animals and integrating physical activity into each and every day. I stay involved by engaging with others in the community; volunteering my time for larger projects; and making sure I have a good mix of things to do.

My motto is integrate exercise into your life each and every day, don't make it something special you have to do. Walk wherever you can.

What are the most important things in life for you?

Enjoying each day. We are only here for a short time and we don't know when that will end, so I make sure that I balance every day and take the time to enjoy it. My family is important and I make sure that I stop and spend time with them.

What type of produce do you sell?

Currently we sell fresh chicken and duck which are grown sustainably on the farm and provided with certified organic feed. Seasonally we also have beef, lamb and pork.

We have a range of fruit trees busy growing, but not yet producing and are in the process of establishing a larger market garden for locally produced vegetables and herbs.

Courses at Caroola Farm

Permaculture related courses which differ throughout the year, including: Forest Gardens Design (12, 13 April); Open Day at Caroola Farm Sunday 4 May (Free); Introduction to Permaculture (24, 25 May).

Later in the year we have a range of 'Farm Establishment' courses coming up, to help people learn to do some basic essentials themselves such as fencing, irrigation and basic building.

All can be booked via www.permacultureexchange.org.au.

Exercise and Chronic Disease

NEW research shows that exercise and physical activity are crucial in battling chronic diseases such as heart disease and diabetes.

Obesity now affects approximately 60 percent of the adult population in Australia; however the health system lacks an effective framework for lifestyle modification and exercise prescriptions to tackle the problem. Exercise physiologists can help.

Anita Hobson-Powell, Executive Officer of Exercise and Sports Science Australia (ESSA), explained that Accredited Exercise Physiologists (AEPs) specialise in planning clinical exercise regimens for patients suffering with chronic conditions.

"AEPs are often overlooked by the medical profession who do not understand the effects physical activity can have on a range of conditions. There are thousands of research papers that show moving can help everything from cancer recovery to mental health illnesses."

ESSA is lobbying state and federal governments for increased funding in primary health care and prevention, and expanding the allied health workforce. ■

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Giant Pumpkin Competition weigh-in from 2pm Saturday 26th April

More than icing on the cake

by Karen Lovatt

IN AN arcade along Crawford Street, Queanbeyan, there is a snug, brightly-coloured little shop. And in the back room of this little shop, Lorraine Kiewiet weaves her magic, turning her creations into the dreams and wishes of her customers.

Listening to Lorraine talk about decorating a cake is nothing short of fascinating. Her passion, her skill, and her knowledge are immediately obvious.

Growing up on a farm, Lorraine started baking cakes as a 15-year-old girl. Yet even as she developed her baking skill, she was teaching herself to decorate the cakes.

"I taught myself to decorate my cakes and make bouquets, but I'm a milliner by trade," Lorraine explains. "And then later down the track... I've had this shop now, I've worked here for 25 years ... and I still enjoy what we do."

Lorraine has been decorating cakes for over fifty years, and has earned a reputation in

Queanbeyan as the go-to person for perfect cake decoration. So highly-skilled is Lorraine that she has made cakes for many high-profile customers, including, on more than one occasion, former Prime Minister John Howard.

The biggest honour of all, however, was to be asked to make and decorate the cake for the city of Queanbeyan's 175th birthday. The incredible masterpiece took months to create.

"It tells the story of Queanbeyan," Lorraine says. "This shows the different entrances to Queanbeyan, with the logo that the council had on the top... On the cake board I've put every mayor who ever served in Queanbeyan, and the dates they served."

Midget submarines no problem for this lady

The towering birthday cake, however, is far from Lorraine's most unusual request. Other requests have included motorcycle helmets, computers, cakes shaped and decorated like Disney characters, and her favourite, a metre-long replica of the Japanese midget submarine sunk in Sydney Harbour in WWII. It took her 17 cakes to shape, not including the tail, and rested on waves of blue icing.

Lorraine doesn't only decorate cakes, however.

She also offers six-week courses at beginner and intermediate standard in cake decorating in her shop. Students come once a week, and step-by-step learn how to bake, decorate and present their own cakes.

"For their first cakes, they've done so well," Lorraine says. "I have a list of names ready for the next course, so I don't have to worry about where I'm going to get the next lot of students from."

“once considered ‘outdated’, cake-decorating is making a comeback

As with many things that were once considered 'outdated', cake-decorating is making a comeback, with several shops opening across the region that provide resources and supplies for do-it-yourself decoration. But Lorraine prides herself on teaching her students how to pipe, a skill not often taught in the modern era of ready-made decor.

"That's one thing that's not taught much anymore, because people don't know how to pipe anymore," Lorraine says. "And those cakes are beautiful with the fine piping that's been done on them."

Now nearing 70, Lorraine is still enjoying her cake decorating, even after a knee replacement



last year. Slowing down isn't in her plans for the near future.

"It's an interesting job for me," she says. "I've done it now for 54 years, so I find myself thinking, what else would I do?" ■

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PALERANG COUNCIL

Development Approvals

Notification in accordance with Section 101 of the *Environmental Planning and Assessment Act 1979*. Council approved the following development applications in March 2014

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

Application No	Development Description	Date	Property Description
DA.2014.019	Continued Use of Kitchen/ Change of Use to Food Premises	05/03/2014	Lot 1 DP 788661 42 Ellendon Street BUNGENDORE
DA.2014.039	Farm Shed	10/03/2014	Lot 1 DP 1089459 94 Wirreanda Road WAMBOIN
DA.2014.029	Alterations and Additions to Existing Dwelling	10/03/2014	Lot 1 DP 1048261 1938 Collector Road CURRAWANG
DA.2014.008	Dwelling and Garage	10/03/2014	Lot 1353 DP 1154538 9 Deniston Circuit BUNGENDORE
DA.2013.280	Dwelling and Garage	13/03/2014	Lot 31 DP 802104 64 Wilson Street BRAIDWOOD
DA.2014.026	Removal of Trees	18/03/2014	Lot 8 DP 253440 222 The Forest Road BYWONG
DA.2014.034	Continued Use of Above Ground Swimming Pool	18/03/2014	Lot 9 DP 715389 436 Weeroona Drive WAMBOIN
DA.2014.052	Continued Use Pergola	18/03/2014	Lot 1004 DP 1090521 9 Westwood Circuit BUNGENDORE
DA.2014.020	Tree Removal	18/03/2014	Lot 272 DP 1181419 98 Wyoming Road BYWONG
DA.2014.021	Dwelling	19/03/2014	Lot 822 DP 1129595 26 Simms Drive BUNGENDORE
DA.2013.294	4 Lot Subdivision	19/03/2014	Lot 1 DP 1185732 & Lot 2 DP 1185732 112-114 Wallace Street BRAIDWOOD
DA.2014.031	Alterations and Additions to Existing Dwelling	21/03/2014	Lot 6 DP 1061357 79 Millynn Road BYWONG
DA.2014.036	Alterations and Additions to Existing Dwelling	21/03/2014	Lot 31 DP 806126 30 Elmslea Drive BUNGENDORE
DA.2014.013	Removal of Trees	26/03/2014	Lot 2 DP 1144110 66 Ryrie Street BRAIDWOOD
DA.2013.270	Dual Occupancy (2 x Dwellings), Shed and Swimming Pool	28/03/2014	Lot 16 DP 1141290 20 McEnally Place WAMBOIN

Crossword *Solution p15*

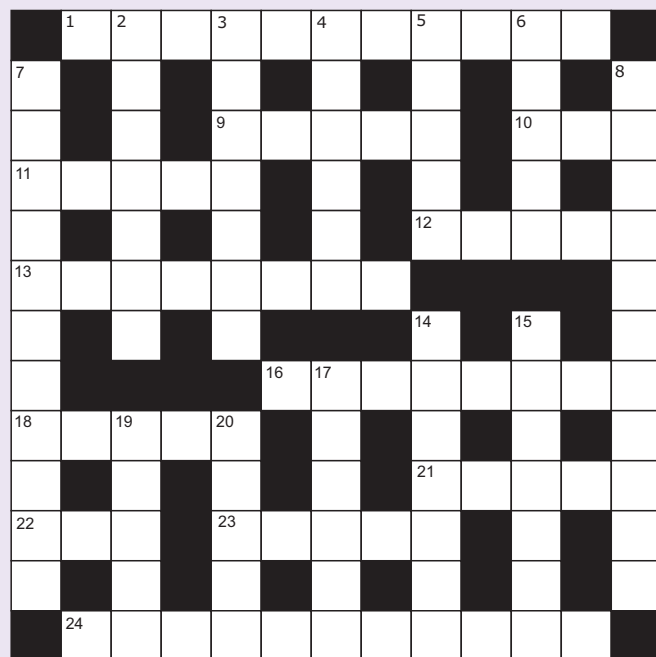
Across

- Man to whom one is related by marriage (6-2-3)
- Lawful (5)
- Zodiacal lion (3)
- Supernatural creature which lives in the mountains (5)
- Rounded projections of ears (5)
- Move to a new place (8)
- Capital of Hawaii (8)
- Thump (5)
- Rice and raw fish wrapped in seaweed (5)
- Come to a halt (3)
- Mexican friend (5)
- Have superior power and influence (11)

Down

- Bottle which holds a fluid for injection by needle (7)
- Small natural mound of land (7)
- Formally reject a previously held belief, usually under pressure (6)
- Region of South Africa (5)
- Perform without preparation (2-3)

- Discontinued temporarily (11)
- Sequentially (11)
- Seasonal wind in southern Asia (7)
- Diversion that occupies one's time and thoughts (7)
- Hard brittle element; the heaviest known metal (6)
- Lowest point (5)
- Perceived sound (5)





Now is the time to inspect Summerfield in Braidwood

'Summerfield' free hold retirement village for over 55-year-olds is being built on eight acres on the green outskirts of the village. Some homes are now ready to inspect. 'Summerfield' has easy access to a range of high quality health care services and hospital facilities through the Braidwood Multi-purpose Health Service (MPS).

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On completion, 'Summerfield' will consist of

70 single storey villa homes and apartments with free hold title and no exit fees. Bus transport to Canberra destinations and the coast will be available.

'Summerfield' is located at 70 Little River Road, Braidwood. Visit www.braidwoodretirement.com.au for further information.

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Super lost in Queanbeyan, Palerang

QUEANBEYAN residents are missing out on \$34 million in forgotten superannuation, according to the Australian Taxation Office (ATO). This includes over 4,000 lost accounts with an average value of \$8,683.

The issue is wide-spread, affecting surrounding areas like Palerang. An ATO media release mentions Bungendore where residents have a total \$4 million in lost superannuation.

The lost superannuation is easily claimed using *SuperSeeker*, a function of the ATO's online services. Since May 2013, lost superannuation has been transferred from super funds to the ATO, protected from fees and charges and held until it's claimed.

Superannuation Deputy Commissioner, Alison Lendon, said Australians are missing out on claiming their own money.

"If you found \$50 in the pocket of your old coat, it would make your day. But 1.9 million Australians have an average of \$8,368 waiting to be found and claimed – which is a lot more than a forgotten banknote.

"Finding your lost super and rolling it into your active super fund could give your retirement savings a significant boost," she said. ■

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Green Army for environment with youth employment



A GREEN Army of young people is set to help out with weed and erosion control on the Bywong, Wamboin greenways, a unique network of walking and biodiversity corridors through the countryside.

The federal member for Hume Angus Taylor has announced funding for the project

along with four others in the electorate. He said it is part of a wider Coalition commitment to supply an army of up to 15,000 young people to tackle environmental issues in local communities.

“The key aims are to control weeds, repair minor erosion gullies and improve pedestrian access,” said Taylor.

Under the project up to nine young people aged 17 to 24 will be employed for 20 to 26 weeks with an allowance varied by age and qualifications, along with a professional team supervisor. A tender process will devolve management to the private sector.

Deploying green corps of young people is not a new idea but the current crop will also be encouraged to study conservation and land management at TAFE.

Trail design and restoration help is welcome assistance, according to the local Greenways Management Committee of Palerang Council which will direct the work. The program is slated to get underway within months, starting with the tender process. ■

82 arrested at Maules Creek including religious leaders

“The movement to wind down coal-mining in Australia may be counter-cultural but it is the truly conservative one” – Thea Ormerod

82 protestors were arrested at the end of March at Whitehaven Coal’s Maules Creek mine at the Leard State Forest in north-west New South Wales.

The protestors occupied trucks, scrapers and road rollers, blocking entrance to the mine and turning away trucks and heavy equipment. Among those arrested were eight religious leaders who held a prayer vigil at the gates of the construction site before joining the other protestors. Reports indicate this is the second time they have been arrested at the site in March.

One of these religious leaders is Thea Ormerod, head of the Australian Religious Response to Climate Change, who explained their plight in a piece published in the *Sydney Morning Herald*.

“You may ask how such a group could endorse anything so radical, but this is a well-worn path for people of faith...”

“Its aim is to keep the Earth’s ecosystems more or less intact for those who suffer the impact of climate change in developing coun-

tries, for our own young people here and for future generations. Not a radical position at all.”

Some protestors were issued with a personal infringement notice carrying a \$350 fine. Those arrested are due to appear in court on 29 April. ■

GetUp Legal Fight gains widespread support

AUSTRALIANS have responded generously to the GetUp campaign for protection of the Great Barrier Reef.

GetUp has raised \$300,000 from over 17,500 members to fund a second court case for the protection of the reef. Legal action will be led by the Mackay Conservation Group, whose President, Dr Michael Williams, explained the importance of fighting the potential dangers to the reef.

“This is a big step for our organisation, but one that we know is necessary for protecting the Great Barrier Reef. Our local community is passionate about the future of the reef and it’s crucial for us to have the support of GetUp members from around Australia,” Williams said.

Last month Environment Minister Greg Hunt and the Great Barrier Reef Marine Park Authority approved 3 million cubic metres of dredged soil to be dumped in the reef. The UN’s Intergovernmental Panel on Climate Change (IPCC) latest report confirms that the Great Barrier Reef is under severe threat from warming seas and coral bleaching due to climate change, made more vulnerable by industrial pollution. ■

Film review

Count your blessings and enjoy

Wadjda is the first film shot entirely in Saudi Arabia made by a female Saudi director, Haiffa al-Mansour. She completed a master’s degree in film studies at the University of Sydney using a draft of *Wadjda* as part of her thesis.

The film has received rave reviews and awards at film festivals around the world; however cinemas in Saudi Arabia have been closed since the 1980s. The film deals with the gender apartheid type restrictions facing women and girls in Saudi Arabia that is to some extent maintained by both sexes.

Wadjda dreams of owning a bicycle...

The plot centres on Wadjda a young Saudi girl who lives in Riyadh, on the cusp of having to wear a traditional abayat. Traditional abayat are black cloaks that cover the whole body except for the face, hands and feet. Women in the film also wear a face veil and some wear gloves.

Wadjda dreams of owning a bicycle so that she can race her neighbour and friend Abdullah.

>> Cont’d next pg



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Double cropping of truffles and hazelnuts

IT IS NOW possible to grow commercial hazelnuts and have them inoculated to also produce the famous black truffle. Establishing a truffiere (truffle orchard) is an expensive venture and requires a lot of patience, but also producing commercial hazelnuts provides earlier returns.

Fresh hazelnuts have grown in popularity and are recognised as a healthy nut. The trees are hardy and easy to grow with very few inputs required.

Truffles are the fruiting body of a specialised fungus known as a mycorrhiza. They need to be inoculated onto the roots of hazelnuts or oaks where they develop a symbiotic relationship with the tree. The French black truffle is highly prized and keenly sought by leading chefs.

Generally a hazelnut seedling is used to inoculate with the truffle mycorrhiza, however a hazelnut seedling is unreliable to produce quality hazelnuts. This led Trufficulture (a grower of truffle inoculated seedlings) to join with Hazelnut Nursery Propagators (HNP) to use commercial varieties in the inoculation process and develop this exciting orchard program.

Throughout Palerang there are successful hazelnut groves and also many truffieres, so there are soils and climatic regions that suit both.

Seminar and workshop

Trufficulture is conducting a grower’s seminar and workshop (see notice below). It covers many technical aspects of growing these two important and emerging crops.

The topics covered include understanding the truffle lifecycle, climate and soil, plantation establishment, quality assurance and tree certification, ongoing maintenance, harvesting and grading, marketing and industry overviews. Also covered is the concept of growing both crops together in an integrated plantation.

A farm walk follows for those interested in a producing local truffiere.

A small charge will be required to cover the costs of the seminar and a light lunch.

To register and reserve your place please ring Jan on (03) 5968 1092 or email seminar@trufficulture.com.au. For more information on growing hazelnuts visit the website at www.hazelnuts.com.au and for truffles at www.trufficulture.com.au.

— from Trufficulture press release



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<< Meanwhile, her mother is distracted by concerns that her mother-in-law is attempting to arrange a second wife for her son in the hope that she will have grandsons that will continue the family tree. Wadjda's father clearly loves his daughter and his wife but is also feeling maternal pressure about the absence of a son.

Wadjda decides to tackle the bike purchase on her own after persistent requests for her mother to buy a bike are denied. Women have only recently been allowed to ride bicycles in Saudi Arabia for recreation but only if they are fully covered and accompanied by a male guardian.

Wadjda's mother has her own problems with getting around as women in Saudi Arabia are prohibited from driving. To get to her workplace, Wadjda's mother has to rely on a grumpy driver who attempts to intimidate her.

Wadjda has an entrepreneurial flair that gets her into trouble at school.

She agrees to become a paid go-between in a love tryst, sells bracelets and tapes. She wears sneakers and has a cheeky attitude that meets with the wrath of the headmistress. Then she seizes the opportunity to enter a Qur'an competition with a significant cash prize to help the bike purchase project.

The film ends with mixed blessings, with some happy news but it is clear that the road ahead is not going to be easy.

One reviewer watched the film with her own young daughter of a similar age to Wadjda and recommends it for young girls as an antidote to the age of entitlement, and as a reminder that one should not take freedoms for granted.

This is a delightful film. ■

1984: A dark love story



1984 is intense, provocative, disturbing. And it's coming to The Q theatre in April.

By day, Winston Smith is an editor at the Ministry of Truth, rewriting history to align the past with the current political agenda of the ruling party and its illusive leader, Big Brother. By night, Winston pursues a forbidden love affair with a mysterious woman in an attempt to rebel against the regime and maintain some control over his otherwise totally controlled life.

A mix of cinema and live theatre, this production of 1984 is a bizarre love story, about two people who would never have met otherwise, notes writer Nick Skubij, of independent theatre company Shake & Stir. "We find the human side of this mismatched couple."

"We condense the focus to the human story, which makes it even more chilling. We see people trying to live without a scrap of warmth or hope or love. It's terrifying."

And what has been the response from audiences so far?

"Audiences are drawn into the authentic world of the book," says Nick. "Reactions range from stunned silence to groans of recognition to startled gasps."

"Every show is different. We've had some great responses."

"In the foyer afterwards, some people will say: 'I loved it. I hated it, but I loved it.' It provokes some strong reactions."

1984 comes to The Q theatre from 30 April to 3 May.

— Sarah Newsome

CORALIE'S CORNER (is back)

YES, have been missing in action but am now back and ready to give you all the info on the latest theatrical happenings.

We have a plethora of productions about to come to Canberra and Queanbeyan and know that you will have a great choice in deciding where to go and what to see.

Strictly Ballroom. We will have a special theatre coach going to Sydney to see *Strictly Ballroom* and one of our very homegrown actor/singers has a main role in the production. Damien Bermingham, whom we are so very proud of, will be performing and has promised to meet us after the show – a good reason for you to join the fun-filled champagne tour. **Saturday 21 June** for the 2pm matinee. Ring 0418 249 658 for enquiries and bookings.



www.mirror.co.uk

Dames are back!

On 16 May **Dame Kiri Tekanawa** will be performing her 70th Anniversary Tour at the Llewellyn Hall School of Music. You may have seen the Dame

playing Dame Nelly Melba in *Downton Abbey*... well now you can see her in person as herself. Contact 0418 249 658 for special ticket prices.

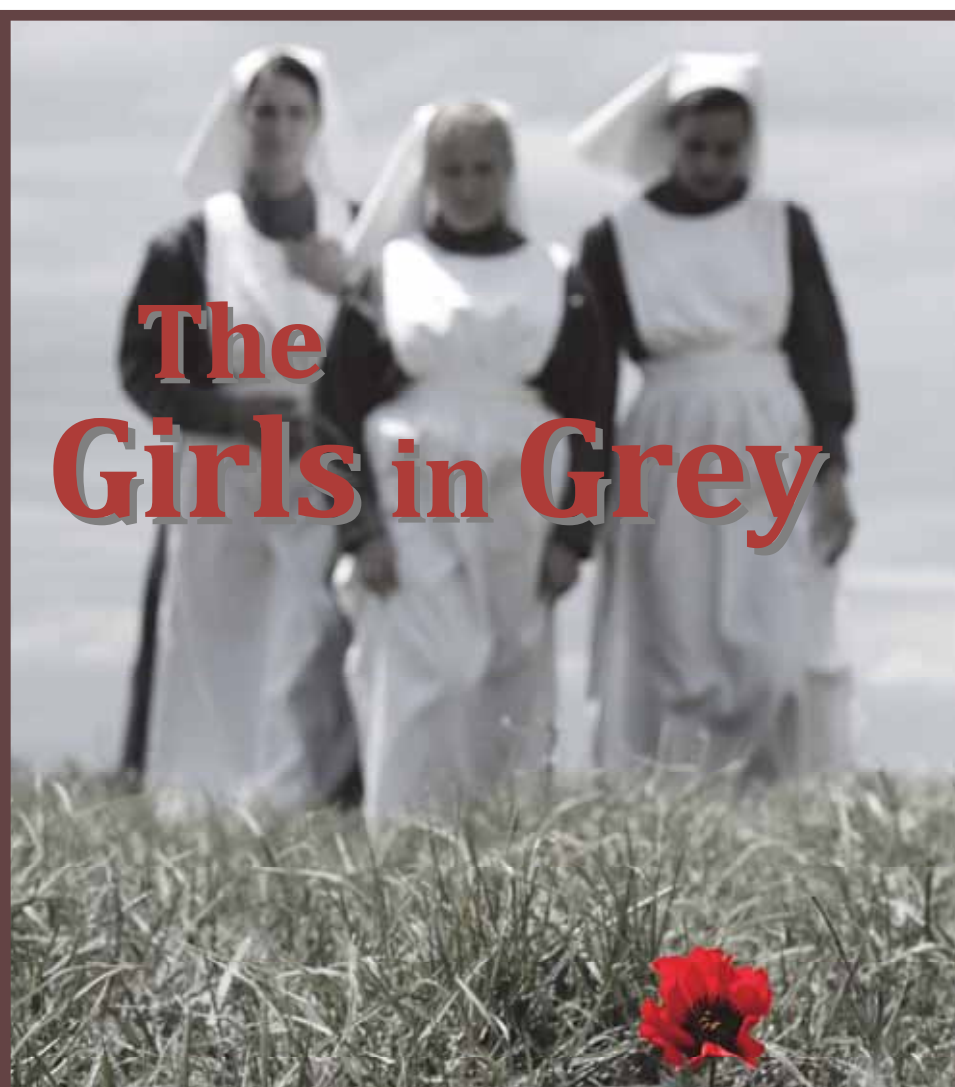
For lovers of musicals. Then also in May (starting 8 May) for a season, a brand new musical will be at The Q – *Winging My Way to the Top* (see ad p16), directed by award winning director Rodney Fisher. The book and libretto were written by local producers Karen Strahan and Jill Walsh

who have collaborated, performed in and co-produced successful productions for the past 20 years. *Winging My Way to the Top* is about sibling rivalry, explosive egos and a second chance at the big time. The Diamond Sisters still have a strong bond after all these years – despite 'the incident' in 1986. After 30 years will they reunite?

Dinner Show. End of May (30 and 31) brings us to a dinner/show at Teatro Vivaldi, produced by singing legend Jon English and stars **Lisa Chappell**, two time Logie Award winner, playing Claire McLeod in *McLeod's Daughters*. This cabaret has more drama off stage than on! Call 0418 249 658 for bookings.

Hoping to see you in a foyer very soon, Coralie Wood

Coralie's CORNER



The Girls in Grey

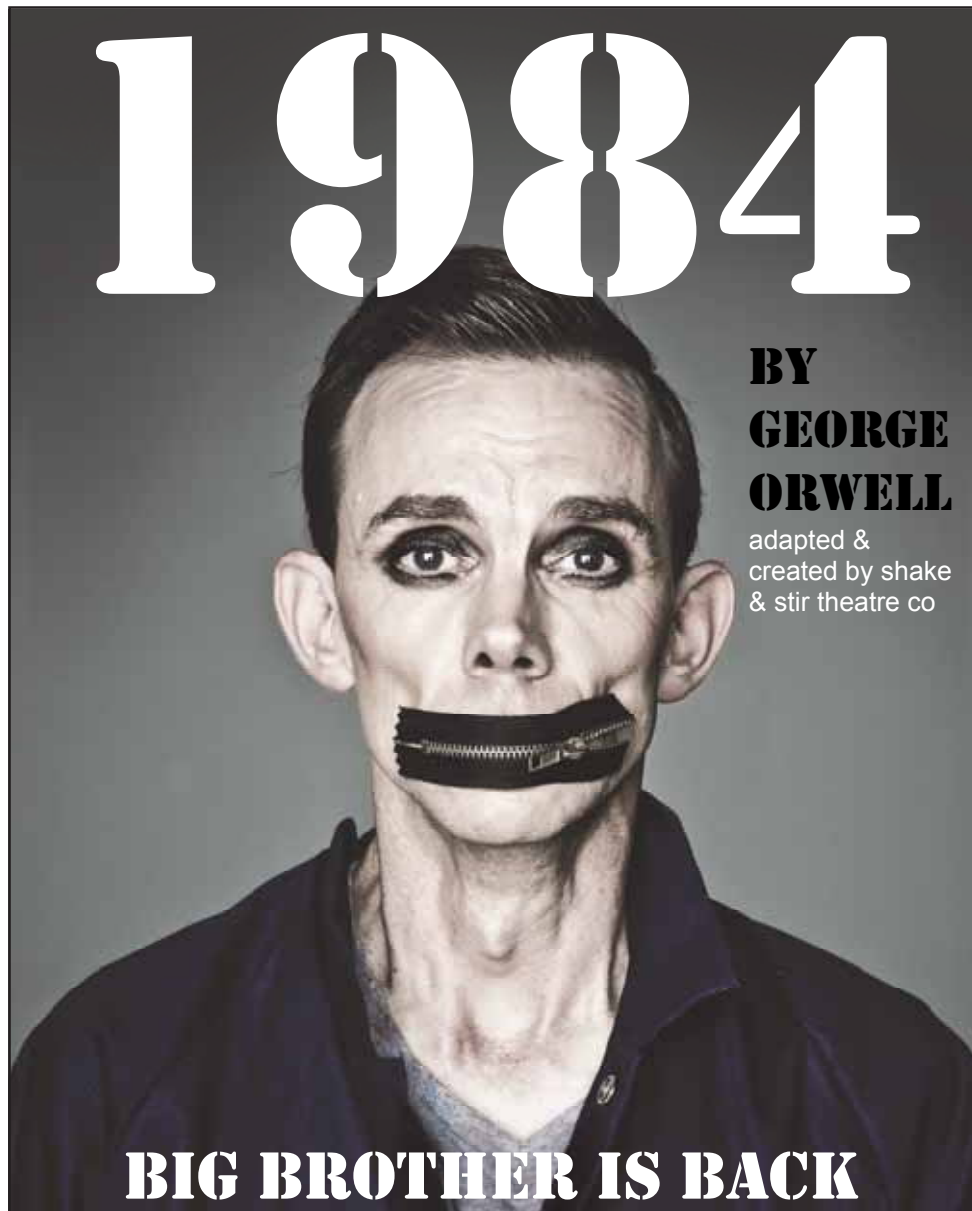
"The Girls in Grey is inspiring, poignant and honest, and encompasses the spirit of the ANZACs from an alternative and powerful perspective." - Artshub

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With Heike Hahner

Common myths about dogs

Let's have a look at a few common misconceptions about dogs.

Food aggression. Dogs that are protective of their food do better if they are fed several small meals during the day and if they are taught to give up low value food for high value.

Aggression. We can prevent aggression in dogs by paying attention to warning signals and making sure that the dog feels safe. Extensive socialisation and positive training methods are important building blocks to a confident non-aggressive dog.

Dogs and children. Most dog bites received by children are warning bites to let the children know that they are invading the dog's comfort zone. A lot of dogs give plenty of warnings, such as avoiding the child, cowering away, snarling or growling.

Sadly, dogs are frequently punished for snarling or growling. This may result in the dog not warning anymore and going straight to biting.

He looks guilty, he knows. Dogs are expert readers of body language and vocal expressions. When you are angry, your dog will respond with a slowing down of body movements, lowered body posture, he will turn the head away and he will look at you out of the corner of his eyes to make sure you cannot pounce on him and bite him.



This will give him the classical 'guilty' look but is actually passive submission. He knows you are angry and he will try and placate you by sending you the submissive signals. You can be sure that your dog has no idea or does not feel guilty that you are angry if he repeats the offence again and again.

Exercising your dog. For dogs, their daily walk is crucial. Dogs need more than just being tired from running; they need the mental stimulation that a walk offers.

Dogs enjoy finding new smells and need to socialise daily with other dogs, people and animals. Going out on a walk is a crucial component of having a happy, well-balanced and well-bonded dog.

Playing with other dogs. Playing is a friendly way of sorting out differences.



Pups will play the most and as they age their willingness to play declines. Females are often less inclined to play than males.

Socialisation. For a dog to fit well into society he must go out onto the streets, to shopping centres, cafes, etc. regularly. If he is only used to the dogs, animals and people at home, he may react with fear or aggression in unfamiliar situations.

For more information on how to feed your dog well:

www.barfaustralia.com (yep that really is the acronym for biologically appropriate raw food)

Preventing dog bites to children: www.doggonesafe.com.

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— KEEPSAKES —

ANZAC Day Special: Preserving military records

In acknowledgement of the centenary of the First World War, I thought I would share with you some basic techniques to help preserve military records, certificates and documents.

In the past I have spoken about good storage practices but there are also a few things you can do *prior* to storage to facilitate the health of your collection.

Firstly it is paramount that you only handle old documents with clean, dry

hands to prevent the transfer of dirt and acids from your fingers to the paper. White or latex gloves may also be used if you prefer.

Secondly, carefully remove all staples, paper clips and rubber bands to prevent rusting and other stains, and remember never to use self-adhesive tape to mend tears. The tape goes yellow and brittle over time and can stain the paper permanently.

Also, never consider laminating an historical document – it is a permanent process that uses heat and glue that also causes permanent damage. If you have military records or certificates that you would like restored or encapsulated it is recommended that you contact a conservator who can help you.

Finally, if you have letters still folded in an envelope it is important to judge the fragility of the paper before you try to unfold it permanently. If the paper looks as if it is sturdy you may gently unfold the letter and smooth out the crease on a table. But it is important to never 'back-fold' the crease or force open a letter that is stiff or brittle.

If you have any questions about preservation come into the Family Keepsakes shop in Cassidy's Arcade, Queanbeyan and we will be more than willing to help.

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CASSIDY ARCADE, QBN
(Next to the Q Theatre)

HERITAGE ABOUNDS

From p3

Miss Edith May Walker, herself a former student, continues to hold the record as the school's longest-serving teacher, remaining at her post for 34 years before retiring at the age of 71 in 1952.

While Isabella Street was the first non-denominational school, the town's first educational facility was established in 1844 by the Anglicans of the district, the building in which the early lessons took place also still standing in the grounds of Christ Church in the heart of the CBD.

And somewhat coincidentally, it was also the end of March that saw the first sod turned for the city's newest contribution to education, the Anglican School at Googong which will officially open in 2015 for Kindergarten to Year 2 students.

Queanbeyan's contribution to the Heritage Festival encompasses a variety of tours and events including a Picnic in the Past in which you can learn more about the historic Queanbeyan Park, the Queanbeyan Museum Open Day or, for something a little more unusual, you can explore Queanbeyan under the cover of darkness in a Mysterious Queanbeyan by Moonlight Tour.

For the Heritage Festival program and additional details, see www.environment.act.gov.au/heritage/heritage_festival.

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Eggs. "We got laid in Bywong" the original hand picked, fresh, free-range eggs from very happy hens. Fed on our homegrown or freshly sourced local veges. Text Martin 0432 851 914. Rovere Rd, off Macs Reef Rd. Look for our recipes and egg-spirations at www.MartinsOrganics.com.au.

Handmade gourmet foods, shortbread, tempting white & dark rocky road, celebration cakes, lemon butter. Fine local fruit jams, marmalade. Perfectly presented for a gift or for you. Handmade, local and locally sourced ingredients where possible. **Taylor's of Bywong.** Exclusive to Pendon Produce 413 Norton Rd, Wamboin. Special orders taken on request – Mother's Day + Easter nearly here!

Pendon produce. **Freshly picked seasonal produce.** Locally grown by organic methods, no pesticides, no nitrates or other chemicals. Freshly picked mixed salads & wild rocket, beetroot, garlic, handmade soaps, jams, eggs, flowers. Pendon Produce 413 Norton Rd, Wamboin, opposite Bingley Rd. Pickup freshly gathered seasonal vegetables and salads, ready for you on your way home. Ring Penny 6238 3447. Locally grown in Wamboin + Bywong gardens.

Polly's Garden (alias Pauline's). Pop in for fresh seasonal produce. Taste the difference of genuine home-grown vegetables, fruits, herbs, spinach, spring onions and silverbeet. Honey, preserves & jams. Bagel crisps. Potted plants. Exclusive jewellery. Ring ahead and your order will be ready when you want it. 1289 Norton Rd, Wamboin. Ph 6238 1996 Why not join her mailing list. Locally grown and sourced goods.

Home grown, home-made swap. Bring your excess produce to swap or give away. No money, just exchange. This market is now on the first Sunday of every month. So come along, bring and swap outside Wild Rose Organics, Ellendon St, Bungendore. Contact Louise or Jennie on 6238 1422 louise@wildroseorganics.com.au. A local initiative for the locals.

Piglets. Ready to go. Plate or paddock. "Delicious, this is how pork used to taste, full of flavour," a very satisfied customer after eating this local, sow-reared, stall-free, free-ranging pig. Pure bred Sussex Saddlebacks. Ph 0422 225 358. Buy Local in Bywong.

Polly's Easter treats. Your Easter shopping solved at Polly's treats. Baskets of home-made goodies for Easter: chocolates; bagel crisps; almond bread and biscuits; rum balls, and more. Ph 6238 1996 or email psegeri@bigpond.com.

Fundraisers

Wildcare are having a stall at the **New Bywong Boot Sale** Sunday 4 May. If you have any saleable items you would like to donate for the Wildcare fundraising stall then please contact Phil to arrange collection of items, or perhaps you may consider dropping them off at his place in Wamboin, Phil 6238 3717 or machin4@bigpond.com. One of the many locals helping our native, animals, birds, etc to survive back in the bush.

Services

Need a hand? Wendy's Mowing is offering free quotes in our area. Town yards + rural house blocks, etc, pensioner discounts. Insured & police checked. During this bushfire season it is essential to protect you and your family by keeping the grass short and the area around the house cleared. Contact Wendy 6298 1720 or wendysmowing@dodo.com.au; 0439 883 298. Local and reliable.

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Caroola Farm's sustainable, local, organically grown and humanely raised whole **chickens and ducks** are now available direct from farm (www.caroolafarm.com.au 4842 1899) or in-store at Food Lovers Market, Bungendore.

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Mini May Market. Thursday 8 May. Open House 10:30–3:30. 1289 Norton Rd. If you can't make it to the Biggest Morning Tea make an offer, roast spit, Sunbeam electric BBQ, De Longi coffee machine +Pods, anniversary clock, dinner sets & much, much more. Ph 6238 1996 or email psegeri@bigpond.com.

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Send your **FREE** classifieds in 25 words or less to — **thebulletinclassifieds@yahoo.com.au** — with your name, address, phone or email contact, and category: **Collectables, Building supplies, Gardening supplies** (excepting masses of plastic pots), **Household appliances or furniture in good working order, Auto accessories, Farm equipment and farm animals, Clearing, estate or garage sales, Designer clothes or quality childrens' clothes, Wanted to buy or exchange.**

'A little bit of Gundaroo history'

reserve 12 April

THE GUNDAROO and District Historical Society is holding a special exhibition capturing elements of the history of Gundaroo village and district.

The exhibition includes photographs, documents and maps from Gundaroo's early years, and artefacts such as implements, household items and a display of tools used to construct slab houses.

A feature is a collection of images of historic slab buildings from the area taken in the 1970s by archival photographer Rog Fryer who will speak at the exhibition.

Gundaroo was settled more than 150 years ago as an important stopping point on the journey between surrounding regions and the east coast and as a focal point for the lo-



Greenwood's cottage in Morning Street Gundaroo in 1974, by Rog Fryer.

cal farming community. It flourished as these for many years until the mid 20th century when it shrank back to a remnant 19th century village.

In the 1970s this trend started to reverse and Gundaroo again is a thriving community bolstered by a new population attracted by its village lifestyle within commuting dis-

tance of Canberra. This trend has seen a big change to the physical face of Gundaroo including the built landscape.

This exhibition is an opportunity to see a record of many of the buildings that are and were integral to Gundaroo's history as they were in the 1970s. Rog Fryer's mission has been to archive heritage and historic homes and endangered species before they are lost.

He is also keen to preserve the images themselves. "Millions of photos are uploaded to the internet daily, changing the way we take photographs, but they have no afterlife."

To preserve the image, his archival photographs are infused into polished aluminium at a resolution four times greater than regular ink prints, accentuating colour depth and rendering exceptional detail. They are washable and last for generations.

His Gundaroo series, shot in the early 1970s on Kodak TriX 400 ASA film, will be on sale at the exhibition as prints with the proceeds going to the Gundaroo Historical Society. The special aluminium plates of his images will also be available.

A spokesman for the Gundaroo Historical Society, Ron Miller, said people should make a day of it and enjoy Gundaroo's attractions including food, drink and old wares.

The exhibition will be at the Gundaroo Soldiers' Memorial Hall, Cork Street, Gundaroo on Saturday 12 April between 10am and 5pm.

The Pope and I on the trail of ideas that may lead to a horror show

by Maria Taylor

WHEN I researched a recent doctoral thesis on what happened to climate change public knowledge and information in this country (going from good to confused to terrible) I came across ideas about the economy called 'economic rationalism' and free market fundamentalism that still rule Australia.

I found that these ideas – in the heads of economists, politicians, think tank thinkers, people extracting coal and minerals and Rupert Murdoch plus his editors – were highly influential in shaping the response to the risks of a warming planet and climate change in the last 20 years.

Ideas about the economy made influential people reject simple solutions to lowering greenhouse gas pollution – like a national energy efficiency policy across domestic and industrial sectors, or fuel substitution (even natural gas was off the substitution agenda for many years) or a real commitment to the win-win of renewable energy (lower pollution and new jobs).

Unfortunately little has changed. Instead we are going backwards with the most hard-line ideological federal government in two decades wanting to unravel even the minor risk responses we have in place – dropping a price on carbon, knee-capping support for renewable energy and innovative energy solutions (with greatest impact on rural and regional areas), burying national education on climate change (see box this page).

Is a 'perfect market' good for us?

The ideas hold that since 'the market' is perfect, installing efficient measures just add unattractive cost; regulation for public health or the environment is unnecessary 'intervention' in the free, global market (which knows what is best for consumers).

Since traditional fossil fuel companies have been the most powerful voices in a market clamped to competition and growth, they have dominated the agenda.

From this perspective, collective action – be it by unions, social justice advocates, religions or environmentalists – goes against the mainstream and market interests. Citizens have been framed since the 1990s as individual operators with our own

singular relationship to the markets. Anything else has been labelled 'socialist'.

Under assault

Take a look around. We have a green light to dump dredge spoil into the Great Barrier Reef (already threatened by climate change) to suit coal mines planned by Gina Rinehart and Clive Palmer; a witch hunt against the union movement that underpins Australia's well-paying jobs; unravelling hard-fought consumer and environmental safeguards (that onerous red and green tape); capturing middle and lower income groups with austerity in the coming budget; slashing public jobs and services and selling off public assets.

It all fits the economic rationalist theoretical model – popping up again with renewed zeal like serial killer Freddy in the horror show *Nightmare on Elm Street*.

Good guy on our side: Pope Francis

I can tell you it was with great relief that I learned Pope Francis is taking up the fight. He agrees about the threats hiding in our economic system and behind radical ideas unproven in real life.

And the Pope is planning to do something about it. Not specifically about that good Catholic Tony Abbott and his scary cabinet, but globally he has taken a stance for social justice and against a lethal level of free enterprise and the ideas that go with it.

The Pope has a powerful constituency for his message: 1.2 billion Catholics worldwide, thousands of schools and universities and a huge global network of social ministries. He appoints bishops from Brazil to Bougainville, and has committed these forces to the fight against an ideology threatening destruction against ordinary people and the environment.

In his speech 'The Joy of the Gospel' made in November 2013, Francis said the

mission of the church is to remove the desolation of the human heart and the violence brought upon it by an unjust economic system, saying that "such an economy kills". Unbridled consumerism and a blunted conscience have been the response amongst citizens.

He said that "today everything comes under the laws of competition and the survival of the fittest, where the powerful feed upon the powerless... masses of people find themselves excluded and marginalised."

"[The idea that] a free market... will inevitably succeed in bringing about greater justice and inclusiveness in the world... has never been confirmed by the facts."

The imbalance in income between the top-earning few and the majority of populations "is the result of ideologies which defend the absolute autonomy of the marketplace and financial speculation".

In response to predictable right wing denunciation in the United States of the Pope's words as "Marxist" or at best misguided, Michael Sean Winters of the *National Catholic Reporter* wrote that Pope Francis speaks of the world as he knows it, not abstract economic theory.

"Francis has never had the pleasure of attending a lecture at the pro-market Acton Institute, but he knows the slums. He was president of the Argentine Episcopal Conference



Think tank Institute of Public Affairs wishlist for the Abbott government

The Institute of Public Affairs "the voice for freedom" is Australia's most influential right-wing, market fundamentalist think tank which counts Liberal Party politicians, and media mogul Rupert Murdoch and mining magnet Gina Rinehart amongst its close 'group think' supporters.

The IPA website holds a pre-federal election policy wishlist for the Abbott government. Below are the top 12 recommendations for comparison with current politics.

IPA authors John Roskam [Liberal Party operative], Chris Berg and James Paterson write in '*Be like Gough: 75 radical ideas to transform Australia*'.

"We provide a list of 75 policies that would make Australia richer and more free. It's a deliberately radical list ... [If he] was able to implement just a handful of these recommendations, Abbott would be a transformative figure in Australian political history. He would do more to shift the political spectrum than any prime minister since Whitlam."

IPA top 12 ideas for our country

- Repeal the carbon tax, and don't replace it.
- Abolish the Department of Climate Change.
- Abolish the Clean Energy Fund.
- Repeal Section 18C of the *Racial Discrimination Act*.
- Abandon Australia's bid for a seat on the United Nations Security Council.
- Repeal the renewable energy target.
- Return income taxing powers to the states.
- Abolish the Commonwealth Grants Commission.
- Abolish the Australian Competition and Consumer Commission.
- Withdraw from the Kyoto Protocol.
- Introduce fee competition to Australian universities.
- Repeal the National Curriculum.

(Source <http://ipa.org.au/publications/2080/be-like-gough-75-radical-ideas-to-transform-australia>)

April skies – best view of Mars for two years

APRIL nights are getting longer, and a little more chilly, with the bright stars of summer slowly giving way to the fainter constellations of autumn. The brighter parts of the Milky Way are also starting to return, which will dominate our skies throughout winter. Highlights for April are three bright planets, Mars, Jupiter and Saturn.

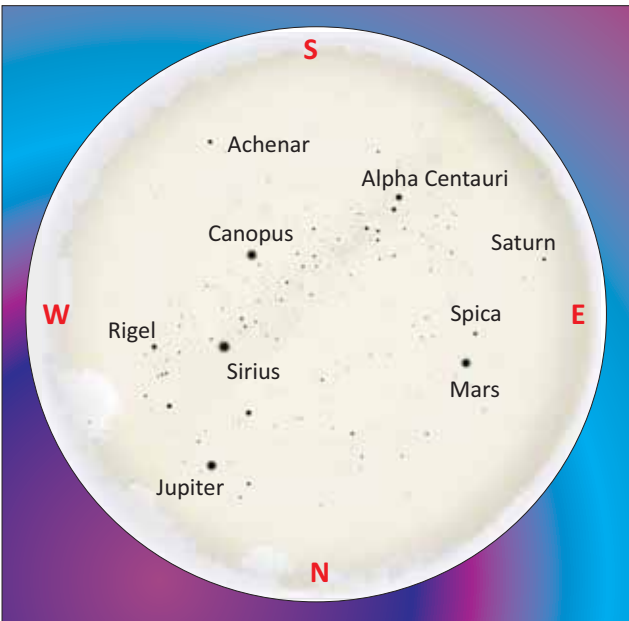


CHART (9PM ON 15 APRIL) PRODUCED USING THE STELLARIUM SOFTWARE PACKAGE

Bright stars in April consist of white Sirius and blue-white Rigel, low in the north-west, blue-white Canopus high in the south-west, blue-white Achenar low in the south-west, yellow Alpha Centauri near the Southern Cross low in the south-east, and blue-white Spica, the brightest star of the constellation Virgo, close to the planet Mars.

If you have a pair of binoculars, have a look around half-way between Rigel and the three stars making up the belt of Orion (nearby in the direction towards Jupiter). You'll see a misty patch known as the Orion Nebula, a huge cloud of hydrogen gas where new stars are being born.

Planets in April: Mars, Jupiter and Saturn

Three bright planets are visible in our evening skies during April; Mars, Jupiter and Saturn. All three can be easily identified in the sky using the map.

Early risers can also see brilliant bright Venus in the early morning sky.

Mars is the highlight for April, being at it's best for 2014 (and indeed for 2015) on April 8th. On this day Mars will

— Star Search —

with Dr David Weldrake

be exactly opposite the Sun in our skies, hence will rise at sunset and set at sunrise. It also marks (almost) the point where Mars is closest to the Earth for the year, and hence will be at maximum brightness.

Can't miss Mars, most Earth-like of planets. What happened there?

Mars is unmistakable, it is the bright red 'star' low in the East at sunset, among the stars of the constellation Virgo. In fact it was Mars' blood-red colour that led to it originally being named after the Roman God of War – Ares.

Mars has always captured the imagination, being the most Earth-like of the other solar system planets and home to 'Martians', an often invading fictional alien race, the subject of many different science fiction movies and stories.

Whether Mars is actually home to basic forms of life remains to be seen, although recent results from the 'Curiosity' Mars Rover strongly indicate that it was once very much like the Earth, thousands of millions of years ago, with oceans and rain. Whether life ever evolved there, and why Mars eventually turned into the frozen waterless desert of today are hot topics of research.

Mars has a day which is only half an hour longer than that of Earth, and temperatures typically in the -100°C range. It can, however, get up to a pleasant 20°C in sum-

mer, although the atmosphere is extremely thin and made up of carbon dioxide. A human on Mars would be flash frozen and the surface pressure so low that your blood would physically boil.

Through a telescope, Mars looks like a small reddish ball, with bright white polar ice caps and dark dusky surface markings which occasionally change in shape and intensity due to Martian weather. Dust storms that cover the entire planet occur from time to time.

Have a look tonight for Mars, it won't be as easy to see until May 2016!

Jupiter is also visible in the evening sky, unmistakable as a bright yellowish 'star' towards the north-west after sunset. Jupiter is now becoming fainter and will be visible in our evening skies until July, when it will pass behind the Sun, a time astronomers call 'superior conjunction'.

Saturn is the third planet visible this month, looking like a fairly bright yellowish 'star', fainter than Jupiter, rising in the east a little after sunset. Saturn will be at its best for 2014 in May, and will be described in more detail then.

Have a look at these three planets during April, you're looking at the fourth, fifth and sixth planets of our solar system.

The Moon was at first quarter (half) phase on the 6th April, full on the 14th, at last quarter phase on the 21st and new on the 28th. ■

..... COMMUNITY NOTICES

Tips for lending a hand

Many rural residential, town and village people help our local wildlife injured on roads or caught in fences, molested by dogs or suffering other mishaps. Here Phil Machin from Wildcare gives some do's and don'ts of rescues

'GREEDY' (pictured here), an eastern long-necked turtle, has been fattened up and released in time for him to settle down to his new surrounding prior to hibernating over winter. Greedy was injured on the road. A commuter on the way to work rescued him. He had a cracked shell where a motor vehicle had clipped him.

The ACT RSPCA repaired the shell and later he was transferred to Wildcare to be

rehabilitated and released close to where he was picked up. Many animals, such as reptiles, snakes, birds and turtles, need to be released close to [within a few kilometres] of where they have been rescued to avoid mixing up the species' gene pool and to overcome territorial problems.

It's tempting to rescue and raise injured or

orphaned animals without being a member of a wildlife group, but this is not a good idea. In practice it is not easy to raise or keep alive an animal without specialist knowledge, equipment and training.

Many mammals, including kangaroos and wombats, need a particular milk formula and this has to be given at certain times of the day in exact quantities. There is also the need for the right environment, medication and other supplementary food.

It's no good using cow's milk, as this will totally upset an animal's digestive system and cause further problems. Similarly reptiles, such as lizards, need a particular diet and housing, as do snakes. Birds can quickly die if not treated correctly. Baby animals can grow large and eventually become



unmanageable.

If you rescue wildlife don't be tempted to feed or water it – this might be a death sentence. Get help from Wildcare or a similar organisation. Better still join a wildlife group and become

involved with rescuing and rehabilitating wildlife.

By law members of the public have to hand over rescued wildlife to a reputable authority, such as a licensed wildlife group, RSPCA or a Parks and Wildlife ranger, within a couple of days.

Wildcare is available 24/7, so get in touch and call 6299 1966.

Do you have a suitable property?

Wildcare is on the lookout for suitable large-acre properties to release rehabilitated wildlife, particularly in the Bungendore region. If you can help with this, please contact Helen on 0433 010 318.

Anyone for a rail trail to Captains Flat?

NSW Labor is coming out for the redevelopment of the disused Bungendore to Captains Flat railway as a rail trail, an idea that has arisen periodically for several decades now.

However on the back of the formation of a NSW Rail Trail lobby group and indications of bipartisan support for rail trails, it really is time to get on with the job of developing trails in our region, says local Labor MLC Steve Whan.

"A parliamentary committee has recently made a bipartisan recommendation that rail trails should be developed in NSW. Country Labor's Mick Veitch will be moving a private members bill in Parliament which we hope will be acceptable to all and would allow rail trails to go ahead."

Whan said that with the Canberra enthusiasm for cycling, a regional rail trail could be a terrific tourism boost, particularly for Captains Flat.

Other decommissioned railways with great rail trail potential include Hume to Royalla or Michelago. **Cont'd next pg**

Bywong Community

bywongcommunity.org.au

CAR BOOT SALE

THIS ANNUAL EVENT HAS BEEN MOVED TO:

SUNDAY MAY 4

9:00—1:00

— AUSTRALIA'S BIGGEST MORNING TEA —

Polly puts the kettle on, again for 2014

- Lucky Door prizes every half hour, ongoing raffles,
- Silent & noisy auctions, Major raffle,
- Cake weight competition, various stalls, trading tables,
- Bingo games and lots more.

Name: Pauline Segeri (ID 13760), **Thursday 8 May**
Open House 10:30am—3:30pm

RSVP & Enquiries to 6238 1996 or email psegeri@bigpond.com

Donate online: ABMT – ACT – POLLYPUTSTHEKETTLEONAGAIN!

Note: Address has been omitted intentionally to RSVP for catering purposes.

– Permaculture Open Day –

Farm Tours | Free talks | Entry by donation



Sunday 4 May 2014 – 10am to 4pm

9074 Kings Highway, Mulloon (between Bungendore and Braidwood)

– More info at www.CaroolaFarm.com.au –

Ever thought of hosting a musician at home?

Queanbeyan's *Ros Hales* has, and she tells us about the growing movement of house concerts

A GROWING worldwide music movement is quietly coming to private homes and bringing joy to all involved. The house concert phenomenon is steadily growing as touring musicians look to a decreasing number of music venues in which to perform.

House concerts provide them with the opportunity to connect with the audience in a way that no other venue can. At the end of the evening everyone feels that they've made new friends and the musicians have, hopefully, increased their fan base and sold a few cds.

My first house concert a couple of years ago was a wonderful evening. Around 30 of my friends and acquaintances, and a few strangers, came into my living room to enjoy an intimate musical experience – up close and personal. Since then I have hosted several concerts in my home. Each one different to the others, but all were a satisfying experience for everyone involved.

For those who love and want to support live music it is a great opportunity to introduce your favourite musicians to a new audience. Unlike running a music venue it's not an ongoing commitment – hosts can hold as many concerts as they choose.

As Lisa J Aston, Principal of House Concerts Australia, says "house concerts are one of the most important trends in independent music today... a chance to experience music in a warm and intimate environment. Our network of hosts throughout Australia and New Zealand is growing daily".

For more info go to www.houseconcerts

<< "The Bungendore community expressed strong support for a rail trail some years ago but the old law stopped it happening. If we get the law changed then the key ingredient will be strong community support and positive discussion and cooperation with landholders adjacent to the route."

Whan said that so far he is getting very positive response and is hoping people within the communities of Bungendore and Captains Flat would be willing to get involved in doing the work that will be needed to make it happen.

Local bipartisan support would be good too. "I would be delighted if Mr Barilaro wanted to make it bipartisan and work side by side with me on getting it up and running." ■



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Bungendore

Bywong Bush Baroque happening again in May



Austral Harmony – Jane Downer, baroque oboe and oboe d'amore, and Peter Hagen, harpsichord and organ.

australia.ning.com. There is no need to register with any network, but it does help in getting started and provides some good information as well as links to touring musicians.

Duo to visit National Folk Festival, Braidwood in May

Most recently, a small group of people gathered in my living room for the wonderful singer-songwriter Heath Cullen from the NSW south coast. Heath is a wonderful poet (Candelo's Bob Dylan?) with a voice that is sometimes gravelly, reminiscent of Tom Waits, and at other times breathtakingly sweet. I have to admit there were a couple of occasions when he moved me to tears!



He is a superb guitarist and also played a couple of numbers on the banjo, accompanied by Canberra's Matt Nightingale on double bass. This talented duo will be appearing at **Braidwood Folk Club on Thursday 15 May** and Heath will also be performing at the National Folk Festival at Easter. ■

Across: 1 Father-in-law, 9 Licit, 10 Leo, 11 Troll, 12 Lobes, 13 Relocate, 16 Honolulu, 18 Punch, 21 Sushi, 22 End, 23 Amigo, 24 Predominate.
Down: 2 Ampoule, 3 Hilllock, 4 Recant, 5 Natal, 6 Ad-lib, 7 Interrupted, 8 Consecutive, 14 Monsoon, 15 Pursuit, 17 Osmium, 19 Nadir, 20 Heard.

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RICHARD and Joan Milner will present two concerts in aid of Hartley LifeCare (providing support for the disabled) at their Bywong home during May. The first will be on Saturday 3 May at 2pm with Austral Harmony, a duo of Peter Hagen (harpsichord and organ) and Jane Downer (oboe and oboe d'amore), both professional artists with international reputations.

Jane is from Canberra, now based in the UK where she plays with many of Europe's early music ensembles including Florilegium, English Baroque Soloists, Oslo Baroque Orchestra. In Australia she plays with groups such as Salut! Baroque and the Sydney Consort.

Peter is based in Melbourne having studied with Bob van Asperen and Ton Koopman in The Netherlands. He has given solo recitals in Europe, USA, Canada and Australia.

Austral Harmony's concert, entitled 'Fantasia', will include music by JS Bach and some of his pupils such as Krebs, CPE Bach, and Homilius. The concert will include settings by

Krebs and J S Bach of the famous chorale 'Jesus, my joy', one of JS Bach's celebrated trio sonatas and a fantasia for keyboard by CPE Bach.

This is a rare opportunity to hear two outstanding professional musicians in an intimate music room in a private house in the bush.

Bookings are essential, please contact us to ensure a place as we have limited seating. For your invitation please email, violsaustalia@gmail.com or phone, 6236 9212.

Donations to Hartley LifeCare of \$30 for the Austral Harmony concert are suggested. Details of the venue will be sent with your booking confirmation. Drinks and nibbles will be served afterwards on the deck.

See selections from our recent concerts on www.youtube.com/user/violsaustalia.

The second May concert is on the weekend of the 24 and 25.

More details next month or contact violsaustalia@gmail.com or phone 6236 9212.

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