



The Whisper

Wamboin and Bywong Facilities and Contacts

Bungendore Police: 6118 1240 Ambulance Bookings: 131233

Wamboin Community Assn www.wamboincommunity.org.au

Bywong Community www.bywongcommunity.org.au

Fire Brigade <http://wamboin.rfsa.org.au>

Bywong Community	Steve Walker - President	6230 3473	president@bywongcommunity.org.au
Bywong Hall Bookings	Bookings Officer		lrrhallbywong@gmail.com
Church - Anglican	Gai Donald - Warden	0438 400 364	peterandandrew2012@gmail.com
Community Nurse	Heather Morrison - Bungendore	6238 1333	
Wamboin Rural Fire Brigade	Neville Schroder - Captain	0409 991 340	wamboincaptain@gmail.com
Geary's Gap Pony Club	Cameron Smith	0419 449 747	
Golf	Ken Gordon	0455 839 840	ken.gordon1962@gmail.com
Injured Wildlife	Wildcare – Helpline	6299 1966	
Justice of the Peace	Andrew Stainlay – JP	0408 469 880	stains@bigpond.net.au
Justice of the Peace	Leanne (Lee) Ward – JP	0411 207 317	leannefordward@gmail.com
KYB Bible Study Group	Robyn Doran	6238 3469	rdoran4@bigpond.com
Landcare	Kathy Handel - Treasurer	6238 3596	khandel@bigpond.net.au
NSW SES (assist – storm/flood)	NSW Call Centre	132 500	
NSW SES Bungend. (non-urgent)	After Hours Duty Officer	6238 0222	
Sutton School Playgroup	Pip Easy – Contact Person	0414 366 856	Playgroup.sutton@gmail.com
Table Tennis	Mike Muston	0406 606 238	mikemuston@gmail.com
Wamboin Community Assoc.	Jenny Richards - President	6238 1329	president@wamboincommunity.asn.au
Wamboin-Bung. Book Group	Sally Saunders	0419 303 229	sally.saunders1@bigpond.com
Wamboin Hall Bookings	Joan Mason	6238 3258	joan.mason@internode.on.net
Wamboin Markets	Meriel Schultz	6238 3309	Imconsulting@bigpond.com
Wamboin Play Group	Denise Lang – Co-ordinator		wamboin.playgroup@gmail.com
Gearys Gap Pony Club	Kate O'Connor, President	0413 008 824	gearysgap_ponyclub@gmail.com
Wamboin Pony Club	Stacey Burgess -Contact Person	0414 672 979	wamboinpcsecretary@gmail.com
Wamboin Thurs Social Grp	Narelle Pumphrey	0438 917 206	pumpbnjc@westnet.com.au
Greenways Mgmt Commtee	Kathy Handel - Chair	6238 3596	khandel@bigpond.net.au
Wonderful Women of Wamboin	Gail Ritchie Knight	0416 097 500	whirlwind1@argonite.com.au
ARF (Rescue Dogs)	Lisa Whitney	0408 260 796	lisahwhitney059@gmail.com
Building Community Resilience	Amanda Jones		Ajones.advisor@gmail.com

The Wamboin Whisper: The Whisper is a monthly community newsletter established in 1981 by and owned by the Wamboin Community Association. The Whisper is printed at EnvoPrint in Fyshwick at the start of each month, excluding January. It is distributed to every letterbox in Wamboin, Bywong and Queanbeyan-Palerang Council residents just southeast of the Federal Highway. Each issue goes to volunteer deliverers by the first Sunday of the month and is also then available at www.wamboincommunity.asn.au. Any proceeds from advertisements in The Whisper after printing costs go to the Wamboin Community Association.

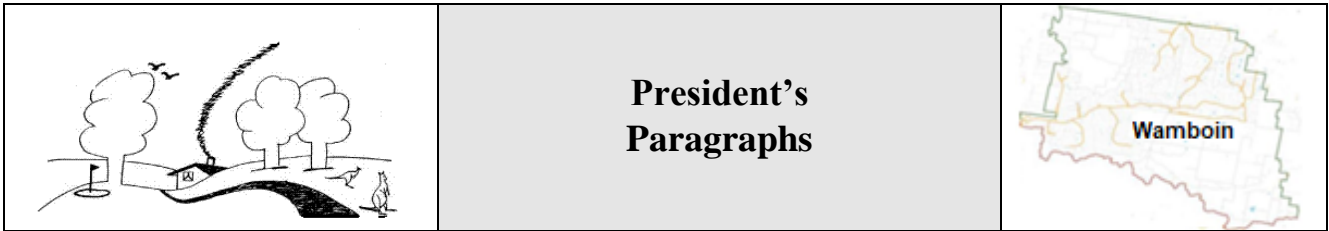
Contributions to the Whisper: Contributions from all residents are encouraged, valued and the main content of the newsletter. The current editor is Ned Noel, 17 Reedy Creek Place, Wamboin, 2620, phone 0409 997 082. Paul Downey of Cooper Road also shares in doing the editing. Please email contributions to nednoel@optusnet.com.au or mail them or drop them off. On contentious matters the Wamboin Community Association will strive to maintain a balanced view, by seeking advice from the editorial team and by seeking alternative views to be published in the same edition. The deadline for each issue is the last Sunday night of the month before, so the **deadline for the October 2023 issue is 7 pm Sunday night, September 24, 2023. Advertising prices**, per issue, based on rough fraction of inside the margins A4 area: 1/8 \$24 1/6 29 ¼ \$35 1/3 \$44 ½ \$70 2/3 \$97 Full Page \$140. email or phone the editor as above

Young Entrepreneurs: Rebecca Purdie – pet/horse sitting 6238 3343 Kathleen Dunkerly - baby sitting - 0435 794 070

kathleen.dunkerly07@gmail.com Rebecca Purdie – pet/horse sitting 6238 3343

Grace Taylor 0490 758 476 baby sitting and tutoring for primary school students gracetaylor145@gmail.com

**SPRING TALK – HANDING WASTE IN WAMBOIN AND BYWONG - U R INVITED
WAMBOIN HALL – 7:30 PM – Tuesday Sept 19 – REFRESHMENTS AFTER**



PRESIDENT'S NOTES

Spring has definitely almost arrived. You can feel it in the air and in Wamboin we marked the traditional end to Winter with our annual Bonfire and Fireworks Night.

1. **Bonfire & Fireworks Night.** On the 26th August we held our Bonfire and Fireworks Night. After a truly spectacular early Spring day people were keen to get to the event early and celebrate. We had about 1 000 attendees. Food and drink were supplied by a range of service groups here or nearby and the food on offer was plentiful, a large variety and every group sold out I'm pleased to say. The fireworks were spectacular and people enjoyed the experience of the large bonfire when our local fire brigade lit it. It was definitely a huge success for our local community and of course for the Wamboin Community Association.
2. **Bonfire Night cont.** It wouldn't be right to report on the Bonfire/Fireworks Night without mentioning some of the many organizations and individuals that helped it all come together. First a very loud thank you to Fireworks Australia for the magnificent firework display that they put on. As always it was spectacular; a wonderful show by true professionals. The Wamboin Fire Brigade for assisting with the fire itself (control and safety), parking and providing a delicious BBQ. Sutton School, Wamboin Playgroup, Wamboin Pony Club, Wamboin Golf Club, St Andrew's Church, Bungendore Scouts, Lou's Coffee and Tea and of course Lofty tending bar. All of these groups provided the great food, drink, glo sticks lollies and lucky dips for the younger children. Thank you all of you. Thank you to all those organizations who donated prizes or vouchers for the raffle (especially Dave Hubbard for the first prize of a trailer of wood). Anita and Skye Richards for tending the First Aid room and finally members of the Wamboin Community Association and the Hall Management team who all worked tirelessly to bring this all together and helped with the clean up the next day particularly Keith France, Tim Barter, Diana Boswell, Ned Noel, David McDonald and Pete Harrison.
3. **Spring Talks.** Moving straight into September I'm pleased to report that our Spring Talks are ON! In September instead of our usual monthly meeting we will have Vanessa Palmer from QPRC come and discuss *What Is Recyclable And What Isn't*. Vanessa is passionate about this topic and you may be surprised at just what is recycled and what cannot be. This promises to be a fun, hands on night with a prize being awarded to the person who scores best on the recycling test. The night begins at **7:30 pm** on **19th September** at the **Community Hall Bingley Way**. Food and drink will be served and it should be fun for all concerned so come along and remember EVERYONE is welcome
4. **Spring Talks.** But there's still more. We also have a Spring Talk organized for October. On **Tuesday 17th October at 7:30 pm** we will play host to a combined QPRC/Wamboin/Bywong Forum. This will be led by Ruth Ormella Director of Development and Environment and Rebecca Ryan GM of QPRC. This is an interactive session with the community to discuss many aspects of Council's work including its approach to exempt and complying development and what this means specifically to land holders. This is an opportunity for members of the community to be better informed about what we can and cannot do in our land, what things require a D.A. and what doesn't and a range of other things. Put this date in your diaries and come to the discussion with questions you want to ask. As always this event will be held at the **Community Hall Bingley Way**. Refreshments will be served. - *Jenny Richards – President.*

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Author Catherine Bird

Key herbs for LAMINITIS support



Nutritional support for a horse who suffers laminitis is vital. For the horse that is prone to laminitis, clivers is a useful daily supplement to improve the integrity of the hoof as it is one of the most nutritional herbs available and especially high in Silica.

With the older horse whose circulation may be sluggish, hawthorn berry is a further support and full of bioflavonoids that improve the elasticity of the supportive connective tissue that can become strained when the feet are sore while improving the health of the blood vessels that supply the feet.

For the horse that has low grade inflammation in his feet, turmeric powder will help lower the levels of discomfort. Often when there is systemic inflammation, there may also be arthritis in joints or irritated tendons and ligaments, with these horses adding ginger powder to the mix will increase the efficacy of the turmeric in a similar way black pepper is sometimes used.

For pain relief, where there is ongoing pain yarrow combines well with turmeric as a general management and recovery approach. Devils claw powder can be very effective with acute stages, however if the horse is already on Bute, do not combine these two as you could increase the toxic effects of the drug or irritate the horse's gut. For the horse with a sensitive gut, white willow bark is a gentler option and hawthorn berry will increase the potency of this herb if needed.

Once a horse is through the acute stage, using liver herbs to address the two phases of detoxification will help cleanse the effect of the stress on the body. Dandelion root or St Mary's thistle powder will address phase one, while turmeric powder will address phase two so that any residual drug therapy is not recycled back into the body and the recovery period can then follow on with clivers, restoring integrity to the hoof.

For the horse where stress has been a trigger to the laminitic episode, chamomile flowers will support the nervous and hepatic systems, and help the muscles that have become tense while the feet have been sore.

Choose your herbs carefully when dealing with laminitis, keeping the selection simple also helps not to overload the horse further with too many herbs. Combining a nutritional herb with an anti-inflammatory herb and liver support herb is often enough to start restoring health, and a maintenance program can follow on with nutritional and circulatory support once the hoof is sound again.

For correct dosage rates on the herbs mentioned in this article please contact Carol when placing your order.

Copyright: Catherine Bird, who is also the author of a Healthy Horse the Natural Way, has been an equine natural therapist for 27 years working closely with Country Park Animal Herbs for over 13 years offering advice to their clients.

Disclaimer: The information provided in this article is for educational purpose only and is not meant to replace veterinary advice or treatment.

02 6238 1135 Carol

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Ad-Design Sandy Morphet



Bywong News

Hi community! I am very pleased to say that I was elected new President of the Bywong Community Association at our most recent AGM on 17 August. I would like to start by saying hello and introducing myself to everyone. My wife and I moved out to MRR from Canberra in early 2019. We are now out here with our 2 dogs living the dream. We really enjoy being able to explore the area and the Greenways by bike and on foot. I joined the BCA so I could be part of making the community around here an even better place. Since then I was able to help organise the Car Boot sale and had some input to the trivia night. I would really also like to say a massive heartfelt thanks to Steve Walker who held the reigns before me and has handed over the baton.

The new BCA committee includes some new committee members and members with a vast experience and I very much look forward to our collaboration. Over the next year I would like to raise the profile of the BCA, holding events for the community and representing those who live in our area. To this end I think a calendar of events will help bring us as a community together. We plan to set and advertise the dates for meetings and invite the community to join us. We are interested in getting your ideas of how you would like your association to represent you and the community. We may spend some time working on our communication channels in the next little bit to help us get started, if you have any ideas about how the BCA can represent you we want to know about it. In the first instance send an email to me “ president@bywongcommunity.org.au ” so we can put your ideas into the mix.

A few suggestions that have already come in are things like asking the RFS to come and talk about fire simulations and how this might affect our area in the case of a bush fire. We have also have questions about running bush walks and perhaps more “how to” sessions like the chainsaw awareness day that was held a few months ago. Our job as the BCA is to represent our community so let me know how we can work together to keep it vibrant and connected! - Justin Jarvis, President, Bywong Community Association



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Georgia Rose Bookings:

wildroseequestrian@outlook.com or

office@sheronypark.com.au

Marisa Magic Hands Horse Works

1st Sunday of each month

Bookings:

Marisa: 0434 782 853

Anke Hawke

19 August 2023

Bookings: caithe78@gmail.com

Working Equitation Clinic

17-18 September 2023

Bookings:

michaelgoddingleclassicalhorsetr.com

Mark Langley Clinic

20-21 September 2023

Bookings:

Barnesjenny@equineability.com.au

Anke Hawke

21 October 2023

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FOR ALL EMERGENCY CALLS



The Wamboin Firefighter



PREPARE. ACT. SURVIVE.



The Bush Fire Danger Period will commence on 1st October, unless an earlier start is declared.

We've had little rain over winter; the days are getting warmer. Communities and emergency authorities are already experiencing bush fire further north in NSW. In the weeks ahead, regions further south, including ours, will become increasingly exposed to the threat of bushfire.

Responsibility for preparing yourself, family, and property against bushfire rests with each property owner and resident – it comes with the territory. Your safety and survival may depend on the preparations and decisions you make during the year and well before there is a fire. We encourage people to have and practise a family bush fire survival plan.

NEED ADVICE OR GUIDANCE?

Members of the brigade's Community Engagement Team are available throughout the year to assist residents and property owners with advice and guidance on bush fire preparations. Contact points are on the Wamboin Brigade website which also has information and links to the NSW RFS website to help you plan and prepare for bushfire. The brigade's Facebook page is another useful source for hints and tips and relevant fire-related news. Refer 'Useful links' below.

GET READY WEEKEND Saturday 16 - 17 September 2023

As we foreshadowed last month, as part of the RFS state-wide 'Get Ready Weekend' activity that occurs around the start of the bush fire danger period, rural fire brigades hold events in their local area with the aim to encourage members of the community to prepare for bush fire.

On Saturday 16 September (which coincidentally sees the resumption of the Wamboin Home Produce and Craft Market following its winter recess), our Community Engagement Team of experienced firefighters will be on hand at the market day shopfront, on an extended hours basis, to talk with individuals on a one-on-one basis, answer questions and provide general advice on personal and property preparations against the threat of bush fire. We can't tell you what to do but we can run through various scenarios for you to consider. We also offer free visits under our Resident Requested Property Visit Program. **Come and talk to us.**

WHEN:	'Get Ready' Saturday 16 September
WHAT TIME:	9.00am – 3.00pm (pop by any time)*
WHERE:	Wamboin Fire Shed, 112 Bingley Way, Wamboin

We'll also be running helpful Get Ready hints and tips and other information on the brigade's social media Facebook page and our website through September. **Be sure to check them out.**

** A bonus for visitors may be an opportunity to view new members of brigades in the Lake George District going through their paces as they participate in the RFS Bush Firefighter course.*

Callouts this month: Callouts included 2 for Bushfire, 1 for Ambulance assist and 1 for grass fire.

Useful links

Wamboin Rural Fire Brigade: https://wamboin.rfsa.org.au
Wamboin Facebook page: Wamboin Rural Fire Brigade
Queanbeyan Fire Control: 6128 0600 (business hours only)
NSW Rural Fire Service: www.rfs.nsw.gov.au



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Kowen Kapers - Kowen Escarpment Nature Reserve

As you drive down Sutton Rd towards Queanbeyan, the native forest on your left which stretches from near Norton Rd down to the Kowen Rd entrance, is actually a Nature Reserve - the Kowen Escarpment Nature Reserve to be exact.

This 466 hectare protected area is part of a regional wildlife corridor connecting woodland and open forest near Googong Dam with woodlands north of the ACT and surrounding NSW. It hosts a number of threatened woodland bird species as well as the critically endangered Canberra Spider Orchid, the endangered Hoary Sunray and the vulnerable Pale Pomaderris. It even includes a small area of critically endangered Yellow Box-Blakely's Red Gum Grassy Woodland and is home to the sparse population of koalas that have been recorded in the Kowen-Majura Training Area. At this time of year, it also puts on a great display of native flowering plants.

The reserve has a small number of management trails. Cyclists and dog walkers are required to stay on these trails. Additionally, dogs must be kept on a leash. Horses and motorbikes are prohibited in the reserve.

Should you wish to check out the reserve, here are directions to my favourite trail.



From Cooper Rd: From the entrance proceed south following the fence line. Turn left at **A**, the first intersection (7 Mile Rd) and follow the road until you reach **B**, the Wamboin Break intersection (see last month's article for more details). Instead of heading east along Wamboin Break, turn right (west) up the hill until you get to **C**, the fire tower. After enjoying the views of Kowen, turn right at the Fire Tower intersection and take the first turn left at **D**. Proceed downhill, past **E**, the first intersection. The second intersection, **F**, is complicated. There is a left turn which marks the boundary of the pine plantation. Don't take this road. Instead, just a few metres further along the road splits right and left. Take that left turn. This 2 km road takes you through the heart of the reserve. Follow this road to the end, **G**, and turn right. The trail you are now on joins up with the main trail adjacent to Sutton Rd (under the power lines). Follow this road for 3 km until you hit **H**, 7 Mile Rd (you'll see the Sutton Rd entrance on your left). Turn right and follow 7 Mile Rd back up to where you joined 7 Mile Rd at **A** and turn left back to Cooper Rd. The journey is a total of 10 km.

From Bingley Way: Turn right at **A**, the horse entrance to Kowen (more details in last month's article) and follow the fence line to **B**, 7 Mile Rd, then continue west up the hill to **C**, the fire tower. Follow the instructions above, however, at the end don't turn off 7 Mile Rd at **A**, to head to Cooper Rd, instead keep following 7 Mile Rd for a further 1 km until you reach **B**, Wamboin Break. Turn left and retrace your steps to the Bingley Way entrance. Your journey covers 16 km.

Kowen Events - September/October

Date	Event	More Info
2 September	Guided Nature Walk - Kowen Escarpment & Molonglo Gorge	npaact.org
6-8 October	Kowen Forest Ride (including night race) - Kowen Depot	dsmra.asn.au/Kowen

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Can you write something to make the October Whisper hold more good reading for your neighbours?

Thank you to everyone who delivered, ran an ad in or wrote something for this September Whisper. Deadline for the October issue is 7 pm, the last Sunday night of September – Sunday September 24. Features that seem to make Whisper content meaningful:

- Written by a Bywong or Wamboin resident
- About or at least related to living out here
- Not already printed elsewhere
- Respectful of the many lifestyles and views among us
- Attributed to you, as this assures readers that a resident stands behind the words
- It informs, entertains, invites or provokes thought

Thanks for anything you are generous enough to write. - Ned Noel, volunteer editor on behalf of the Wamboin Community Association nednoel@optusnet.com.au or whisper@wamboincommunity.asn.au or mobile 0409 997 082

Results of the Raffle at the Wamboin Hall on Fireworks Night, 26 August 2023

Trailer of Wood	Blue B52	Claimed
\$200 Voucher at Bungendore Rural	Green D02	Claimed
\$100 Meat Tray from Bungendore Butcher	Orange D04	Claimed
\$100 Voucher Donated by Contentious Character	Green D68	Claimed
\$100 Voucher Donated by Norton Road Wines	Purple D50	Claimed
2 Bottles of Wine Donated by Inland Trading	Yellow D26	Claimed
2 Bottles of Wine Donated by Inland Trading	Yellow D47	Claimed

How the Whisper Gets Into Your Mailbox Each Month

174: CO-ORDINATED BY ALICE SCOTT: ph 0407 005 506 email alicehscott@bigpond.com

Fay Kelly	Norton West Area from Cmpbl Pl	20	Christine Rieber	Cooper Rd	27
Dave Power	Fernloff Rd	34	Vicki Still	Canning Cl	15
Andrea Sadow	Poppet Rd	32	Alan Rope	Sutton Rd	47

175: CO-ORDINATED BY KATHY HANDEL: ph 6238 3596 khandel@bigpond.net.au

Joan Mason	Bingley Way	44	Margaret Hekeimin	Merino Vale Dr	19
Sue Ward	Norton Rd (Bingley to Weeroona)	32	Anne Gardner	Weeroona Dr (Norton to Majors)	32
Kathy Handel	Norton(Wrona2 Hilltop+Wirndra)	21	Phil Leeson&C Fogarty	Norton Rd (Campbell to Bingley)	27

230: CO-ORDINATED BY KERRIE FISHER: ph 6238 3489

Lesley Page	Valley View Ln	4	Deb Gordon	Yalana East	45
Colleen Foster	BdoreRd BtwnJoRocks&NortnRd	25	Dominica Lorima	Norton Rd – North End	42
Cassie Fisher	Clare Ln	12	Lyle Montesin	The Forest Rd area incl Joe Rcks	65
Jules Clancey	Norton Rd #1033-#1240	37			

201: DOMINICA LORIMER dlorimer@internet.on.net

Sophie Davis	Weeroona (254 – 400)	18	Susie & Brad Edwards	Weeroona (417-512)	17
James Houlcroft	Macs Reef Rd (DenleyToGumFlt)	7	Maria Taylor	Birriwa Rd & Gum Flat Lane	19
Nora Stewart	Rovere Ln	7	Justin Jarvis /Joel Smith	Macs Reef Birriwa to Harriott	14
Megan Wallace	Harriot Rd	28	Belinda Morris	Macs Reef Rd (Nwington2 Bankers)	11
Sandra Favre	Newwington Rd	20	Carol &Clive Boughton	Macs Reef (Bankers To Fed Hwy)	34
Chrystal Earle	Snowgum Road	26			

167: CO-ORDINATED BY IAN COILLET ph 0402 027 452 lodestar@ozemail.com.au

Simon Lewis	Federal HwSvcRd	22	Louise Baldwin	Wattle Flat Rd	11
Lyn Parkinson	Bidges/Hickey/OldGoldMines	53	Fire Brigade	Headquarters on Bingley Way	1
Glen Dorahy	Sutton Park Estate	55	Russell Ball	Macs Reef – Denley Dr to BngndrRd	25

148: CO-ORDINATED BY DAVID FEATHERSTONE ph 6236 9722 bushranger_au@hotmail.com

Chris Fowler	Millyn Rd	22	David Featherston	B'doreRd SmHill to&nclgdCrkBRd	27
Sue Aunella	Brooks Rd	24	Leigh & Derek Morris	Wyoming Road	20
Kerrie Gougeon	B'dore Rd (CreekB to Fed Hwy)	33	Peter Sharp	Doust Road	20

255 CO-ORDINATED BY NED NOEL ph 0409-997-082 email nednoel@optusnet.com.au

Robyn Elsom	Denley Dr (Sth End to 429)	15	JonesFmly+JulieJohnsn	Denley 191 to 414	26
Tony Bond	HoganDr/OranaDr/Yuranga Dr	52	Mary & Paulo Beneforti	Dnly Dr frm MacsReef to Birchmans	12
Janey & Paul Pedersen	BirchmansFrmDenleyUp2SaraRf	15	Helen Longdon	SarahReef&BrichmansFrmSarah2End	11
Murray Goodridge	B'dore Rd (MR to&nclgd Smrhl)	40	Diana Griffin	Majors Close	19
Diana Boswell	Donnelly Rd 29 & Grove Rd 8	38	Advertisers & Misc	Out of area advertiser mailouts & msc	27

TOTAL 1,350

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Wamboin Thursday Social Group

The Thursday Social Drop In Group operates each Thursday morning from 10 – 12 noon at the Wamboin Hall, Bingley Way. If you have some time free on a Thursday morning pop in, have a cuppa and chat. New people are very welcome to attend.

I would like to acknowledge the passing of one of our members, Rob Brunswick. Rob had been involved with the group for a number of years and was much loved. Rob will be remembered for his positiveness, his zest for life, his cheeky manner but more importantly, for being a genuine family man. He will be sadly missed. Our condolences to Lisa and family. Narelle Pumphrey

QPRC Mobile Library

The QPRC Mobile Library bus will be at the Wamboin Hall from 10.30-11.30am on Thursday 7 and 21 September 2023. This is a great opportunity to borrow books, CDs, audio books, and the staff are always willing to help. After you have visited the library drop into the Social Group and have a cuppa. – Narelle Pumphrey

Social Table Tennis

Table tennis offers a great way to bond with other people while you stay fit and active. There are many benefits to everyone from playing table tennis Including: Improved balance, Improved reflexes, aerobic exercise, mental sharpness, as well as having fun and making more friends. Meets each Thursday, 6-8 pm, at the Wamboin Community Hall on Bingley Way. All welcome. Everything provided. Contacts: Suzee – 0419 285 949, Michael 0406 606 238.

Girl's Watch Found after Fireworks

Found near coffee stall. If yours, and if you can describe it, email whisper@wamboincommunity.org.au or phone 0409 997 082 to describe the watch and claim it. - editor

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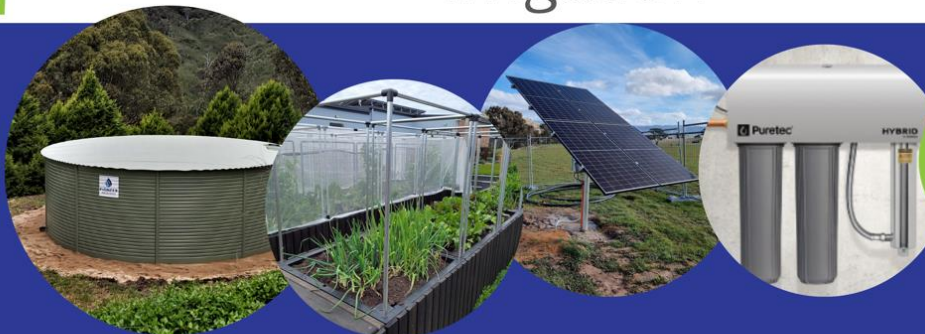


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Nurtured by Nature

The article below appeared in the Sutton Chatter. It is reprinted here at the request of the Gearys Gap / Wamboin Landcare Group and with the permission of Professor Debra Rickwood, the author, and the permission of the Sutton Charter.



On 20 June 2023 Professor Debra Rickwood gave a presentation on how our natural environment affects mental health and wellbeing:

In our current society we are spending less and less time in nature as a result of urbanisation and our ever-increasing screen time. These two factors alone lead to our brains being overwhelmed with impressions. Our lives are more sedentary, we spend more time inside, and often feel alone, which have all led to a global trend of increased mental health problems.



Over the past decades researchers have investigated the effects of spending time in nature on reducing stress and depression. They have found that spending time in nature can increase attention span, lower stress, improve mood, reduce the risk of psychiatric disorders, and increase empathy and cooperation.

Research shows that even a small exposure to a natural environment can increase a sense of well-being. Green spaces around schools, hospitals and social housing for instance have shown that students learn better, patients recover more quickly, and tenants in social housing function better.

As a result of these studies, psychologists and doctors are increasingly prescribing time spent in nature as a form of therapy for patients. One form of experiencing nature is from Japan, called shinrin-yoku, or forest bathing – which is to mindfully immerse yourself in a natural environment (15 minutes regularly is enough). Aim to engage all five senses through the 5-4-3-2-1 grounding technique: 5 things you can see, 4 things you can hear, 3 things you can smell, 2 things you can touch, and finally something you can taste. To find out more, you could look at: <https://www.youtube.com/watch?v=19T26Qunxf8>

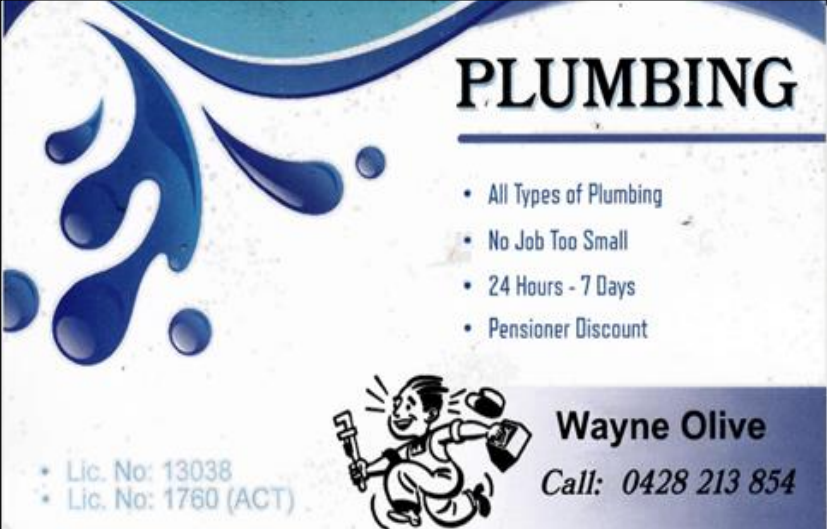


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WAMBOIN WEATHER – rainfall and temperature records

(48 years from Cooper Road) by Christine Rieber

August Rainfall Stats

August rainfall to the 27th 28.25mm
2023 total rainfall to 27/8 449.5mm

Average August rainfall..... 56.7mm
2022 August rainfall..... 146.5mm
2022 total rainfall to 27/8..... 562.5mm
47yr Av. to end of August..... 434.4mm

September Rainfall Stats

2022 September rainfall..... 76.5mm
Wettest September..... 154.75mm in 2016
Wettest September day. 64mm on 17/9/13
Driest September..... 6mm in 1994

Average September rainfall..... 63.9mm
Average no. rain days in Sept. 9.8
Highest no. rain days..... 19 in 1984
Lowest no. rain days..... 2 in 2018

September Temperature Stats

2022 Sept. maximum.....19.5°C
Sept. 2022. Av. max 16.4°C & min 4.3°C
Hottest Sept. day..... 29.5°C on 23/9/17
Hottest Sept. night..... 15.1°C on 13/9/17
Average day temperature..... 14.5°C
Warmest September..... 2020
Av. day temp. 18.1°C & nights 5.2°C
(highest 18.6°C in 2019 & 6.3°C in 2001)

2022 Sept. minimum.....-1.2°C
Av. Sept. temp... 9.5°C (day+night comb.)
Coldest September day.... 5°C (2 times)
on 4/9/1982 & 28/9/2009
Coldest September night... -4°C on 1/9/12
Average night temperature..... 4.6°C
Coldest September..... 2015
Av. day temp. 12°C & nights 1.8°C
(lowest 11°C in 2016 & 1.6°C in 2012)

21st September is the spring equinox where day & night are equal length (12 hours).



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What the Heck Chapter 16

Those of you who visit churches when traveling will know that some of the older church buildings are very much a one purpose building. They are setup up for seating parishioners who are attending a service. Our local Sutton church was erected as a one purpose building (actually it was built as a one purpose room). It was built just to accommodate people for a church service.

This created a small problem for the preacher, on arrival to conduct the service. In the early days the preacher came out from St Johns in Canberra either by pushbike, horseback or sulky, and for obvious reasons did not wear his robes on the trip. He needed to change into these on arrival. With St Peters, being a one room building this meant changing clothes in front of those who had arrived early (or in front of everyone if he was a little late).

In 1944 it was decide to erect a small temporary 'vestry' in one corner of the room using a steel pipe frame from which curtains were hung. This allowed privacy for the priest; however it was also used as a kitchenette for the tea and coffee making facilities, a storage area, and the organist's seat protruded through the curtain, making it not very spacious. This 'temporary' structure remained until about ten years ago when it was removed, when the ministry team decided they, having travelled from home in a car, were not embarrassed by putting on their robes over the top of their day clothes, whilst being observed by the congregation (who should not have been looking anyway as the vestry was at the back of the room). These days, robes are only worn on special occasions, so it is not such a problem as it seems it was for preachers 100 years ago.

But I have wandered off track there, as I was referring to the seating in St Peters that makes it a one purpose building. It is thought these ancient pews were made by Macs Reef miners, not by a furniture designer. Probably the most uncomfortable seats ever invented! They were obviously intended to keep the occupant awake during the sermon. Eventually, around the turn of the millennium, then Sutton resident Russ Ferret, renovated and innovatively incorporated them into modern comfortable seating. However pews cannot be easily re-arranged. So it was still a one purpose building.

Meanwhile St Andrews at Wamboin was newly constructed, and like some newer Canberra churches, was fitted out with



chairs. This allowed flexibility. Chairs could be spaced out, closed up, even taken away completely, to allow other than worship service activities to be held. Many community groups use the building for activities requiring a larger space, such as the local Bridge Club which sets up their tables and chairs for their competitions. Over the years there have been musical recitals, small group singers, and debates. Recently the building hosted a significant age birthday dinner for a local OAP.

The new hall at Sutton will allow flexibility. Roll on completion day! - Alan Rope

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Our new season starts this month. We look forward to seeing familiar faces and lots of new ones too! Come and visit us. Come and run a stall with craft or local produce.

We will be starting this season with two special events:

- Announcement and distribution of prizes for the **Wamboin Winter Story Competition**. At the time of writing I have had 40 interested people. What a terrific response. Many thanks. Competition closed on 31 August, so the judges will be busy between then and the 16th!
- **2nd hand Horse Gear Sale** – instead of the usual second hand clothing sale. Please see flyer for details. Inside and outside stalls available. **See you at the markets**

SPRING TALK: Waste Management, Recycling and Sustainability, in Bywong and Wamboin Tuesday September 19, 7:30 – 8:30, Wamboin Hall

Bywong and Wamboin residents are invited to a community forum on local environmental issues led by Vanessa Palmer, *QPRC Waste Minimisation Officer*, and Emery Joseph, *QPRC Environment Education Officer*. Come along and speak of your own efforts, concerns and aspirations in waste minimisation, sustainability, weed and landscape management and related environmental activities. Vanessa and Emery will talk about QPRC's work in Wamboin and Bywong in managing waste and recycling, weeds and natural areas, and related issues. They have also been part of QPRC's participation in sustainability, waste management and other environmental initiatives by other councils across our region and with the Canberra Regional Joint Organisation.

While knowledgeable and employed to work in the above mentioned areas, they are not equipped to answer questions about rates or development applications.

The discussion will end at 8:30. Please stay afterwards for refreshments and informal discussion with Vanessa and Emery. – **Emery Joseph (QPRC), Vanessa Palmer (QPRC) and Ned Noel (WCA)**

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Bird Of The Month

By Luke Downey

For September I chose the Little Pied Cormorant, a common and distinctive bird of local dams and waterways.

Little Pied Cormorant (*Microcarbo melanoleucos*)

Size: 58-64cm (wingspan 84-92cm)

Status: Common breeding resident



The Little Pied Cormorant is a small cormorant with distinctively pied plumage. The underparts, including face are white (sometimes stained yellow-brownish), and the upperparts are black, including the nape and crown. The legs and eyes are also black. Immature birds are duller, smudgy off-white below and brownish-black above. The stubby hooked bill is yellow. This species is the most widespread Australian cormorant and is found in/around virtually all types of waterbodies, including small farm dams and ponds, to rivers, lakes and also in coastal areas. They occur usually solitary, or in small

groups, unlike other cormorants which tend to form flocks. Little Pied Cormorants sit very low when swimming in the water with just their back and head above the surface. They dive often, for long periods, catching fish, yabbies and other prey underwater. They often roost on exposed perches near water, with their wings fanned out to dry, since their feathers are not fully waterproof and become soaked with water. Therefore, they have to perch regularly to dry off the water that soaks into their feathers. In flight they are slow with regular wingbeats on long wings and their long tail is visible. The similar, but much larger, Pied Cormorant is very rarely

recorded in our region (more common coastally), it differs from Little Pied by having a black mark on the flank, and a longer ivory-coloured bill with blue, pink and yellow facial skin. Little Pied Cormorants breed in colonies with other waterbirds, they lay their 2-5 eggs on a large stick platform in a tree overhanging water. You are unlikely to find them nesting but a few breed along the Molonglo River and at Tuggeranong Marsh in Canberra. Keep an eye out for them around your dams or watercourses.

(Photos from Google images)



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Fibre Network Update – Wamboin Communications Action Group (WCAG) – August 2023 by Glenn Archer for WCAG

A fibre network is being built by Opticomm Pty Ltd under contract with the NSW Government. This will see some 1,400 homes and businesses across Wamboin, Bywong and Sutton connected to a fibre to the premise (FtP) based broadband service. Opticomm commenced the construction of the network in late 2022, with the target date set for the completion of the network’s construction being December 2023.

As at the end of August 2023, WCAG understands that Opticomm has installed fibre in Sutton village, Sutton Park, Goolabri, Bidges Rd and Eagle Hawk. As far as we can determine, few (if any) residences or businesses in these locations have been “switched on” and no fibre has, as yet, been laid in either Bywong or Wamboin. This means that there is now zero chance of the project achieving its target completion date – just four months away.

Over the last six months WCAG has been receiving an increasing number of queries from residents of Bywong and Wamboin regarding the project’s slow progress. Despite WCAG’s requests Opticomm has failed to provide even an outline of a project schedule and the last update issued by the Project Team, based in the Department of Regional NSW (DRNSW), is dated December last year. WCAG has been told by Opticomm that the primary cause of the delay is related to challenges in getting power to certain network interconnect sites and that this has recently been resolved.

For those residents following this project’s history, you will recall WCAG’s frequent references to the importance placed on this project in terms of it providing an additional level of protection against storms and fires. Our communities are poorly served in terms of communications – with unreliable or non-existent mobile coverage in some areas and worse, even where residents who did have access to ADSL based internet, now finding that many service providers are discontinuing even this limited service.

WCAG has repeatedly told officers of DRNSW how important the project is in supporting the community in times of crisis. This issue was explicitly mentioned in the written advice provided as part of our original proposal to government. We now face the prospect of yet another fire season without the added protection of a reliable internet service.

As outlined in previous updates, WCAG has spoken with our local member, Steve Whan MLC, and has kept in regular contact with his office staff. In late July 2023, WCAG sought a meeting with the Minister for Regional NSW, Tara Moriarty MLC. Her office has advised that she is aware of our issues but she is yet to agree to meet.

On 11 May 2023, Minister Moriarty MLC, stated in NSW Parliament that:

“As a strong advocate for regional and western New South Wales infrastructure, I take those portfolios very seriously. Members know that regional communities have been doing it tough, particularly over the past few years. Many communities are struggling after COVID, fires and floods.”

Our community definitely struggled during COVID, given limited access to broadband. We all certainly understand the need for the community and residents to prepare for bushfire, and our fibre network would have been a critical contributor to being better equipped for the 2023-24 season, but alas it now won’t be finished in time to provide any assistance.

WCAG was advised in early August that a “Comms” update for the project has been agreed by DRNSW. This may be issued prior to this edition of the Whisper reaching you. We live in hope! Residents who would like to assist in raising the importance of the project with government or Opticomm, may wish to speak directly to one, or more, of the relevant folk. Contact details are:

- Minister Moriarty – (02) 72256120 or office@moriarty.minister.nsw.gov.au
- Steve Whan – 62994899 or monaro@parliament.nsw.gov.au
- Department of Regional NSW – RDC.program@regional.nsw.gov.au
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Wamboin Playgroup: Celebrating Sunshine, Music, and Community Spirit



The Wamboin Playgroup has been basking in the warmth of the sun and the joy of music last month, making it a time of unforgettable memories for the children and their caregivers. As the days grew longer and the skies clearer, our little ones reveled in the outdoors, embracing the delightful weather that only the Australian spring can bring.

One of the most exciting additions to our playgroup has been the acquisition of a kids' piano. The tinkling of keys and the harmonious notes that fill the air have sparked a newfound interest in music among our children. Their faces light up with enthusiasm as they experiment with sounds and rhythms, allowing their creativity to flourish in ways we couldn't have imagined. The piano will connect our kids to music that will undoubtedly stay with them as they grow.

But, it's not just the children who have been reveling in the spirit of togetherness. Parents and caregivers have united to make the Wamboin Playgroup a thriving community hub. Our recent collaborative effort to plan and cook for the fireworks night was a testament to the strength of our bonds. With great success, we prepared and sold 150 delectable pulled pork and slaw rolls, along with an array of mouthwatering cupcakes, slices, and biscuits. The proceeds from this endeavor will go towards the maintenance of the group, ensuring that our playgroup continues to thrive and provide a nurturing environment for all.

The fireworks night was more than just a fundraising event—it was a chance for friendships to be forged and strengthened. The shared experience of working together, whether in the kitchen or behind the scenes, has brought us closer. As we laughed, cooked, and celebrated, we were reminded of the beauty of community spirit.

As we bid

adieu to the colder months and eagerly await the arrival of spring, the Wamboin Playgroup is buzzing with excitement. Our doors are open to anyone who wishes to join our free playgroup. Every Tuesday morning during NSW school terms, from 10 am to noon, caregivers and children aged 0 to 6 years are welcome to gather at the Wamboin Hall. Remember to bring a hat to protect against the sun's rays and a piece of fruit to share—a simple gesture that embodies the essence of our playgroup.

In a world that sometimes seems to move too fast, the Wamboin Playgroup stands as a beacon of connection, creativity, and shared experiences. With music filling the air and the promise of new friendships blooming, we eagerly anticipate the warmth and joy that spring will bring to our close-knit community. Join us and become a part of the Wamboin Playgroup family—where the sun shines bright and hearts are even brighter.

Till next month. Your local Playgroup caregivers. – by **Clare Camilleri for the Wamboin Playgroup**

- All welcome !
- For children 0-6 years
- 10am - 12noon
- Every Tuesday during the NSW school term
- Wamboin Community Hall
112 Bingley Way
- Bring a piece of fruit to share, a hat and water bottle
- Coffee and tea provided for parents & carers

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Nature Notes - August 2023

Jo Walker

Spring is definitely in the air and the temperatures edging upwards – although we have recently had one or two white frosty mornings. The countryside is glowing with bright yellow Wattle flowers and Sutton Road is a picture at the moment. Most of the Wattles there are the local Silver Wattles (*Acacia dealbata*) and Red-stemmed Wattles (*A. rubida*) – the latter are flowering really heavily this year – with a few Green Wattles (*A. decurrens*) and some Cootamundra Wattles (*A. baileyana*).

Not a lot else is flowering at the moment, but, amongst the herbaceous plants, the low-growing Bear's Ears (*Cymbonotus lawsonianus*) are showing some bright yellow daisy flowers nestled amongst the large green ground-hugging leaves. And a few Early Nancy (*Wurmbea dioica*) flowers are just opening. Also, the creeping vine, Small-leaved Clematis (*Clematis leptophylla*) is climbing through shrubs and ascending tree trunks to show off its clouds of cream flowers. The male and female flowers are carried on separate plants – the latter being responsible for the name Old Man's Beard as the flowers are followed by fluffy white seed heads.

Grevillea flowers are beginning to provide a feast for the Honeyeaters right now – mostly White-eared Honeyeaters and Eastern Spinebills, although a couple of Red Wattle-birds has just joined them.

There used to be White-faced Herons regularly visiting my dam, but I haven't seen any recently – possibly because the vegetation has grown taller and they would have to make a steeper descent than is comfortable for them – so it was good to see two wading in a dam on Norton Road. Another bird I hadn't seen for a while was a Speckled Warbler, but there were two in a grassy open area here this morning.

Birds can get into a bit of trouble sometimes when living alongside human habitation, and I did two bird rescues recently. The first was a Sulphur-crested Cockatoo. After the flock that inhabit my place had finished eating the seed I'd thrown out for them they crowded together raising and lowering their crests, usually a sign of distress. They all flew off when I went out – except for one lying on the ground with its head under a rock! Over the years, as the birds had tried to get every last seed, several of the rocks in the feeding area had developed growing gaps under the edges. The trapped Cockatoo had tried a bit too hard to reach the last seed and the rock had tipped and pinned it to the ground. Fortunately, it was a flat and not very heavy rock and, when I lifted it, the Cockatoo stood up, stretched its wings and flew off to join the others.

The other bird in trouble was a very small Quail with brightly patterned plumage. I was driving along Norton Road when I saw what I thought was a leaf blowing on the road – but when I got closer I could see it was a tiny bird. It crouched on the road when I got out to attend to it, but didn't appear to have any injuries. It was an adult but tiny bird, nestling easily in my cupped hand. I wrapped it up and put it in a container in the car, intending to take it to Wildcare. But, when I got home and opened the box to see how it was, it had fully recovered and flew out of the car and off in the direction it had just come from – it had probably hit the side of a car and was just temporarily stunned.

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Chronology of Wamboin and District, Part 19: January 2017 to January 2020

David McDonald

The sixth edition of an historical timeline of our local area, titled 'A Chronology of Wamboin and District, NSW', dated 22 July 2023, is now available at the Wamboin Community Association's (WCA's) website. Visit

<https://www.wamboincommunity.asn.au/localhistory/> and navigate through the left-hand-side menus Wamboin Locality | Chronology.

It commences with a synopsis for readers seeking a brief overview of the history of the area, and contains 509 entries.

This is the 19th article presenting some items from the Chronology that focus specifically on Wamboin and district, rather than the broader, contextual happenings. It covers the period from January 2017 to January 2020, and future issues will continue the series. The full version of the Chronology at the WCA website provides the documentary sources underpinning these contents and, in some cases, additional information, as well as other entries for the time period covered below.

Date	Occurrence/comment
2017, Jan	A bushfire broke out on 17 Jan at 854 Norton Road, rapidly extinguished by water-bombing helicopters and ground crews from both rural and town fire brigades. Another fire broke out on 31 Jan at 884 Norton Road, and was also rapidly extinguished.
2017, 16 May	Small Farms Network Capital Region Inc. was registered, incorporation no. INC1700664: 'Small Farms Network Capital Region Inc is a not-for-profit community association run by a voluntary committee of small landholders. The network ran its first event in 2015 and became incorporated in 2017.'
2017, 17 Jun	The inaugural Kowen Trail Run, hosted by the Wamboin Runners Group (later the Wamboin Trail Runners Inc.) in association with the Australian Mountain Running Association, took place. It comprised a 42 km marathon, a 21 km half marathon, and a 12 km run/walk. There were over 260 competitors, and many support people filled various roles. The funds raised were donated to the Wamboin Rural Bush Brigade. The key organisers were Jessica Robson, Peter Komidar & Pam Muston,
2017, 9 Sep	Wamboin resident Pete Harrison elected as a Councillor of the Queanbeyan–Palerang Regional Council.
2017, 9 Sep	Sutton celebrated the 150-year anniversary of the founding/gazettal of the village on 5 Jul 1867.
2017, 20 Sep	Greenleigh (Queanbeyan) resident Cr Tim Overall elected as the first Mayor of the Queanbeyan–Palerang Regional Council (QPRC). He had been the Mayor of the Queanbeyan City Council prior to the creation of QPRC, and subsequently the Administrator of QPRC.
2017, 10 Nov	Wamboin Trail Runners Inc. registered, incorporation no. INC1701492.
2018	Karen & Simon Stratton opened Norton Road Wines (winery and Biggies Restaurant) at the former Shepherd's Run Winery.
2018, March	'Clean Up Australia Day – after 27 years I sadly report there will be no official Clean up Australia day in Wamboin. QPRC has decided that it is too much risk for us to clean up the Wamboin road verges. It will only support clean ups on roads under 50kph. Imagine the risk we have been taking over the last 27 years (with no incident) to undertake this event of Community pride.' Lofty Mason had organised the Wamboin Clean Up Australia Day activities over those 27 years.
2018, May	A new Telstra mobile phone tower commenced operation on private property at the corner of Denley Drive and Birchmans Grove.
2018, 29 Jun	Gazettal of the Millpost Stone Axe Quarry Aboriginal Place, on the 'Millpost' station.
2019, 01 Jan	On New Year's Day, Canning Close, Wamboin resident Vicki Still, while rescuing her dog from the grasps (literally) of a huge male kangaroo, was seriously injured by it, receiving lacerations to her face and arm requiring emergency treatment at Queanbeyan Hospital and follow-up plastic surgery in Canberra.
2019, 18 Apr	The business name D&K Kitchen @ Lark Hill registered. The proprietors of the restaurant (at the Lark Hill vineyard & winery) were Chef Daniel Hiltbrunner & Katrina Hiltbrunner. Their restaurant opened on 21 Jun 2019.
2019, 7 Sep	Celebrations to mark the centenary of the establishment of the Sutton Village Hall (1919-2019), and launch of a book on the village's history: McNeill, A & Walker, A 2019, <i>Sutton stories: in the words of the locals: 150 years 1867-2017</i> , Sutton and District Community Association Inc., Sutton, NSW.
2019, 27 Sep	'Smiths Gap' on Bungendore Road, 5 km northwest of Bungendore, officially named as such.
2019, Nov/Dec 2020, Jan	Black Summer bushfires. The North Black Range/Tallaganda National Park bushfire, and other huge fires in the ACT and NSW. The district was covered in smoke, with the Canberra region's air quality reported as being 'the worst in the world'. The Wamboin Rural Fire Brigade was deployed throughout the period on numerous challenging fire-fighting tasks.
2020, 9 Jan	The Bureau of Meteorology (BOM) reported that 2019 was 'Australia's warmest year on record, with the annual national mean temperature 1.52 °C above average' and 'Australia's driest year on record. Nationally-averaged rainfall 40% below average for the year at 277.6 mm'. Highest annual mean maximum temperature on record for the Canberra area.