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# Bulletin

CAPITAL REGION FOCUS — environment, business, arts, people, politics, events

## Speaking out: young grazier takes on the stereotypes

by Maria Taylor



Josh Gilbert with broadcaster Stan Grant and Professor David Suzuki at the ceremony naming Gilbert Australian Geographic Young Conservationist of the Year.

IMAGES SUPPLIED

A COOK book triggered Josh Gilbert's light bulb moment about the benefit of a public alliance between environment and agriculture.

The conviction brought him to a high-profile showdown in January when he resigned as chair of NSW Young Farmers in protest against the NSW Coalition government's plans to gut the Native Vegetation Act of 2003. Its replacement is imminent before state parliament, bowing to parent organisation NSW Farmers and the National Party.

As a grazier and consultant to Indigenous corporations, Gilbert, who was just honoured by *Australian Geographic* as Young Conservationist of the Year, was already adhering to sustainable farming principles in his own work and thinking, while chalking up an impressive list of professional recognition and achievements.

But the 24-year-old credits the World Wildlife Fund (WWF) 2015 Earth Hour cook book project for the realisation that a negative impression of farmers "was as

bad as it was" and that something needed to be done. He has become a public face for blending modern Australian agriculture with knowledge from environmental science and an Indigenous perspective.

(The cookbook campaign brought together 50 farmers, environmental scientists and leading Australian chefs. The idea was to explore with the agriculturalists the environmental issues in farming and grazing, including looming climate change, while providing gourmet recipes based on their farm products.)

Now working as a consultant out of Canberra to Indigenous corporations and communities, Gilbert grew up in Boorowa with family connections to a dairy property on the mid north coast near Forster. His parents eventually bought a portion of that family farm and established a Braford cattle stud at Nabiac.

Along with the influence from family roots in the central coast Indigenous Warimi community, his ideas were formed by the experience of growing up with sheep

grazing and then establishing the cattle stud with his parents. He developed his dedication to integrating modern farming methods with knowledge about the land's ecology, the values of vegetation and native animals and also stock animal welfare.

### Clean, green image hurt

Gilbert says he is not unusual as a farmer pursuing these avenues but that a popular urban image of farmers as environment-destroying rednecks tends to predominate – not helped by the loud lobbying of the NSW Farmers organisation for the current state agenda to overturn regulations safeguarding native vegetation and animals.

The image hurts Australia's farming brand as clean and green among other negatives, says Gilbert.

When he resigned as chair of the young farmer arm of NSW Farmers over these very issues, *The Land* reported that he was threatened by a member of the parent organisation. "Mr Gilbert alleged that he had been contacted by a high-ranking non-staff member from NSW Farmers who warned

that opposing the reforms would result in personal attacks." Gilbert confirmed to the *Bulletin* that this had occurred and spurred his resignation.

Two years ago as a commerce and law student while working at the family cattle stud he described his ideas for a Meat and Livestock website, *Target 100*.

Developing superior stud cattle bloodlines that "can efficiently turn quality pasture into meat" is the objective. Increased efficiency "can reduce greenhouse gas emissions per kg of beef produced".

"We also have a strong focus on low-stress stock handling. Successful handling of livestock requires an understanding of their natural behaviour ... by regularly handling our cattle and exposing them to cattle yards, we can ensure our cattle and our team work safely together."

He wrote about looking after the soil and pasture with regular rotations; mulching paddocks for better pastures; erosion control and recycling nutrients. Farming near a river, the family fenced off the

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# Music in schools gets annual boost



**Music: Count Us In** program ambassador John Foreman OAM and program mentor Jay Laga'aia.

PRIMARY SCHOOLS in Queanbeyan, Braidwood, Sutton and others in the region have taken part in Music: Count us in – Australia's biggest in-school initiative centered on raising the profile of music education. In its 10th year, Music: Count Us

In (MCUI) had students across the country sing the same song, on the same day, at the same time on celebration day 3 November.

The 2016 program song *Let It Play* was written by 4 young songwriters from across the country, along with program Amba-

sador John Foreman OAM and program mentor Jay Laga'aia of *Play School*. Jay, an award-winning writer, producer and singer, is deeply passionate about music education and being MCUI's 2016 mentor.

Jay says, "The great thing about music is that you don't have to speak the same language to understand the intention of the piece. Our young are great at expressing their feelings and it is my job as MCUI Mentor to encourage them to paint their word pictures and inspire others to do the same."

Last year saw over half a million

students from over 2,100 schools join the program and this year saw an even larger number of students participate, providing hundreds of thousands with practical music learning.

Spurred on by a 2007 National School Music Review, which pointed to glaring inadequacies in music education in schools, the report included a recommendation to raise the status of music in schools. Music: Count Us In was the response.

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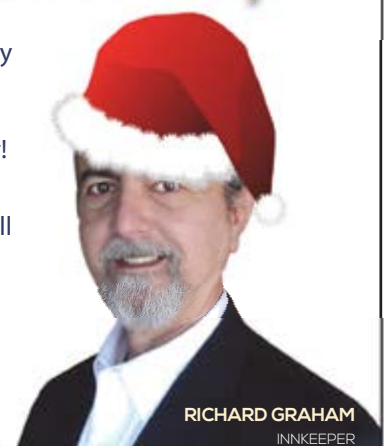
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# Never forget ripple effects of war service

Christine M Knight salutes Korean War veterans and breaks some silences

THIS MONTH it's time for a tribute to and remembrance of the Australian service men and women who served in the Korean War 65 years ago and in other conflicts since then.

In the Korean War, the USA, South Korea and UN allies opposed North Korea and Chinese communists. The war lasted just over three years, but 65 years later, American military still uphold the peace along the 38th Parallel, the border between North and South Korea. In the time since, North and South Korea have lived under a cease-fire, not a peace settlement.

More than 17,000 Australians served in the Korean War and the post armistice period, with more than 1,200 wounded. The names of 356 Australians killed in Korea are listed on the Australian War Memorial Roll of Honour.

In recognition of that service and of the sacrifices made, Minister for Veterans' Affairs, Dan Tehan, and Shadow Minister for Defence Personnel, Gai Brodtmann, joined a mission of eight Korean War veterans who travelled this October to the battlefields of Kapyong and Maryang.

Minister Tehan said, "This is an important mission for Australia and our Korean War veterans because it marks the final government mission to Korea of a veterans' group".



Australia's Maryang San veteran Colonel Peter Scott meets US and Korean senior military leaders. Inset: The veterans Taffy Hughes and Ray Seaver looking out over North Korea 65 years on.

Readers may be interested to know that the veterans' ages in the group travelling with the Minister and Shadow Minister ranged from 85- to 91-years-old.

Minister Tehan paid tribute: "Our soldiers, sailors, airmen and nurses made an important contribution to the international effort and furthered our reputation as a nation willing and able to do its part."

## The forgotten war

Sandwiched between the cataclysm of World War II and the controversy of the Vietnam War, Korea was dubbed the 'forgotten war'

or the 'overlooked war' by historians. The great silence associated with the Korean War is still evident in the redacted nature of some of my family's military records even today as well as the documents of other serving personnel in that war.

The great silence also characterises the ripple effect of war service. Returning military personnel carried the burden of their service. That burden silenced many of them and delayed their return to normalcy. It shaped the nature of their relationships with family and loved ones, in a number of instances, adversely.

The impact of war on serving military personnel has been and continues to be considerable. It goes beyond the dangers inherent in combat operations that our military, past and present, have had to endure. It extends to the invasive consciousness that their lives could be cut short at any moment when deployed.

They were all changed to some degree as a result. It was and is difficult for returning military personnel not to view life through a sombre lens.

The cost extends beyond the men and women physically injured by their war service. There has been and is an emotional and psychological cost of such service that has only been recognised in the near past.

That recognition is seen in the pictorial records of recent official war artists. Ben Quilty is one such artist. His portraits of Australian servicemen and women, who served in Afghanistan this century, record the emotional and psychological consequences of such military service. The portraits testify to the impact of war and the complex emotions our military bring home.

## Increased counselling for veterans and families

The recognition that war has a hidden impact on all military personnel has manifested in increased counselling and support services for veterans and their families. This is in part an effort to re-integrate military personnel into their domestic lives and the civilian world.

This support was not available to veterans of earlier conflicts such as the Korean War. It greatly benefits those returning from more recent operational service.

While the Korean War may have been overshadowed by other conflicts, it is important that the sacrifice of the veterans is not forgotten. The sacrifice that people from all walks of life make for freedom and democracy should always be remembered. ■

Veterans and Veterans Families Counselling Service (VVCS) can be reached 24-hours-a-day across Australia for crisis support and free and confidential counselling. Phone 1800 011 046 (international: +61 8 8241 45 46). VVCS is a service founded by Vietnam veterans.

## JOSH GILBERT SPEAKS OUT from p1

riparian zone with cattle watering via dams.

### Sound farming underpinned by natural systems

"Our family is acutely aware that the long term viability of beef cattle production relies on the adoption of environmentally sound farming methods while ensuring animals' well-being at the highest level," he wrote.

Sound farming methods include understanding the value of natural systems, he told the *Bulletin*, which is the crux of the argument with the proponents of the new clearing and wildlife removal proposals (largely to favour cropping machinery and because of anti-regulatory ideology).

Whether existing trees provide shade and shelter for stock, erosion control, habitat for beneficial birds, insects and reptiles, or the fact that trees capture greenhouse gas emissions, there is still more to be learned and fixed up in the interaction of the natural environment and agricultural landscapes, says Gilbert.

On other fronts, he believes that wind and solar installations will be a saviour for many family farms. He is also concerned about the ability of younger people to choose farming if they don't inherit a property, or even if they do. Economics of scale that dictate



costs and current lending practices don't help.

"Young farmers should be able to get finance just as much, on the same terms, as a person buying a café," he argues. ■

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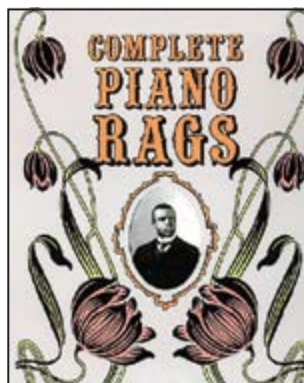
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**Council Watch** with Peter Marshall (former Palerang Councillor, resides Captain's Flat)

## Six months since the sackings and a year to go

SIX MONTHS after the NSW Government sacked Queanbeyan and Palerang Councils, where are we now? (Still substantially in Limbo, or perhaps Purgatory). With the announcement of the sackings and merger, and without any prior notice or any explanation, the NSW Government set September 2017 as the date for elections for the new Council. Until the day of the announcement, they were expected to be in March 2017. Many observers already thought the period to March was far too long a period of administration.

The new council, or for all intents and purposes the Administrator, was given \$15 million to sweeten the bitter pill of merger for the community. Of this, \$5 million was to cover the costs of the merger and \$10 million was for community grants (\$1m) and infrastructure (\$9m).

At the 26 October council meeting Admin-

istrator Tim Overall announced where some \$680,000 of community grants money will go. (Contrary to a rumour circulating, at this stage none of the \$10m will go to buy properties in Captain's Flat affected by flood risk.)

In the Business Paper for the 26 October meeting, the 'Transition Plan' for the new council indicates that the cost of the merger will be \$11.2 million over three years. As only \$5 million has been provided by the NSW Government, the rest will be covered by council, ie ratepayers.

During the 16 months period of administration, the Administrator will set the budget and operational plan for 2017-18. This will then be inherited by the newly elected Council in September 2017. Similarly, the Administrator also plans, under some pressure from the NSW Government, to review the two councils' Local Environmental Plans (LEPs), ready for adoption by the newly elected Council.

Rather than being a 'placeholder', the Administrator, with the support of the NSW Government, seems to have taken his appointment for 16 months as an opportunity to stamp

his mark on the new shire area. His decision [with the assistance of two borrowed Sydney administrators] to approve the Ellerton Drive Extension (EDE), was despite opposition at times from a majority of Queanbeyan Councillors and many residents. There was no input at all from the Palerang community that will be caught in the financial consequences (in direct contravention of a Palerang Council Resolution requiring him to consult Palerang residents). This was hopefully a one-off.

There are some positives. Perhaps because of the absence of councillors, or perhaps out of a genuine commitment by the organisation, QPRC holds community consultation meetings. What now passes for council meetings, are broadcast live on the internet, and uploaded to the website a few days later. While the absence of any discussion or debate might make watching akin to watching paint dry, it does at least mean that future real council meetings will be broadcast from Day 1, including what is likely to be an interesting contest for first Mayor of the new Council.

In sacking the two Councils, the NSW Government surprisingly agreed with the concerns of rural residents that directly-elected Mayors

are not suitable for areas like QPRC where a city holds the largest proportion of the population. QPRC's Mayor will be elected by the 11 new Councillors, who themselves will be elected without wards.

We live in interesting times, and residents would be well-advised to keep an eye on QPRC's projects and budgets between now and September 2017, as many of them may have long-term implications. ■

### Community grants

AROUND 50 community grants announced in October range from money for a dog park for Googong to a Captain's Flat bike park as proposed by the Molonglo Rail Trail committee.

Community Associations in rural residential areas as well as sporting groups, charitable and social service clubs in Queanbeyan and Palerang villages, Landcare, schools, halls and showgrounds (particularly Braidwood's) got a little handout for equipment or upgrade.

Details should be available from council's website. There may be a round two of grants based on the budget expended so far. ■

### Your say ...

#### Appreciation:

## Riverside precinct in Queanbeyan takes shape

by Jean-Pierre Favre



MANY YEARS ago when the Queanbeyan Riverside Plaza was built, they made the same mistake as occurred with the Belconnen Mall.

With the mall, the developers turned away from the scenic lake and put a car park on the water side. With the Riverside Plaza, the same thing was done – putting the car park on the prettiest part of the block.

It was as if the river was some kind of urban aberration to be visually avoided, when in fact it is the best feature. I hope that when the existing shopping mall has died of old age and is ready for a new structure, the new building will also address the river,

with the food court connecting to, and overlooking it and the surrounding areas.

The current civic riverside construction promises to be an outstanding urban space which will address past mistakes and return the riverside's role to what it should be, ie, a place for the people, a place to cherish, to enjoy nature, and most of all, a meeting place where all the people of Queanbeyan can congregate to play, listen to concerts, protest about some issue, read a book or contemplate life passing by on the river front.

Built at a cost of \$4.8 million, the council is developing a mini theme park of swings

and slides for the kiddies, an oval, a wet play area, a paved area for open air markets, BBQ facilities and probably best of all, a stage almost built on the river with public seating capacity rising from the water's edge.

I think this new park will become the heart of the city. It will not need to mature like a wine, as the whole area is already rich in beautiful historic buildings. Among them the Byrne's Mill, and even an authentic Burley Griffin building further up the road.

The city's main street, the club, the hospital, large shops, the municipal buildings will all be accessible on foot within minutes of this park, something not quite achieved in Canberra with its vast spaces between such features.



The drawings of historical buildings on these pages are by Bywong architect and artist Jean-Pierre Favre – Queanbeyan Byrnes Mill above, with Mill House on the right.

Appropriately, the new park will be called 'Jullergung', an Aboriginal name that relates to the river in the local language.

The only concern I had about this new space was possible problems when the river is in flood and water rises to just below the existing bridge, as happened just a few years ago. It will happen again, but there's nothing there that should be permanently destroyed, as most of the features are on the higher parts of the park.

There are also plans afoot to have a riverside walk up the river to a handsome pedestrian suspension bridge just a little upstream and possibly another pedestrian bridge across to the other side with its quaint Art School and even more playground for the children.

The park will open in December according to council. ■



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## Monaro electorate:

# Labor fields local candidate, early for a reason

Robin Tennant-Wood talks to Jerrabomberra's Bryce Wilson who has announced as the Labor candidate for Monaro – about schools, health, transport, amalgamation and keeping faith with the electorate

THE NEXT state election is still two and a half years away, but newly preselected Country Labor candidate, Bryce Wilson, has hit the ground running. Over a coffee in Queanbeyan's 4th Seed café, I spoke to Bryce about his forthcoming marathon campaign.

While acknowledging that the Monaro preselection process is unusually early for the 2019 election, Wilson says that "conversations matter". His aim is to get out and talk to as many Monaro constituents as possible. "We're all aware that people are sick of governments not listening. Having a long lead-up to the next election will give me time to listen and have those conversations at local level."

He also believes that it is important for the opposition to have a voice. He points out that Monaro is much like the federal seat of Eden-Monaro in that it tends to be

held by the party in government. Instead of "parachuting in" late, a candidate on the ground during the mid-term of government is an opportunity for Labor's policies to be clearly heard well in advance of the election.

## Education and schools top of the list

Wilson is a manager for Reconciliation Australia and father of one, and is passionate about education and schools. He is a former teacher; was an advisor to former Education Minister Peter Garrett; and is currently president of the Jerrabomberra P & C.

The big issues for education, as he sees them, are the unsustainable workloads our principals have to deal with, the urgency of needs-based funding on the Gonski model, and a "huge backlog of maintenance" in schools.

He points to the fact that Jerrabomberra has 14 demountables and not one has been

replaced during the current government's term. As Labor candidate, Wilson is an advocate for government support for (volunteer) parent bodies and the refunding of TAFEs.

## Policy for de-amalgamation

When asked about the forced council amalgamations, his quick and direct answer surprised me. Not only does Labor oppose the Baird government's move, but the Foley opposition has a policy in place for de-amalgamation on the "Queensland model". A petition of 20% of residents and a suitable business case would see those that have been forced into mergers and amalgamations be reinstated as standalone councils. In regions such as Bombala where the forced amalgamation remains a toxic issue for the government, this policy could be the deal-maker.

## EDE and transport

Wilson supports federal MP Mike Kelly's plan for an integrated transport strategy for Queanbeyan. He is critical of the fact that the EDE has been approved by a council that has not been democratically elected and points to Cooma Rd as being in urgent need of an upgrade. He believes it is unsafe as it is, with no shoulder, no space to allow safety for cyclists, and inadequate for the amount of traffic it carries.

"People who live in Googong and work in Canberra need a way to get over to the Monaro Highway. The EDE will not fix this problem and there is no plan in place to address it."

## Public health

Public health is another key issue on which he will be highlighting the difference between Labor and current government policies. Paramedics are dissatisfied with government policy of cutting their insurances and lowering standards within the service. Wilson also raised the point about privatisation of public hospitals, an issue that is currently very hot in the Cooma region.

## Local representation

Wilson is well aware that he is running against a high profile sitting member, but points out that while "John (Barilaro) is now in Cabinet, his representation at local level is lacking. He told people he was opposed to the forced council amalgamations, but he voted for it in parliament. He needs to come clean with people about where he stands."

As well as giving the Foley Labor opposition a voice at grassroots level, the long election campaign will serve to increase Bryce Wilson's recognition as the alternative member for a seat that may prove crucial to the outcome of the election. ■

# Tourists want to feel part of community, nature and healthy experience

by Maria Taylor

SOME 40 local business-people (including your *Bulletin* editor) filled a Bungendore hotel meeting room in October for a council-arranged workshop on regional tourism.

Snacking on superior sandwiches and fruit salad provided by our hosts the Carrington Inn, those assembled considered opportunities and barriers to increased visitor presence for the village. They represented retailers and producers, particularly of art, craft, heritage, antiques and food, as well as accommodation and restaurants plus services including dog grooming and video production.

Area wineries and more rural-residential businesses were not included, but are clearly part of the regional picture.

First up was a presentation on tourist preferences and trends by council's paid consultants who are tasked with pulling together a tourism plan for QPRC by Christmas.

Consultants Destination Marketing Store must find ways to get more and longer visitor stays. Topics so far include visitor services, information provision, heritage, nature trails, cycling opportunities, urban renewal, food and wine and accommodation services.

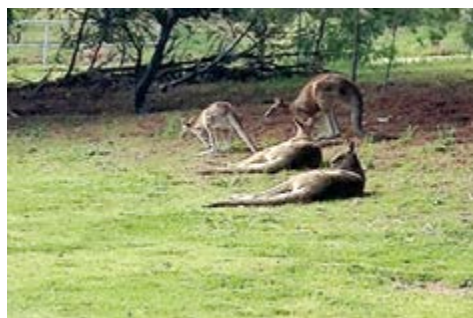
Research indicates that today's domestic tourists are keen on experiences, the outdoors and adventure, nature, food and wine. The discussion did not segregate out overseas visitors, but everyone knows they are keen to see our wildlife, which is often not easy.

CSIRO research (no less) indicates that

visitors want "community connection" which also translates to "authenticity". They want escape from the urban to a simpler life. Visitors value health and wellness in their experiences or purchases, safe adventure and they prefer sustainable, environmentally-sound experiences and personal event venues.

This sounds like good news for the promotion of farm and nature-based tourism and for many of the businesses already established in Queanbeyan, Bungendore and other villages.

For example, Queanbeyan offers a great riverside walk from the city to the suburbs for casual visitors wanting to stretch their legs, and visitors can be authentic with kangaroos lounging on the golf course. Queanbeyan also has The Q regional theatre and arts centre attracting visitors and the town hosts many sporting and arts events.



Bungendore already attracts dedicated visitors to specialty restaurants like Le Tres Bon or a restored heritage hotel like the Car-



rington Inn, and offers unique shopping experiences at the pioneering Wood Works Gallery and Food Lovers local and organic foods emporium among others.

Further opportunities might include signs for a village heritage walk and flagging the neighbouring wind farms, Lake Weereewa and wineries. Not far away, Braidwood and Gundaroo stand out as jewels of colonial architecture while Captain's Flat has its mining past as well as a possible cycling future.

That would be the Molonglo Rail Trail opportunity which has found interest with council as a proven method to bring visitors into a district.

The Bungendore meeting illustrated both opportunities and immediate hurdles like lack of useful village signage, no combined voice as yet or a tourist website (said to be in progress). The consultants, with QPRC manager of eco-



nomie development Martin Darcy, reportedly held 12 workshops around the region and with Canberra tourism. While the *Bulletin* was unable to get much feedback from the other meetings a consultant's report may tell us more soon. Stay tuned. ■

From top: Braidwood Street Scene (detail). Bungendore Wood Works Gallery viewed from the leather shop. Pen and ink. Jean-Pierre Favre, 2016.

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## Nature's gift: spring flowers

Story and photos by Jo Walker

We have an abundance of spring-flowering plants in our part of the country. The wattles were superb this year, absolutely laden with golden blossom. Most of them have just about finished flowering now, but there is still colour in the landscape. Many readers may recognise some of these flowers from around the block.

### ***Pomaderris angustifolia***

A large, dense shrub with small, narrow leaves and a profusion of cream, delicately perfumed flowers. A widespread plant, with a sizeable population growing along the roadside just south of Wamboin.



*Pomaderris prunifolia*

### ***Prostanthera rotundifolia***

A very attractive plant with dark mauve flowers borne thickly along its stems. The local form – there are a few in the vicinity of Oallen Ford and at least one large population along Mulloon Creek – has small round leaves and is a rather open shrub.

### ***Leptospermum multicaule***

A small open tea-tree, usually about a metre tall. The long stems have sparse foliage, but bear enough white or pink flowers in spring to make it a noticeable part of the landscape. Grows in open areas or woodland.



*Leptospermum multicaule*  
Silver Tea Tree

### ***Daviesia mimosoides*** (Bitter Pea)

One of the taller pea-bushes, it grows to over a metre tall. Long elliptical grey-green leaves contrast with clusters of yellow and brown flowers. The flowers have a pleasant perfume.

### ***Pultenaea microphylla***

This pea-plant usually grows to less than a metre tall, but can form a bright orange understorey under eucalypts growing on dry rocky hillsides such as the eastern side of Sutton Road. On Sandy Point Road and near Windellama there is a very colourful prostrate form of this species.



*Pultenaea microphylla*  
Spreading Bush-pea

### ***Dillwynia sericea*** (Parrot Pea)

A dainty small pea-plant with short, very narrow leaves and tight clusters of yellow and orange flowers. Grows in woodlands and grasslands, often in dry areas.

### ***Leucopogon virgatus*** (Beard Heath)

A low-growing, sometimes almost prostrate heath-plant with narrow dark leaves and

prominent clusters of fluffy white flowers. Often grows amongst grasses in shady areas close to larger shrubs.

### ***Stypandra glauca*** (Nodding Blue Lily)

A tufted, perennial plant growing to about a metre tall. The stem-clasping pale green leaves are set at a wide angle to the stems, and the nodding bright blue flowers have bright yellow stamens. Often grows in dry rocky areas.



*Stypandra glauca*  
Graceful Blue-lily

### ***Leucochrysum albicans*** (Hoary Sunray)

A short daisy with narrow soft grey leaves. The flowers can be white with yellow centres or wholly golden-yellow. The white form grows in dense populations along local roadsides in parts of Wamboin and Bywong and the yellow form occurs along a short stretch of the Bungendore to Tarago Road.

### ***Comesperma volubile*** (Love Creeper)

This delicate twining creeper appears to have few leaves, but in spring is covered in a mass of bright blue flowers. Grows on shrubs such as Cassinia and Kunzea ericoides (Burgan). Not a common plant, it is almost invisible when not in flower.



*Comesperma volubile*  
Blue Love Creeper

### ***Petalochilus carneus*** (Pink Fingers)

This little orchid grows to 12–25 cm, with the slender stem usually carrying two or three flowers. It occurs in woodlands and dry forest areas.

## Wellness

### Stress hormone connection to Alzheimer's disease, memory loss

LAST MONTH the *Bulletin* shared the news that singing in a choir can lower stress and raise other health benefits. Since then a press release from Edith Cowan University describes research findings associating the stress hormone cortisol and the risk of developing Alzheimer's disease.

Cortisol is a hormone that is naturally produced by the body in response to stress.

Researchers from Edith Cowan University School of Medical and Health Sciences measured the cortisol and memory function of 416 healthy adults over six years.

They also scanned the brains of the participants to measure their levels of the plaque Amyloid Beta (Aβ). The accumulation of Aβ in the brain is closely associated with the development of Alzheimer's disease.

The researchers found that among adults with high levels of Aβ in their brain, those with higher levels of cortisol experienced a greater rate of memory decline than those with low levels of cortisol.

Lead researcher Associate Professor Simon Laws said the results suggest that high levels of cortisol may accelerate the cognitive decline in preclinical Alzheimer's disease (before clinical symptoms begin to show).

"These findings, when taken together with other substances in the blood, may pave the way for us to be able to better predict cognitive decline in preclinical Alzheimer's patients," he said.

#### Stress less

Associate Professor Laws said that while the study didn't establish a direct link between stress and Alzheimer's disease, reducing stress was still a good idea.

"Alzheimer's disease is extremely complicated so it's perhaps not as simple as reducing cortisol to lower your chances of developing it. What this research does suggest is that this may very well be another health benefit, in addition to other well proven health benefits that result from minimising stress in your life.

"Stress is hard to avoid but taking time out with your loved ones, relaxing with a good book or taking up a hobby are all good ways to reduce your levels of stress and reach a good work-life balance."

Participants were recruited from the Australian Imaging Biomarker and Lifestyle study of aging (AIBL). The study was conducted in collaboration with The Florey Institute of Neuroscience and Mental Health and Yale University.

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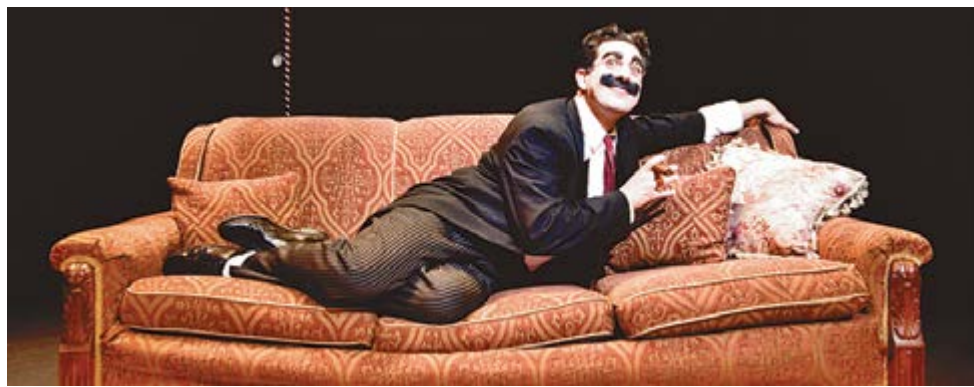
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## What's on at your regional theatre? Glancing back and looking forward to some good laughs!

by Stephen Pike, The Q program manager



WHAT'S HAPPENING at The Q? Depending on whether you see the glass half full or half empty, The Q may be seen to be coming to the end of a season of great entertainment or launching into a season of much anticipated theatrical delights.

Either way, you are assured that council's commitment to bringing high quality professional theatre for you to enjoy locally is continuing. Finishing off the year for

2016 we will host an artist all the way from the USA. Award-winning actor Frank Ferrante will be treading the boards in his outrageously funny show *An Evening with Groucho*.

Frank is hailed as being "the greatest living interpreter of Groucho Marx's material" and his show is simply good fun. Then to continue the comedy and laughter, and we all know we need that, 2017 will kick off with the world famous kids' comedy duo The Listies.

You will also be treated to the comical antics of a very well-known TV family in *The Addams Family Musical* which will be produced by council and performed at The Q in March. The full line-up of national and local productions that we have put together for your enjoyment next year will be announced late November. Information on all shows will be available through the *Bulletin*. ■

## It's Ragtime at Café Wood Works



CAFÉ WOOD Works will present the considerable talents of pianist and impresario Carl Rafferty when he presents *A Breeze from Alabama and other Ragtime Diversions* on 10 December.

Viewed as the King of Ragtime, Scott Joplin was the foremost composer of the musical genre in the early 20th century, known for works like *The Maple Leaf Rag* and *The Entertainer* the theme from the film *The Sting*.

Joplin's *Maple Leaf Rag* published in 1899 went on to become the biggest ragtime song ever, eventually selling more than a million copies.

Joplin's ragtime took the US by storm and earned acclaim for his artistry. Some of Joplin's published compositions

over the years included *The Entertainer*, *Peachertine Rag*, *Cleopha*, *The Chrysanthemum*, *The Ragtime Dance*, *Heliotrope Bouquet*, *Solace* and *Euphonic Sounds*.

In 1902 Joplin created his first opera, *A Guest of Honor* and then another opera *Treemonisha*, a multi-genre theatrical project which told the story of a rural African-American community – a precursor to George Gershwin's *Porgy and Bess*. Excerpts from these could well appear at the Café show.

Together with Morgan Merrell on the traditional washboard and selected vocalists, Rafferty will rule with a blend of ragtime, American parlour and folk music to provide a special evening of entertainment with a capital E. ■

Bookings for the concert and 3-course dinner can be made at Café Wood Works, or phone 6238 1688.

## Bungendore Fine Arts – Roz Dibley Exhibition in November

*As I See It*  
LOCAL BUNGEN-  
DORE artist Roz  
Dibley's life has  
always been em-  
bellished by a love of creating artworks.



Born in country NSW, after graduating from Alexander Mackie she worked as an Art Teacher in NSW, Victoria and ACT, taking breaks for further study in Landscape Architecture and Architectural Drafting.

For several years she worked as an illustrator with NSW Department of Education. She continues to do freelance illustration work. Examples of her illustrations for children can be viewed in the gallery.

Roz works in many media including pastels, acrylics, coloured pencils and watercolours. She also makes ceramic sculptures and jewellery.

In recent times she has been painting idealised landscapes in strong pastel hues and large flamboyant acrylic works that reflect her wide range of graphic skills.

Roz has sold artworks in galleries across NSW, Victoria and ACT. ■



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## Renewables now largest source of installed power in the world and growing fast, while Australian Government looks backwards

RENEWABLES SURPASSED coal last year to become the largest source of installed power in the world, according to the International Energy Agency (IEA).

The historic milestone prompted the IEA to significantly boost its five-year forecast for renewables growth amid sharp cost reduction and significant policy support in key countries.

The news is at odds with Prime Minister Malcolm Turnbull and his colleagues' bullish claims about coal, saying it would remain a strong part of Australia's energy mix for decades to come.

Renewables are expected to cover more than 60 percent of global power capacity growth in the next five years, according to the

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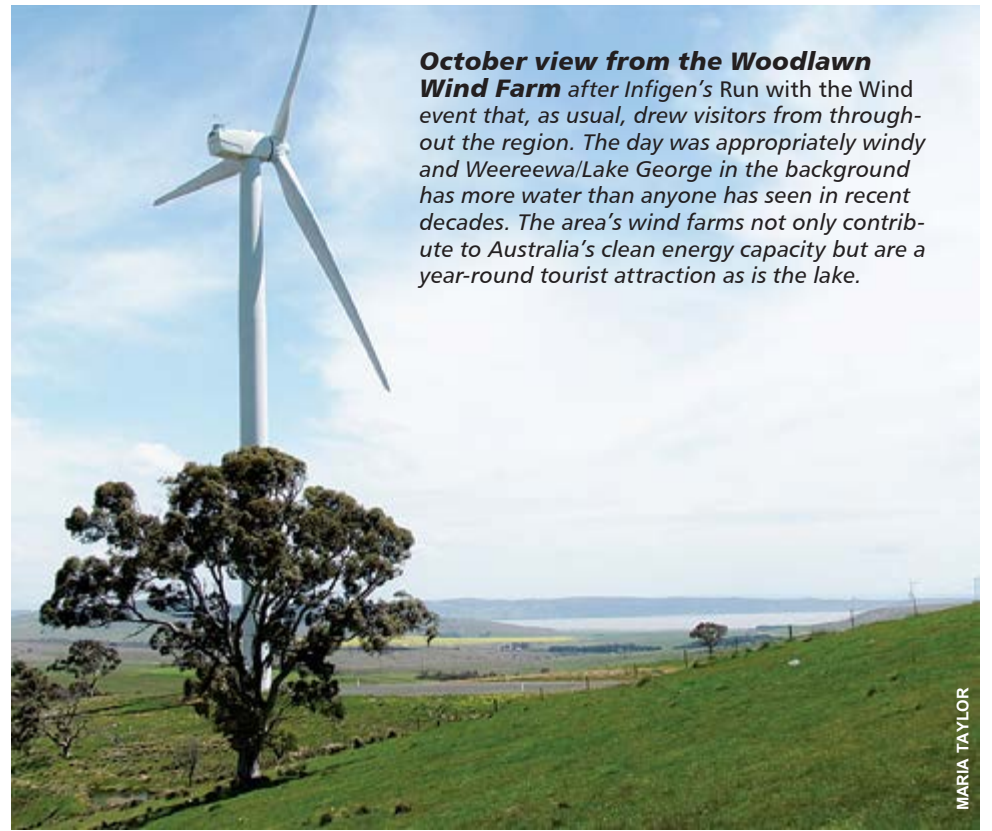
IEA. Professor Tim Flannery from the Climate Council said the IEA report confirms renewables are transforming the global power market as costs continue to plummet.

"More than half a million solar panels were installed each day throughout the world during 2015," he said. "Australia, as one of the sunniest and windiest countries in the world, should be at the forefront of this global phenomenon."

"But instead, as the rest of the world surges ahead to grab the opportunities of the global transition to renewables, Australia continues to go backwards. The renewable energy industry in Australia has been dealt blow after blow, with the cut to the Renewable Energy Target and then the huge funding cuts to the Australian Renewable Energy Agency."

"With renewables becoming ever more affordable, their role in avoiding the dangerous impacts of climate change while creating new jobs and industries is being realised, more overseas than here."

Source: The Climate Council



**October view from the Woodlawn Wind Farm** after Infigen's Run with the Wind event that, as usual, drew visitors from throughout the region. The day was appropriately windy and Weereewa/Lake George in the background has more water than anyone has seen in recent decades. The area's wind farms not only contribute to Australia's clean energy capacity but are a year-round tourist attraction as is the lake.

MARIA TAYLOR

### :: ENVIRONMENT ::



**Wild weather** hit the Bywong area off Macs Reef Rd in mid-October with what residents called a 'mini tornado' that brought down multiple large pines in one area and elsewhere splintered and dropped gum trees across driveways and near structures. Unpredictable and severe weather events are becoming more frequent with climate change.

## Enough already: stop the National Party writing NSW environmental policy

by 'Stand up for Nature' conservation alliance

THE CONCRETE jungle of Martin Place came alive with animal costumes, signs and chants as over 500 people rallied together for our wildlife on 25 October.

What an incredible collective effort this campaign has been so far! We had heard that Premier Baird would table his new land-clearing laws as early as last week, but it now seems he'll try to introduce them sometime in November.

**The best thing you can do to keep the momentum going is call Premier Baird on 8574 5000 and leave a message. You are entitled to leave a message if they try to put you off.**

### Key points for NSW politicians to hear:

- Please scrap the land-clearing changes – these have little to do with biodiversity conservation and everything to do with fast-tracking land clearing and property development.
- The proposed changes leave nothing too precious to destroy, they fail to address climate change and rely on dodgy

biodiversity offsetting and more self-regulation. The changes are full of loopholes and will result in a return of broadscale land-clearing.

- Nobody supports this deeply flawed package – not the scientists, not the conservationists, and not even the NSW Farmers Association, the very lobby group these laws were designed to appease.
- Many leading ecologists have been extremely critical of the draft legislation in their submissions. The Wentworth Group of Concerned Scientists, including Professor Hugh Possingham, one of the NSW Biodiversity Review Independent Panel's four members, warned the

### Some media coverage of the rally:



Hundreds protest against proposed changes to NSW land-clearing laws

– ABC News, Lucy McNally

Foley joins NSW land clearing laws protest

– The Australian

## Bureau of Meteorology says things not all OK

"AUSTRALIA'S EMISSIONS reduction target of 26–28 percent on 2005 levels by 2030 is not sufficient to protect Australians from worsening heatwaves, bushfires and other extreme weather events," said Professor Lesley Hughes of the Climate Council, commenting on the latest report released by the Bureau of Meteorology.

The State of the Climate report reveals Australia's mean surface air temperature and surrounding sea surface temperature have both warmed by around 1°C since 1910.

### Don't be fooled by current wet, La Niña season

The report finds extreme heat events have become longer, hotter and more frequent since the 1970s. Large parts of Australia have also recorded increases in extreme fire danger weather and longer fire seasons.

Sea level rise and ocean acidification is also expected to continue as well as ocean warming, which is a direct threat to coral reefs.

The message from the independent Climate Council: "Australia must reduce its emissions rapidly and deeply to join global efforts to stabilise the world's climate and to reduce the risk of exposure to extreme events." ■

**Call Premier Baird – 8574 5000. Tweet at Premier Baird or comment on his recent Facebook post.**

### Don't leave environmental policy to the Nationals

For too long Mike Baird has allowed the National Party to write our environment policy. It's time for our Premier to stand up with the majority who support strong protections for our wildlife and bushland. 85% of submissions urge Premier Baird to ditch these unpopular changes.

Thanks to all of who have taken action so far! ■

**Stand Up For Nature** is an alliance of conservation groups dedicated to improving protection for nature in NSW.

revisions would:

- "increase the rate of species extinctions"
- result in "more degraded land, more damage to river systems, increased carbon emissions, and the loss of habitat critical to the survival of threatened species".
- "breach the government's election promise to enhance the State's biodiversity for current and future generations".
- Many farmers have no gripe with the current land-clearing controls. Many farmers also understand that native vegetation protects water supplies, stops erosion and moderates regional climates. They oppose a return to broadscale land clearing.

If these laws go through there will likely be a rush to clear by some.

### Landcare still going strong after 30 years

## Soil carbon: its role in climate change mitigation?

by Jenny Goldie

SIX HUNDRED people from around Australia gathered in Melbourne in September for the annual National Landcare Conference. This is its thirtieth year, former Victorian Premier (and now the late) Joan Kirner having launched the first Landcare group – Winjallock on 'Stricta Hill' – on 25 November 1986.

As Environment and Energy Minister Josh Frydenberg said by video link: "Landcare is at the heart of a win-win situation for agriculture and the environment." Indeed, many speakers

stressed that caring for natural resources underpins successful farming.

Soil is a critical resource for farmers, so it was appropriate that the keynote address was delivered by former Governor-General and now National Soil Advocate, Major-General the Hon Michael Jeffery AC, whose message was "save the soil – save the planet". He argued that we must reward farmers, not only for their product, but also for the sustainable management of the continent.

>> p10



## When political 'centre' is on the right, how far to find equality?

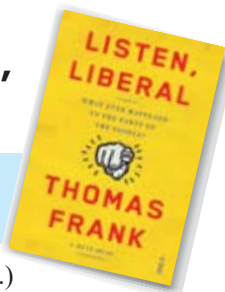
by Nick Goldie

AMERICAN POLITICAL commentator Thomas Frank describes himself as having a deep pink political tinge.

His new book *Listen, Liberal* is a scathing attack, not on the US Republicans as you might expect, but on the Democratic Party. The Democrats have failed, in Frank's view, to look after the interests of their core constituency. The book's alternative title is *Whatever Happened to the Party of the People?*

*Listen, Liberal* is, according to best-selling social commentator Naomi Klein "a must read!" The *Washington Post* suggests: "Imagine Michael Moore with a trained brain and an intellectual conscience." (This is interesting for the insight into the *Post*'s view

**Listen Liberal**  
by Thomas Frank  
Scribe, 2016



of Michael Moore, too.)

The answer to the question in the title, says Frank, is that the Democrats are no longer what we think they are. They have fallen in love with the 'professional' class, and they no longer believe in equality.

No more equality of income; no more equality of education; no more equality of class. The paradox, and the irony, is that the Democrats have become so alienated from their 'natural' supporters during America's first African American presidency, and that of a man deeply imbued with the traditional Democratic virtues.

Again somewhat unexpectedly, the rot starts with Jimmy Carter, and is fully entrenched by the presidency of Bill Clinton.

It's quite a subtle argument. The Republicans have gone on doing what they do best, representing the interests of inherited wealth and privilege, and the more conservative end of town. The Democrats, however, have quite deliberately sought a new constituency: not the forgotten worker, but the future – the 'post industrial, global economy'.

### In Australia we still have functioning unions, but recent history shows similar path

*Listen, Liberal* is of course directed at the US version of the 'liberal', but Frank's message resonates in Australia. We haven't gone so far down the road of managerialism, we still have functioning unions, and – perhaps – there's an innate Australian scepticism which holds us back from

the wilder articles of faith.

We don't have a Donald Trump, blustering about the need for business skills in government. But there's no doubt that a similar process has been shaping Australian society. Think back to the Keating years, the fashion for deregulation and privatisation, and – did anyone mention Australian egalitarianism? – the bloated and barely credible financial rewards doled out to senior executives.

And what about nice, well-meaning, capable (and black) Barack Obama? Well, according to Frank, the Obama team, all highly qualified Ivy League professionals, simply went from bad to worse. Consensus and accommodation with Wall Street became the watchwords, as the Democrats moved even further away from being the Party of the People.

Frank was asked in an interview: would he vote for Hillary Clinton? Well, yes, he said, if he can't vote for Bernie Sanders. ■

## Business Profile

### The man behind restoration of historic Carrington Inn

**Christine M Knight talks to Richard Graham** – entrepreneur, former Palerang councillor and appreciator of heritage buildings about his move to the Bungendore district and his recent purchase and restoration of The Carrington Inn.



A FORMER American, Richard moved to Australia from northern California in 1980 with his fiancée, Linda, marrying in Hawaii on the way.

Older readers may remember that the 1980s began with the world in a major recession and the USA experiencing massive inflation and unemployment. President Jimmy Carter was dealing with the 444-day Iranian hostage crisis.

Richard had undertaken two 'scouting visits' in the late 70s and found Australia to be genuine. He used a phrase from the times, "what you see is what you get", but career development was also a major reason in Richard's and Linda's move here.

A business specialist, Richard spearheaded the introduction of personal computer retailer ComputerLand and Microsoft into Australia. With a choice of major cities before them, they based themselves in Sydney.

After a fulfilling business career, a divorce, and at retirement age, Richard gave serious thought to how he wanted to live the next stage of his life. He says his move to Bungendore was a matter of evolution and a change in perspective on the things that define life and give it meaning.

He retired to a farm in the region. Rural life offered Richard and his family a safe community lifestyle; the opportunity to participate in community and serve it; and fostered his interest in the environment and heritage. Bungendore's proximity to the nation's capital, its cultural benefits, and

quality medical services were additional bonuses.

His friendship with Toni Dale, former owner of the Carrington, led to his appreciation of its historical significance. When Toni retired around 2005, she suggested that Richard add ownership of the Carrington to his other varied retirement and business activities. Although he felt an affinity with the inn, his interests at that time meant he declined her offer.

But some years later, when the Carrington was again up for sale, Richard's strong connection to place and his interest in things historical led to his purchase of the inn.

He immersed himself deeply in research. He wanted the restoration work to reflect the essences of the period in which the Carrington had been built and thrived.

He summarises that period as being



DETAIL from original by Jean-Pierre Favre, 2016

'about aspiration and change'. As he talked, the Great Exhibition came to mind. Readers may find this link of interest. [www.history.co.uk/study-topics/history-of-london/the-](http://www.history.co.uk/study-topics/history-of-london/the-)

great-exhibition

For Richard, the Carrington Inn offers the community something more than the beautifully restored Wintergarden complex and adjacent inn accommodation. It offers patrons the opportunity to reflect on a different lifestyle and a bygone era.

The reopened Carrington Inn has a world class catering team, headed by Executive Chef, Andrew Stansbie, Pastry Chef, Haritha Ekanayake, and restaurant manager, Merili Pihlamäe. All food served on its premises is prepared in house. I was particularly impressed by the pastries available to patrons in the tearoom.

It occurred to me that humankind may shape our buildings but thereafter the buildings also shape our community and reflect our values. ■

## Travel

### Our Queanbeyan correspondent feels fear and loathing on southern California freeways but 'eco' Mustang makes it almost worthwhile

Graham Franklin-Browne reports

WHOSE IDEA was this anyway? An American road trip in an open top car down the Big Sur to LA and on to Vegas across the desert? Hmm ... that would be me.

The ultimate tourist cliché? Sure it was, and what was worse, Fin and I are supposed to be upright, environmentally aware world citizens. We should at least be piloting an electric vehicle on this journey.

Well, the fact was we could not find a company that would provide a one-way rental of an electric vehicle for the first part of our US trip.

Instead, we rented the so-called 'eco' version of the iconic Mustang breed. It had only four cylinders, not eight, and helped along with twin turbo chargers, it still managed to produce a ridiculous and arguably unnecessary amount of power. It was a beautiful vehicle though, and I christened it 'Musty'.



The drive down from San Francisco along the coastline was as spectacular as advertised. The road was narrow and winding, and the journey leisurely and enjoyable. Each of the sign-posted 'vistas' did not disappoint, and we had time enough to see the usual tourist 'woonders'

in this part of the world.

Driving from LA to Long Beach to visit relatives however was very scary – an apocalyptic vision of what Connex, the NSW RMS, and our fossil fuel lobbyists have 'planned' for Australian commuters.

What with getting used to the vehicle in traffic, and the filthy fumes from the big vehicles on either side of us, we had not yet had a chance to put the top down. Sadly, you guessed it, the top stayed up for the whole journey.

What were we thinking, renting a convertible? In spite of the top remaining firmly shut, our eyes still became itchy from the fumes (just like they do in Sydney), and visibility across the city from the highway seemed to be less than a mile (just like in Sydney).

Once we got to Long Beach however, our long-lost relatives explained that what we imagined was smog, was actually marine fog. Hmmm ... it sure didn't smell like fog, and why were our eyes still burning? >> p11

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## Happy ending for Jerra the Black Swan

WILDCARE GETS many orphaned and injured animals coming through the door. They are all very special in their own way – ranging from venomous snakes, scaly shinglebacks, flying foxes only a mother could love, nervous roos, squawking magpies and cuddly baby wombats.

But some animals take your breath away with their beauty and majestic style. Such was the orphaned and injured black swan, Jerra, who was rescued from the bank of Lake Jerabomberra.

Jerra would have hatched earlier this year. At some point the parents disowned her (that's what happens) and chased her away. At about four and a half months, unable to fly and apparently injured she was rescued by Nicole, a Wildcare volunteer.

"I received a call from a neighbour that there was an injured swan on the bank of the lake. Fortunately, she was easy to catch and

I noticed there was a problem with the wing," said Nicole.

"I had the swan checked out by a local vet and an X-ray indicated a dislocated wing. In order to get the right advice, we sought out a specialist avian vet in Canberra to help treat the bird."

Unfortunately, after several weeks, the swan didn't fully regain use of the wing. Rather than euthanise such a majestic bird, it was suggested the National Zoo and Aquarium might be interested in caring for Jerra on a permanent basis and this is what has happened – with the necessary TAMS and NPWS agreement and paperwork in place of course.

"Looking after the swan was a great experience," Nicole related. "She took over my



small backyard and helped to keep the grass in check, as well as my flowers.

"Otherwise she was fed on lettuce, seeds, corn and a turkey starter. She was kept in a cage at night to keep her safe from foxes, but during the day she roamed around the backyard and enjoyed wallowing in a tiny clamshell pool."

Jerra now has a permanent home at the zoo and is the only resident black swan. She has taken charge of three companion geese in her enclosure and may live the life of luxury for another 25 years or longer.

If you come across injured or orphaned native wildlife, or want information about becoming a volunteer, contact Wildcare on their 24/7 helpline – 6299 1966 or visit their website ([www.wildcare.com.au](http://www.wildcare.com.au)).

— Philip Machin for Wildcare

Editor: At the beginning of the colonial period, large flocks of Black Swans as well as abundant other bird and animal life were recorded at Weereewa/Lake George.

## Future Greenways Meeting Residents of Bywong and Wamboin

COME ALONG and help us plan the future Greenways for Wamboin and Bywong. **22 November 2016, 7.30pm. Bywong Community Hall – Birriwa Road, Bywong.**

Established more than 20 years ago, our Greenways are a network of walking and riding trails throughout the Wamboin and Bywong area that provide a unique

community resource for a range of recreational activities.

With the current review of how Crown Lands in NSW are managed, there is an opportunity for us to identify those Crown Lands that might be productively incorporated into our existing Greenways network.

There is also an opportunity to identify where Greenways might be most effectively

included in future rural residential developments within the area.

We welcome your interest in Greenways and positive input on how best to develop and use our Greenways network. Come along and help us plan our future together. ■

For more information contact: Bill Taylor, Chair Queanbeyan-Palerang Regional Council Greenways Committee. Ph 6236 9386. Email: [bill.taylor45@gmail.com](mailto:bill.taylor45@gmail.com)

## SOIL CARBON, CLIMATE CHANGE from p8

In Australia, Jeffery said, 50 percent of rainfall is lost to evaporation because it can't penetrate the soil. However, increasing the carbon content of soils (by regenerative land management) will help rain infiltrate. Increasing soil carbon, of course, will also help mitigate climate change.

Climate Councillor Professor Will Steffen agreed that increasing soil carbon was worthwhile for a range of reasons. As a climate mitigation tool, however, it faded into insignificance alongside the urgent need to get off coal, oil and gas.

### More intense heatwaves, droughts and summer rain expected

Australia, Steffen said, could expect more intense heatwaves, a trend to higher forest fire danger index (FFDI), an increase in summer rainfall generally but decrease in winter rain, warmer oceans, more intense rainfall (when it comes), sea-level rise, and increased dry spells and droughts. He



Elena Arkadova/Shutterstock.com

warned that temperatures may go to 6°C above pre-industrial levels by 2100 unless we take strong action.

Brent Jacobs from the Institute for Sustainable Futures warned that the impact of extreme weather events such as drought and flood can lead to a permanent loss of natural capital, with flow-on impacts to social cohesion and faster rural decline. Currently, emergency services concern themselves only with built assets (Prevent/Prepare/Respond/Recover or PPRR) but

PPRR, he said, should also apply to natural resources to protect the livelihoods of those dependent on them, not least farmers.

### Extreme events are vicious cycles

According to Jacobs, since natural assets have to survive and recover on their own, there may not be time in the recovery phase to get back their full function before the next extreme event. The severity of the event determines the depth and duration of damage, thus, if climate change is going to make extreme events worse, then recovery phases will often not be long enough.

Landcare can play a part in fire recovery and after any natural disaster event. Andrea Mason described how in December last year two local catchment management groups helped the Scotsburn community near Ballarat after a wildfire that burnt out 4,750 hectares with considerable damage to assets and to the natural environment.

Indeed, Jen Quealy, social geographer and author, argued that Landcare needs to be involved in all stages of extreme events such as risk reduction and preparedness, and not just the recovery phase. Landcare

is a potential ally of government, she said, as they are often the first responders on the ground in the event of emergencies such as bushfires.

Interestingly, fast flowing rivers with little riparian vegetation store very little carbon so slowing rivers down can help mitigate climate change. Dr Siwan Lovett, of the Australian River Restoration Centre, called for rivers to be "messed up and slowed down", not only for the sake of biodiversity, connectivity and productivity, but also to store more carbon. ■

## Star Search

STAR SEARCH's Dr David Weldrake is on leave and will return later in the year ... check out his website at <https://sites.google.com/site/weldrakeplanetary>.

For an update on what's happening in our skies during November, have a look at *November sky highlights: Orion, Leonids meteor shower and Venus*. This article, with images can be found at <http://www.abc.net.au/news/2016-11-01/what-to-see-in-the-sky-in-november/7976154>

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## ON THE BLOCK large Native Mint Bush thriving in wetter season

**Wonderful Spring colour** in the garden or in nearby native vegetation can be achieved by establishing native mint bushes, the *Prostanthera* family. This spectacular October display of mint-smelling flowers is a Round-leaved Mint Bush. It is growing happily in Bywong – on a down-hill-banked slope to capture moisture and with a drainfield below. The wet season doesn't hurt either since these bushes naturally occur closer to rainforests, but appear to adapt quite well here.

Look for Mint-Bush and other native plants at local native plant nurseries and also from the Native Plant Society sales in March and October.



## CALIFORNIAN ROAD TRIP from p9

Heading out from LA to Vegas in the late afternoon was a similar experience until we cleared Barstow, and as the 'elected' driver, I became edgy and cranky, just like my fellow motorists.

Surprisingly (to me) a huge number of the cars we passed, or those that passed us, had single occupants. Significantly, there were few buses.

**being trapped in an eight lane rat-maze with a potentially explosive bladder somewhat clouds impression of journey**

I have to admit that being trapped in an eight lane rat-maze at peak hour, with a potentially explosive bladder, somewhat clouded my impression of the whole journey at this point.

We arrived safely in Vegas in the late evening, and forgoing the customary tourist victory parade up the Strip, we valet-parked the car at the hotel, and there "Musty" languished for the whole of our short visit.

Although I had grown quite fond of the Mustang (it did its job well on the open road), we were more than happy to hand back the keys and get on the plane towards our next US destination, which was Austin, Texas.

### Transport without the blinkers

So what did we learn about transportation that we didn't know already? Not a lot really.

It is a bit of a paradox. Most of us enjoy driving, and when we are in charge of our own mobility it is generally enjoyable. However the cost to the population is horrendous on many levels.

It has been conservatively estimated that an average motorist will spend upwards of 3 years of their life behind the wheel of a car on choked roads somewhere in the developed world - time they could have spent breathing clean air and enjoying the company and love of their friends and families.

A rapid uptake of electric vehicles, and self-driving technology, will make our roads cleaner and safer, however unless we shift our thinking in regard to public transportation, there will always be too many cars.

When planners and developers rely on road building alone to solve the social problems they were responsible for creating in the first place, it becomes an endless, use-less cycle.

New roads attract development, productive land and natural environments become marginalised, thus making them attractive for more housing development, and so on, backwards and forwards, around and around.

It is pretty obvious that a properly integrated public transport system is the only real answer.

So, I look forward to a day when our beautiful automotive creations spend most of their time in garages and museums, possibly only coming out on weekends – electrified, of course. ■

## Science

### Vitamin D and childhood asthma prevention

#### Get young children into fresh air

AUSTRALIAN RESEARCHERS at the Telethon Kids Institute in WA (an independent medical research institute) have found children with vitamin D deficiency are more likely to develop asthma.

Researchers tracked vitamin D levels from birth to age 10 in Perth children at high risk for asthma and allergy. The findings, published in the *Journal of Allergy and Clinical Immunology*, showed repeated bouts of vitamin D deficiency in early childhood were linked to higher rates of asthma at age 10, as well as allergy and eczema.

Lead author Dr Elysia Hollams said, "we know vitamin D plays an important role in regulating the immune system and promoting healthy lung development.

"Our study is the first to track vitamin D levels from birth to asthma onset, and it has shown a clear link between prolonged vitamin D deficiency in early childhood and the development of asthma."

The study also showed that babies deficient in vitamin D have higher levels of potentially harmful bacteria in their upper airways, and are more susceptible to severe respiratory infections.

The first two years of life are critical for developing allergies and chest infections that can drive asthma development. Vitamin D deficiency is now seen as a co-factor.

Co-Author on the study Professor Prue Hart said, "UV radiation, from sunlight, is the best natural source of vitamin D, within skin safety guidelines on timing". ■

Source: Australian Science media centre [www.smc.org.au](http://www.smc.org.au)

### New evidence of Aboriginal Australians in the outback about 49,000 years ago

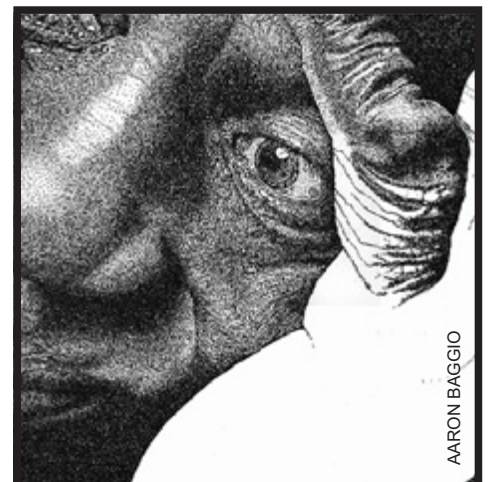
THE AUSTRALIAN Science Media Centre has reported on new university research finding that Aboriginal Australians colonised the interior of the continent earlier than previously thought. This also helps cement theories on the length of human habitation in this country.

A rock shelter in the Flinders Ranges, 550km north of Adelaide, has revealed that Aboriginal Australians settled the arid outback region of Australia 10,000 years earlier than previously thought – around 49,000 years ago. The finding also pushes back the dates on the development of key technologies, with examples of the oldest bone and stone tools and the earliest-known use of ochre in Australia.

Bones of the extinct giant wombat-like creature, *Diprotodon optatum*, and eggs from an ancient giant bird were also found in the cave, suggesting humans were also interacting with the local megafauna.

While it is widely accepted that humans have been in Australia for at least 50,000 years, there has been debate over whether these early Australians would have been able to live in the harsh dry interior.

This new research suggests that, following their arrival in Australia, people were able to disperse more rapidly across the continent than previously thought and weren't just living on the coasts. ■



AARON BAGGIO

### BLACK WHITE BRONZE

An exhibition by 4 artists

Stone sculpture, bronze works and drawings

9–26 November

The Q Exhibition Space  
Crawford St, Queanbeyan

> more arts and events, back page

### ... What's On?

Check out the **Bulletin's** monthly calendar of events on our website [www.districtbulletin.com.au](http://www.districtbulletin.com.au)

in addition to our expanded print issue event listings, thanks to sponsorship from The Q (see next page).

We are happy to give you a free listing.

If YOU or your organisation have an event you want to publicise, please send a couple of lines with when, where and what to

[whatson@districtbulletin.com.au](mailto:whatson@districtbulletin.com.au)

## LOCAL MARKETS

### 1st and 3rd Saturday of every month

**Braidwood Farmers Markets** — National Theatre, main street of Braidwood, from 8am–12.30pm. [www.braidwoodfarmersmarket.org.au](http://www.braidwoodfarmersmarket.org.au)

### Every Saturday

**Capital Region Farmers Market** — EPIC grounds, Mitchell, 8–11am. A genuine farmers market offering a diverse range of fresh seasonal food straight from the producer to the consumer and an opportunity to discuss with growers. [www.capitalregionfarmersmarket.com.au](http://www.capitalregionfarmersmarket.com.au)

**Southern Harvest Farmers Market** — Anglican Church Hall, Gibraltar St, Bungendore, 9am–Noon. [www.southernharvest.org.au](http://www.southernharvest.org.au)

### 1st Saturday of every month (ex-January)

**Captains Flat Country Markets** — Community Hall, Foxlow St, Captains Flat, 9.30–1.30pm. Enquiries to Maggie on 0473 113 398.

### 3rd Saturday of every month (ex-July, August)

**Wamboin Home Produce & Craft Market** — Wamboin Community Hall, Bingley Way, Wamboin, 9–12 noon. Fresh locally-grown produce,

home baked cakes and pies, native plants, jewellery and craft. Excellent cafe. Kids playground. Contact Lance and Meriel Schultz 6238 3309.

### 3rd Sunday every month

**Bungendore Markets** — War Memorial Hall, Molonglo St, Bungendore, 9–2pm. Art, craft and local produce.

**Windy Hall Country Markets** — Windellama Hall, 10–2pm, craft goods, Devonshire tea, deli delights + more. Bob Shaw 4844 5001.

### 4th Saturday of every month

**Braidwood Markets** — Ryrie Park, Wallace St, Braidwood, 8am. Local crafts and cooking, plant and natural products. Call Geraldine 4847 5061.

### 5th Saturday (30 July & 29 October)

**CAPS Market In Tarago** — (Craft, Art, Produce Seasonal = CAPS) Town Hall, Tarago. 9–2pm. Contact: 0429 200 456 or CAPSmarketInTarago@gmail.com.

### More on regional / local events; and tourism visit

[www.bungendore.com.au](http://www.bungendore.com.au)  
[www.visitqueanbeyan.com.au](http://www.visitqueanbeyan.com.au)  
[www.visitbraidwood.com.au](http://www.visitbraidwood.com.au)

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[www.southernharvest.org.au](http://www.southernharvest.org.au)

## Now it's November the market @ bungendore

Sunday November 20th 9am–2pm at the War Memorial Hall


Looking for Xmas presents?  
All your favourite stalls with gifts galore!

|           |           |                |                   |                    |                    |                    |                      |                     |
|-----------|-----------|----------------|-------------------|--------------------|--------------------|--------------------|----------------------|---------------------|
| jewellery | giftware  | collectables   | local art & craft | garden products    | toys & models      | cakes & pastries   | tea & fresh coffee   | soaps & lotions     |
| mosaics   | homewares | greeting cards | beads & findings  | pottery & ceramics | local grown plants | prints & paintings | hats and fascinators | clothing & footwear |
| textiles  | preserves | hand knits     | candles           | cookies            |                    |                    |                      |                     |



## November 2016


open daily 10–4.30 pm



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### "As I See It"

featuring  
**Roz Dibley**



**November Exhibition**  
**All Welcome**  
[www.bungendorefineart.com.au](http://www.bungendorefineart.com.au)  
42b Ellendon St, Bungendore 2621

### Throughout November

**Exhibition: As I See It, Roz Dibley.** Bungendore Fine Art Gallery, 42 Ellendon St, Bungendore. Daily 10am–4.30pm. Ph 6238 1640.

**Exhibition: The Nature of Things – Still Life Paintings.** Alison Mackay, Kim Shannon and Maryanne Wick. Form Studion and Gallery, 1/30 Aurora Ave, Queanbeyan, 9.30–2.30pm Mon to Fri, 10–4 weekends. [www.formstudioandgallery.com.au](http://www.formstudioandgallery.com.au)

### Wed 9 to Sat 26 Nov

**Black White Bronze.** The Q Exhibition Space, 253 Crawford St, Queanbeyan. 10–4pm Mon to Fri, 10–3pm Sat. An exhibition by four Canberra artists with 'old school' skills. Carving, modelling, shaping, and sculpting stone and bronze. Join the artists on opening night Fri 11 Nov from 6pm with light refreshments. [www.theq.net.au/category/exhibitsevents/](http://www.theq.net.au/category/exhibitsevents/)

### Thu 10, Fri 11 Nov

**Open Garden at Wanna Wanna Homestead.** 149 Wanna Wanna Rd, Carwoola, 10–4.30pm.

### Fri 11 to Sat 19 Nov

**The Merry Widow of Bluegum Creek.** The Q, 253 Crawford St, Queanbeyan. Queanbeyan Players' next production is a new version of The Merry Widow, the most popular and most-performed operetta of the twentieth century. Session times and bookings, [www.theq.net.au](http://www.theq.net.au)

### Fri 11 to Sun 13 Nov

**Majors Creek Festival.** Majors Creek NSW. Details email [info@majorscreekfestival.org](mailto:info@majorscreekfestival.org) or call 0431 832 932.

### Sat 12 Nov

**The Nexia Fur Ball** in support of the RSPCA ACT. QT Canberra, 1 London Cct, NewActon, 6.30–midnight. Imagine a community free of animal neglect and cruelty, a community where all animals have the best chance of finding a home or being returned to the wild where they belong. It is estimated that next year about 6,000 animals will come through the shelter, 2,000 cruelty complaints will be answered and approximately 20 owners will be prosecuted for cruelty and neglect. The RSPCA ACT stands ready to meet this demanding workload with your help. Tickets \$220 via <http://nexiafurball.com/>

### Sat 12, Sun 13 Nov

**ActewAGL Queanbeyan Show.** Queanbeyan Showground, Glebe Ave, 8.30–5pm. [www.queanbeyanshow.com.au/](http://www.queanbeyanshow.com.au/)

### Tue 15 Nov

**Birds of Wamboin.** Monthly meeting of the Wamboin Community Association followed by a talk from local ornithologists David McDonald and David Cook. Wamboin Community Hall, 112 Bingley Way, 7.30pm.

### Sat 19 Nov

**Wanderlust 108 Canberra.** The World's Only Mindful Triathlon. 8–4pm. 5K, yoga, meditation, bonus activities and more. <http://wanderlust.com/108s/>

### Sun 20 Nov

**The Queanbeyan Market** (third Sunday of every month). Queanbeyan Park, Lowe St, Queanbeyan, 9–1pm. The Queanbeyan Market brings together fresh produce, crafts, handmade goods, kids' activities and more, with a strong emphasis on supporting regional farmers, producers and local small business. <http://capitalevents.com.au/event/the-queanbeyan-market/>

**The Stockman.** Bungendore Afternoon Train. Departs Canberra Railway Station, Kingston, 12.15 (arrive 20 min prior) – 3.45. \$65 adult, \$35 child, \$55 concession. Bookings essential 6232 6405. <http://canberrarailwaymuseum.org/the%20stockmans>

Our train climbs the scenic Molonglo Gorge before passing into the patchwork pastoral lands beyond. Native wildlife can also often be seen from the train. Upon arrival in Bungendore, you have around one hour to explore this charming village that has many different specialty shops, galleries and a number of cafés.

### Tue 22 to Fri 25 Nov

**An Evening with Groucho.** The Q, 253 Crawford St, Queanbeyan. Award-winning actor Frank Ferrante recreates his acclaimed portrayal of legendary comedian Groucho Marx in this fast paced 90

minutes of hilarity. Session times and bookings, [www.theq.net.au](http://www.theq.net.au)

### Sat 26 Nov

**Bird watching for beginners.** Jerrabomberra Wetlands, 2 Dairy Rd, Fyshwick, 9.30–12.30 <https://jerrabomberrawetlands.org.au/event/birdwatching-for-beginners-3/>

### Sat 26, Sun 27 Nov

**The Queanbeyan Gift.** Queanbeyan Park, Lowe St, Queanbeyan. Ph 0400 463 003, [www.queanbeyangift.com.au](http://www.queanbeyangift.com.au)

The Queanbeyan Gift 2016 will see some of the country's best athletes and junior stars competing. This year's carnival is shaping up to be the biggest and the best in its history, with the introduction of new races and family focused activities.

**Narooma Renewable Energy Expo.** Details p10.

**Open Gardens: Turallo Nature Reserve.** Open 11–12 and 1.30–2.30 pm each day. Rainer Rehwinkel will lead walks. This reserve is amongst the first nature reserves in SE NSW established to conserve the critically endangered Natural Temperate Grassland. The reserve is dominated by swathes of Kangaroo Grass and Snow Grass. Myriad wildflowers, including rare daisies, peas, lilies, orchids and many

others, grow amongst the grass tussocks. Ancient Candlebark trees are also scattered over the site. Birds and reptiles may be seen.

Directions from Bungendore: travel south on Ellendon St becoming Hoskingstown Rd. 2km out of town on west side of road.

See further details at [www.opengardenscanberra.org.au](http://www.opengardenscanberra.org.au)

### Sat 26, Sun 27 Nov

**Bungendore Quilt Exhibition.** War Memorial Hall Molonglo St, Bungendore. Ph 0423 220 205; [jane@staffordpark.com.au](mailto:jane@staffordpark.com.au); [www.bungendore-quilters.com.au](http://www.bungendore-quilters.com.au)



**Festival of Braidwood and Airing of the Quilts.** Enjoy a wide variety of shops, galleries, cafes and restaurants whilst viewing the spectacular quilts adorning the 19th century buildings on Wallace St.

Enter your Quilt and win \$300 first prize or \$200 second prize through Viewers Choice – Braidwood, for full details visit [www.braidwoodquiltsevent.org.au](http://www.braidwoodquiltsevent.org.au)

## COMING UP in December

### Fri 2 Dec

**Eco-elves Night Market.** Canberra Environment Centre, cnr Lawson Cres and Lennox Crossing, Acton Peninsula, 5–9pm. Showcases and celebrates local, handmade, eco-friendly, fair-trade and up-cycled gifts. BBQ, live music, lake views at sunset and the family-friendly atmosphere. Ph 6248 0885; [www.ecoaction.com.au](http://www.ecoaction.com.au)

**Festival of ability.** Queanbeyan Park, Lowe St, Queanbeyan, 4–8pm. Ph 6232 9440.

A free community event that celebrates the International Day of People with a Disability. An evening filled with fun for the whole family. Santa at 6pm and we would like to see you all there!

### Sat 10 Dec

**An evening of musical magic: Scott Joplin.** Cafe Wood Works, Bungendore. Further details p3, review p7.

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