BRAIDWOOD'S
Changing Times

Issue #65 — $2.00

Wednesday, November 2 2022

COMING WEATHER

Temp	Min	Max	Chance rain
We:	4°	14°	5%
Th:	4°	16°	30%
Fr:	6°	17°	30%
Sat:	7°	19°	20%
Sun:	7°	20°	30%
Mon	10°	20°	20%
Tue:	8°	21°	5%

Concerned locals have been blockading the Albion sheds to thwart their demolition.

Shedding tears

Heritage sheds under 'immediate threat' at Braidwood

Queanbeyan-Palerang Council resolved last week to approve an application from the owner of the Albion building to demolish the sheds behind the old stables building on Duncan Street. The corrugated iron sheds, which are 100 years old, are heritage-listed and are included on the Palerang Local Environment Plan.

Three councillors voted against the motion: Clrs Willis, Preston and Webster. Councillor Willis has since issued a media statement based on legal advice she has received pertaining to the relevant legislation.

On Thursday, local residents began to blockade the sheds to prevent demolition. Cars were parked against the sheds and on Friday a group of locals attended the site to press their point.

President of the Braidwood Community Association, Sue Murray, said that once the sheds are gone, the evidence for the heritage of the Albion site is seriously diminished.

"Those sheds are in original condition," Ms Murray said. "They even have evidence of acetylene gas lighting. Dave Sargent knows them well and he understands the way the gas lighting worked. He says the lighting was connected to the now demolished skating rink next door.

"Antony Davies has incredible knowledge of transport history and has given us a statement about the way they would have been used. They have never been assessed on their own merit as a physical record of shed structures from over 100 years ago."

"This decision has failed our community, our town and our heritage. Councillors and Council staff are all aware that the sheds on the Albion Hotel site are valued by our community and others with connections to Braidwood for their local heritage significance. None of the people involved in this decision are residents of Braidwood and District. We believe that Council has the power to refuse the demolition of the sheds, as they are listed on the Local Heritage Register. Council is responsible for the protection of our local heritage. Voting to demolish these sheds, which are an intrinsic part of the Albion Hotel complex, shows a disregard for our community and its history."

— * — * — * —

The resolution passed by council states that they were "precluded from refusing" the application on heritage grounds. Clr Katrina Willis told the *Changing Times* that this was not the case and, according to legal advice she received, as the "principal consenting authority" under the legislation, QPRC has every right and responsibility to determine such cases (see statement from Katrina Willis on page 6).

Clr Willis has lodged a rescission motion, supported by Edwina Webster and John Preston, to reverse council's decision from last week. The matter is due to return to council on 9 November.

ALSO IN THIS ISSUE:

Local Champion – p4

EDITORIAL Robin Tennant-Wood

When is heritage not heritage?

As sheds go, they're fairly non-descript.

A couple of corrugated iron constructions nestled on a block of land behind one of the more significant buildings in town: they've stood there largely undisturbed for a century. Until now. Until the owner of the property has decided that he would be better off demolishing them in order to 'develop' the block.

The key word here is 'develop'. It's a paradoxical term because while the word itself implies improvement of some sort, in practice it requires the destruction of something else. Property developers hide behind a veneer of progress while they bulldoze – literally — anything that stands in their way. Frequently what is bulldozed is nature, but in this case it's history. Development, in this context, and regardless of the various claims made by developers about providing social good or sustainability, is undertaken for one purpose only: profit.

Profit for the developer at the expense of whatever will be bulldozed to make way for the development. Profit at the expense of the concerns and wishes of people who care about what will be lost.

In 2006 Braidwood became the first town in New South Wales to be listed on the State Heritage Register (SHR) under the Heritage Act. This was official recognition of the town's unique place in the history of the state and the significance of its well-preserved architecture and the Georgian town plan. An ABC news report at the time said: "While some provisions have been made for future development the listing ensures the town centre and rural vistas around surrounding Braidwood are protected."

The listing was not, of course, without its critics, many of whom felt that the town would die without development. However, the increasing population and changing economic landscape of the town has seen growth within the scope of the heritage instrument.

In 2016 Palerang Council, which oversaw the original heritage listing, was dissolved and amalgamated with Queanbeyan City, and the new Queanbeyan-Palerang Council assumed responsibility for development in Braidwood and across the region.

While the sheds at the centre of the current controversy may not be jewels in our heritage crown, they are important architectural and historical remnants of a past that is part of Braidwood's appeal. Our town's history is one of its drawcards. It is one of the main reasons people visit. And while progress is important to cater for a growing population and an evolving economic base, we don't need the profit-at-all-costs type of development that bulldozes without concern for local history and the wishes of local residents.

Above all, we need a local government authority that will do its job and support locals and local history rather than rolling over to developers who will use underhand tactics and legal sophistry to shift the heritage goalposts.

We need decision-makers who will make every effort to preserve our heritage. It is a vital link to the cultural, educational and economic legacies that make us who and what we are.

Bill, Gordon, Sarah, Sue and John at the station.

Bill hits the airwaves on 88.9FM

Robin Tennant Wood

"Hot Topics with Bill" is the newest program on 88.9FM, Braidwood Community Radio, and it's proving a success with local listeners.

Better known as the district's wombat rescuer, one half of music duo, The Fabulous Ssnakebyte Brothers, and music educator, "Wombat Bill" Waterhouse says he was motivated to step forward to fill the gap left by the Greenhorns (Nick, Hamish and Violet), when he realised that Braidwood locals didn't really have a public forum to discuss local issues other than "the crap on Facebook or letters to the editor."*

"I wanted to create another forum, another layer for people in that council watch space," he said. "There's a lot of people around here who are council watchers and know a lot about what's going on, but there's no real forum for these issues to be aired."

Each Monday Bill has a guest interviewee who has a level of expertise in local issues. Over a two-hour chat, these issues are teased out and listeners are invited to email, text or phone the station with their questions or comments.

Bill said that the topics most frequently brought up in the forum and with people emailing or calling in to the program are roads and housing.

Last Monday, Bill's guests were BCA President Sue Murray, along with committee members, Sarah Leheny and John Tuckwell.

Tune in at 7.00pm every Monday to 88.9FM or online at https://braidwoodradio.com.au/

*Editor's note: we love letters to the editor!

Tim Wimborne and Sarah Leheny.

Braidwood Food Company: a business born from ashes

Robin Tennant Wood

It was just before the Black Summer fires wiped out almost all of Tim Wimborne's mountain black pepper plantation that he and his wife, Meraiah Foley, came up with the plan for the Braidwood Food Company.

"We'd been sitting there surrounded by smoke for weeks," Tim said, "and we knew that with the crazy weather we had to have a second venture." Their worst fears came to pass on 4 January 2020 when the fire consumed all but 35 of their plants as well as their orchard and various other pieces of infrastructure.

"We thought we'd be okay as the fire had actually burnt all around us, but that was the day we had 42 degrees and the wind, and the fire came back round."

At the time, Tim was "way out on the other side [of the district] at another fire" and he heard the radio call for a team to get to Tim Wimborne's place, but there was nothing he could do.

During the first COVID lockdown Tim and Meraiah bought the small premises on Duncan Street and have turned it into a professional kitchen and retail outlet.

"Everyone thought I was mad buying a commercial premises in the middle of the lockdown." Tim laughs, "Well, they didn't actually say I was mad, they said things like 'Tim, are you really sure this is a good idea'".

Since then, the Braidwood Food Company has grown and expanded so that it now has 25 retail outlets across the region.

Tim, a qualified chef, uses 100% local ingredients for the flavourings in his hand-crafted pastas and flatbreads, and 96% Australian ingredients. 'It's just the xanthan gum that we use in the gluten-free foods that isn't Australian because we can't get it here," he said.

Braidwood Food Company pasta is a traditional artisanal pasta made with semolina and durum wheat flour. The secret is a long drying time and a slightly rough texture which holds the sauce better.

Tim says their best-selling item is a garlic and rosemary flatbread, but the traditional gigli pasta is also a strong seller.

As for the mountain black pepper: "we're replanting now, taking cuttings, and we're planting a fire insulator of exotics such as silver poplars and feijoas. I've got a couple of other local farmers who are planting black pepper and I've arranged with them to buy their harvest wholesale."

It may have been a black summer in 2019-20, but the outlook for Braidwood as a local food hub is bright.

QPRC PROJECTS UPDATE

Lascelles Street

Upgrades to Lascelles in Braidwood began in late September.

The upgrades include the rehabilitation of the road surface, upgrading stormwater infrastructure, replacing existing street trees and planting more trees, installing footpaths and a pedestrian refuge, and formalising car parking. The first stage of works focuses on the below-ground upgrades including stormwater connections.

The project is funded through the NSW Government's Stronger Communities Fund, the Australian Government's Local Roads and Community Infrastructure Program and Section 94 contributions.

Nerriga Road

The fourth stage of the Nerriga Road upgrade, funded by the NSW Government's Monaro-Palerang Roads Package, began in early September. It involves an upgrade of the Nerriga Road intersection with the Kings Highway.

Approximately 580 metres of Nerriga Road and 285 metres of the Kings Highway will be resealed over the next two months.

Cities Power Partnership

Council has adopted five pledges after joining the Cities Power Partnership.

We joined this free national program in April 2022 and asked the community to rank their top five priorities from a list of 27 provided by the climate Council.

We have pledged to:

- Support local community energy projects and encourage investment in community energy;
- Provide incentives for energy efficient development and upgrades to existing buildings;
- Install renewable energy on our buildings;
- Encourage sustainable transport use such as public transport walking and cycling;
- Support community facilities to access renewable energy through incentives, support or grants.

More about the Cities Power Partnership: bit.ly/QPRC-CPP5

[from left] BDEF Secretary Anjali Williams, BDEF Community Relations Officer Alisa Stephens, CEF Community Champion Katie Jayne O'Brien, former BDEF grant recipient Michael Ison, former BDEF Chair Amanda Hall.

Local Katie Jayne is CEF Community Champion

Alisa Stephens was on the spot

Young people from rural and regional Australia gathered at the Country Education Foundation's annual Alumni Awards in Canberra last weekend, and Katie Jayne O'Brien from Braidwood was recognised as the CEF Community Champion.

Katie Jayne grew up in Braidwood, attending school in St Bede's before boarding in Goulburn for High School. She worked in local Braidwood businesses to help pay her way through a Bachelor of Education (Primary) at the Australian Catholic University, but also applied to her local branch of the CEF, the Braidwood and District Education Foundation (BDEF) for grants. The BDEF offers financial support to young people from Braidwood as they embark on education or training after finishing high school. Katie Jayne used her BDEF grants to help pay her rent and purchase essential textbooks.

After finishing her degree, Katie Jayne accepted a job at a remote Indigenous school in the

Budget to address housing, internet connectivity

Media release from the office of Kristy McBain MP

Member for Eden-Monaro and Minister for Regional Development, Local Government and Territories, Kristy McBain, told Sky News that the budget announced on 25 October "is the largest housing accord ever struck in Commonwealth history and what we're doing here is actually taking a lead in the housing sector."

Ms McBain said that the government has flagged that they want to work with state and territory governments.

"We want to work with housing providers, and we want to work with super funds, investors and industry to make sure that we are all working together to tackle the housing crisis. Regardless of where you live across this country, at the moment, we're all feeling the pinch of housing availability.

"So, this marks the Government's intention not only to create the Future Fund for Housing, but also to say we are prepared and ready to work with those in state and territory governments and the affordable housing sector to get this started. And we've got a significant goal and a target, a million houses, and we think we can get there," said Ms McBain.

In addition to addressing housing across the regions, Ms McBain told Sky that the government has also announced a $2.4 billion investment in rolling out additional NBN across the country, with more than half that investment going to rural and regional areas.

Northern Territory, Ltyenye Apurte. She became involved in the local culture and community. Identifying a need to increase students' engagement with school, Katie Jayne helped re-introduce a horse program which also taught life skills with an aim to help students eventually secure station work as jackaroos. She helped transition the daily running of this program to local community members, and it continues to go from strength to strength with local fellas now running the program and being trained in horse safety programs.

Katie Jayne returned to Braidwood in 2020 and 2021 due to Covid and border restrictions inhibiting her travel back to the NT. While she appreciated the time with her family, Katie Jayne realised the immense impact of isolation on the remote NT communities. She sent care packages and newsletters to community members who passed them onto others. Here in Braidwood and particularly Krawarree, Katie Jayne wrote letters to community members and delivered home-baked goods to people's mailboxes.

Katie Jayne now teaches and serves as Religious Education Coordinator in another rural NSW town, Jerilderie. She explains that "teaching in small county schools is something very, very special to me. Every rural or remote school needs the best teachers but not all teachers want to go remote isolated or rural".

Katie Jayne went on to thank the BDEF not only for its initial sponsorship of her while she was studying, but also for nominating her for the CEF Alumni Awards. "It is truly an honour and I feel very privileged to even be asked."

— * — * — * —

At the CEF Alumi Awards, Katie Jayne was one of eight BDEF nominees, and one of two finalists. Inga Neilsen was also a finalist, in the CEF Young Achiever category.

A former Braidwood Central School student, Inga completed her Bachelor of Laws/Bachelor of Communications degree at the University of Technology Sydney in 2019, with an impressive resume of achievements. She was elected to the Law Students' Society as a first year representative and VP of social justice, and earned the Journalism Education and Research Association of Australia Ossie Award for her documentary on the lack of adequate disability care for young people inspired by her mother's experience.

Inga has worked as an advisor within the NSW government, and as a producer and journalist for Channel Nine. Her strong passion for social justice and regional communities shines through, as she has moved from Sydney to Albury and, recently, to Adelaide.

— * — * — * —

Another BDEF Alumni was also in attendance at the Awards Ceremony. Michael Ison, who received BDEF grants to support his studies in Bachelor of Advertising, Marketing & Communication, spoke to the audience about his experience as a rural student and his appreciation for the financial support.

"We have got a plan to start dealing with some of the black spots across the country. Over $600 million invested to make sure that we're starting to deal with those black spot issues. What we saw in the bushfire Royal Commission and in the New South Wales bushfire inquiry was those key recommendations around making sure we've got connectivity on our main transport corridors and, most importantly, making sure that our telecommunications system has some resilience in it.

"I'm really proud that we are giving credence to the lived experience of so many regional communities across the country and starting to roll out those mobile black spot towers, especially on our main transport corridors."

On-farm connectivity has also been a big issue. Ms McBain said that with advancements in agritech, "we have machinery that can talk to each other, use GPS and satellite location, to actually do their work, and we are investing money to make sure that farmers remain connected that businesses can start to grow in our regions.

"The biggest issue that people talk to us across the regions is both mobile and internet connectivity and there's a plan for that in this Budget."

LETTERS TO THE EDITOR

Dann the insightful

To mention more of the mighty Dr Paul Dann's significant scientific insights.

Paul researched willow leaves as stock fodder. He found nutritional value equal to good quality lucerne, plus medicinal value in the condensed tannin content.

Had his research been followed up we would see vast fodder reserves, shelter and wildlife habitat across grazing landscapes.

Sad for us all, his paper was disrespected. A few zealots noted a few willow trees in tricky places and ordered eradication of them all, no matter how harmless and useful their location.

For twenty years Landcare and other authorities wasted hundreds of millions of dollars on the destructive moral panic of the witless Willow War.

Paul coined the perfect phrase for the one eyed behaviour of the 'native good, exotic tree bad' tree killers.

Wicked and wise, he called it 'arboreal apartheid'.

PA Marshall
Braidwood

Paul goes to the Big Smoke

As we all know, Paul Dann had an easy way of making friendships, despite his self declared shyness, and one such friendship was with my cousin from Sydney.

About 10 years ago, over a meal at my place, it was suggested that Paul, Whip and I hightail it to Sydney, stay at Cousin Sandra's and amongst things to do was have a squiz at his childhood home in Kogarah. And so we did.

The house was much as he remembered and with encouragement from Cousin Sandra we rang the front door bell. It was answered by the woman of the house and after a bit of talk it turned out she and her husband purchased the house from Mrs Dann, Paul's Mum, about 40 years earlier.

Paul was thrilled to hear this and pleased they had kept the place much as it was, she, in turn was thrilled to meet the lovely Mrs Dann's son.

Paul, with his always positive attitude was chuffed and it was a great pleasure for me to chauffeur and with Cousin Sandra's hospitality, good food, companionship and her welcoming of Whip the trip was memorable.

David Eager
Braidwood

Albions sheds

Attached is a photo of Roger Royds's 1997 painting of the Heritage Council classified buildings in Duncan Street. Queanbeyan-Palerang Council have given developer permission to demolish. What next?

Margaret Royds
Braidwood

NSW Heritage and Planning ministers urged to step in

Media statement by Cr Katrina Willis Friday 28 October

QPRC Councillor Katrina Willis

I have asked NSW Environment and Heritage Minister, James Griffin, and Planning Minister, Anthony Roberts, to act swiftly to save the 100-year-old sheds on The Albion Hotel site in Braidwood from demolition following a Council resolution earlier this week to approve demolition. I voted against this proposal.

It is understood local residents are blocking access to the sheds to prevent imminent demolition.

I have done this because I believe the Council decision was wrong. It is my view, based on legal advice I obtained and my reading of the documentation, relevant legislation and other planning instruments, that Council did not have the power to consider the application or to approve demolition of the sheds.

The sheds are local heritage items, listed on the Palerang Local Environmental Plan 2014. Together with The Albion Hotel and apartments, stables and shop buildings, they form a heritage precinct in the first town to be listed for its significance to the entire state of NSW (in 2006).

The Albion Hotel complex, on a corner block that fronts Braidwood's main street, is a prominent landmark. The sheds, which have been joined and sit behind the stables and are visible from Duncan St, tell part of the story of the town's cultural, social and economic development.

In March this year, Council declined to approve a request from the owner of the property for subdivision which would have resulted in the sheds being demolished. At the same time, Council invited a new application with an amended boundary that would have retained the sheds on site.

This is a good compromise that would protect local heritage and the integrity of the state heritage listing while allowing the owner to generate an income from developing or selling the new lot.

On 26 October this year, Council considered an application to review its March decision, with the addition of a request to demolish the sheds and works for the stables. The form of the application had also changed to integrated development.

An application for review must be substantially the same as the original development application. Adding the demolition of a local heritage item at review doesn't meet this test, in my view. This is evident from the requirements that must be met before demolition can be approved.

A Statement of Heritage Significance about the listed item must be provided with the application along with reasons the demolition is justified, an explanation of what options were explored to avoid demolition and why they are not viable. Other matters to be considered include whether a building is economically viable or poses a risk to public safety.

These requirements are set out in the Braidwood Development Control Plan and in the Heritage Guidelines for heritage assessment. None of this information was presented to Councillors before Council approved demolition of the sheds.

Heritage NSW has told QPRC at least twice, as mentioned in business papers in October 2021 and March 2022, that it does not consider this application to be integrated development and that QPRC is responsible for determining the fate of the sheds.

A fair and reasonable compromise is available here, as QPRC Councillors identified in March this year. It would enable the sheds to remain intact and part of The Albion Hotel heritage precinct while allowing the property owner to create a second lot large enough for a number of uses.

"And they're off!" Melb Cup 2022

The Braidwood and District Education Foundation held its annual Melbourne Cup function on Tuesday for the first time since 2019. Eighty-five people attended the gala event in the National Theatre, which raises money for the BDEF to support further education for young people in the 2622 postcode area.

Photos by Robin Tennant-Wood

Fun times back on the Monaro social calendar

Nichole Overall Member for Monaro media release

Social calendars across the Monaro will soon be full again, thanks to two huge cash injections from the NSW Government's $25 million Reconnecting Regional NSW – Community Events Program.

Member for Monaro Nichole Overall said more than $660,000 had been allowcated to the two local councils in the Monaro – Queanbeyan-Palerang Regional Council and Snowy Monaro Regional Council – that help reconnect the community through local events.

"Prior to the Covid pandemic, people right across the Monaro enjoyed regular social events which were put together by their local councils," Mrs Overall said.

"This funding will help bring all those important events back into our towns, and help people reconnect with their friends and community in fun, social settings."

QPRC was successful in its bid to secure $362,050 towards a total of 31 events including the ever popular Queanbeyan Multicultural Festival, main street Christmas celebrations, a Meet and Make Expo in Bungendore and the Braidwood Seniors Celebrations.

SMRC has been granted $301,708 for a mix of events for varied interests and ages, in towns and villages across the Snowy region.

"I can't wait to get out into the community, and meet people at these important events," Mrs Overall said.

Deputy Premier and Minister for Regional NSW Paul Toole said the Community Events Program will support the state's events and hospitality sectors while bolstering economic recovery.

"The past two years have been difficult, with many unpredictable events including floods, drought, bushfires and the COVID-19 pandemic, but we know NSW residents will come out the other side stronger and more resilient," Mr Toole said.

"People have been disconnected from family and friends but now they're getting out and about again, we want to see communities thriving and businesses benefitting from more local activities, events and opportunities in the regions.

"The NSW Nationals in Government are backing events that bring local communities together and this funding will help contribute to a sense of improved wellbeing and connectedness in 2022 and beyond."

The $25 million Reconnecting Regional NSW — Community Events Program is part of the $200 million Regional Recovery Package, designed to support economic and social recovery across regional NSW that will create new jobs and support community events, shows and festivals to boost tourism.

For further information, go to: nsw.gov.au/CommunityEvents

FROM THE QPRC MAYOR'S DESK


Kenrick Winchester QPRC mayor.

Council has prepared a new Local Environmental Plan (LEP) that will come into effect on 14 November 2022.

The new Queanbeyan-Palerang Comprehensive Local Environmental Plan 2022 has been prepared to harmonise and consolidate previous land-use plans that served Queanbeyan City Council and Palerang Council prior to the merger in 2016. The new LEP and new LEP maps will replace the seven separate LEPs that Council currently uses and will become the single reference point for understanding and complying with Council's land-use planning controls. To view the new maps and learn how to lodge a DA in-line with the new LEP, visit www.qprc.nsw.gov.au/ New-QLEP

— * —* —* —

We will be holding community meetings in November where you can hear from Council and staff about our projects and services and ask questions. All meetings will start at 6pm with a brief opening presentation, followed by a breakout session for conversation with staff about topics that interest you and a final Q&A session to finish off. Join us in Braidwood at the Braidwood Serviceman's Club on 15 November, Queanbeyan at Bicentennial Hall on 22 November, and Bungendore in the Council Chambers on 24 November. To register your attendance, visit bit.ly/QPRC-NovMeetings

— * —* —* —

Garage Sale Trail 2022 is coming up soon! We've joined the nationwide event again this year to help promote sustainable behaviours and save unwanted items from landfill. This year's trail will take place over two weekends on 12-13 and 19-20 November. If you've got a garage or a wardrobe that is bulging with items that you don't need, the Trail is a great chance to make some cash and stop things going to landfill. It's also a great chance to visit the Buy Back Centre at the Braidwood Waste Transfer Station and find some pre-loved bargains. To learn more about how to shop and sell in this year's trail, visit www.garagesaletrail.com.au/

— * —* —* —

It's your last chance to apply for the Main Street Upgrade Fund. This program provides financial assistance on a dollar for dollar basis (excluding GST) for a variety of renovations and improvements which will contribute to the public streetscape. This fund is available for owners of commercial buildings on Wallace Street and parts of Lascelles Street in Braidwood, Gibraltar Street and parts of Malbon Street in Bungendore and Queanbeyan's CBD. To learn more and submit your application by Friday 11 November 2022, visit qprc.nsw.gov.au/Community/Grants-Donations#section-2

— * —* —* —

Australia Day Award nominations are open for 2023! You can nominate people for the Citizen Award and the Young Citizen Award which recognise outstanding contributions to the local community between November 2021 and October 2022. Criteria for eligibility includes the length and quantity of service, and the quality of service including individual acts of compassion, generosity, and bravery. You can also nominate the Community Event of the Year in your area. To learn more about eligibility and to submit a nomination by Friday 2 December, visit qprc.nsw.gov.au/Community/Australia-Day-Awards

— * —* —* —— * —

Nominations for the NSW Government's Hidden Treasures Honour Roll for 2021 and 2022 are open. The Hidden Treasures Honour Role acknowledges the important volunteer roles women play within regional NSW communities. If you know of women in your community who deserve to be commended for their contributions, read the eligibility requirements and submit the nomination form by Wednesday 30 November 2022 at:

www.nsw.gov.au/women-nsw/rural-womens-network/hidden-treasures-nomination

Braidwood update

Lascelles Street Upgrades – works have started with road closures in place on Lascelles Street from Wallace Street to Ryrie Street for approximately 16 weeks

Skatepark Construction – wet weather delays have pushed work back to start in November. Fully funded

Renewal of 88 Wallace Street – seeking funding opportunities and progressing design work.

Let's talk about Mental Health

Juliet Contreras, Intern Pharmacist Capital Chemist Braidwood

Mental health is about wellness rather than illness.

The term mental health is commonly used when someone has a mental health condition e.g., anxiety or depression. According to the World Health Organisation mental health is "a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community." – so the term mental health actually refers to being well rather than being unwell.

Aren't I just weak if I am sad all the time?

Mental Health conditions are health conditions just diabetes or high blood pressure.

In the same way you wouldn't judge someone with diabetes from using insulin, people shouldn't judge people for needing treatment for a mental health condition.

One in two people face some sort of mental illness during their lifetime, so mental health conditions are very common and don't discriminate. It isn't people being "weak" or "silly" – it is just someone who is unwell.

What if your mental health is not good?

People are encouraged to seek help if they feel like they are affected by anxiety or depression or other mental health conditions. Timely help allows for a faster recovery.

There are safe and effective treatments for mental health conditions. Medication and psychotherapy/counselling can both be effective treatment, or can be used together.

Where can I find treatment?

Talking to your GP is a great first step towards recovery. They can work with you to make a treatment plan – this can allow you to have subsidised counselling appointments. GP practices commonly have a psychologist or counsellor who comes to the clinic.

We also have a lovely social worker called Jane at the Braidwood Hospital – call the hospital to make an appointment with her.

And of course, we are always here at the pharmacy if you need someone to talk to or help finding support.

More information/support

Beyond Blue – free telephone and online counselling service is open 24/7 for everyone in Australia. Phone 1300 22 4636

Lifeline – providing all Australians experiencing emotional distress with access to 24 hour crisis support and suicide prevention services. They exist so that no person in Australia has to face their darkest moments alone. Phone 13 11 14

Head to Health – provides assessment and navigation to connect people to the right mental health services for them. Phone 1800 595 212

Sources: Beyond blue, Australian government website on mental health and suicide prevention.

THE LAW Angela Backhouse

What are the rights of casual employees?

Casual employees make up 22.8% of the Australian workforce, (ABS statistics February 2022) and they now have more rights than ever before.

In 2021 important amendments were made to the Fair Work Act 2009 (Cth) giving effect to new rights and entitlements to casual employees.

What is a casual employee?

Pursuant to the new section 15A of the Fair Work Act, a person is a casual employee if they:

- are offered employment on the basis that the employer makes "no firm advance commitment to continuing and indefinite work";
- accept such an offer; and
- are an employee as a result of that acceptance.

The definition focuses on the terms upon which employment is offered and accepted, rather than the conduct of the parties. This means that a determination as to whether a person is a casual employee is made at the time the offer and acceptance of employment occurs.

Whether there is "no firm advance commitment to continuing and indefinite work".

To determine whether an offer was made on the basis that there is "no firm advance commitment to continuing and indefinite work" regard must be had to whether the:

- employer can elect to offer work and whether the person can elect to accept or reject work;
- person will work as required according to the needs of the employer;

- employment is described as casual employment; and
- person will be entitled to a casual loading or a specific rate of pay for casual employees under the terms of the offer or a fair work instrument such as an Award.

It is not uncommon for employers to treat employees as "casual employees" even though they have actually been given a commitment to continuing and indefinite work. In those circumstances the employee is not truly a casual employee and would be entitled to receive entitlements as a part time or full time employee, including annual and personal leave.

New Casual Employment Information Statement

Moving forward, employers are required to provide all casual employees with a Casual Employment Information Statement (CEIS), in addition to the Fair Work Information Statement, prior to the commencement of the casual employee's employment.

Casual conversion

A new regime has also been introduced for casual conversion in the National Employment Standards. This obligation requires all employers (to the exclusion of small business employers with less than 15 employees) to offer all eligible casual employees the opportunity to convert their employment to full time or part time in circumstances where the casual employee:

- has been employed for at least 12 months; and
- for at least 6 months of their employment the casual employee worked a regular pattern of hours on an ongoing basis.

The Act provides a list of reasonable grounds for an employer to not offer casual conversion, including, but not limited to:

- the employee's position will cease to exist within 12 months after the time the decision on conversion is made;
- the employee's hours of work would be significantly reduced within 12 months of the conversion occurring; or
- there would be a significant change to either the day or time on which the employee's work is required to be performed which cannot be accommodated within the days or times the employee is available to work during that period.

If the employer has reasonable grounds for not offering casual conversion, they must provide a notice to the casual employee explaining the reasons as to why an offer of conversion has not been made.

Key takeaways for Employers

The amendments to the Fair Work Act give rise to substantial changes affecting all employers.

Employers should:

- ensure their casual employment contracts are drafted to reflect the new statutory definition of casual employment;
- familiarise themselves with the CEIS and ensure that a CEIS is issued to all new casual employees, as well all existing casual employees; and
- review existing casual employees' patterns of work to determine whether any conversions to permanent employment are required.

If you have any questions about the Fair Work Act and how it affects you as an employee or employer, contact Angela Backhouse at Chamberlains Law Firm:

angela.backhouse@chamberlains.com.au

Supermarket chain goes for the gouge

NSW Farmers media release

Flood-affected farmers have rejected supermarket calls to cut their prices, saying they have nowhere left to go.

Skyrocketing costs of energy, fuel and fertiliser, rising inflation and interest rates and successive natural disasters have left many farmers desperately clinging on to their businesses as they try to produce food for Aussie families. Yet major supermarket Coles decided to turn the screws on suppliers, *The Australian* reported this week, discouraging them from asking for a price rise.

"All businesses will incur impacts to the cost of doing business at some point," a note from Coles to suppliers read.

> "Even where you can substantiate increases to cost of doing business including rising cost of inputs, Coles may not accept your request for a cost increase in full or at all."

The note went on to say: "Your organisation needs to be continually reviewing how you operate to offset costs." However, Coles did encourage suppliers to pass on savings if supplier costs decreased.

"Coles considers that where there have been decreases in commodity input costs for suppliers, these should generally be reflected in cost reductions to Coles," *The Australian* reported.

NSW Farmers Vice President Rebecca Reardon said a large business putting the burden of rising inflation on smaller businesses was yet another example of how Australia's competition system was broken. "Coles made more than $1 billion in net profit after

tax last financial year, yet the farmers fighting floods to harvest food and make ends meet are somehow the ones who should be cutting costs," Mrs Reardon said.

"Farmers simply cannot afford to take a pay cut, there's just no margin left, and this sort of behaviour will simply drive farmers out of business and further constrain food supply. "It is plain our system is broken, and the Federal Government really needs to get cracking on competition reform because this is unacceptable."

Many Australians do not see the extraordinarily low prices paid to farmers, Mrs Reardon said, suggesting if supermarket bosses wanted cheaper produce, "they should roll up their sleeves and come help with the harvest".

"One of our poultry growers told me recently they get paid just 72 cents for every chicken they raise for their processor," she said. "That 72-cent bird goes through the supply chain and becomes the BBQ chicken in the supermarket – the same BBQ chicken that Coles wants to take a dollar off to help fight the cost of living.

"We're not saying farmers are the only ones doing it tough – we're all sharing the pain on electricity and fuel prices – but there simply is nothing left to give on this side of the supply chain."

ENVIRONMENTAL PROTECTION

Plastic ban starts now

From 1 November the NSW government has banned the use of single-use plastics.

This is part of a phased-in ban on plastic and planned reduction of plastic waste, much of which finds its way to waterways or ends up in landfill.

What is banned?

The supply of:

- single-use plastic cutlery, stirrers, straws*, plates and bowls** (except where designed or intended to have a spill-proof lid)
- expanded polystyrene (EPS) food service items (including EPS clamshells, cups, plates and bowls)
- single-use plastic cotton buds
- certain rinse-off personal care products containing plastic microbeads

Rinse-off personal care products include:

- face and body cleansers, exfoliants and masks
- shampoo, conditioner and hair dyes
- toothpaste

If you are concerned about microbeads in products you supply, look for the following commonly used ingredients:

- polyethylene (PE)
- polypropylene (PP)
- polyethylene terephthalate (PET)
- polymethyl methacrylate (PMMA)
- nylon (PA)

What is not banned?

- single-use plastic bowls designed or intended to have a spill proof lid, whether separate or attached
- serving utensils or serving ware (e.g. tongs, platters)
- pre-packaged items that are integrated into the packaging of a food or beverage product through a machine automated process (e.g., straw attached to a juice box, or bowl containing a frozen meal).
- EPS trays used for raw produce (e.g. produce such as raw meat and seafood)
- EPS containers used for business-to-business transport.
- re-usable cotton bud sticks with replaceable buds
- cotton buds with paper, wood or bamboo sticks.

* ** *Exemptions*

For people with a disability or medical need: Single-use plastic straws may be provided upon request by individuals or organisations who serve food or drinks, registered charities and local government offices; may be given out at health facilities; or may be sold from online suppliers, pharmacies and chemists, manufacturers, producers and wholesalers. The supply of expanded polystyrene (EPS) food service items (including EPS clamshells, cups, plates and bowls) is banned.

The EPA has granted an exemption (with a two-year review period) for the supply of plastic single-use cotton buds and plastic single-use bowls for medical, scientific and forensic purposes in certain circumstances. The EPA has also granted a one-off, time bound exemption for plates and bowls that are made of paper or cardboard but have a plastic lining or coating that expires 31 October 2024.

For more information visit: https://dpe.mysocialpinpoint.com.au/plastics-ban-nsw

or phone 1800 844 946 hotline between 9am and 5pm.

Concert featuring Catherine Fraser Trio + 'Big Sing' event Sunday 13th November 3pm at Royal Mail Hotel

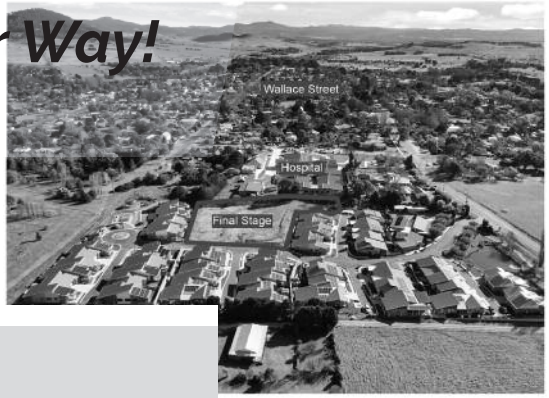
Braidwood Folk Music Club invites you to two events in one: A fabulous folk music concert PLUS a community singing event! The concert begins at 3pm and features traditional and contemporary Scottish fiddle music played by the Catherine Fraser Trio.

Floor spots also available for other performers.

Following the concert, we will hold a 'Big Sing' from around 4:30pm - Song words and instruction provided and all welcome!

Contribution $20/$15. Please contact us at: braidwoodfolkclub@gmail.com or find us on Facebook (https://www.facebook.com/groups/221163547976391) for further details or to book a seat.

Stage 4 Under Way!



KEY BENEFITS

- A wonderful community spirit with so much to do
- Summerfield provides outstanding value – half the price of Sydney – two-thirds of Canberra
- Large spacious 3 bed 2 bath 2 car villas – average 187 sqm (20 squares)
- Freehold – no exit fees – can sell when you wish no deductions
- Excellent common facilities – club house, heated pool, arts and crafts all built
- Beautiful large enclosed balcony sunroom on all villas all north facing
- High ceilings some with magnificent vaulted ceilings and clerestory windows
- Large master bedroom big enough for a day bed and desk as well as a king bed
- Walk through wardrobe to a large spacious master bathroom all disability compliant
- Large workable designer kitchen – ample cupboard space
- Light filled living and dining area – large windows
- Plush carpet and tiles
- Functional layout for the elderly and all SEPP Seniors compliant
- 2 car garage
- Low maintenance garden which you can then adapt to your own needs.

WHY CHOOSE SUMMERFIELD?

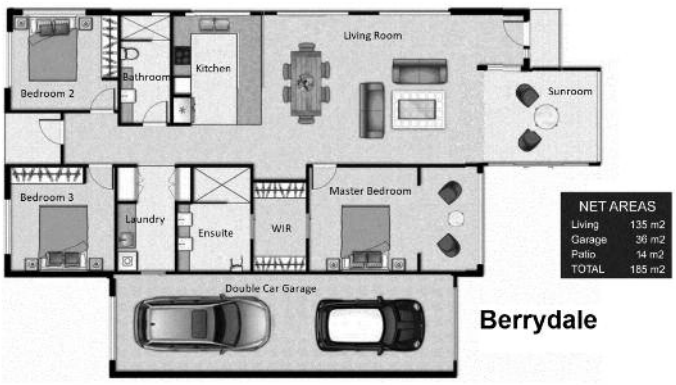
Surrounded by heritage listed countryside on three sides with a brand new hospital on the other. Summerfield has all facilities you would want in retirement.

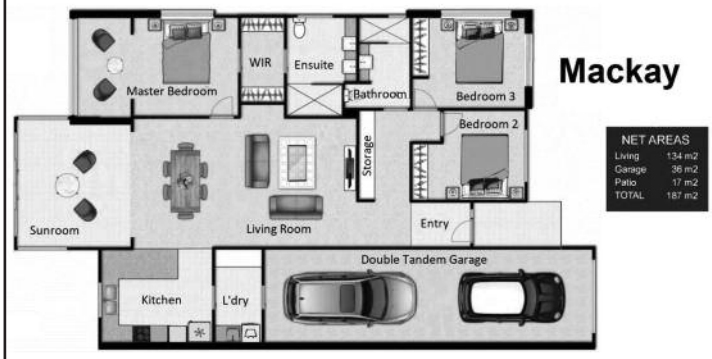
Here are a few reasons why it works for you:

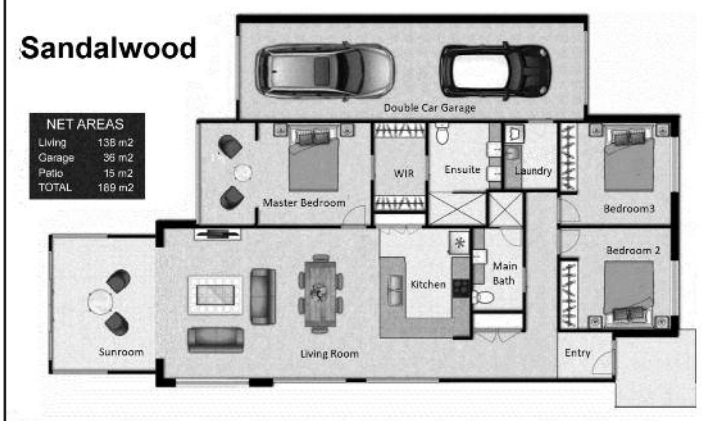
1. Freehold title – experience over 55's independent living
2. Exceptional value for these exclusive 3 bedroom 2 bath 2 car villas.
3. Exceptional amenities in a pristine, clean air, country environment – including club house, pool, arts and crafts area, already built.
4. Range of optional resident activities for great community involvement
5. Strategically located between Canberra and the coast with an easy drive to Sydney.

Just a wonderful place to live !

Summerfield
HISTORIC BRAIDWOOD
1300 73 79 70







THE NATURAL ENVIRONMENT

An introduction to bird watching

Elizabeth Trigg

Birdwatching is different things to different people.

It can be a hobby, or meditation. It can be social or solitary. It enriches your life and expands your world. Whatever it means to you — the focus is birds.

What's your opinion of Birds? Do you even notice them? How many birds have you ever seen?

I love talking about birds! Many people tell me they have seen around 25 different birds. It may come as a surprise for you to learn that there are 800 species of birds recorded in Australia. Unique species occur in different locations around the country. For example, we are familiar with the Crimson and Eastern Rosellas around us, but there are orange coloured ones in the Adelaide region, large green ones in Tasmania, as well as Northern and Western varieties.

If you are interested in Birdwatching, start simply. Have a look at a field guide and go into your garden or your local park and spend some time watching the birdlife and the habitat they live in.What do you notice about bird activity at different times of day? Are different birds found on certain plants? Become an expert in your own patch and perhaps participate in a Birdcount or Birds in Backyards survey.

Field Craft

The main skill for birdwatching is awareness. Look and listen. Being quiet helps, but don't whisper! Whispering sounds like alarm calls that birds make when under threat from predators.

What do you need?

Prepare for birdwatching as you would for a bushwalk. Good walking shoes, a hat and sunscreen. It is a good idea to wear layers of clothing to put on or take off as required. Dress in plain coloured clothes — no patterns or bright colours. Bring water, food and your field guide and/or notebook.

A first aid kit and a waterproof bag are also recommended if you are wandering into more remote areas. Research your trip and tell someone where you are going. Finally, the most important bit of kit for any birdwatcher is binoculars!

Binoculars

"Also known as bins, binos (rhymes with winos) or binox if you must, but please never noccies, unless you are at least a grandparent or using the term in an ironic way." Sean Dooley *(Anoracks to Zitting Cisticola)*

When purchasing binoculars consider the weight of them and how much you can afford. A magnification of at least x8 is recommended for the novice birdwatcher. Why? Because the field of view is wider and this makes it easier to track birds and there is a greater depth of field. You get a steadier image and they perform well in low light.

I use 8x42 Nikon Monarch Binoculars. These are comfortable and I have had them for over 10 years. However, when I win the lottery I'll be buying the $8,000 Swarovski Binoculars that my lecturer at uni swaggered about with on field trips.

The most preferred setup that I have noted among birdwatchers is 10x42. My partner has this setup. The 10x magnification is less steady, but has increased detail and range of distance. I've been known to pinch his binoculars and wander off on occasion…

In the end it's about personal choice and what's comfortable for the individual. The size of your hands can dictate the size of binoculars comfortable for you to hold, and you don't really want to be walking around with a heavy weight around your neck. Consult the internet or start by googling: "How to choose your binos? A quick guide for finding the right pair for you" by Golo Murer.

Diamond Firetail
Stagonopleura guttata
Size: 12-13cm
Voice: penetrating, rising 'p-a-i-r-r' & soft chatters.
Behaviours: Feeds among native grasses with bouncing hops; flies to high branches.
Prominent feature: scarlet rump.

European Goldfinch
Carduelis carduelis
Introduced to Australia circa 1860
Size: 12-13.5cm
Voice: pretty, tinkling song, 'twiddle-ee-twiddle-ee-dee'; scratchy canary – like 'tweet'; rasping scolds.

From: *Field Guide to the Birds of Australia*

Identifying Birds

"A reassuring thing to remember is that few birds share exactly the same markings. There is usually some subtle difference in these field marks to set each and every species apart. Keen-eyed humans, whose colour vision is comparable to that of birds, can readily tap into this system that the birds themselves have evolved." Graham Pizzey. *(The Field Guide to the Birds of Australia)*

In the field it is often hard to know where to begin to identify the bird you are seeing. The problem is that the bird is often seen at a distance and moving about, so the size is hard to gauge. What to do? A good place to start is to read a field guide before birdwatching.

When I was new to birdwatching, I would read field guides from cover to cover and get excited about all the places I could travel to see the different bird species. Little did I realise that I was learning to identify birds from the comfort of my home.

The introduction section of most field guides has a wealth of information about how to get to know birds and what you should look out for. Noting a bird's "field marks" is key. Field marks are the working parts of birds, such as the tail, feet, wings and their plumage colour. These marks break down the visual aspect of birdwatching, but it is also important to pay attention to the sounds that birds make.

Field guides often describe the different calls that are unique to each species. For example there's the"klee klee klee" of the Crimson Rosella in flight, or the mellow (organ-like) carolling of the magpie, which can help identify a species even if it's out of sight.

Unfortunately, field guides are heavy, so it's a good idea to take a notebook with you when you go birdwatching. Write down the details of birds you want to identify from your sighting. Note down as much information as you can recall about the bird's appearance (i.e. the field markings) including:

- overall colour
- feather patterning
- bill shape/colour
- leg colour
- What was the bird's behaviour?
- Was it calling from a fencepost or eating fruit/ nectar/grass?
- Record the location and the time of day

Later, consult your field guide and use your notes to confirm the species. I find it useful to check a few field guides. Different publications have different images of birds and looking at different guides can give you more information to go on.

Becoming proficient at bird identification won't happen

Yellow-rumped thornbill
Acanthiza chrysorrhoa
(local name "butter bum")
Size: 11-13cm
Voice: Pretty tinkling, cyclic song; flight call 'check-check'
Behaviours: hops on open ground, branches; teeters. Flies bouncingly.
Prominent feature: yellow rump, contrasting with black, white tipped tail.

overnight but it will happen… with practice. Even experienced birdwatchers get stumped by a cryptic bird. The main offenders are the LBBs — Little Brown Birds or Little Brown B*!!@#s if you are getting really frustrated. LBBs can be the female of a species (often not brightly coloured like the male), or just small fast moving /dull birds with only small patches of colour or distinctive markings.

Initially all LBBs can seem annoyingly similar and hard to identify (well they can't all be big and red like a Crimson Rosella!). However, by paying attention to the different field markings you'll quickly learn to spot the difference between the species.

What type of Birdwatcher will you be?

Twitchers (Tickers)

These Birders live for the tick. They will chase rare and vagrant birds and jet off to places around Australia for the day, just to try and 'tick' off a rarity. For some people it is a game, for others an obsession. Some say Anoraks are involved… But hey! I'm not judging.

Birdwatchers (Birders /Birdos)

This type of person watches birds for the love of birds and the experience. It doesn't matter if you have seen a particular species hundreds of times. You will happily spend hours just watching, with no need to tick the bird off your list or hurry on to the next find.

References

Anoraks to Zitting Cisticola – A whole lot of stuff about Birdwatching. Sean Dooley

Field Guide to the Birds of Australia. Pizzey & Knight

Bird Clubs

Canberra Ornithologists Group – canberrabirds.org.au

Birdlife Australia – birdlife.org.au

Further Reading

How many birds is that? Sue Taylor

The Big Twitch. Sean Dooley

Citizen Science

Birds in Backyards
https://www.birdsinbackyards.net/

The Atlas of Australian Birds & Bird data
https://birdlife.org.au/projects/atlas-and-birdata

The Aussie Bird Count
https://aussiebirdcount.org.au

THE HOUSING DEBATE

Braidwood and Villages Business Chamber

A letter to QPRC regarding Braidwood and Region housing

Jamie Raynolds Pesident BAVBC

For the purposes of this letter, any reference made to Braidwood is intended to relate to Braidwood and the surrounding villages and region because they are inextricably linked from a social and economic perspective.

The BAVBC believe that the housing difficulties faced by residents and businesses in Braidwood are consistent with those across NSW and Australia more broadly. We believe, however, that the problem in Braidwood is made more acute because of the inefficiency resulting from the series of Council amalgamations that Braidwood and surrounding region have been subject to, and bureaucratic stagnation that has resulted from, Braidwood's under-resourced and unfunded Heritage Listing.

Whilst the housing crisis is getting a lot of 'air time' and is emotive, we are of the view that work to relieve the housing crisis needs to be done in a fast tracked and structured manner that considers all options pragmatically. We are not supportive of isolated and disconnected initiatives that are not included in a broader plan that seeks to create an enduring solution to Braidwood's housing crisis.

Braidwood Structure Plan and Heritage Listing Review

The BAVBC welcome QPRC's development of a Braidwood Structure Plan and understand it will be released for community review prior to Christmas 2022. The coincidental development of the Heritage Department's review of Braidwood's Heritage Listing by the consulting company GML Heritage will presumably be a key reference point for Braidwood's Structure Plan, given the obvious dependencies in the way Braidwood's development is managed over the next 10 years. We understand that the Heritage NSW review of

Braidwood's heritage Listing

will also be released for community review prior to Christmas 2022.

The timing of the development of the Braidwood Structure Plan and the release of

Braidwood's Heritage Listing Review may be inconvenient, but we consider it essential that they work in concert to guide and direct the future development of Braidwood.

Recommendation 1. QPRC ensure Braidwood's Structure plan is consistent with the outcomes of NSW Heritage's Heritage Review of Braidwood and any associated recommendations. The plans need to be co-ordinated.

Recommendation 2. Braidwood's surrounding villages and rural housing are inextricably linked to Braidwood's housing crisis. We therefore recommend that any initiatives considered as part of the resolution of Braidwood's housing crisis must consider the roles and capacity that the surrounding villages and rural housing play, in providing suitable housing opportunities.

Housing Impact on Braidwood Businesses

Braidwood businesses are facing a critical shortage of workers which is severely impacting business viability. Whilst worker shortage is being experienced broadly across the economy, we believe the situation in Braidwood is worse than most. There are numerous factors contributing to this worker shortage, but perhaps the most significant factor is the shortage of housing availability.

Compounding Braidwood's housing shortage is the drain major local businesses are having on housing stock. The Aurelia Metals mine at Majors Creek and Mona Farm both employ in excess of 100 staff all of whom have to be accommodated locally. Whilst the BAVBC is supportive of the roles that these businesses play in the local economy, the impact of these businesses on the availability of affordable local housing is significant and need to be explicitly considered.

There are numerous anecdotal stories from businesses and the service industry of losing workers due to the inability to find suitable affordable local accommodation. Worker shortage is being acutely felt right across the spectrum of local businesses.

In addition to the worker accommodation crisis, the poor availability of local accommodation is constraining the ability of tourists and visitors to stay locally. The availability of AirBnB, farm stay and motel accommodation are not keeping pace with tourist and visitor demand. This is limiting the potential visitor spend in local businesses.

Opportunities to Address the Housing Crisis

In BAVBC's assessment, there are a number of opportunities for QPRC and the NSW State Government to facilitate pragmatic and coordinated initiatives to address the local housing crisis. We believe that to effectively address the housing crisis will take a multi- faceted and coordinated plan. Options to address the housing crisis need to be complementary and implemented over the short, medium and longer terms.

The BAVBC is aware that there are exemplars of short medium and longer term initiatives already successfully implemented in regional NSW which could provide QPRC with objective results.

From a short-term perspective, BAVBC believe that temporary short term housing modular unit accommodation component similar, but on a smaller scale to that developed for Snowy

2.0 in Cooma might be a viable option. We believe that this approach may have potential if the Aurelia Metals mine is interested in collaborating with QPRC. For details of the temporary Snowy 2.0 camp, Google: Snowy 2.0 Temporary Camp.

For additional medium term housing development in Braidwood, the BAVBC believes any initiatives should enable market lead development. From a medium-term perspective BAVBC are highly supportive of rezoning of existing land in Braidwood to allow for more extensive, sympathetic medium density housing. We believe that enabling individual landowners in Braidwood to sub divide to sympathetically (retaining the heritage appeal of the town look and feel) accommodate dual occupancy or build 'granny flats' will trigger the relatively short term development of affordable housing stock.

Longer term, the BAVBC believe that additional surrounding land needs to be re-zoned to enable the development of new residential land. Unfortunately, land developers tend to throttle the release of new land onto the market to ensure the value of land remains high and therefore generally not appealing to affordable housing options. This means that additional residential land development is only likely to yield longer term housing availability benefits.

BAVBC is not supportive of spot development of high-density affordable housing. We believe that affordable housing options need to be disbursed through out the township in order to retain the social, cultural and aesthetic benefits.

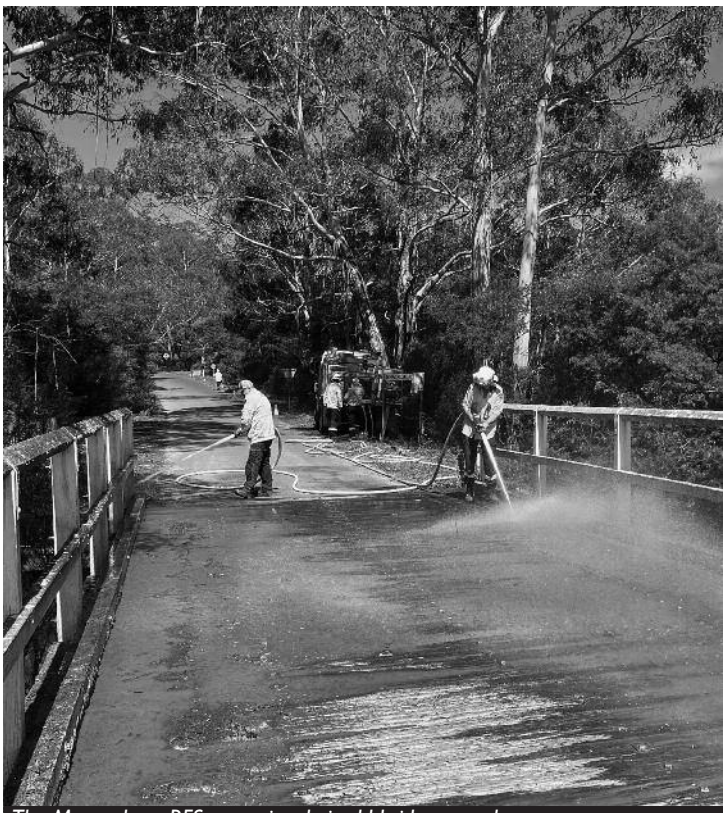
Recommendation 3. QPRC reengage with Aurelia Metals to explore the potential to partner in the establishment of a temporary short term accommodation camp.

Recommendation 4. Existing land in Braidwood is re-zoned to permit medium density development.

Recommendation 5. New land surrounding Braidwood is rezoned to facilitate new residential land development.

If you have any questions or would like further consultation on this matter, please contact our Secretary Nick Kemp on mobile: 0408151829.

OUT AND ABOUT



The Mongarlowe RFS crew give their old bridge a wash.

Iona and Mark at his Altenburg show opening.

Natural Sequence Farming guru Peter Andrews OAM speaks to a conference at Tombarra.

Nathan and Monique at the Royal Mail Kebabs.

The inaugural meeting of the Mongarlowe Area Section 355 Committee meeting.

Jenny shows off her fancy new conveyance.

BOOKWORM *Julia Ermert*

Is there really a PILL FOR EVERY ILL including grief?

Medicine and writing used to have nothing to do with each other.

Especially doctors' handwriting! Now communicating is more important. You can even download an app to read your doctor's cursive handwriting. Narrative medicine is a thing, too, whichever end of the scalpel you're on. Doctors learn to set down their experiences, becoming better listeners and more empathic communicators. Patients are given journals and workbooks to fill in. This gives them more understanding of, and agency over, their conditions.

It makes sense. Put something into words and you can understand it; understand it and you can own it; own it and you can control it. It beats medicalising everything and popping pills.

I've reached the stage in my grief journey when there are people thinking I should hurry it up a little by popping a pill or three. So I write about my journey and look to see what others have written. There's quite a grief industry out there!

First, I turned to C S Lewis and *A Grief Observed,* Faber and Faber, 1961. Lewis, seemingly a confirmed bachelor, married American writer Joy Davidman, who had sought his counsel during her own difficult conversion journey from her Jewish roots. It was a complex marriage, since she was a divorcée, made more complex by her cancer diagnosis. They had only a short time as man and wife, and his grief was devastating. I don't much care for Lewis's 'either/or' brand of Christianity but I found this book very moving.

What did I take away from it? That it is indeed physically very tiring, and I do need more sleep. That bereavement is a universal and integral part of the experience of love. It's not a truncation of the process; it's the natural end as the honeymoon is the natural beginning, and as much to be celebrated. And it has its natural end. Fighting to keep a memory alive (think Queen Victoria) risks falsifying it. Lewis says, "since I stopped bothering about it, she seemed to meet me everywhere."

American journalist Joan Didion (b. 1934) died last year. She and her husband, John Gregory Dunne, met while working in New York City, she at *Vogue* and he at *Time*, in the 1950s. They had a forty year partnership, collaborating on screenplays and editing each other's work.

"Because we were both writers and both worked at home our days were filled with the sound of each other's voices," Didion said in *The Year of Magical Thinking,* HarperCollins, London, 2006. This made it even harder for her to accept when he died suddenly of a massive heart attack just as they arrived home from visiting their critically ill daughter. The book is not just a portrait of loss and grief, but a portrayal of an unusually close marriage. She could not read the obituaries or condolence letters, she could not hold the funeral, she could not give away the clothes and shoes. She obsesses over what she could have done to bring about a different outcome. Eventually, her daughter in recovery, Didion realises she must move from grief, which is passive and just happens, to mourning, which requires attention. She begins opening the mail. She writes some publishable essays.

Now there is a Joan Didion tee shirt online. The slogan is:

Do Not Whine. Do Not Complain. Work Harder. Spend More Time Alone.

So many similarities already. I find more in *A Widow's Story,* by Joyce Carol Oates, Fourth Estate, London, 2012. American writer Oates (b.1938) is best known right now for the film *Blonde,* a fictionalised depiction of the traumatic life of Marilyn Monroe. Oates has written very widely— 58 novels as well as non-fiction and memoirs — and teaches at Princeton and University of California. Like Joan Didion, she worked very closely with her husband and colleague, Raymond J. Smith, until he died in 2008 of complications following pneumonia. Oates called it 'a collaborative and imaginative marriage.'

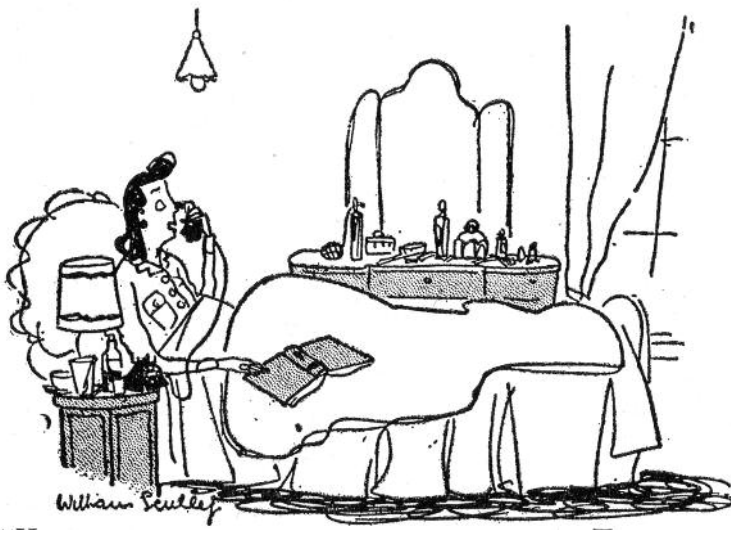
She's correspondingly devastated. She's delusional; she's suicidal. She's convinced she has no right to go on living, eating, socialising, sleeping …when he cannot. I thought of the Hindu tradition of *suttee* and understood how widows could be held accountable for their husbands' deaths.

Oates is prescribed tranquillisers and sleeping pills and her experiences are enough to warn anyone off. I remember her for saying, *Reading is the sole means by which we slip, involuntarily, often helplessly, into another's skin, another's voice, another's soul*. For a reader to read, a writer has first to write. Oates too finds this better than pills.

My last book is more local, being set in Canberra and written by someone I came to know. It's *Softly My Grief,* by Ann MacDonald, McPhee Gribble, Victoria, 1988, and first published as *Widow* in 1981.

This grief journey differs in that Ann and Donald were quite young and still bringing up children when he contracted bowel cancer, at first misdiagnosed. His year of slow painful dying horrifies me now that I know how much better treatments can be, how palliative care is available, how pain can be managed and how Canberrans don't necessarily have to travel to Sydney. Ann's book won an award, bitter-sweet as obviously she would've given anything not to be in the running for this, and she was directed to my writing group for support. There seemed to be no social workers then.

Writers say it for those who can't find the words for themselves. Pills can't do that. The journey is always the same but you must find your own way to travel it, in your own time. You are entitled to this. People who resent your grief because it makes them uncomfortable, must find their own way through. Don't talk about pills.



" How does that book you lent me finish? The doctor said I could get up this afternoon. "

PUNCH CARTOON 1942

New QPRC Local Environmental Plan

Nathaniel de Hoog QPRC Communications and Engagement

Queanbeyan-Palerang Regional Council has prepared a new Local Environmental Plan (LEP) that will come into effect on 14 November 2022.

The new Queanbeyan-Palerang Comprehensive Local Environmental Plan 2022 has been prepared to bring together all the previous land-use plans that served Queanbeyan City Council and Palerang Council prior to the merger in 2016.

The new LEP will replace the seven separate LEPs that Council currently uses. It will become the single reference point for understanding and complying with Council's land-use planning controls.

DAs lodged on or after 14 November 2022 must be prepared in line with the provisions of the new Queanbeyan-Palerang Comprehensive Local Environmental Plan 2022.

Any DAs lodged on the Planning Portal will need to be accepted by Council before 14 November 2022 to be assessed against the existing LEP controls. DAs that have been lodged to the Planning Portal but have not been accepted by Council before 14 November 2022 will be assessed against the provisions of the new LEP.

Council strongly recommends any applications prepared consistent with the existing LEP controls are lodged well before 14 November 2022.

New LEP maps have also been prepared to support the new plan. They can be viewed on Council's website and will be made available on the NSW Legislation website when the new LEP comes into effect.

These draft maps are not the final adopted maps and should not be relied on as in-force legal maps at this time. Any DAs made on or after 14 November 2022 will need to be consistent with the gazetted LEP maps when they become available on the NSW Planning Portal.

Find the new LEP, draft maps and answers to further questions at: www.qprc.nsw.gov.au/new-QLEP2022

POWER TALKS

Topic: Solar, Batteries, Yackandandah & Cobargo

10 November 5pm for a 5:30 start — Braidwood Servicemen's Club
Guest Speaker: Stuart Gordon

Stuart, a seasoned renewables professional, will talk to us about the technology and the financials behind solar, batteries and the grid. He'll do a deep dive on how Yackandandah are working to net zero and explore how the pumped hydro facility being assessing for Braidwood, can be likened to what Cobargo is doing to build resilience against future bush fires with clean energy and a microgrid.

Overview of Pumped Hydro facility for Braidwood

1 December 5pm for a 5:30 start — Braidwood Servicemen's Club
Guest Speaker: ITP Development

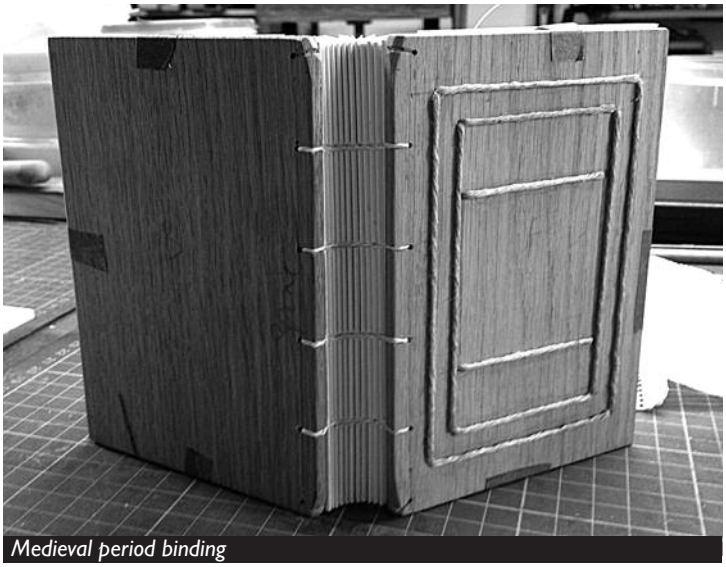
This session will be held for BCE members . ITP Development will provide an overview of the pumped hydro facility that they are currently assessing for Braidwood and then answer questions. The session will about learning, asking questions, airing concerns and hearing from ITP about their experience in community centred projects to inspire our thinking.

We hope to see our Braidwood Clean Energy members at the Club for these talks. It is possible to become a member of BCE on the night.

BRAIDWOOD CLEAN ENERGY

BOOK BINDING

Erika Mordek

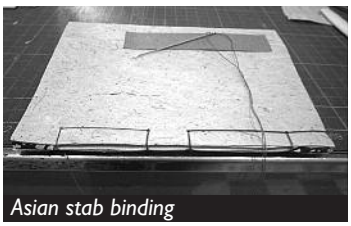


Medieval period binding

Ever since we started telling stories, humans have sought ways to save them.

First it was on walls, protected from the elements. Glyphs, pictograms and finally the written word, stories all needing to be held together, to be carried from village to village, town to town, without the loss of one image or word.

The history of bookbinding is inevitably bound with that of writing. The Chinese were the first inventors of paper (in about 1100) and of printing. Starting much earlier than the West, they graduated from paper scrolls to accordion books (or leperellos in modern parlance) to silk stitched books with pages. Bookbinding was a simple affair: poke four holes in your wad of paper, stitch it up and any one with a bit of dexterity could produce a bound volume.



Asian stab binding

So far, all these holes were stabbed through the text at the spine edge, making opening the book a bit cumbersome.

This short article on the history of bookbinding will deal primarily with how books came into existence in the Western World. The first books in the Christian world were either sheaves of papyrus (Egypt) and later sets of clay or wax tablets. All these supports, as we call them, were cumbersome: papyrus did not last and tablets of any sort are awkward to carry around.

Western binding truly begins with the discovery of sewing through folded sheets of material. The Christian Copts were probably the first to poke holes through the spine of folded papyrus and vellum sheets, and then sew them together with cat or bovine gut or leather thongs. Covers of cartonnage, a mix of linen and papyrus, were able to be attached at the same time. Information was now available in a handy, carriable package.

This discovery paved the way for bookbinders of the Medieval period to bind folded sheets of parchment upon which calligraphists in monasteries had hand copied and illustrated books.

The Coptic structure being somewhat loose, monks devised methods of sewing the sections, sets of folded sheets, onto cords or leather thongs, thus adding support to the book. These were then laced into wooden boards. Tanned leather or vellum would then be applied for protection and decoration. Sometimes the whole book would be covered or sometimes just the spine.

Endbands, later to become decorative elements of a book, served to secure the covers to the text block by being laced into the boards.

Before we go any further, let's get the jargon straight. A printer prints a book in sheets, usually in

Double endbands with tie downs going through a bit of vellum lining

sets of between 8 to 16 pages, sometimes more. A bookbinder folds the sheets and sews them together – this is called the textblock. Spine lining and endbands are added in preparation for the covers – this now becomes a bookblock. The covers can then be either laced on or made separately to be added later.

A laced in book

As we get closer to the industrial revolution, bookbinding has now left the monasteries, and involves printers and booksellers; it all comes down to economics. Within the binding workshop there are various stations where apprentices spend part of their 5 year tenure. Secrets of the trade are not easily passed down, and a boy who is at the sewing station may not necessarily learn all the intricacies of gold tooling. A workshop was very hierarchical.

Humans are great inventors. Early bookbinders were always experimenting, trying to find ways to makes books better and more efficiently. Adapting the chain link with cords and thongs, these were laced into the boards.

Spine linings are generally bit of material that fill the gaps on the spine between the sewing stations. Leather, cloth or recycled printer's waste usually would do. The linings gave the spine more strength and rigidity for the leather cover that would later be adhered to it. This is what is called a tightback.

These tightbacks, common around the 1600-1700s had a lot of pressure on the spine. Consequently larger tomes often failed at the joints, the area between the spine and the cover. The invention of the hollow back would change bookbinding forever. Once a text block is sewn and lined, a tube or hollow made form thicker paper would be placed on the spine.

The cover material could be glued on in the normal way and as the book opens, a hollow space is created between the bookspine and the outside cover. This allows the book to open better and places less stress on the sewings.

From this time on the cover is rarely glued directly to the spine. The introduction of casebinding in the mid 1800s changes the quality and speed of bookbinding. Covers, or cases, are made in 3 pieces off the textblock. They could be decorated off the book, and then attached later in batches to the text block; only the spine lining and endpapers secure the cover to the text block. If you have ever notices spines falling off old books, it is because the end paper or the spine linings have failed due to wear and tear.

In the early part of the 20th century people like William Morris lead a revival for the old methods.

How to make a hollow

Today's artisan bookbinders still use the tools and techniques devised 400 years ago. It is a trade of patience, dexterity and imagination, learnt through constant practise. Other methods of bookbinding such as sewn board binding and drum leaf binding are constantly being devised. There is quite a world to explore if you like making handmade gifts.

For further reading see Jane Greenfield 's "ABC of bookbinding", my book, "The Perfume of Books" available at our library, or for great how-to videos you can't go wrong with DAS bookbinding on Youtube. You could also join my general bookbinding class every Wednesday at BRAG studios at 10am.

Corang's Cabernet Sauvignon success at wine shows

Corang Estate media release

Corang Estate has taken out the top gong for Cabernet Sauvignon at both the 2022 NSW Wine Awards and the 2022 Australian Highlands Wine Show today!

Their Hilltops 2021 Cabernet Sauvignon won a Gold Medal in both wine shows, and the wine was also awarded the Trophy for Best Cabernet Sauvignon of Show at each show. The wine also won a gold medal at the Australia & New Zealand Boutique Wine Show on the same day.

This firmly cements Corang Estate's Cabernet Sauvignon as a top drop, with the wine also winning a gold medal and trophy for best Cabernet Sauvignon of Show at the NSW Small Winemakers Wine Show last month.

Owner of Corang Estate, Michael Bynon said, "It's a really exciting time for us as a small producer and we're absolutely thrilled to gain such great recognition in the Australian wine scene."

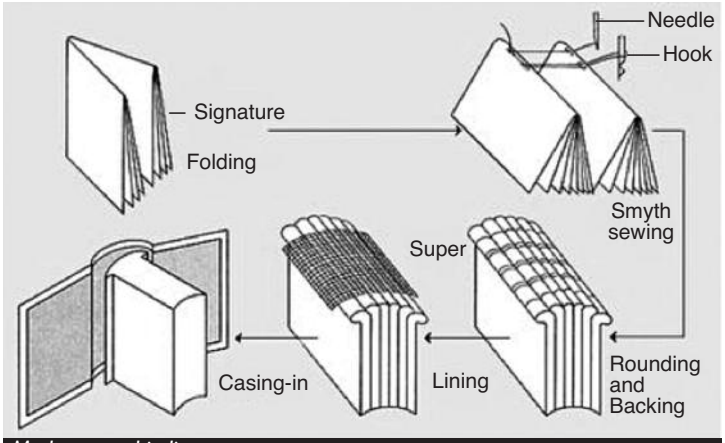
The NSW Wine Awards attracts entries from both large and small wineries from throughout the state. There were 79 gold medal winning wines that went into the next stage of the awards; the coveted trophies for best in class, which were presented at a lunch in the International Convention Centre, Sydney today.

Dubbed "Wine with Altitude" The Australian Highlands Wine Show is open to wines from around the country that come from high altitude wine regions over 500 metres. Major areas include the Southern Highlands, Orange, Mudgee, New England, Tumbarumba, Hilltops, Canberra District and Adelaide Hills. The awards ceremony was held this evening in the Southern Highlands.

Michael Bynon at the accepting the trophy for Best Cabernet Sauvignon of Show at the NSW Wine Awards.

Corang Estate wines are made in Murrumbateman and husband and wife team, Michael & Jill work with several top growers in the premium cool climate regions of Southern NSW as well as producing wines from their own estate-grown fruit. The Cabernet Sauvignon grapes come from an excellent grower in the Hilltops region.

Corang Estate wines, including the multi award-winning Cabernet Sauvignon, are available at their cellar door in the village of Tarago (south of Goulburn), online, and in key on and off-premise outlets in Southern NSW.



Modern case binding process.

Queanbeyan-Palerang Regional Council
FOR YOUR INFORMATION

QPRC

Queanbeyan Closing the Gap
Community Feedback Session

Join us at the Queanbeyan Closing the Gap Community Feedback Session.

The session will discuss what communities have said in previous consultations, how this has shaped policies, projects and reforms under Closing the Gap, and what's happening next. This feedback session is in person in the Axis Youth Centre building and online between 10am-1pm Thursday 1 December.

▶ Register online today at: **bit.ly/CTG-QBN22**

Advertising of Notices and Documents under the Environmental Planning and Assessment Act 1979 and Regulations

▶ Documents are published at **bit.ly/DPnotices**

Have Your Say

Projects & initiatives open for community comment	Closing Date (2022)
Sassafras Reserve Concepts	23-Nov
Draft Library Strategy 2022-2026	10-Nov
Renew 2620	Ongoing
Monaro Street Upgrade	Ongoing

▶ Find all the details on Council's engagement hub at **yourvoice.qprc.nsw.gov.au**

Submissions can be made:
- By registering and commenting via **yourvoice.qprc.nsw.gov.au**
- By email to **council@qprc.nsw.gov.au**
- By mail to PO Box 90, Queanbeyan NSW 2620
- Delivered in person to Queanbeyan, Bungendore or Braidwood offices

CORRECTION - Road Name Notification

Council, in pursuance of Section 163 of the Roads Act 1993 and Part 2 of the Roads Regulation 2008 proposes to use the following names for roads in Braidwood:

- Mcgrath Street
- Feehan Street
- Musgrave Street

Comments are invited up to 13 November.

▶ Learn more at **bit.ly/RdNotice**

Work with **Council**
- Town Planner
- Waste Administration Officer
- 2x Project Officers
- Team Leader – Jet Truck
- Team Leader – Infrastructure Administration

▶ For more information and roles see **bit.ly/QPRC-jobs**

Council Meetings and Times

Council holds Ordinary Meetings twice a month on a Wednesday, excluding December and January. Meetings start at 5.30pm. Agendas and business papers for the meetings are available on the Friday prior to the meeting from **bit.ly/MinutesAgendas**. Meetings are live streamed via **bit.ly/QPRCwebcast**.

Due to COVID-19, attendance in person is not encouraged. However, members of the public can watch the meetings via **bit.ly/QPRCwebcast** and make a presentation during the public forum via Zoom or by submitting a written presentation.

For those wanting to make a presentation on an Agenda item, you can make a:
- Written presentation - submit by midday on Tuesday
- Zoom presentation - register by midday on Wednesday

▶ Register to make a presentation at **bit.ly/QPRCinvolved**

Next meeting dates are:
- 9 November
- 23 November

Written Questions on Notice

Questions on notice from the community must be submitted in writing or via email to **public.forum@qprc.nsw.gov.au** by 12pm on the Wednesday prior to the meeting. All questions and responses will be tabled at each Public Forum, provided to the person who asked the questions and published on our website.

Vehicle for Tender

We are seeking tenders for a red MG sedan, and a white Bedford 1979 bus, sight unseen. Tenders close at **2pm 16 November**.

Before seeking tenders on abandoned vehicles we attempt to contact the owner, notify the police in writing to find out if it may have been stolen, and hold the vehicle for 28 days whilst we wait for a response. After this time, we may dispose of or sell the vehicle.

▶ Tenders must be submitted to: **procurement@qprc.nsw.gov.au,** no physical tenders will be accepted. Contact Tanya Paternoster on 0436 697 988 with any questions.

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

Follow us on social media
@QbnPalerangRC
@QbnPalerang
@QbnPalerang

Sign up for our weekly eNewsletter
eepurl.com/codv-v

LANDCARE

Big earthworks to start

Cath Harrison and Clare Henderson*

Woohoo we are almost ready to rock and roll on the big erosion works, the key part of the Araluen Creek Restoration Project.

Rock, well we have about 460 tonnes of rock ready to be put in place. Roll, and yep we have to roll about 29 truckloads of root logs and quite a few tree trunks to roll into place. Thankfully big machines will do this once the ground is dry enough. With modern day computer apps can we set the time lapse footage to some good old rock 'n' roll music. Interesting concept, looking for creative assistance.

Onsite construction – finally happening

We are pretty excited that Soil Conservation Service construction work will start on Monday 31 October and will take about three weeks. Weather permitting, as we are getting another big downpour of rain now. Weather has hampered us previously, if it rains a lot we get high creek flows at the remediation sites and boggy conditions. This in turns limits the movement of machinery and vehicles onsite.

However, once done, the remediation of the thirteen sites will deliver stability, reduce sediment movement, control erosion and future bank collapses.

We need you to assist plant out the sites

Planning for re vegetation of sites is well under way and we are aiming for plantings in November, probably a series of events, rather than just a one-day planting event. With the regular rain events we are experiencing we have had to rethink our planting schedule. Sites will be planted out once works have been completed. We will repeat this process for all sites. If you can please express interest to assist in this task.

Contact:
upper.shoalhaven@gmail.com

Moving ahead

The big earthworks are vital however we still have lots to do, to complement the works. Fencing is important, alternative water supply, away from the creek is important, weed management is important and re-vegetation is important. We are already planning another planting in autumn 2023 and so we are having a seed propagation workshop in November to get some seedlings on the go, ready for planting in autumn. Once again with Lyn Ellis, a local experienced native plant nursery operator.

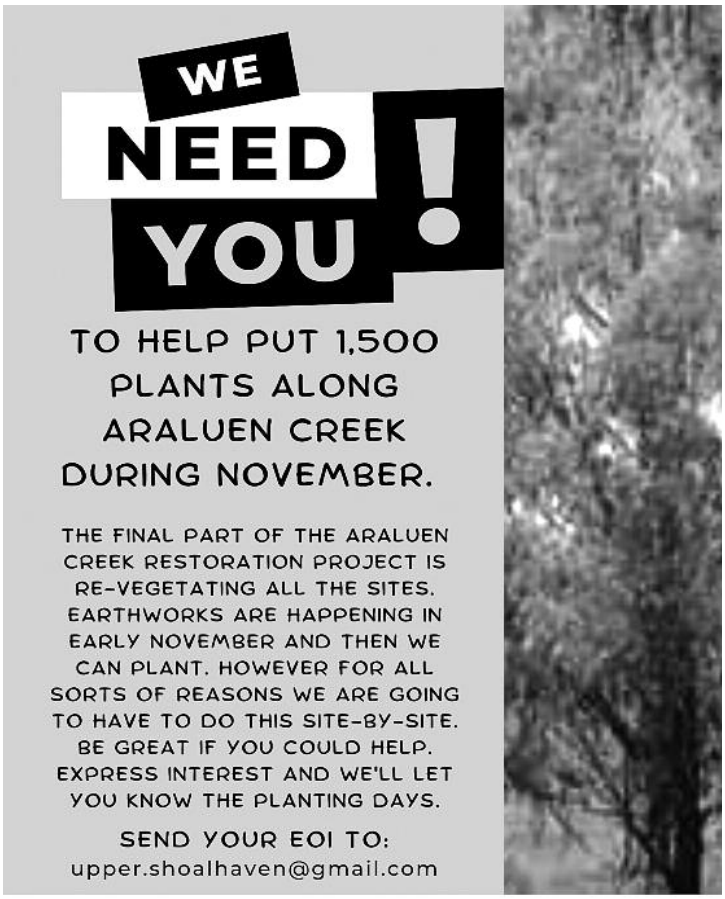
Photo: Clare Henderson

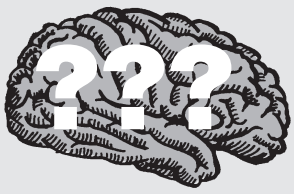
We are calling out to local Araluen volunteers to come along, learn about seed collection, propagation and the growing of native plants. This planting day is a strategy that will allow us to have a follow-up round of planting in early 2023 with locally grown endemic plants. Participants get to take home trays of seeds for germination and to nurture the plants until autumn next year, when we will get together to plant them out. For further information contact Cath on 0248 464 079 or by email: cathharri@gmail.com

Weeds information hand-outs

Contact Clare@dacelo.com.au if you'd like to see our Practical Weeds Management info sheets, that we have put together following our workshop with Apical back in June. The focus was on woody weeds, however Daniel, Manager of Apical, also gave a philosophical overview. Great reading.

* Cath Harrison, Upper Deua Catchment Landcare Group Community Liaison and Clare Henderson, Upper Shoalhaven Landcare Council.





News trivia

How well have you been paying attention?

1 The Labor government's first budget was announced last week. How did treasurer, Jim Chalmers, describe it?

2 After the first abandoned attempt, who has bought social media giant, Twitter?

3 Where is the 2022 Soccer World Cup to be held?

4 What is Danish artist, Thomas Dambo, hiding in the Western Australian bush?

5 Which actress plays the title role in the new film, *The Woman King*?

6 Why was Bruce Lehrmann's trial declared a mistrial before a verdict was announced?

7 Which Beatles album has just been re-released? (Bonus point: when was it originally recorded and released?)

8 Which member of the British royal family has just released a tell-all autobiography?

9 Rock 'n' roll pioneer, Jerry Lee Lewis, died last week aged 87. What scandal early in his career almost derailed his career?

10 Who is the leader of the NSW opposition?

Answers: 1. 'Bread and butter' budget; 2. Elon Musk; 3. Qatar; 4. Giant trolls; 5. Viola Davis; 6. Juror misconduct (a jury member introduced material to the jury room that had not been used during the trial); 7. Revolver (Bonus: 1966); 8. Prince Harry; 9. He married his 13-year old cousin, Myra; 10. Chris Minns

WHAT'S HAPPENING


Social correspondent Laura Moriarty

Welcome to another issue and isn't the weather wild? We've had beautiful, glorious late spring days that turn quickly to misery and wind. Here's hoping La Niña will ease up and we'll have some semblance of a summer.

GIGS AND CONCERTS

The Elegant Associates are playing their final concert of the year on 6th November from 5pm at the Royal Mail Hotel. Bookings are essential, so please get your bookings in quickly! Contact the Royal Mail on 4842 2488 to book your spot.

— * — * — * —

Jamie Aigus is playing 5th November from 7:30-11:30 pm at the Royal Mail.

GALLERY EXHIBITIONS AND OPENINGS

fYRE GALLERY are having a brand new exhibition opening on Friday 4th November, from 10 am til 4pm every day except for Tuesdays. There is a special performance on 13th November at 2:30pm to 4pm by Barbara Gilby, who will be bringing her musical talents to show what colour sounds like.

New in Braidwood for November, an exciting exhibition at fYREGALLERY of 30 works on paper spanning C17th to C21st colour printmaking. Director Cheryl Hannah has assembled some rare, some famous and some wonderfully obscure prints from the collection of Sydney gallerist Josef Lebovic to show what an impact colour in printmaking has had over 400 years. Not to be missed.

MARKETS

Braidwood Farmer's Markets are on this Saturday, 5th November, from 8:30 to 12:30, with its usual assortment of local produce.

— * — * — * —

Julie Baker's Artworx with Julie is on Saturday 13th November from 10 am to 2 pm. This is a trash or treasure sale, and there will be many goods to choose from.

COMMUNITY EVENTS

The Lion's Club chocolate wheel raffles are on every Thursday at the Royal Mail Hotel, with the chance to win trays of meat and schooners.

— * — * — * —

Mareeta Grundy from QPRC will be back at the Royal Mail on Friday 4 November for another Meet the Councillor session, from 4pm.

AT THE CLUB

The RSL Sub Committee Branch Commemorative Dinner is on 12th November at 6:30pm at The National Theatre, and promises to be a night of good food, good music, and good company. BYO drinks, and catering is by Vanilla Catering. Tickets are $70 a person, and dress code is semi-formal.

— * — * — * —

Line Dancing is on 7pm to 9pm on Friday nights.

— * — * — * —

Folk Dancing is on from 9:30am on Monday mornings, and is free to attend.

— * — * — * —

The Bridge Club meet weekly on Tuesday afternoons from 1pm to 4pm and is free to attend. Contact Mrs Olive Royds on 4842 1732. New members without any experience playing Bridge are welcome to attend, and there is no cost for playing.

— * — * — * —

Wednesdays also see the Ladies Exercise Group meet from 10am to 11am, and is an informal way to get fit and have fun. Free to attend.

— * — * — * —

Social bowls is on every Wednesday at 12:45pm for a 1pm start.

— * — * — * —

Tai Chi is on Tuesdays from 10-11 am. Irene Wolford will guide you through it, and you can pay a donation to attend. It is also on Fridays at the same time.

— * — * — * —

Erika's Movement Classes are on Wednesdays from 1pm, and it is perfect for those of you who sit behind a desk. Please text Erika on 0432 687 255

— * — * — * —

Tango Dancing is on every Saturday morning for continuing students, and class is from 10:30am to 12pm, with Chris Watkins and Erika Mordek. $10 for classes, and please contact Erika on 0432 687 255 for further information.

— * — * — * —

Also on Tuesdays is a Squash Competition during the evenings, and bingo on every fortnight with alternating times of 1pm and 6:30 pm.

OTHER SOCIAL EVENTS

Snuggle n Sing is on Thursdays from 9:30 - 10:30 am at BRAG. This is a fun and relaxed time to bond with your baby, to sing songs and learn rhymes that can soothe your child. For further information, please contact Alison Coster on 0411 205 638 or email her at alisoncoster@bigpond.com

— * — * — * —

The St Vincent dePaul Society meet every Friday at St Bede's presbytery from 11am to 1pm.

— * — * — * —

Crafty or Not Crafty group meet every Thursday morning at the Anglican Parish Centre behind the Anglican Church on Elrington St from 11am to 12pm. All are welcome.

— * — * — * —

Braidwood Quilters and Textiles meet every Wednesday down at the Scout Hall from 10am onwards.

— * — * — * —

Parkrun is on at the Braidwood Showground every Saturday from 7:45 am for an 8 am start.

NEWS FROM THE PEWS

Braidwood Uniting Church

Unexpected Wisdom

So many important things happen in Braidwood but none more important that Grandparents Day at Braidwood Central School.

What a joy it was to see my youngest grandchildren in their school environment and to speak with their teachers. The teachers I met were delightful, dedicated professionals who knew my kids well, discerning their strengths and keen to encourage their development as people. Surely teachers are the greatest asset for a community that believes in its future.

One of my older granddaughters, when little, ran everywhere. It was almost like she was perpetually late for something. She never stopped. The only way I could engage her in conversation was, as she ran past. One day with raised voice I asked, "How come I'm so lucky to be the grandfather of a beautiful girl like you?" She didn't stop but as she was running around the corner, she looked in my direction and yelled back, "Because you loved Dad!"

Gosh, the wisdom that knows that the love we invest somehow produces life. My little girl knew that her being was the embodiment of something that began with the love I invested into her father. I reckon if you're ever suffering from a dry soul, you need to somehow get yourself into a conversation with a four-year old. They seem to see what most of us have long forgotten. Mostly, I would think we don't see this particular truth.

Not always but often, we think our acts of love toward children and others, is wasted, unrecognised, undervalued. Raising children is hard work. No amount of romantic spin can hide the sheer hard work of feeding, clothing, nurturing, transporting, coaching, listening. Recently I saw a young mum's heart drop when her young son walked into the lounge room, tipped out two buckets of toys and then didn't play with them. That began a wrestling match whose them was, "Play with them or put them away". How to love a little kid whose every move brings chaos?

How do we know that all the love we invest, will somehow bear fruit in some way at some future time? I guess you'd need the wisdom of a little kid to see that.

Rev Graham Long AM

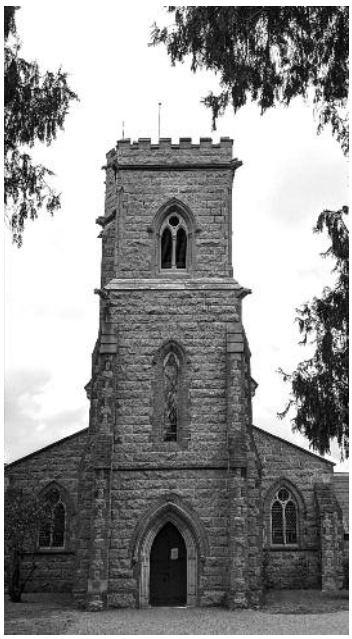
Anglican Parish of Braidwood

You need adequate sleep.

How are your sleep habits? Do you go to bed at a certain time and get up at a certain time?

Or do you allow events, people, deadlines or other circumstances to dictate your sleep schedule?

It's wise to allow yourself adequate time to wind down in order to sleep when you go to bed. We think of sleep as some passive process in which we drift off into oblivion and wake up several hours later well-rested. But sleep is an active state. Metabolic and other restorative processed occur during the various stages of sleep. If we don't sleep long enough for our system to be rejuvenated, we



find ourselves irritated by the smallest things, and we tend to overeat.

Excess hunger is our body's cry for the energy that was supposed to be supplied by a good night's sleep. David said: Í will both lie down in peace, and sleep; for You alone, O Lord, make me dwell in safety.'(Psalm 4:8) It's hard to sleep when you have pressing matters on your mind. So if you want to 'lie down in peace and sleep', give your worries to God and trust Him to take care of them. If you're unable to, try this: get a small box with a lid, write down what's bothering you and put it into the box, put the lid on it and set it up on a shelf in your wardrobe. By that simple act of faith, you're saying, 'Lord, I'm giving this to You. When I awaken tomorrow, please will you give me the strength and wisdom to deal with it."

Try it.. it works!

An extract from 'The Word for Today" a Christian Vision Publication.

— * —* —* —

Come, worship with us: in St Stephen's Anglican Church, Hill St, Majors Creek. Sunday 6th Nov. at 10am.

All are welcome to join us in a service of Holy Communion lead by Archd. Des McGuire.

Followed by morning tea & a BYO Picnic in the Recreation Grounds.

Transport available.

Note: there will be no services in St Andrew's Church, Elrington St, Braidwood that Sunday.

— * —* —* —

Parish contacts:

angbraidwood@bigpond.com Phone 4942 2423.

St Bede's Parish

Reflection on the gospel of Luke 20:27-38 by Fr Michael Tate

Billy Elliott and the Resurrection

Billy Elliott was a boy brought up in a strife-torn mining town in the north of England. He discovered a passion for dancing. At an interview at the Royal Ballet School which was going badly, he was asked: 'What do you feel when you're dancing?'

'I've got fire in my body.' And he got the scholarship because the panel realised that when Billy danced, he became 'fully alive': bodymindspirit fully integrated. When Billy danced, everything that Billy was, was dancing.

— * —* —* —

That is what our Resurrection is all about. Our whole personality will be dancing with the radiance of Divine Fire coursing through our bodymindspirit. The Sadducees' small-minded sarcasm could not grasp that we will be bodies transfigured, translucent to divine light and energy.

We could take a moment to pray that, by the grace of God, our bodies will dance, enflamed by Divine Love.

— * —* —* —

Men's Cursillo Retreat Weekend: A Cursillo retreat weekend offers you the opportunity for formation through talks, meditations, discussion and prayer, led by an experienced local volunteer team. A three-day retreat starts on the evening of Thu 24 Nov in a relaxed retreat setting.

Contact Alfred (0412 268 044, readysetgo@live.com.au). https://bit.ly/cursillo22

Ecumenical Advent Breakfast for Braidwood women

St Bede's warmly invites all women to an Advent prayer Breakfast on Saturday 3 December, 8-10am in St Bede's school hall. Cost: $10 in a marked envelope with your name to James' coffee window. RSVP with money for catering purposes, by the 28th Nov (no refunds possible due to purchasing costs)

— * —* —* —

Weekend Mass time: Saturday at 6.00pm (Vigil)

Weekday Mass: Tuesdays at 10am.

0 200444 202002

Send news, views, tips, letters to the editor and local stories to: **times@bwdmag.com.au**

GOLF NEWS

Mixed foursomes wrap up 2022 championships

A welcome respite from the wet weather allowed the Braidwood Golf Club to hold its annual Mixed Foursomes event on Sunday 30 October.

Twelve teams of two players each competed in near-perfect golfing conditions over 27 holes.

Results: Sunday October 30 - Mixed Foursomes Championship

Mixed Champions 2022: Deb Ferguson & Michael Toirkens

Runners Up: Carmen Byrne & Nelson Sargent

Nett Champions: Michelle Henry & Alan Walcott

Nett Runners Up: Di Freeman & Tom Duffy

1st 9 Winners: Marie Uren & Keith Ferguson

2nd 9 Winners: Sarah Heine & Chris Witt

3rd 9 Winners: Robin Tennant Wood & Rodney Royds

Huge thanks to Barb Stuart for providing the sandwiches for the hungry players after the game.

Results: Saturday's competition, the Donna and Hans Kuhn Trophy, a 2-ball aggregate.

Winners: Sarah Heine & Roger Hovey

Runners Up: Carmen Byrne & Keith Morgan

3rd Place: Spiro Agnew & Michael Tillman Ryan

Ball Comp: Barb Stuart & Tom Duffy, Deb Ferguson & John Harb, Margy Gardner &

Nelson Sargent, Michelle Henry & Keith Ferguson, Di Freeman & Terry Hughes

Handicap Changes: Sarah Heine down 1 to 34, Deb Ferguson out 1 to 22, Spiro Agnew down 1 to 14, Terry Hughes down 1 to 29, Roger Hovey out 1 to 27

Coming events:

November 5 Saturday: Men's & Women's Stroke & Monthly Medals

November 6 Sunday: Braidwood Men's Open

November 12 Saturday: Diggers Day

November 13 Sunday: Men's Single Stableford – Kerry Noble Trophy

Women's Single Stableford

Last Day for Vardon/Eclectic Scores.

STOP PRESS

BOOKIES UP PUNTERS DOWN AND HORSE GETS EXTRA OATS

BRAIDWOOD COMMUNITY RADIO

SMS Line 0419 722 578

Program Guide

Monday
5:00am – Good Morning Country
7:00am – Martin's Morning Mix
1:00pm – Flashback Featured Artist with Rob
4:00pm – Book Reading with Rod
6:00pm – The Andy Show
8:00pm – It's Time
9:00pm – Aussie Music Weekly

Tuesday
5:00am – Good Morning Country
10:00am – 1st Tue of Month – Our Farm with Frank
11:00am - Tuesday Eclectic Music Mix with Gavin
2:00pm - A Breath Of Fresh Air
3:00pm – Bunkum, Faves & Raves with Rod,Bill & Vera
6.30pm – Real World Gardener
7:00pm – Crap from the past
9:30pm - Hot Sweet & Jazzy

Wednesday
5:00am – Good Morning Country
7:00am - Martin's Morning Mix
1:00pm - Flashback With Rob
6:00pm – Woodsongs Old Time Radio
7:00pm - Magic Carpet Ride with Cool Bill
9:00pm - An Audience with the Pope

Thursday
5:00am – Good Morning Country
7:00am - Billy Bob at Breakfast
10:00am – From the Archives with Gavin
3:00pm – The Hot 30
6:00pm – Radio Jilly - With Yolande
8:00pm – Simply 80's

Friday
5:00am – Good Morning Country
7:00am - Martin's Morning Mix
10:00am - The Magazine with Disko
3:00pm – The Conga Line with Billy Bob
5:00pm - The Atomic Countdown
7:00pm - Top 40 from 40 Years ago
9:00pm - Raised On Rock

Saturday
9:00am – Mornings with Gavin & Roger
12:00 – Paul's Powerzone
1:00pm – A bit of this and that with Gavin
4:00pm – Blues in the Afternoon with Gavin
6:00pm – Saturday Night Gold

Sunday
8:00am - Exploring the Classics with Barbara
10:00am - Jazz on Sunday with Gavin
3:00pm – Birds on a Wireless with Julie & Vera
6:00pm - Combined Church Service of Braidwood
7:00pm - The Mechie Show (Prog Rock)
9:00pm - Bluesbeat

For a full listing go to braidwoodradio.com.au

STAR TIMES

Fightinginthewarroom

"US military officials have said they expect China to try to invade Taiwan by about 2027," writes the *Sydney Morning Herald*, quoting God-knows-who in a display of reckless, unsubstantiated 'journalism'. It seems we are again agreeing to host B-52 bombers in Darwin to keep China in its place. Of course they can't be already carrying atom bombs, we draw the line there, so I guess they'll need to raid China via Hawaii or somewhere to pick up the Dr Strangelove ordnance. No doubt the Chinese will fail to see the flaw in this plan.

Literaryconfinement

Steve Bannon, currently in the clink in the US, is using the time to write up his manifesto. Coincidentally, it was almost 100 years ago that another right-wing warrior was languishing in a German prison for anti-democratic trouble making. The stars predict that if Bannon does write a 'who's-to blame-for-it-all whinge-fest' he might like to consider the catchy title, *Mein Bumf*.

Puttingmoneyinthevolt

So it seems we will continue to wait for a 'Voltswagen', that is, an electric car that is affordable for the masses. In the meantime, at the top end of town they're having a ball. Electric cars, quiet, smooth and effortless have met a resistance from the snazzy-car set. BMW and others are now marketing super cars with a clutch, gear stick and even a throaty roar that comes through the car's sound system. It's all useless and actually reduces the car's performance but makes the driver feel more 'in control'. [I didn't make this up.]

It'sthenameonthegame

Magnate Gina Rinehart said as she took back the money: "There are more targeted and genuine ways to progress social or political causes without virtue signalling or for self-publicity." Virtuous publicity has nothing to do with making a sports person play with the name of a racist old prick on their jersey.

Anotherscamoperation

One patient, Trevor, who had his surgery cancelled, said the surgeon spent less than a minute talking to him on the phone: "I was booked in to have a small lump removed from my mouth and the surgeon rang me the day before to say he had to take the dog to the vet and had to cancel my toe surgery." Trevor said he later noticed the surgeon billed Medicare $76.80. This might seem like rorting but at least Trevor got to keep his toe, eh?

Braidwood's Changing Times is published by Artplan Graphics, 43 Wallace Street Braidwood 2622.
Editor: Robin Tennant-Wood
Layout/production: Paul Cockram
Contributions desperately welcome.