

## Hindmarsh honoured as RFS School Cadet of the Year

The achievements of young members of the NSW Rural Fire Service (NSW RFS) have been recognised with the announcement of two Young Volunteers of the Year and the NSW Secondary School Cadet of the Year. The achievements of young members of the NSW Rural Fire Service (NSW RFS) have been recognised today with the announcement of two Young Volunteers of the Year and the NSW Secondary School Cadet of the Year. Nathan Hindmarsh from Krawarree was awarded **Secondary School Cadet Program Cadet of the Year**. Throughout the Secondary School Cadet Program at Braidwood Central School, Nathan was a positive, consistent and encouraging role model for his peers. Nathan is a Junior Member in Krawarree Brigade in the Lake George District, and despite his own challenging experiences of the 2019/20 bush fire season, was able to willingly support, comfort and care for his peers which allowed him to grow in confidence and develop his leadership abilities. Despite having more extensive knowledge than his fellow students, he constantly showed enthusiasm to deepen his knowledge and skills and those of the other students in the group. When undertaking practical exercises, Nathan would help the other students with how to work with the equipment and give advice on how to improve their technique. Nathan is an enthusiastic and active member of his Brigade and provided valuable support during the 2019/20 fire season. He is also active in the school community where he is regularly involved in numerous activities as a member of the Student Representative Council.

After fighting the black summer bushfires, Nathan said "I wasn't really scared, I just sort of did it, did what needed to be done". Relieving deputy principal at Braidwood Central, Mick Wall, said the school was thrilled by Nathan's achievement. "We are extremely proud that the long running BCS cadet program has helped Nathan to pursue his interests as well as playing a role in keeping our community safe," Mr Wall said.

Minister for Police and Emergency Services David Elliott said the award program is an opportunity to acknowledge the invaluable role young people play in the NSW emergency services. The 2021 Young Volunteer of the Year recipients are Tim Hearn of Llandilo Brigade (Cumberland District) and Lahvynnia Low from Bathurst Brigade (Chifley District).



Minister Elliott said "These exceptional young people have been recognised for their outstanding participation and achievements in the NSW RFS, and they are all great examples of enthusiastic young people who have devoted their time to helping protect their communities." "I congratulate this year's winners, thank them for their contribution to the NSW community and wish them all well in their future endeavours. I also thank the teachers, cadet coordinators and RFS volunteers who dedicate their time to train and mentor young people," Mr Elliott said.

NSW RFS Commissioner Rob Rogers said it was encouraging to see the engagement and commitment of young people in emergency-service volunteering. "The effort and enthusiasm of young members in the NSW RFS is significant and these awards acknowledge their hard work, camaraderie and community participation," Commissioner Rogers said. "These young people have demonstrated the commitment and enthusiasm that ensure our great volunteer emergency service will go from strength to strength in coming years and I congratulate each of them on their well-deserved awards."

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**COVID-19  
VACCINATION**



## My experience trying to get a mRNA vaccination in rural NSW

All those posts saying GET VACCINATED are irritating. Here is my story.

I live in a low-risk area. Having waited a reasonable time to allow emergency workers, the elderly, those with special needs, people in Melbourne, Sydney etc.. I eventually got a booking 1hr away in Canberra. I travel there 4-5 days a week & they weren't available in my town - population ~1400. It was a wait of more than 5 weeks. During this time we had the failed mockdown in Sydney and growing demand as many woke up to the risk.

During the rising panic my partner tried calling the ACT hotline to book in but they were overwhelmed, the call dropped out after 2hrs. I tried again opting for a call-back which never arrived. You have to speak with a human to make or manage a Covid booking in the ACT if you haven't been to an ACT health facility before.

Eventually, the chronic failure of leadership in NSW ensured the virus made it to Canberra. Thankfully the Territory went straight into lockdown, sadly it was 4 days before my vaccination appointment. The state borders were closed with some satellite towns included in a 'bubble', but not mine - just 20km on the wrong side of the line.

Travel exemptions to enter the ACT from outside the bubble had to be made 72hrs before travelling. I applied the morning after the lockdown started, finishing the form with just 5hrs to spare. Overwhelmed again, I never received a response; other than a confirmation my application had been submitted. With no way to call the exemption people I tried the vaccination hotline to get some advice but again it was pointless.

I had to decide whether to cross the border anyway or skip my appointment. Wanting desperately to get my FIRST vaccination at this late stage I headed off on the 170km round trip. No problems crossing the border or finding the clinic. But after making it through the door check they wouldn't vaccinate me as I was from outside the 'bubble' & had no exemption. Despite waiting so long for my appointment, having driven over an hour and arrived early; I didn't make a scene - those public servants don't need their work made harder. I was advised to reschedule my appointment.

Driving away I called the hotline again. I needed another appointment so I could apply for a travel exemption. I had a 70min drive so worth a try. There are 3 black spots on the trip home, I made it through the first at the 40min mark but not the second at 45min. On the next call I opted for a callback which has yet to arrive. As I type, I'm also on hold & the system has given up announcing my place in the que - not a good sign. At this Point I have no idea when I might be able to get my first jab.

Of course many have had a tough time getting vaccinated. As I said I'm a lucky guy, generally living a great life. But please people, have a think about who you are talking to when you post those glib exhortations to get vaxed. Maybe you are better off making direct contact with anyone you are concerned about rather than winding up the rest of us. I was so angry today that when I got home I went straight to splitting some very tough firewood for 20min & then drank a beer before talking to anyone.

Rant over.  
**James Diack**  
**Braidwood**

PS: Subsequent to this I have spent a lot of time on the phone and secured a second appointment ON 20th OCTOBER - 106 DAYS after first booking in. This has been a perverse outcome.

**NOTE: Braidwood Chemist** is a vaccination provider of AZ for anyone over 18. So far, they have administered 250 vaccines and are booked out until next Wednesday.

### Braidwood Weather With Roger Hosking

Week ending  
15th AUGUST 2021

Strong wind during the week, with occasional gusts reaching gale force (62-74km/hour), brought in warm air with minimum of 8 and a maximum of 18 degrees.

• Mon 9	Max 11	Min -1.5	0.2mm
• Tues 10	Max 16	Min 1.5	
• Wed 11	Max 16	Min 8	
• Thu 12	Max 18	Min 4	1.4mm
• Fri 13	Max 15	Min -4	
• Sat 14	Max 16	Min -5.5	
• Sun 15	Max 15	Min -5	

Grassland SDI (soil moisture deficit) 51mm.  
August mean minimum temp. is plus 0.37 degrees

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## Revised schedule for Kings Highway closures



The Kings Highway will be closed Tues to Thurs from 8am to 3pm from Tuesday 31 August to allow motorists more daylight hours to travel .

Transport for NSW has revised plans for the full closure of the Kings Highway at Clyde Mountain from the end of this month, following feedback from the community.

Deputy Premier and Member for Monaro John Barilaro said the updated road work program will see a three-day weekly closure start on Tuesday, 31 August.

"I thank the community for their patience over the past few weeks as we came up with a solution that sought to strike the right balance for everyone involved," Mr Barilaro said.

"We know how important it is to keep communities connected, and we've worked hard to deliver an outcome that ensures this critical safety work can be carried out with as little disruption to motorists, local communities and local businesses as possible.

"Importantly for business who rely on tourist traffic, the road will be open on Monday, Friday and weekends, as well as during the September school holidays and October long weekend."

Minister for Regional Transport and Roads Paul Toole said the decision to revise the plans was done in consultation with key stakeholders.

"We need to carry out critical safety work to remove hundreds of trees damaged during the 2019/20 bushfires because they currently pose a risk to road users," Mr Toole said.

"We understand the impacts extended closures would have on local communities and business that have already gone through many hardships, and we've worked with them on ways to minimise disruption while carrying out this critical safety work.

"The revised schedule is about getting the balance right – between removing the trees as quickly as possible for the safety of road users and minimising extended closures and the impact these might have on the community."

Member for Bega Andrew Constance said the new closure times have been determined in consultation with Eurobodalla Shire Council, Queanbeyan-Palerang Regional Council, emergency services, the freight industry and business groups.

"We know how important a connection the Kings Highway is as a connection between Batemans Bay and Canberra – and the last thing we want is unplanned road closures due to trees falling or the risk that poses to road users," Mr Constance said.

"These trees have become more unstable due to subsequent storms and flooding, and need to be felled by arborists onto the road from the upslopes which requires both lanes to be closed.

"Some of these trees are up to 25 metres high and removing them requires the road to be fully closed during the day as there would be an unacceptable safety risk if the work was carried out at night."

The Kings Highway between Misty Mountain Road and River Forest Road will be closed Tuesdays, Wednesdays and Thursdays between 8am and 3pm from Tuesday 31 August to allow motorists more daylight hours to travel along the highway.

After school holidays end and daylight savings begins, closure times will change to 8am to 4pm to maximise working in daylight hours and minimise the ongoing impact of the closure.

It is anticipated the project will be completed in early December, weather permitting.

This project involves a large number of variables, and adjustments may be made to methods and timing once work begins.

Transport for NSW will continue to keep the community informed as work is carried out. For more information, please contact the project team on 1800 862 116 (toll free), email

SouthProjects@transport.nsw.gov.au or go to the NSW Roads page on Facebook and [nswroads.work/clydemountain](https://nswroads.work/clydemountain).

Written correspondence can be sent to Kings Highway Clyde Mountain Closure, PO Box 477, Wollongong NSW 2500.

Transport for NSW thanks the community for their patience during this time.

### WE ARE CLOSED THIS WEEK DUE TO NSW COVID LOCKDOWN

### BUT WE ARE HERE TO HELP! SHOULD YOU NEED ANYTHING PLEASE CALL 0400 166 909

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## NSW COVID information

With the increasing number of COVID-19 cases in the community, new restrictions are now in place for businesses in your area.

### **Only retailers who sell essential products can open**

Your business may need to change how it operates or temporarily close.

During the stay at home order only retailers that provide essential products and services can open, such as:

Supermarkets, Butchers, Bakeries, Fruit and vegetable, Seafood, Food retailers, Pet supplies, Petrol stations, Gardening and hardware supplies.

All non-essential retailers are required to close to the public.

If you are a retail business who must close, you can still run online, offer click and collect, takeaway and home delivery.

Premises that provide services to vulnerable people (such as a food bank or homeless shelter), early education and care facilities, and funeral services are allowed to stay open.

If your business is allowed to stay open, you must follow the rules: Apply the square metre rule, Wear face masks, Mandatory check-in for all staff and customers, Make sure you have an updated COVID Safety Plan and all your staff are following it.

### **COVID-19 financial support for your business**

If your business has experienced financial decline during the stay at home orders, there are multiple COVID-19 financial support packages available. More than 221,479 NSW businesses have received over \$1 billion in support so far.

#### **The main support packages include:**

- JobSaver : Fortnightly payments of up to \$100,000 per week for employing businesses and \$1000 per week for non-employing businesses, with 30% decline or more.
- 2021 COVID-19 Micro business grant: A fortnightly payment of \$1,500 for businesses with a turnover between \$30,000 and \$75,000, that can show a revenue decline of 30% or more.
- COVID-19 Disaster Payment Financial support for workers of \$325–\$450 for a loss of 8 to 20 hours of work per week, and \$500–\$750 for a loss of more than 20 hours per week.

You can assess the criteria to work out which one is the most relevant for your business.

### **Working from home guidance for employers**

If you employ staff you must allow them to work from home if they are reasonably able to do so.

Employers that do not allow employees to work from home could face a fine of up to \$10,000.

If your employees can't work from home and you are a workplace that is allowed to be open, you and your staff must wear a face mask (unless an exemption applies).

### **Restrictions for repairs and renovations in homes**

Prescribed work can continue. This includes renovations, repairs, cleaning, gardening, swimming pool services and pest control in homes where people live.

If you are doing prescribed work at a home, unit or apartment, you must follow these rules:

- Wear a face mask at all times
- No more than 2 people working in the indoor area of the home at the same time
- A resident must stay in a separate indoor area from the work being done (in a unit or apartment, this should be applied where it is reasonable to do so)
- No more than 5 people working in an outdoor area at one time.

### **Construction sites in regional and rural NSW**

Construction sites can continue to operate in regional and rural NSW. Construction managers will need to work out which of these options will mean the greater number of workers on site:

- 1 person per 4 square metres at the site, or
- A maximum of 25 workers at the site at any one time.

You must wear a face mask and follow face mask rules and maintain physical distance.

All workers who do not live in or are not temporarily staying in a local government area of concern can work in regional and rural NSW.

### **Free mental health support for your workplace during lockdown**

The NSW Government is offering free, one-on-one coaching to support mental health in your workplace.

Topics include how to manage stress, lead change, support teams remotely and where to find tools and resources. Our mental health at work experts will help you create practical solutions that meet your needs.

You can also sign up for free mental health training to create a more supportive workplace. After training, 85% of managers felt more confident to manage workplace mental health.

### **New QR Code check-in cards for your customers**

The NSW Government has developed a free COVID-19 check-in card that allows customers, staff and visitors without a mobile to electronically check in to your business.

It's a printed card with a unique QR code that has the customer's registered contact details.

When a business scans the QR code on the card, the customer's contact details automatically update in the Service NSW business online webform.

It's not mandatory for your business to use this system, but it allows you to easily collect details of your customers that don't have a mobile phone.

Making sure your customers check-in is the best way for contact tracers to let people know if they have been at a location at the same time as a confirmed case, which helps stop COVID-19 spreading.

Find out how your business can scan a check-in card for your customers. [CLICK HERE](#)

### **Dine & Discover NSW vouchers extended to 30 June 2022**

NSW Government advise:

You've now got until 30 June 2022 to use your Dine & Discover NSW vouchers! Vouchers can be used 7 days a week, including public holidays Dine vouchers can be used for takeaway during current stay at home orders – please remember to check in when you collect your order

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## COVID-19 case confirmed in Goulburn

Southern NSW Local Health District (SNSWLHD) has been notified of a positive COVID-19 case in the Goulburn area. This case was reported overnight and will be included in tomorrow's numbers. There are no public exposure sites related to this case.

The person works in the ACT and has a residential address in Goulburn. The case is linked to one of the ACT exposure sites. Contact tracing has been completed by the public health team.

The individual was not active in the community for any portion of their infectious period.

A small number of close contacts have been identified and are in isolation, with follow up completed and testing underway. SNSWLHD works in close partnership with ACT Public Health to ensure fast and effective contact tracing and response is coordinated across the region.

The quick notification process between the two jurisdictions allowed a rapid response to be completed as soon as the positive test result was received.

Additional testing capacity has been set up in Goulburn from Wednesday afternoon at the Goulburn Hospital COVID testing clinic.

Southern NSW Local Health District is urging anyone feeling unwell – even with the mildest of symptoms such as a runny nose, scratchy or sore throat, cough, fever, shortness of breath, headache, tiredness, loss of taste or smell, nausea, diarrhoea or muscle aches – to self-isolate and seek COVID-19 testing.

Testing at Goulburn Base Hospital Walk-in clinic, no booking required.

Pre-register through SNSWLHD COVID-19 Triage line 1800 318 248.

Entry through the 'old' main entrance at Goulburn Base Hospital. Address: 130 Goldsmith Street, Goulburn NSW 2580 Times: 7.00am – 5.00pm Monday – Sunday (correct until Sunday 22 August).

## Elective surgery backlog 'serious'

A significant number of patients are waiting for elective surgery, 18 months after the first COVID-19 enforced shut down of procedures. It will be some time before the backlog can be addressed, says Australian Private Hospitals Association CEO Michael Roff.

"We estimated there were 340,000 episodes of care "missing" from private hospitals in 2020. Taking into account the six months to the end of June, we now estimate that figure has fallen to 290,000, but it will still take a considerable amount of time to work through these cases.

"This is a serious situation for those affected patients and the healthcare system. These are surgeries and other treatments that have been deferred but they will need to be done at some stage and include procedures like total knee and hip replacements or cataract surgery that impact a patient's ability to move around or to see," he said.

The latest data released today by the Australian Prudential Regulation Authority (APRA) shows there were 978,797 episodes of care in private hospitals during the three months to the end of June. This is more than the previous quarter but will still not make up the gaps in health care need created by the various lockdowns around the country. The data also shows a 0.1 percentage point increase in private health insurance membership in the quarter, and year-on-year data shows an increase with an additional 245,189 people with hospital cover compared with 30 June 2020. It is encouraging that more people will have access to private hospitals so we can address the surgery backlog when the COVID situation settles.

The APRA data shows funds held over by private health insurers to fund elective surgery that could not take place during the pandemic – deferred claims liability – stands at \$1.4 billion. Private health insurers have not made good on their promise to return these funds to members – only \$400 million has been handed back in this quarter.

"This inaction on the part of insurers needs to be addressed. The Australian Competition and Consumer Commission has suggested\* these 'deferred claims' which have not been used to address the elective surgery backlog should be taken into consideration when the Health Minister considers premium increases.

"The APRA report indicates health insurers doubled their profit to \$1.5 billion in the 12 months to the end of June. Therefore, the Minister should look very closely at any insurer trying to increase their premiums while still holding onto large amounts of their member's money in the form of deferred claims," Mr Roff said.

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## Shopping on the time of Covid

Only 1 person per household may leave their home to shop for food or other goods and services  
Regional and rural restrictions  
(Last updated: 16 August 2021)

### Shopping

- Stay within your local government area. You can cross into another local government area if it is within 5km of your home and it is not a local government area of concern (unless the food or goods or services or their equivalent are not reasonably available locally).
  - If travelling by a private vehicle (car), do not share a car with other people you do not live with.
  - Only 1 person per household may leave their home to shop for food or other goods and services (you may take a dependent person with you if that person cannot be left at home on their own).
  - You may take a dependent person with you if that person cannot be left at home on their own.
- Go directly to and from the shops to get what you need. Do not spend time looking at other things.

## 60,000 Businesses still awaiting support

Businesses right across NSW are still awaiting for their applications to the Berejiklian Government's COVID-19 Business Support Program to be processed.

This comes seven weeks after the lockdown began, clearly the Government must provide Service NSW with more resources to fast-track these applications.

With the entire state now under lockdown, businesses are being hit hard and need financial assistance urgently. They cannot afford the Government's botched rollout of this program. On Saturday, 14 August alone \$21 million worth of requests for financial support were lodged. Currently, 61,413 businesses are awaiting to have their applications processed.

The rollout of this support has been so slow that some micro and small business owners have given up on even applying instead opting for the Commonwealth's COVID-19 Disaster Payment, because they cannot afford to wait the time it takes Service NSW to process an application. Shadow Minister for Customer Service Yasmin Catley MP said, 'The Premier everyday keeps shifting the goalposts on when these applications will be processed, well these businesses do not have time for the Premier's political posturing they need the support now'.

## COVID-19

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Please contact us to arrange delivery so you can stay at home.

Please consider ordering scripts online using our MedAdvisor app. If your doctor has sent you an e-script, you can forward it to us

braidwood@capitalchemist.com.au and we will have it ready for you when you arrive.

If you have cold and flu symptoms, please call us from your car and we will help you contact free to protect our team. We also encourage you to get tested for Covid at either medical centre. Please do not enter the pharmacy.

Covid-19 vaccination appointments are going ahead.

Please let our team know you are here for your vaccination and we will bring you inside. You can book your Covid-19 vaccination appointment at <https://capital-chemist-braidwood.pharmacybookings.com.au>

## Test and Isolate Payments must extend to the Regions

NSW Labor is calling on the NSW Government to extend the 'test and isolate' payment to apply to regional communities and right across New South Wales.

Labor called for the 'test and isolate' payment to ensure workers including casuals and those without appropriate leave benefits were able to isolate and stop the potential further spread of COVID.

But given the virus has moved well beyond Sydney and into regional and rural NSW, the payment should apply to every single resident of NSW who is eligible regardless of location.

There is even greater concern with people safely isolating as delays in test results blow out in some areas to seven days.

The NSW Government has made it clear that the Delta strain of the virus doesn't respect borders, and neither should financial assistance.

NSW Labor is urging the Government to ensure the payment is available state-wide, because if we are all in this together, it should mean financial assistance should also be delivered to those who need it.

Right across NSW people are doing it tough. Provide people with the appropriate financial support so they can do the right thing without the stress of losing any income.

This is a measure that will assist people who are suffering and have bills to pay, and dealing with many issues especially those in essential work as well and helping their families.



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## QPRC Arts Briefs

### Jewellery Exhibition - Call Out

Call Out - to local & regional Jewellers  
Expressions of interest [EOI's] are being sought from local & regional jewellers and makers of wearable art to participate in an exhibition at Rusten House Art Centre, Queanbeyan. Scheduled for Nov/Dec 2021.

Key Dates: EOI deadline: Sept 15 Notification of acceptance:

Sept 30 Delivery of works: Wed 27 Oct - Fri 29 Oct

Exhibition Dates: Wed 10 Nov - Sat 18 Dec

Collection of unsold work: 20 - 21 Dec

Email your EOI to be considered:

Cultural.Services@qprc.nsw.gov.au

Please include 3-5 images, price range & CV

### Tea Towel Exhibition - Call Out

EOI - Expressions of interest are sort from artists, collectors & community members - to submit your hidden tea towel gems for a March-May 2022 Exhibition at Rusten House Art Centre. Your tea towel can be pretty or political, fabulous or frayed but it must have a story attached as to how you acquired it, made it or inherited it.

Submissions for selection must include an image, the story and your contact details to Cultural.Services@qprc.nsw.gov.au

### QPRC Art Awards winners on show at Bendigo Bank - Bungendore Branch

If you missed our May-June Art Awards exhibiton in Queanbeyan you can now view a display of the winning works in Bungendore this August before it moves on to Braidwood. The works are of exceptional quality and deserve a special visit during usual banking hours.

## BV Regional Gallery to be redeveloped and expanded

Bega Valley Shire Council will go out to tender for the Bega Valley Regional Gallery (BVRG) redevelopment and expansion at its current site in the first half of August.

Gallery Director Iain Dawson said the redevelopment will elevate the 30-year-old facility to contemporary exhibition standards, and significantly expand the exhibition space from 180m<sup>2</sup> to 290m<sup>2</sup>.

"This project represents an all-round positive return on investment for the Bega Valley community," Mr Dawson said. "Besides the obvious social and cultural benefits, the larger Gallery will generate significant economic benefits through increased tourist visitation and the additional expenditure that flows from that, to accommodation, cafes and restaurants and other tourist attractions.

"This has been estimated at \$3.4 million per year. Then we have the localised benefits, which include increased participation in cultural activities, better mental health and wellbeing, community cohesion and improved educational outcomes."

The redeveloped Gallery will comprise two exhibition spaces and one workshop/project space available for hire and house a small gallery shop.

"This will allow us to access a wider selection of borrowing institutions, particularly the Art Gallery of NSW, and showcase local exhibition artists," Mr Dawson said. "It will also allow access to, and provide appropriate storage for, the Gallery's growing permanent collection.

"With the capacity to host destination exhibitions and unique artistic programming, the Gallery will grow the cultural and tourism offerings for the region and link to opportunities at the Port of Eden and Merimbula Airport."

Works on the Gallery expansion are expected to begin in late 2021, with a targeted opening date of December 2022.

Although the Gallery is closed, its team will continue to deliver artistic programs at the two pop up galleries, BVRG:TARMAC at Merimbula Airport and BVRG:PORT at the Eden Welcome Centre at Snug Cove, and are about to present the shire's winter arts festival, ART MONTH Sapphire Coast, during August.

Half of the \$3.6 million price tag for the project has been secured from the Australian Government's Building Better Regions Fund.

While Bega Council has committed to fund the remaining cost of the redevelopment, it is actively engaged in discussions with the NSW Government to secure additional funding.



## Book Week 2021

This year Queanbeyan-Palerang Libraries will be celebrating Book Week online from Saturday 21 to Friday 27 August with the theme Old Worlds, New Worlds, Other Worlds!

To celebrate this special week, we will be hosting a variety of activities including online stories, craft activities and competitions to showcase the shortlisted books. Check out our [Facebook](#) and [YouTube](#) pages during Book Week for all the fun.

### Colouring Competition - Win a Shortlist Book

See following page or [Download](#) the colouring competition sheet or pick one up at your local branch. Colour it in and return it to the library, or take a photo of your colouring sheet and email it, along with your name, age and member number to library@qprc.nsw.gov.au by Friday 20 August.

See next page

### Drawing Competition - Win a Shortlist Book

If you could create your own world, what would it look like? [Download the template](#) or pick one up at your local branch. Draw your world and return it to the library, or take a photo of your drawing and email it, along with your name, age and member number to library@qprc.nsw.gov.au by Friday 20 August.

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## Braidwood Film Club Inc

Saturday 21 August.

**Brazen Hussies and Women of Steel**

## The Prawn Man

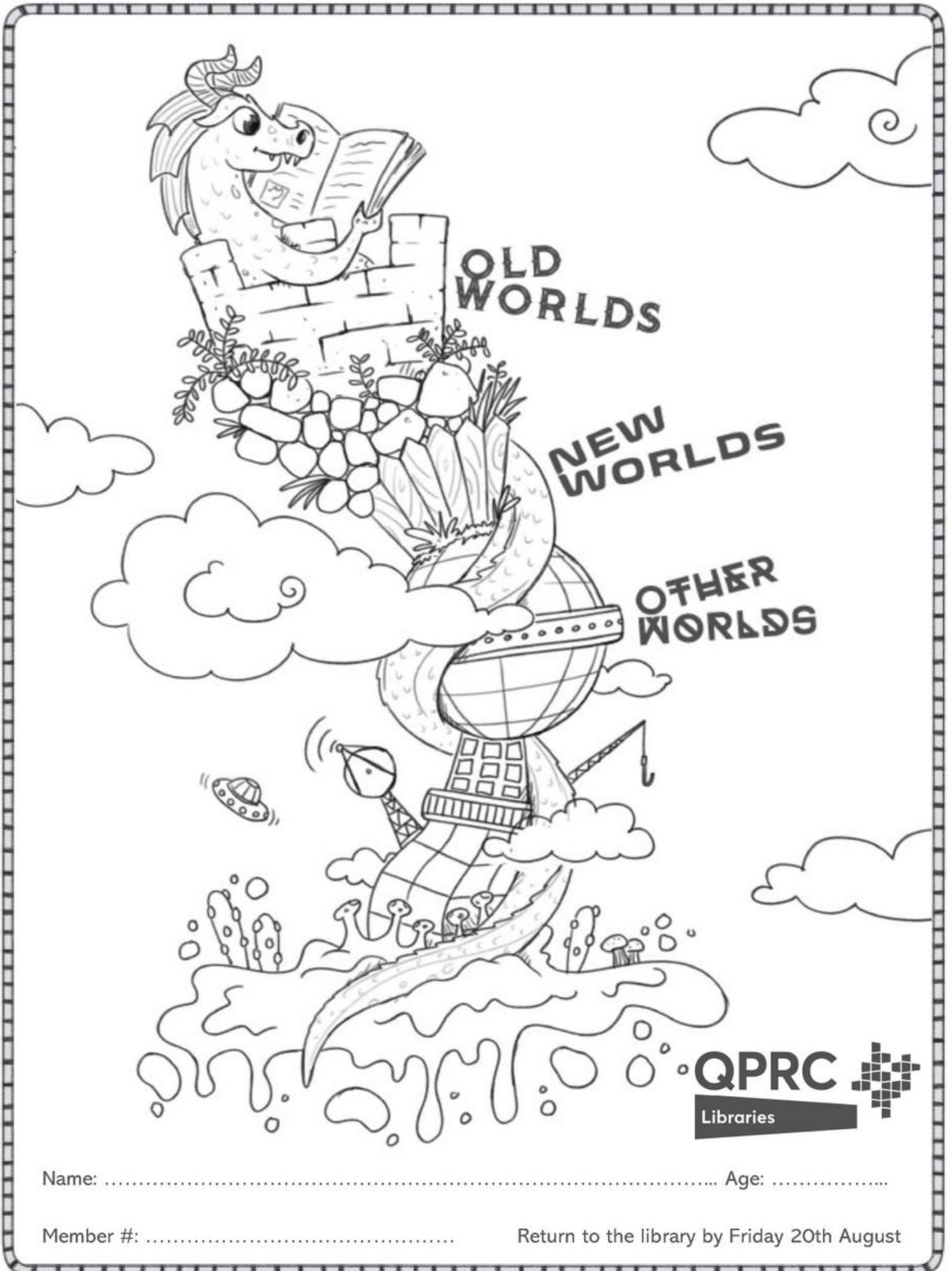
Not coming to town on Friday

## This weekend's Parkrun

## South Coast Rugby

ALL Games postponed due to COVID  
- rescheduled dates yet to be advised -

# Book Week Colouring Competition



**QPRC**   
Libraries

Name: ..... Age: .....

Member #: .....

Return to the library by Friday 20th August

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104	105	106	107	108	109
SOLD	SOLD	SOLD	SOLD	\$195,000	SOLD
110	111	112	113	114	115
SOLD	SOLD	SOLD	SOLD	\$275,000	SOLD
116	117	118	119	120	121
SOLD	SOLD	SOLD	SOLD	\$275,000	SOLD
122	123	124	125	126	127
\$217,500	SOLD	SOLD	\$217,500	\$217,500	SOLD
309	310	311	312	313	314
1052m <sup>2</sup>	996m <sup>2</sup>	996m <sup>2</sup>	996m <sup>2</sup>	996m <sup>2</sup>	996m <sup>2</sup>
315	316	317	318	319	320
SOLD	SOLD	SOLD	SOLD	\$222,500	\$222,500
1052m <sup>2</sup>	1209m <sup>2</sup>	1209m <sup>2</sup>	1209m <sup>2</sup>	1209m <sup>2</sup>	1074m <sup>2</sup>
308	307	306	305	304	303
1305m <sup>2</sup>	1209m <sup>2</sup>				
SOLD	\$227,500	SOLD	SOLD	SOLD	\$227,500
201	202	203	204	205	206
SOLD	SOLD	SOLD	SOLD	SOLD	SOLD
1096m <sup>2</sup>					
301	302	303	304	305	306
\$227,500	1209m <sup>2</sup>	SOLD	SOLD	SOLD	SOLD
1209m <sup>2</sup>					

All enquiries to the exclusive agents Nutrien Harcourts Braidwood

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## Man charged after firearms and stolen property located during search – Monaro PD

Thursday, 12 August 2021

A man has been charged as part of an ongoing investigation, after firearms and stolen property was seized in the Monaro region this week.

Last month, officers attached to the Rural Crime Prevention Team established Strike Force Louarna to investigate the alleged theft of livestock trailers in the local area.

A 29-year-old man was arrested charged on Monday 26 July, after two trailers were recovered on the Monaro Highway, Michelago. He remains before the courts.

Following inquiries, Rural Crime Investigators – with assistance from the Financial Crime Squad's Motor Unit, and Monaro and South Coast Police Districts, executed a search warrant at a rural property on Mulloon Road, Mulloon, about 20km east of Bungendore, on Tuesday (10 August 2021).

During the search, investigators seized four prohibited firearms, a .22 calibre rifle – believed to be stolen, a 12-gauge shotgun and six boxes of ammunition.

Police also seized 17 vehicles, a prime mover trailer, a boat, caravan, a bobcat, electric bicycle and two trailers, believed to have been stolen.

The value of the recovered property is estimated to be more than \$500,000. The items seized will undergo further examination. Officers rescued a pig that was visibly unwell, which was surrendered to the RSPCA.

A 50-year-old man was arrested at the property and taken to Queanbeyan Police Station, where he was charged with two counts of possess unregistered firearm, not keep firearm safely, possess ammunition without holding a licence/permit/authority, receive property – theft – serious indictable offence, and receive motor vehicle part – theft – serious indictable offence.

He appeared in Queanbeyan Local Court yesterday (Wednesday 11 August 2021), where he was granted conditional bail to reappear before the same court on Tuesday 5 October 2021. Inquiries are continuing.

## Green light to more batteries and improved Internet coverage

NSW Department of Planning, Industry and Environment Proposed new planning rules will cut red tape, making it easier for homeowners to install solar batteries and for telcos to install technology to improve mobile and internet coverage.

Minister for Planning and Public Spaces Rob Stokes said the proposed changes to the Infrastructure State Environment Planning Policy (SEPP) are now on public exhibition and aim to remove hurdles in the planning system for more sustainable energy and faster telecommunications.

There are already around half a million homes in NSW harnessing power from the sun and it's anticipated that 1,000 megawatts of batteries will be installed by 2035.

Proposed changes mean that planning approvals will no longer be required for:

- The installation of household-scale solar battery systems;
- The installation of NBN cables, speeding up its delivery;
- The repair or upgrading of existing technology;
- The installation of solar panels to power telecommunications facilities; and
- Site inspections, providing the location is not unnecessarily disturbed.

To view the proposed changes and have your say by Monday 13 September visit [planning.nsw.gov.au/isepp](http://planning.nsw.gov.au/isepp)



## Far South Film Festival

Staying in this weekend? yep ...

What better way to embrace lockdown than by snuggling up on the sofa and enjoying a night of film? Tune into Far South Film Festival this Saturday 21st - 31st August, showcasing films made by regional filmmakers from the Sapphire Coast and across Australia, promising to inspire, challenge and entertain.

Unfortunately the in-person festival at The Picture Show Man Cinema cannot go ahead right now, but we're so excited we get to enjoy this event from home! Find out more here: <https://bit.ly/3yEBERu>  
<https://farsouthfilmfestival.com/>

The online video-on-demand version of the festival will be watchable from 12 noon on Sat 21 August until 12 noon on 31 August.

Watch from home with as many people from your household that can fit on your sofa!

Rent individual short films for \$5 each, or rent a Bundle and save:

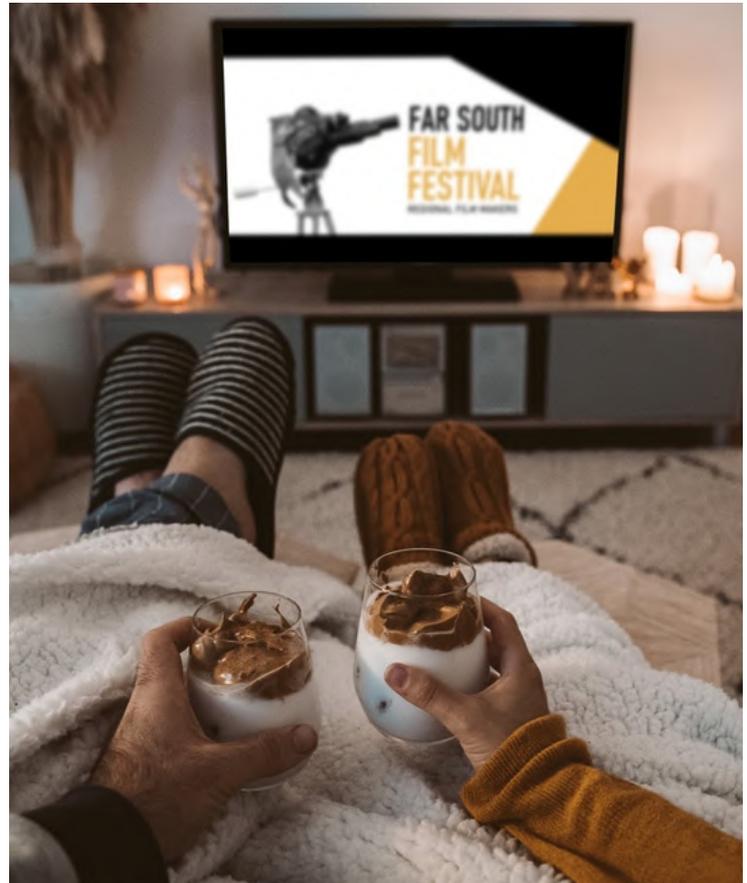
- Festival Bundle \$75 – 15 films, 2 Q&As and Awards Ceremony (save \$35)
- Films Bundle \$60 – 15 films (save \$15)
- All Ages Bundle \$40 – 9 films, all Unclassified No Age Restrictions (save \$5)

Includes recordings of Q&As with guest film makers from Sat 21 August 2021 and the recording of the Awards Ceremony held in Merimbula on Sun 22 August (when these have been recorded and uploaded) and the following 15 films: - 50 Year Storm - Bagan, Barra Barra, Mirriwar - Land Sea Sky - Bama (Youth entry) - Becoming Emma Braintree - Changing Paradigms (Youth entry) - Clockumentary - The Cookie - The Girl on the Moon - Invisible - Local Talent, Global Dreams (Youth entry) - Nanna Power: The Story of the Gloucester Knitting Nannas - Painting by Numbers (Non-Competition entry) - Rising Sun - Wild Legacies - Yuwinj Dhari-Bulwal - Yuin Stand Strong

You will receive an email link to livestreams of the Q&As and Awards Ceremony

An ART MONTH Sapphire Coast Event

ART MONTH is a Bega Valley Regional Gallery initiative delivered in partnership with South East Arts and Destination Marketing Sapphire Coast, supported by Bega Valley Shire Council.



*Art Month is Supported by Bendigo Bank through their NSW Bushfire Community Recovery Grants Program. An Australian Government Bushfire Recovery Initiative.*

NEW

"If there's one book you should read before casting your vote in 2022, this is it"

Due to Covid, available Braidwood PO  
or [tim@qualityst.com](mailto:tim@qualityst.com) and soon on amazon \$24.95

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10% of local (QPRC) sales donated to Braidwood MPS

## Gayle Stockley at V & M



Artists Gayle Stockley is the featured artist at V & M. While the showroom is currently closed for Covid, the artworks will continue on exhibition until the end of October.

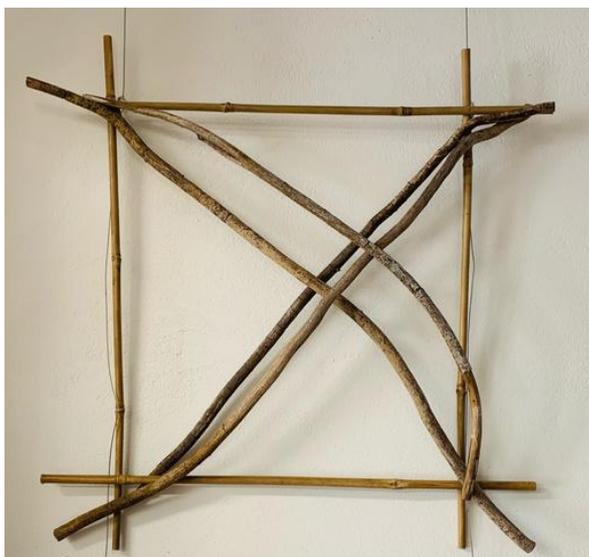
About Gayle:

Dividing her time between inland Wamboin and coast Wapengo, Gayle Stockley is an abstract painter who trained at WAIT in the 70s and ANU in the 80s.

She has always been drawn to the direct working process of drawing and the hands-on physicality of sculpture. From 2007 – 2014 Gayle made simple geometric relief sculpture using bushfire-blackened casuarina and in 2009 won the Goulburn Regional Art Prize

From 2015, she returned to oil painting, using simple abstract linear compositions on canvas and canvas collage with oils. Colours are layered with a palette knife. The layering of opposite colours such as red under green with the marks of the palette knife give a sense of the chaos of lines, shapes and light and shadow as seen in the bush. The visual language of elements of colour, line and form, are used instinctively after decades of observing and drawing from nature.

Gayle's work took a new direction after a trip to New York in 2019, seeing the work of much-admired artists Ellsworth Kelly, Imi Knoebel and Brancusi. Since that time her paintings have become more architectural and/or suggest interiors."



Geometric relief sculpture using bushfire-blackened casuarina by Gayle Stockley.

## Lockdown support – NSW Government boosts virtual services for new parents struggling in lockdown

Parents of newborns and toddlers impacted by the current COVID restrictions can access a range of free virtual early childhood health services, thanks to a \$348,000 NSW Government grant to Karitane.

Minister for Mental Health Bronnie Taylor said the not-for-profit parenting support service has recorded its highest ever number of referrals in the last four weeks, many from parents struggling to cope with recent restrictions.

"It takes a village to raise a child, especially in those crucial first 5 years of life," Mrs Taylor said.

"But the impact of COVID-19 has meant that many parents don't have the in-person support of extended family, friends and neighbours, which can undermine their confidence as parents – as well as their wellbeing.

"This grant will allow Karitane to expand its virtual services to affected parents, including home visits, residential stays, breastfeeding clinics, mental health consults, toddler behaviour programs, playgroups and daily parenting workshops."

CEO of Karitane Grainne O'Loughlin said many parents Karitane has heard from recently are feeling anxious and desperate.

"The latest restrictions have left many parents feeling alone, isolated and out of their depth. By providing help, support and social connection through our virtual services, we hope to provide some reassurance and hope," Ms O'Loughlin said.

"Our experience through many years of delivering virtual care has proven that virtual care can be just as impactful as face-to-face care."

With Karitane's operations based in Fairfield – the Sydney suburb living under some of the toughest restrictions in NSW – its health professionals understand the challenges being felt by local families, some of whom face language barriers that can further compound feelings of isolation.

"We encourage families across NSW to get in touch with us, especially those in our nearby South West Sydney Local Government Areas – we are 'open' and here to help you every step of the way."

"This is in addition to the recently announced joint Commonwealth and NSW Government COVID-19 mental health support package worth \$17.35 million."

For information on Karitane's services, please visit: Karitane. <https://www.karitane.com.au/>

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**Author, Journalist and Screenwriter Robert Macklin as a regular contributor to the Bugle. THE GADFLY PAPERS, are a delightful collection of columns he has been writing since 2012.**

## Gadfly

**By Robert Macklin**

'What did you think of the Olympics?'

'Not bad...those girl swimmers were great...seems like last year, doesn't it.'

This colloquy wafted my way while standing in a supermarket checkout line after the Canberra lockdown. I couldn't help but agree – Covid dominates everything; the Olympics seems not just from another year but a different dimension. But to pass the time I tried to recall the highlights and ponder the effect that massive circus of athletic virtuosity had on the world and especially our little corner of it.

It wasn't easy. Memory is a notoriously fickle mistress. It grabs some silly images – like that swim coach going nuts or the exhausted runner staggering to the line – and erases others with deeper meanings. For example, the Chinese sprinter, Su Bingtian won his semi-final in 9.83 seconds and became the first Asian in 89 years to reach the final. That must give hope to runners from an entire continent, from Cambodia to Seoul to Ulan Batur.

We were also restricted by Kerry Stokes's perception of what events would give his Seven Network the the biggest viewer ratings. While it was exciting watching those gold winning swimming events – and Patty Mills running rings around the Slovenians – there does come a time when women's waterpolo starts to lose its antic charm, to say nothing of the impossible rules of Keirin in the cycling velodrome.

Apparently ping pong doesn't rake in the viewers. Some of us love watching and playing the game since it's probably the best method yet invented to keep body and mind in first class trim. But to get a decent coverage you had to sign in to a Seven App and then go searching the entire spectrum while Bruce McAvaney was rabbiting on about some Kenyan's time in the 2004 Athens 10,000.

On the way, you'd inevitably stop at some ghastly European torturing a horse with either 'dressage' where the inbred chargers perform ridiculous prancing gaits; or the 'show jumping' of barriers to the accompaniment of upper crust females snorting criticism of the horse for being 'not quite up to scratch today'. Surely the time has come for the RSPCA to put an end to such animal cruelty, particularly when it's the rider, not the poor horse who gets the reward.

Speaking of which, what's the point in having golf, tennis, or a cut down version of the Tour de France as Olympic events? Sure, the IOC has abandoned the old amateur rule, but these 'sports' are so professional that the Olympics is just another stopover on their schedule. Which reminds me, whatever became of drug testing? Here it is, weeks after the Games and I haven't heard of a single positive test. Did the entire athletic world suddenly see the light?

There are, of course, some bigger considerations. In the Covid era, it was a nice distraction for the millions in quarantine or self-imposed solitude. And it should have opened our hearts to the women and men of the world who have worked so hard to bring themselves to the peak of athletic performance. But I strongly suspect that every country has its Kerry Stokes boring in on the national victors and raising the viewing barriers against the 'other'. They too will be focusing on whether their medal tally bests the national adversary.

That, I fear, is the one element that will persist with our fickle mistress. As the song says, "Memories are made of this."

robert@robertmacklin.com

### PROPERTIES FOR SALE

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**Sweet Water A Hidden Secret \$750,000**



This 100 hectare property has around 40 percent is open and clear. Adjoining State Forest and with over 2.5 kms of Jerrabatgulla Creek, "Sweetwater" presents a fantastic opportunity for a recreational weekender and the added bonus to run a few livestock.

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# A Beer with Bazz # 30



*With  
John  
Lougherot*

Mick rubbed his hands together and pulled his beanie over his ears and shook his head as Bazza approached with two schooners of beer.

'Shorts and tee shirt, Bazza? It's still bloody winter.'

Bazza face widened into a full grin.

'I'm declaring it summer, Mick. On my morning walk I spotted the odd flower and the sun is up just that little bit earlier. I've put the heater away for the winter and I'm going to fire up the barbecue on Sunday and have the family over for the afternoon.'

Mick screwed up his face.

'You're bloody mad, Bazza. You should check the thermometer and the forecast is rain and cold for Sunday so I would be postponing the barbecue for a month or so.'

Bazza's face dropped back to a half grin.

'I wouldn't be relying on the thermometer, Mick. Just between you and I, it hasn't been the same since we went from Fahrenheit to Celsius. I reckon they manipulated the temperatures in the conversion.'

Mick rubbed his chin.

'Unlike you to see a conspiracy in anything, Bazza but come to think of it you might have something there, with all these claims of global warming. When you think back, it did all start when we changed over to Celsius. By gee, that would explain a few things but I do think you should trust Graham Creed from the ABC about the forecast for Sunday. He usually gets it right.'

Bazza shook his head and let out a half chuckle.

No Mick, I'm declaring it the start of summer.'

'Woo up Bazza, you're taking on the whole Bureau of Meteorology. They have a wealth of experience and qualifications and access to technology that measure all sorts of variables to give you likely outcomes. On top of that, Graham Creed has been studying and presenting the weather for decades. Sorry to say, but I think I would be making plans around his predictions rather than yours. In fact you're starting to sound like a bloody idiot.'

Bazza leaned back and placed both hands on the bar table.

'Bloody idiot eh, Mick? Why would I act on Graham Creed's and the whole of the Bureau of Meteorology predictions for my Sunday barbecue when the latest and largest ever report from the Intergovernmental Panel on Climate Change does not spur our leadership into action. Global temperatures up by 1.5 degrees from pre industrial levels in a decade is the prediction and the writers are the smartest on the planet when it comes such a study. They're hardly a bunch of eco-centric hippies recording their thoughts around a crystal ball.'

Bazza took a long drink.

'Nah..... I might as well be more like you and your mate ScoMo and disregard all the considered expertise we have available to us on the planet. Let's not let the facts spoil the fiction and start enjoying summer from today. Now what day shall we declare Christmas?'



## St Bede's Parish

### REFLECTION on the Gospel of John 6:60-69 by Dianne Bergant CSA

The decisions called for in today's readings are life decisions. The people at the time of Joshua had to decide which god they would worship. The disciples of Jesus had to decide if he was the one who would fulfill their messianic expectations. We have life decisions to make as well. How will we choose?

The choices we make determine the character of our union with God. God called us out of the slavery of sin and protected us throughout the journey of our lives. Jesus walked with us through the challenges of life and performed wonders for us. Why should we look elsewhere? Because we face new challenges. The new demands placed on us may be so great, or the commitment required of us may be so demanding that we feel that we can no longer walk with him. The church may be changing in ways we do not appreciate, or it may not be changing in the ways we believe it should, and so we may feel that we can walk with him no longer. If we decide to commit ourselves, we will enter into a union with God that is deeper than anything we have previously known. However, this union will be based on faith. We may understand no more than we did in the past, things may be no more to our liking. But, 'to whom shall we go?' Jesus is God's holy one; he has the words of eternal life.

The church will be closed to the public for the duration of the NSW lockdown. All other groups and meetings are also cancelled until further notice, including the Krawarree Mass set down for 29 August and the monthly markets on 28th.



While our churches are closed, Archbishop Christopher would like to invite all to pray the Rosary via Zoom starting today at 4 pm. If you don't have internet, you could join by saying the Rosary by yourselves.

All you need are your Rosary beads and your intentions.

**TIME:** Every Wednesday and Friday at 4 pm sharp!  
(Archbishop Christopher will lead us today in the Glorious Mysteries)

**ZOOM DETAILS:** Simply click on the link <https://us02web.zoom.us/j/85022458332?pwd=MDZ4ODFhNjlvdnBpd21aVDQzWnAydz09>

Or enter in the details below after opening the Zoom app  
Meeting ID: 850 2245 8332 Passcode: 543675

The Catholic Bishops' Conference and various other churches encourage you to join with them for a day of prayer and fasting in the light of the Covid crisis. Click on the link below to register.  
<http://www.nationaldayofprayer.org.au/LordHaveMercy/>

COVID-19 Links for information: <https://www.nsw.gov.au/covid-19>  
Don't forget you can watch Mass 11am on Sundays and weekdays at 12.15pm  
Online Link: <https://catholicvoice.org.au/mass-online>

Readings for 22nd Sunday: 1st: Deut. 4:1-2,6-8. 2nd James 1:17-18,21-22,27.

Gospel: Mark 7:1-8,14-15,21-23.

## Braidwood Uniting Church

The Judeo-Christian story of Creation tells us, "...the earth was as yet unformed and desolate, with the surface of the ocean depths shrouded in darkness..." (Genesis 1:2 ISV). Sounds a bit like chaos; and I wonder might the lockdown feel a bit like that for some of us: unformed, desolate, shrouded in darkness? Ruminating on the chaos does not bring life, but rather focus on chaos can be addictive and contagious, increasing the sense of desolation. However, the Scripture continues, "...the Spirit of God was hovering over the surface of the waters, God said, "Let there be light!" So there was light. God saw that the light was beautiful" (Genesis 1:3-4). These verses provide us with two desolation busters. First, even in chaos the Spirit of God is hovering: a gentle, constant presence, intent on breaking any isolation with companionship. Second, in the chaos of darkness God brings light, and the light of God is beautiful. When we are in a dark room, and someone turns on the light, everything around us takes on form, it is illuminated with meaning and purpose. We can see the beauty that surrounds us. This week may we all embrace the presence of the Spirit and look out for treasured places where the beautiful light shines. Blessings and peace surround you, from Dr Julie Fletcher and the congregation of Braidwood Uniting Church. Sunday Worship comes to you on Radio Church, 6pm on 88.9fm. Weekly Garage in lockdown for now.

Dr Julie Fletcher  
Braidwood Uniting Church





## Anglican Parish of Braidwood

### Become a Nurturer

Jesus was a good leader. He loved people, but He never exploited them or used them for His own ends. He was busy, but never too busy to stop and help them.

In relating the parable of the Good Samaritan who came across a robbed and injured man, Jesus said: 'A Samaritan, as he travelled, came where a man was; and when he saw him, he too pity on him. He went to him.... bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him.' (Luke 10: 33-34) Note the words, 'took care of him.' To lead someone, you must be able to influence them, and you do that by taking the time to nurture them.

At the heart of all the nurturing process is a genuine care for others. If you want to help and positively influence people, you can't dislike or disparage them, because they'll sense it. You must love and respect them. The old adage, 'Fake it till you make it' won't work. People know whether or not you care.

Maybe you're wondering why you need to assume a nurturing role; after all, isn't that something they should get somewhere else, like from their family? Many people you come into contact with every day are desperate for encouragement and, sadly, if they don't get it from you, there's no one else who will give it to them. When you become a nurturer in the life of another person, you have a real opportunity to influence them for good and for God. So become a nurturer!

An extract from 'The Word of the Day' a Christian Vision Media publication. [www.vision.org.au](http://www.vision.org.au)

We are hopeful to be able to hold these upcoming services in St Andrew's, Braidwood:

Sunday 22nd August – 10am - Morning prayer – organised by the lay leaders.

Sunday 29th August – 9am – Holy Communion

11am – St Mary's Araluen – Holy Communion

Zoom services are being organised as a back-up if Covid lockdown continues.

Contact [angbraidwood@bigpond.com](mailto:angbraidwood@bigpond.com) for log-in details



**EARTHWORX**

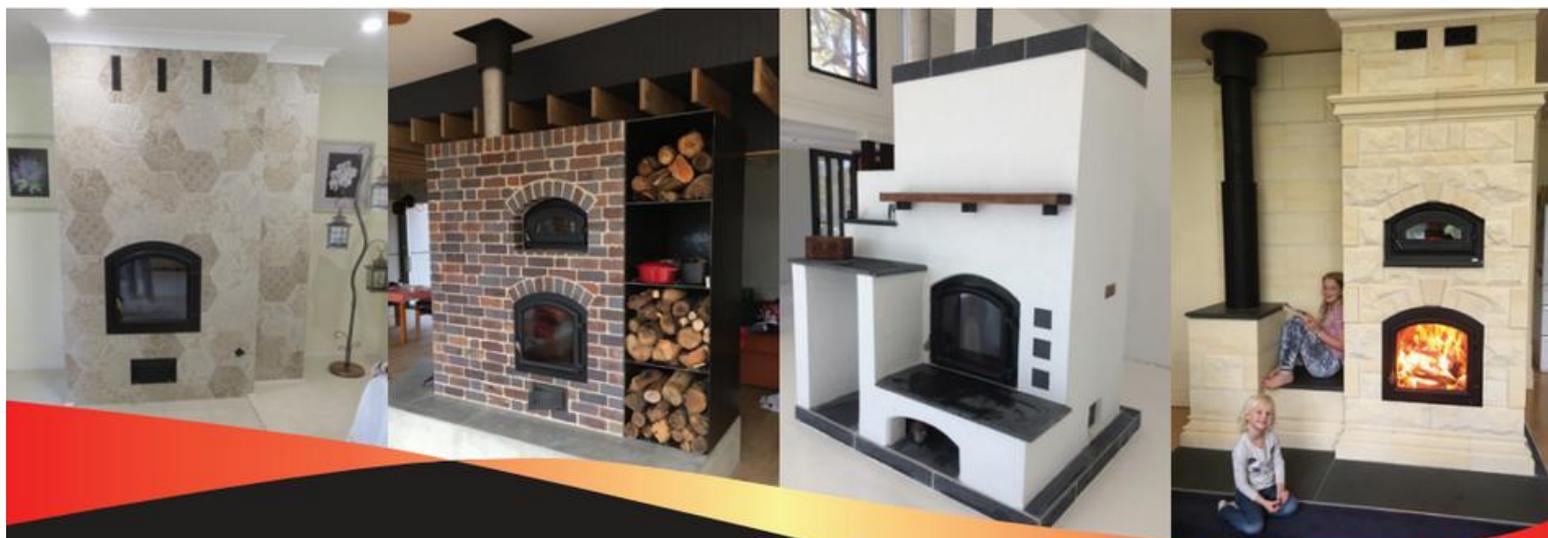
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## Braidwood Servicemen's Club

## WHAT IS HAPPENING



Sport Recreation Entertainment

\$2,800 Membership fee... play between 7 - 9pm

Plus raffle on sale from 3pm and raffle drawn at 5.30pm

winning \$1,000 by entering our... register at the bar!

# Club closed this week

The Pine Garden Restaurant is open 6 days a week... & Dinner! Enjoy a range of Chinese & Asian... plus \$12 specials every...

Club from 1.00pm. at 2pm play at 3.00pm.

## QPRC services impacted by COVID-19 restrictions

Stay-at-home orders in force for regional NSW will impact the delivery of Queanbeyan Palerang Regional Council services. While all of Council's services and staff are deemed "essential", some adjustments need to be made to how those services are delivered. Following is the current list of key services:

Service/facility	Open/closed
Animal Management Facility	✘
Aquatic centres and pools	✘
Queanbeyan indoor pool	✘
Bushfire/Disaster recovery centre in Braidwood	✘ Available on phone and email
Buy-back facilities at Waste Transfer Stations	✘
Building certification inspections	✔
Cemeteries	✔
Community Centres	✘
Customer service centres (including the Mayor/CEO's office and Queanbeyan Depot)	✘
Customer service call centre and online chat	✔
Development application lodgement and assessment	✔ Online only
Dog off lead areas	✔
Facilities managed by s355 Committees	✘
Family Day Care and Aboriginal Pre-School	✔
Galleries	✘
Indoor Sports Centre	✘
Lanyon Drive Cemetery Office	✘ Available on phone and email
Libraries	✘ Home library and online services available
Other Council-managed indoor venues	✘
Outdoor gyms	✔
Playgrounds	✔
Public toilets	✔
Kerbside rubbish collection (red, green and yellow bins)	✔
Saleyards	✘
The Q - Performing Arts Centre	✘
Waste Transfer Stations and Waste Minimisation Centre	✔

The COVID-19 situation continues to evolve rapidly and changes to service delivery can change quickly. The list of impacted services will be updated as required at [www.qprc.nsw.gov.au/COVID-19](http://www.qprc.nsw.gov.au/COVID-19)

## Commercial owners encouraged to apply for Main Street Upgrade Fund

Council is inviting owners of commercial buildings in the Queanbeyan CBD and on the main streets in Bungendore and Braidwood to apply for the Main Street Upgrade Fund.

"This is a new fund that encourages the owners of commercial buildings on our main streets to invest in the refurbishment of their buildings," Mayor Cr Tim Overall said. "The type of work that might be funded includes exterior painting and shop front refurbishment, the repair and replacement or the reinstatement of building facades, and the removal of external signs.

"Council is investing \$150,000 in the fund, with building owners able to apply for a \$5,000 grant to be matched on a 1:1 basis. For those applications where the applicant is looking to invest more than \$20,000 in their share, a maximum of \$10,000 may be available."

The fund will be complementary to the upgrade of Monaro Street and the Monaro Lanes project in Queanbeyan, as well as encouraging investment in heritage tourism for Braidwood, and continued improvements to the Bungendore village.

Licensed hotels and clubs are excluded from the fund.

A list of eligibility requirements and further examples of project types that will be considered can be found in the fund guidelines available on our website.

Applications are open until Friday 29 October 2021 and can be made at [www.qprc.nsw.gov.au/grants](http://www.qprc.nsw.gov.au/grants)



# SUPAGAS

## YES WE CAN!

**Free Bottle Rental**

**Free delivery around town 6 days per week**

**Out of town deliveries Wednesdays**

Call 4842 2405 to order or call into the store at 121 Wallace St Braidwood

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Ag Solutions<sup>+</sup>



## Helping young Australians make agriculture future-ready

Investing in a future-ready agriculture, fisheries and forestry sector is the goal of the 2022 Science and Innovation Awards grant program, with applications now open.

Minister for Agriculture and Northern Australia David Littleproud is inviting young researchers, scientists and innovators in agriculture, fisheries and forestry to submit a project application that addresses current industry challenges.

"Australia has a proud tradition of innovation, and we're looking to build on that legacy with the next generation of Aussie smarts," Minister Littleproud said.

"We're looking for projects that tackle issues in innovative ways and contribute to the ongoing success and sustainability of Australia's agricultural, fisheries and forestry industries.

"It's about supporting young people who are passionate about agriculture and helping them to make a difference.

"Our young people are at the forefront of transforming agriculture as it grows to a \$100 billion industry.

"Their innovations and new ideas will help individual farmers as well as whole industries and communities. They will drive change as ideas and prototypes become reality.

"Last year's Ministerial award winner was Fraser Border from the University of Southern Queensland.

"His project used augmented reality to help meat process workers improve accuracy and efficiency, reduce waste and increase returns for processors."

For more information and to apply visit [here](#).

## Farmers share how they are part of the solution

A new initiative launched today is sharing stories of the climate action Aussie farmers are taking while continuing to produce the food and natural fibres we all depend on. Research commissioned by the National Farmers' Federation measured community sentiment towards agriculture, climate change and sustainability.

Of those surveyed, 21% of Australians strongly believed farmers were committed to improving their environmental performance and adapting to a warmer, drier climate; while 44% somewhat agreed and 17% were neutral.

NFF Chief Executive, Tony Mahar said the survey results indicated the community recognised farmers were on the frontline of the climate solution and wanted to learn more about what action farmers were taking.

"Through Australian Farms – Where REAL climate action happens we're telling the stories of our farmers, who take seriously their responsibility as environmental stewards of 51% of the Australian landscape.

"The good news is through research, innovation and on-farm management, farmers are world leaders in carbon abatement. In fact, agriculture is one large carbon cycle: generating emissions but also taking a significant amount of carbon from the atmosphere.

"Now mainstream practices such as rotational grazing; zero soil disruption when planting a crop and the conversion of livestock effluent to renewable energy have seen Australian agriculture reduce its direct greenhouse gas emissions by 65 per cent between 2004-05 and 2016-17.

"Farmers are on a journey and there is more work to do. Through new science and technologies, like feed additives that drastically reduce livestock emissions, agriculture is poised to continue being part of the climate solution."

Dan Fox and his family from Marrar, in southern New South Wales are committed to continuous improvement. Dan grows cereal crops including wheat, sorghum and barley; pulses such as chickpeas and faba beans; and oilseeds including canola and sunflowers. Through reduced soil disruption and more fuel-efficient machinery, Dan is improving the sustainability of the farm for future generations.

"The legacy I'd like to leave for my children is a farm on which the soils are functioning better than when we started.

"We're custodians of the land, we should leave the land better than when we received it," Dan said.

The Wilmot Cattle Company in northern NSW, managed by Stuart Austin is in 2021, as Stuart says 'massively climate positive'. "Through soil carbon sequestration, we're taking more carbon out of the atmosphere than we are emitting each year, all the while producing nutrient dense beef," Stuart said. "I can put my hand on my heart and backed by an enormous amount of data to say that we are improving the ecological health of this farm."

In the past three years, the Wilmot Team has planted 25,000 trees across their Ebor property.

Mr Mahar said the actions of Tess, Dan and Stuart were repeated on farms across Australia every day.

"Australian farmers not only produce the world's highest quality meat, wool, cotton, grain, dairy, timber and more, but they are also a vital part of the climate change solution.

"By hearing the overwhelmingly positive stories of our farmers, we want Aussies to continue to enjoy the Australian-grown food and fibres they love with the peace of mind and the confidence that farmers are part of the climate change solution."

To find out more about the real climate action happening on Australian farms everyday visit [www.farmers.org.au](http://www.farmers.org.au)



## Nutrien Ag Insurance

At Nutrien Ag we can assist with facilitation of insurance for ~ Farm ~ Business ~ Motor ~ Farm/commercial/private /heavy) ~ Home ~ Landlord and so much more.

Why not have your renewal re-quoted?

See the local Insurance team for Braidwood & surrounds

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**4842 2405**

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121 Wallace Street  
Braidwood NSW 2622

## Annual Land & Stock Returns due by end of August

Landholders across New South Wales are being reminded to lodge their Local Land Services (LLS) Annual Land and Stock Returns before the end of August. The returns are a statutory requirement and were posted to thousands of landholders in June.

Acting Chair of the LLS statewide board, Allison Harker said by filling in the Annual Land and Stock Return, landholders help build a picture of agricultural land use and livestock numbers across NSW.

"This combined effort assists in monitoring flocks and herds for emergency animal diseases," Ms Harker said. "Information about livestock, including pigs, horses and poultry helps us assist customers with support such as emergency fodder, yards or shelter when emergencies or disasters strike.

"Annual Land and Stock Returns can be submitted online and should be the number of stock or birds on the property as at 30 June, much like a census captures a moment in time."

Customers are encouraged to lodge online to reduce mail handling during the ongoing COVID-19 restrictions. Where there are barriers to online lodgement, customers can still mail to the PO Box listed on the return form or phone for further assistance on 1300 795 299.

Ms Harker said given recent emergency responses including bushfires and flooding, it is important to be prepared not only for these but also disease outbreaks and other biosecurity events.

"Providing accurate information about stock numbers is essential, even if it means lodging a 'nil-return' after difficult decisions around destocking, not running a livestock enterprise, or any other change such as agistment numbers," Ms Harker said.

Landholders are reminded Annual Land and Stock Return numbers do not affect rates as these are calculated on the Notional Carrying Capacity of each property.

Returns are to be lodged no later than Tuesday, 31 August. Landholders can do so through the dedicated online portal at [www.lls.nsw.gov.au](http://www.lls.nsw.gov.au) or can call 1300 795 299 for further support and other options to lodge.

## Road to Net Zero: Engaging in Environmental Markets

The market for environmental services is growing across Australia as businesses move to be more sustainable. More and more farmers are interested in becoming engaged. But how can farmers access these markets? What environmental services can farmers be paid for? Join Farmers for Climate Action to hear from Andrew Ward and Rohan Clarke, the key catalysers that have been leading the team developing the Regen Farmers Mutual. They have led the co-creation process that saw farmers collectively plan the founding of a farmer-owned broker that will assist farmers access all types of Environmental Markets.

In Part 1 we looked at understanding environmental markets, how they work and what farmers can sell. . If you missed the webinar, you can watch the recording by clicking here.

In Part 2 on Thursday 26 August, we will turn our attention to how farmers can engage in these markets in a way that puts farmers at the forefront of the process.

The speakers have specialist expertise in holistic/regenerative agriculture, environmental/financial markets, and in cooperatives and mutuals.

Interested in getting involved? Find your local farmer network or join the Regen Farmers Mutual Social Learning Facebook Group. The groups have no cost to join and have no obligation to group members. They are a way to help farmers aggregate around specific environmental goods and services transactions. Catch up on Part 1 here.

The Road to Net Zero: Engaging in Environmental Markets webinar will be held at 12pm (AEST) on Thursday 26 August via Zoom.

The session will be recorded and made available in the days afterwards, so please RSVP if you can't make it but would like to be notified when the recording is available. The Road to Net Zero webinar series explores ways in which agriculture can become a carbon neutral industry.

<https://farmersforclimateaction.org.au/portfolio/engaging-in-environmental-markets-pt-2/>

## Magnesium Molasses Block

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Available in 20kg & 100kg blocks

Our Magnesium Molasses Block is specifically designed for animals need magnesium.

Typical Analysis	
Protein Meal	7.5%
Total Protein	3.45%
Molasses	49.4%
Salt	5%
Calcium	5%
Phosphorous	0.6%
<b>Magnesium</b>	<b>10.75%</b>
Copper	225mg/kg
Cobalt	50mg/kg
Iodine	170mg/kg
Manganese	2mg/kg
Potassium	1000mg/kg
Selenium	12mg/kg
Zinc	135mg/kg

Dickson Ag's Magnesium Molasses Block is a weather proof formula designed to be fed out in those cold wet winters.

Great for all livestock who are in need of Magnesium, especially while grazing on cereal crops & other high protein improved pastures.

Available in a 20kg & a 100kg block to suit your stocking rates.

Recommended intake  
Cattle 15-25kg/head Horses & Goats 10-15kg/head

DIRECTIONS FOR USE: Place out sufficient blocks so stock have ready access to blocks. Ensure adequate roughage is available.

## Team effort will continue to keep shearing workforce safe from COVID-19

Peak woolgrower representative body, WoolProducers Australia, is working with the National Farmers' Federation and the Shearing Contractors' Association of Australia to protect Australia's shearing workforce.

"In this unprecedented environment, growers and the shearing workforce are committed to doing what's necessary to keep our workplaces safe and to ensure wool harvesting can continue," WoolProducers CEO Jo Hall said.

Ms Hall said all members of the shearing team including growers, shearers, shed hands and visitors to sheds, had a role to play to prevent the spread of COVID-19.

"While there have been no major incidents to date, there is no such thing as zero risk. But we know that if everybody does their bit, follows the now well-established COVID-19 safe guidelines, and encourages vaccinations, then we are giving the industry the best chance at remaining COVID-19 free."

WoolProducers' Shearing Operations: Protocols in response to COVID-19 guide for growers and contractors on best practice COVID-19 measures for shearing sheds is available here <https://www.woolproducers.com.au/covid>

The protocols include advice on:

- 1.5m spacing inside the shearing shed
- Getting a COVID test and isolating when experiencing symptoms
- Getting vaccinated, if eligible to do so.
- Implementing QR codes, or written records, and ensure staff check in.

"It is in everyone's best interests to continue to play their part," SCAA Secretary Jason Letchford said.

## Labor calls for the Environment Minister to take action to Save Kosciuszko National Park

Labor's Shadow Minister for the Environment, Penny Sharpe is calling on Minister Matt Kean to take urgent action to save Kosciuszko National Park as the feral horse population grows and the proposed special activation precinct overturns 40 years of conservation planning and management of the Park. After representations from the local Snowy Mountains community, scientists, environmentalists, tourism operators and the National Parks Association, Ms Sharpe has written to the Minister (letter here) to request that the Minister:

- introduce laws to repeal the Kosciuszko Wild Horse Heritage Act and
- seek an immediate extension to the current consultation period for the Special Activation Precinct proposed by the Deputy Premier, John Barilaro so that a proper assessment of the plans can be undertaken

"Kosciuszko National Park holds special significance to Australia. its unique alpine environment is home to rare threatened species such as the mountain pygmy possum, the southern corroboree frog, and the broad-toothed rat, as well as 21 species of flowering plants that are found nowhere else on earth."

"Kosciuszko National Park is a tourism jobs powerhouse for the region: it is the most visited national park in NSW outside the Greater Sydney region and greatly loved by all who visit it."

"Until recently there was bipartisan support for conserving this fragile alpine park and successive Environment Ministers have worked with the National Parks and Wildlife Service to carefully to manage its unique flora, fauna, landscapes, water and wilderness. This work was based on the best science and a commitment to give this land the highest level of protection for future generations."

"The failure to address the growing feral horse population and plans to turn the Kosciuszko National Park into a development site undermines 40 years of planning and conservation management."

"Minister Kean has been a strong supporter and defender of National Parks, the community needs him to urgently intervene to ensure that 75 years of work is not undone."

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MIGHT BE A GOOD  
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BUGLE**

**Deadline 12 noon Wednesdays**

## Whether you're currently in lockdown or in wider NSW and want to upskill, you can with a fee-free\* online short course.

TAFE NSW, in conjunction with the NSW Government, is offering a number of fee-free\* short courses to all NSW residents\*, but places are limited.

Courses are a mix of self-paced online or teacher-led virtual classrooms, which can pathway into a variety of full TAFE NSW qualifications.

- Statement of Attainment in Alcohol and Other Drug Work 900-82348V01
- Statement of Attainment in Business Administration - Computing Skills 900-82342V01
- Statement of Attainment in Business Skills for Supervisors 900-82343V01
- Statement of Attainment in Construction Materials and Work Health and Safety 900-80250V01
- Statement of Attainment in Digital Security Basics 901-00011V01
- Statement of Attainment in Food Handling SITSS00050-V01
- Statement of Attainment in Medical Terminology 900-81256V01
- Statement of Attainment in Mental Health 900-82349V01
- Statement of Attainment in Producing Documents and Spreadsheets 900-82347V01
- Statement of Attainment in Reading Plans for Builders 900-82344V01

**Eligibility Criteria:** To be eligible, you need to be an Australian citizen, Australian permanent resident, Australian permanent humanitarian visa holder or New Zealand citizens, you need to be 15 years or over, no longer at school and living or working in NSW.

**Terms and Conditions:** You can only enrol in one Fee-Free\* Course at a time. If you are a TAFE NSW staff member or contractor, you cannot enrol in a Fee-Free\* course.

<https://www.tafensw.edu.au/fee-free-short-courses>

## Reminder: New yabby net rules are now in place

With spring just around the corner, recreational fishers are being reminded that as of 30 April 2021, the use of Opera House style yabby traps are strictly prohibited.

Department of Primary Industries (DPI) Program Leader Stocking & Fisheries Enhancement Operations, Jim Harnwell said open-top, eco-friendly nets must be used in all NSW waters.

"These new, eco-friendly nets are not only great for catching yabbies but they will also help to protect our iconic native aquatic wildlife species," Mr Harnwell said.

"Unlike the old-style Opera House traps, the open-top lift design of the new nets will allow non-target species such as platypus, birds and turtles to exit the nets if they inadvertently swim in while searching for food.

"Fishers should now only be using these open-top nets when targeting yabbies and penalties apply if fishers use the now-banned Opera house style traps." The new eco-friendly yabby nets are widely available in tackle stores and other fishing retail outlets across NSW.

Mr Harnwell has urged all recreational fishers to ensure they use the right equipment and familiarise themselves with the new rules that are now in place.

"It is important for fishers to understand the new rules surrounding the use of the open-top nets and are aware of the consequences for using the incorrect equipment when targeting yabbies.

"By following these rules, fishers can take the lead in fishing responsibly and catching a great feed of yabbies while making a real difference to our environment."

More information about the recreational yabby fishing rule changes are available online at [www.fisheries.nsw.gov.au](http://www.fisheries.nsw.gov.au) or by contacting your local NSW DPI Fisheries office.

### POSITION VACANT

## Driver / Store Person

Nutrien Ag Braidwood is a family run rural merchandise business located in the heart of Braidwood. We are looking for a motivated and energetic Driver / Store person to join our team on a full-time basis (Monday to Fridays Including some Saturday mornings).

The successful applicant will be someone who enjoys working in a team and has a flexible attitude and outstanding customer service.

#### About the role

- Deliveries of goods in and around Braidwood
- Organising the various storage sheds and general yard duties
- Loading/Unloading trucks and customer's vehicles
- Accurate recording of incoming and outgoing goods

#### About you

- HR Truck Licence
- Forklift licence
- Attention to detail
- Ability to work under pressure
- Strong organisational
- multitasking skills
- Ability to follow WHS guidelines

**Nutrien**  
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BRAIDWOOD

If this position sounds right for you, please contact Richard Walker on 0428 389 425 or email your details to [office@nutrienagbraidwood.com.au](mailto:office@nutrienagbraidwood.com.au)

The Braidwood Bugle is your local news and every 'coffee' ensures we stay FREE



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If you love the Bugle, you might consider supporting our work - for just the price of a cup of coffee. Every little bit helps the Bugle to continue sounding. You can even become a Braidwood Bugle Member

BRAIDWOOD  
BUGLE

[www.buymeacoffee.com/BraidwoodBugle](http://www.buymeacoffee.com/BraidwoodBugle)

- **Braidwood Farmers Market**  
August 21
- **Ryrie Park Markets**  
8am -1pm August 28 **CANCELLED**
- **Weekly Garage Sale**  
**Braidwood Uniting Church**  
Wed's 9-3 Cnr Duncan & Monkittie St
- **Nerriga Produce Market**  
1st Sunday of the Month

## Business Chamber Meeting

BAVBC Members & Potential Members, are invited to the 1st BAVBC Members Meeting under the recently elected Executive. The meeting will occur at the Braidwood Servicemens Club on Wednesday 25th August at 5pm. The meeting will commence promptly at 5pm.

- POSTPONED UNTIL WEDNESDAY 25 AUGUST AT THIS STAGE.**
- The meeting will cover the following items:
- Welcome to the new Chairmen;
  - Activities and initiatives already initiated by the new executive;
  - The new Executives 100 day plan;
  - Moderated members forum to elicit views, suggestions and priorities;
  - Moderated interview with potential QPRC Councillor candidate/s.

## Braidwood Men's Shed

Open every Tuesday and Friday from 9:30 AM  
New members always welcome  
Enquiries phone or message 0450961039 or  
braidwoodmensshed@gmail.com

## Local Government Elections - 4 DECEMBER 2021

On 24 July the NSW Government announced that the Local Government elections would be postponed until Saturday 4 December 2021.

A new timeline of key dates is available on the [NSW Electoral Commission Website](https://www.elections.nsw.gov.au/).

## Breastscreen NSW Mobile Clinic Coming to Braidwood

The mobile screening clinic will visit Braidwood from **6 – 24 September 2021**, providing free mammograms to eligible women aged between 50 and 74. The service is free and there's no referral needed. Call 132050

**VINNIES OFFICE WILL BE CLOSED  
FOR THE DURATION OF  
THE LOCKDOWN.**

**PLEASE CALL 0419 445 183  
TO ACCESS ASSISTANCE**

## Service NSW is returning to Braidwood on Wednesday 25th August 2021.

Service NSW team on board can provide support across a broad range of services:

- Roads & Maritime Services (including licence and registration renewals and applications).
- Processing of NSW Fitness to Drive Medical Assessments and Mobility Parking Applications.
- Processing of A and C Cards.
- Undertaking Driver Knowledge Tests.
- Birth, Deaths & Marriages (including birth, marriage, death, and change of name certificates).
- Application and Renewal of Working with Children Checks on behalf of Office of Children's Guardian.
- Cost of Living appointments to assist with accessing more than 70 government rebates and savings.
- Dine & Discover Voucher Applications
- Regional Seniors Travel Card Applications

Our Mobile Service Centre is a cashless facility and will accept payment by credit/debit cards or cheques. If you require any further information on our service locations or opening hours, visit [service.nsw.gov.au/msc](https://service.nsw.gov.au/msc) or contact Service NSW on 13 77 88.

**Braidwood RSL Sub Branch** extends our condolences to the Harrowell Family on the passing of our esteemed centennial veteran Richard Harrowell.

The RSL sub branch has complied with HQ Covid recommendation in cancelling the commemoration service today. However as an actual combat infantry veteran Garry Pieper will be placing flowers for;

1. VP Day WW2.
2. Long Tan Day Vietnam
3. Afghanistan

For this who sacrificed suffered and served.



Save the date  
for

*Ingrid Mae*

Saturday  
September 11

8.30pm

At the Braidwood Servicemens Club

## Braidwood Golf Club News

Under the Public Health Order, undertaking strenuous exercise is considered a reasonable excuse to leave your home. There is an existing exemption allowing golf clubs to run regular competitions **under strictly controlled guidelines**.  
<https://www.health.nsw.gov.au/Infectious/covid-19/Documents/exemption-outdoor-golfing.pdf>

By its nature, golf promotes its own level of social distancing. We ask our members to PLEASE consider your fellow golfers first and foremost. Take care of your own personal hygiene and exhibit a high level of responsibility by:

- staying away if unwell or if you have been in a high risk environment,
- maintaining social distancing as much as practicable,
- **wearing a mask where required:** upon arrival to the Club and as soon as possible after the activity and prior to leaving

While there is no definition as to what constitutes “strenuous exercise”, everyone’s circumstances are different, people need to make their own decisions to determine if the activity is considered strenuous exercise.

**Members should take a common-sense approach when considering whether their reason is reasonable and be prepared to explain their reason to NSW Police if asked.**

### **These are the conditions under which golf can be played at BGC during lock-down:**

- There must be a nominated organiser who will limit groups to 2 people and take steps to keep all participants separate
- The organiser will collect, and keep for 28 days, participants details
- All attendees MUST check-in using the QR code and Service NSW app
- No visitors allowed, members only, no spectators; you must live in QPRC
- Players will mark and sign their own cards, being sure to undertake verbal confirmation with their playing partner for the score on each hole
- Rakes will be removed from the course, preferred lies will be allowed in bunkers
- Flag sticks will remain in the hole at all times, noodles will assist in removing the ball from the hole, a ball is holed when it settles on the noodle or nestles against the stick
- Please take particular care around ball washers & bubblers, use your gloved hand
- Time sheets will again be used to space out the start and finish of a round; the captains will manage the tee times
- Groups will be limited to pairs, unless the players cohabit in the same household
- The competition will, once again, be managed from the 1st tee buggy area
- **All players MUST arrive with the correct money**, incl. any cart hire fee
- Carts will be booked with Mark ahead of play as has recently been the practice
- Masks, sanitiser and wipes should be used extensively
- At the completion of the round members should acknowledge their playing partner respectfully from a distance
- Presentations will NOT be held and prizes will be handed out the following week
- Players should leave the course as soon as their round has finished in line with Government requirements to avoid social gatherings (new fine for breach \$3000 p.p.)

Currently the Golf Club remains open and it is everyone's personal choice if they play golf or not. We will continue to keep you updated as changes come to hand. Should the Match Committee determine that any changes to these temporary special local rules need to be made we will advise you ASAP. In the meantime, take care.

Braidwood Golf Club Match Committee



### **Coming Events:**

#### **August 21 Saturday:**

Committee Meeting 10.30am  
Men's 2BBB Stableford – Greg & Les Hart Trophy  
Women's Single Stableford

#### **August 28 Saturday:**

Men's Single Stableford  
Women's Single Stableford – Amanda Hall Trophy  
Final Day for Rd 2 – Mixed Doubles Knockout

#### **September 4 Saturday:**

Men's & Women's Stroke (Monthly Medals)

#### **September 11 Saturday:**

Men's Single Stableford – Terry Hughes Trophy  
Women's 2BBB Stableford – Di Freeman Trophy

#### **September 12 Sunday:**

Braidwood Women's Open Day

#### **September 18 Saturday:**

Medley Canadian Foursomes  
SHOT GUN START  
Dick & Virginia Groot Obbink Trophy  
Annual General Meeting Following Golf

#### **September 25 Saturday:**

Medley 2BBB Stableford

#### **October 2 Saturday:**

Labour Day Weekend - Daylight Saving Starts  
Men's & Women's Stroke & Monthly Medals  
Final Day for Semi's - Men's & Women's Singles Knockouts

## Weed Wednesday

with Dog Leg Farm

### WHITE CLOVER - TRIFOLIUM REPENS

Also known as Trefoil, Honey Stalks, Three-leaved Grass.



Clover is another of those "I can't believe people still try to kill it" plants that I think deserves better respect.

The leaves and flowers are edible although the leaves can be difficult to digest raw so it's best if they're steamed or tossed through a stir-fry. The dried leaves can add a vanilla-like flavour to desserts and the flowers are great in salads or steeped into a refreshing tea, while the dried flowers and seed pods can be ground to make gluten-free flour. Although White Clover doesn't have the same potency as Red Clover it is still beneficial with Vitamins A, B2, B3, C, and E, magnesium, potassium, chromium, and calcium.

Medicinally, an infusion can be used to treat fever, coughs, and colds, nausea, rheumatic aches and arthritis. It can also be used as an eyewash to cure minor eye infections or applied on the skin to heal wounds, burns, ulcers, and sores. Magickally it is ruled by Jupiter and Mercury and by all of the 4 elements. It has properties of luck, abundance, and protection and may be carried on the body to break curses or hexes.

On the land is where it really shines. It is a legume so it fixes nitrogen in the soil and is one of the best crops to use a green manure - chop and drop or turn into the soil. It's massive fibrous root systems improve soil friability and adds valuable organic matter. But best of all it is an essential source of food for bees and other pollinating insects and a fantastic companion plant in the veggie garden.

Plant some lucky clover in your garden and watch everything else around it thrive

\*disclaimer: be sure of plant identification before consuming any wild plants and consult your medical practitioner before using any natural plant medicines

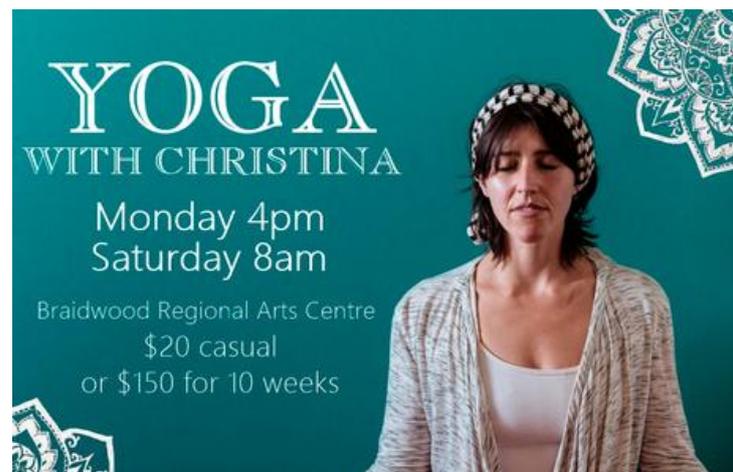
## Yoga Pose of the Week

with Christina Jagusiak

### Bow pose – Dhanurasana

An advanced pose that utilises the entire body by strengthening the muscles in the back, abdomen, arms, and legs and stretching the throat, chest, arms, abdomen, hips, groin, thighs, and ankles. It's exceptionally beneficial for the respiratory system. Opening the rib cage allowing the lungs to expand more fully. Bow pose aids digestion and constipation by massaging and improving the function of the large and small intestine, liver, kidneys, and spleen.

**To practice** - Lie on the stomach with the arms beside the body, legs straight and the feet together. Bend the knees to bring the heels towards the buttocks. Stretch the arms behind the body and take a hold of the ankles, feet or trouser legs, whatever you can reach. Rest the chin on the floor. Tense the legs and push the feet backwards. Arch the back and lift the thighs, chest and head together. Allow the lower back muscles to remain passive and use the strength of the legs to lift and open the chest. Hold for as long as comfortable then slowly release the legs and lower the chest and head to the floor. Practice up to 5 rounds.



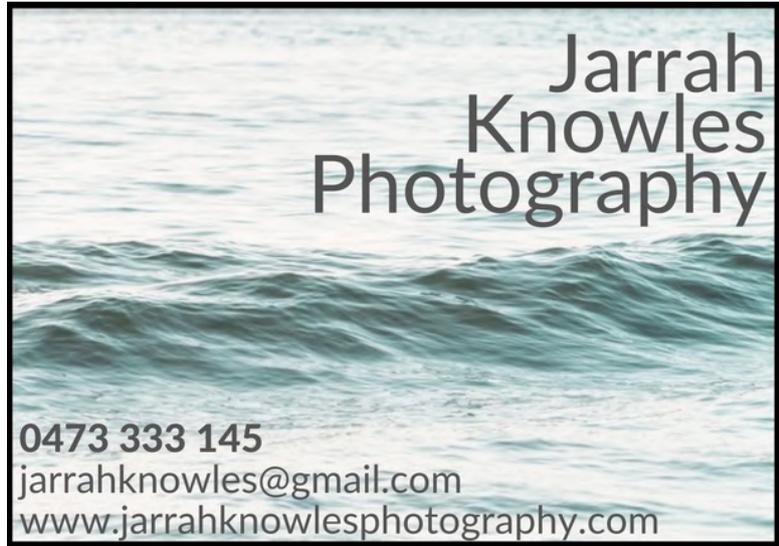
**YOGA**  
WITH CHRISTINA

Monday 4pm  
Saturday 8am

Braidwood Regional Arts Centre  
\$20 casual  
or \$150 for 10 weeks

## South Coast Monaro Rugby Union

ALL Games postponed due to COVID – rescheduled dates yet to be advised –  
Saturday 14th August 2021 – Elimination Finals (both winning teams to move into the Grand Final)  
·Bungendore “Mudhooks v Braidwood “Redbacks” @ Bungendore  
·Taralga “Tigers” v Jindabyne “Bushpigs” @ Taralga



## Jarrah Knowles Photography

0473 333 145  
jarrahknowles@gmail.com  
www.jarrahknowlesphotography.com



### THE SERVICEMENS CLUB

# UPCOMING WORKSHOPS

@ the Braidwood Servicemens Club

Find the link to purchase tickets on our Facebook Page!  
Or contact the office staff on 4842 2108



**RUOK?** FOR STAFF AND EMPLOYEES  
WEBINARS

### RUOK? in Hospitality

Learn how to stay connected and to have more life-changing conversations with colleagues in the hospitality industry.

 **Date:** Tuesday 24 August 2021  
**Time:** 2 pm – 2:45 pm (AEST)

 **AUSTRALIAN FOODSERVICE ADVOCACY BODY**

**RUOK?**  
A conversation could change a life.



### Macrame Feather Workshop

Saturday 11th September  
2 - 4pm  
Ticket Cost: \$79



incase you missed the last one!

### Native Flower Arranging Workshop

Saturday 21st August  
2 - 4pm  
Ticket Cost: \$69



# PRANA

## PRODUCE BOXES

WEEKLY DELIVERY TO  
BRAIDWOOD AND SURROUNDS

**Christina 0414385051**

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