

GUNGALIN SMOKE SIGNALS



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Quality NBN comes to Casey
GCC Submission on Planning Bill



UPCOMING MEETINGS:

GCC public meetings are held on the 2nd Wednesday of the month at 6:30 pm. Meetings are held regardless of any pandemic restrictions - when permitted, we meet at the Gungahlin Eastlake Club otherwise we meet online using Zoom. In either case, we stream and save video of our meetings on the GCC Facebook page (facebook.com/gungahlin) Further details, agendas, and how to register for online meetings can be found at gcc.asn.au/meetings

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Message from the Editor:

Our Gungahlin is a unique place to live, and this amazing experience is reflected in our magazine's stories. They come from the community and are written for the community. Gungahlin Community Council prides itself on having robust ties in our community and welcomes community members' stories. Please submit your contribution to gunsmoke@gcc.asn.au.

RALITSA DIMITROVA



Gungahlin Community Council

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Gungahlin Community Council public meetings are held on the second Wednesday of each month, commencing at 6:30 pm. The meeting venue is the Eastlake Gungahlin Club, located at 51 Hinder Street. The meetings are also streamed live via Facebook.

The Gungahlin Community Council would like to acknowledge and express its gratitude to the ACT Government for its continuous support.

From the President

HENLEY SAMUEL



This is my first comment as President of the Gungahlin Community Council (GCC). Over the course of my tenure as Vice President, I have seen Gungahlin develop significantly, with a number of highly sought-after projects being completed. Under my leadership, we will focus our efforts on supporting development, jobs, infrastructure, health, and transportation to meet the needs of a rapidly growing community.

In the upcoming ACT Budget, we hope to see improvements funded that have been a top priority for the GCC for many years.

The GCC strongly recommends that the Gungahlin district strategy include an initiative to complete the Gungahlin arterial road network. This includes the complete duplication of Horse Park Drive, the duplication of Clarie Hermes Drive, Gungahlin Drive, and Mirrabai Drive, and the analysis and timely rectification of problematic intersections and congestion points. During the pandemic, Gungahlin reached a significant population growth, placing severe pressure on commuter roads. As a result of the delays, it became extremely frustrating. The GCC continuously advocates the need for much greater employment opportunities as well as services and amenities so that residents do not have to leave the district for various needs (including employment).

There is no doubt that transport, roads, and parking will be the critical areas that need to be addressed in the upcoming Budget of the ACT Government. The lack of local services in Gungahlin contributes to the reliance on personal vehicles, particularly in terms of employment. It will be necessary to make significant improvements in public transport if the locals are to be persuaded to stop using their cars as their primary mode of transportation. In some way, we missed out on the concept of being a fully self-sustaining satellite centre - the lack of employment being the determining factor.

The GCC is encouraged that the chronic lack of community and recreation facilities has been recognised by the ACT Government, as the GCC has been highlighting this for some years.

Community facilities in Gungahlin that are not meeting demand (red)—including primary schools, health and child care, community spaces, aged care, youth services, indoor multipurpose courts, and outdoor courts—probably are not meeting demand (yellow), and possibly are meeting demand (green)—from the Community and Recreational Facilities Assessment—Gungahlin District.

Public Primary	Non-Government Primary	Public Secondary	Non-Government Secondary	Public College	Non-Government College	Early Childhood
Neighbourhood Hall	Community Centre	Hospitals	Community Health Centre	Child and Family Centre	Nursing Home/Places	Aged Day Care (Respite)
Religious Facilities	Youth Centre	Senior Citizens Club	Open Space	Libraries	Community Gardens	Aquatic Facilities
Tennis	Multipurpose Courts	Gymnastics	Skate Park/BMX Facility	Outdoor Courts	Lawn Bowls and Croquet	Sportsfields
Yes			Probably Not		Likely Sufficient	

The initiatives under this driver are some of the most crucial in the Draft Strategy, as they are crucial to the wellbeing of Gungahlin residents. The GCC is concerned that this initiative needs to move quickly from strategy to implementation. Timely, significant, and sustained investment is required to actually build the facilities required.

GCC has recently filed a petition to request the ACT Government build a new police station and increase police resources, sponsored by Michael Pettersson MLA and supported by James Milligan MLA, Leanne Castley MLA, and Andrew Braddock MLA. Among all police stations, the Gungahlin Police Station is the smallest and most under-resourced. Facilities are inadequate and do not allow for the growth of the police force.

GCC Submission on the Planning Bill 2022

PETER ELFORD

The **ACT Planning System Review and Reform Project** (Reform) - planning.act.gov.au/planning-our-city/act-planning-system-review-and-reform - was initiated to “deliver a planning system that is clear, easy to use, and that facilitates the realisation of long-term aspirations for the growth and development of Canberra while maintaining its valued character”.

The Planning Directorate acknowledged three key issues with the current planning system that the reform sought to address:

Challenges, Gaps, Opportunities - Three Key Messages ACT Planning System Review and Reform, November 2020

The current system does not adequately accommodate consideration of design quality or development appropriateness, putting at risk the valued character of Canberra and its suburbs.

The disconnect between strategic and statutory planning means the system is not well placed to address future planning challenges and aspirations of the long-term Planning Strategy

These issues, along with the general complexity of the system, is compromising the community's confidence in the system and their ability to fully participate in planning and development

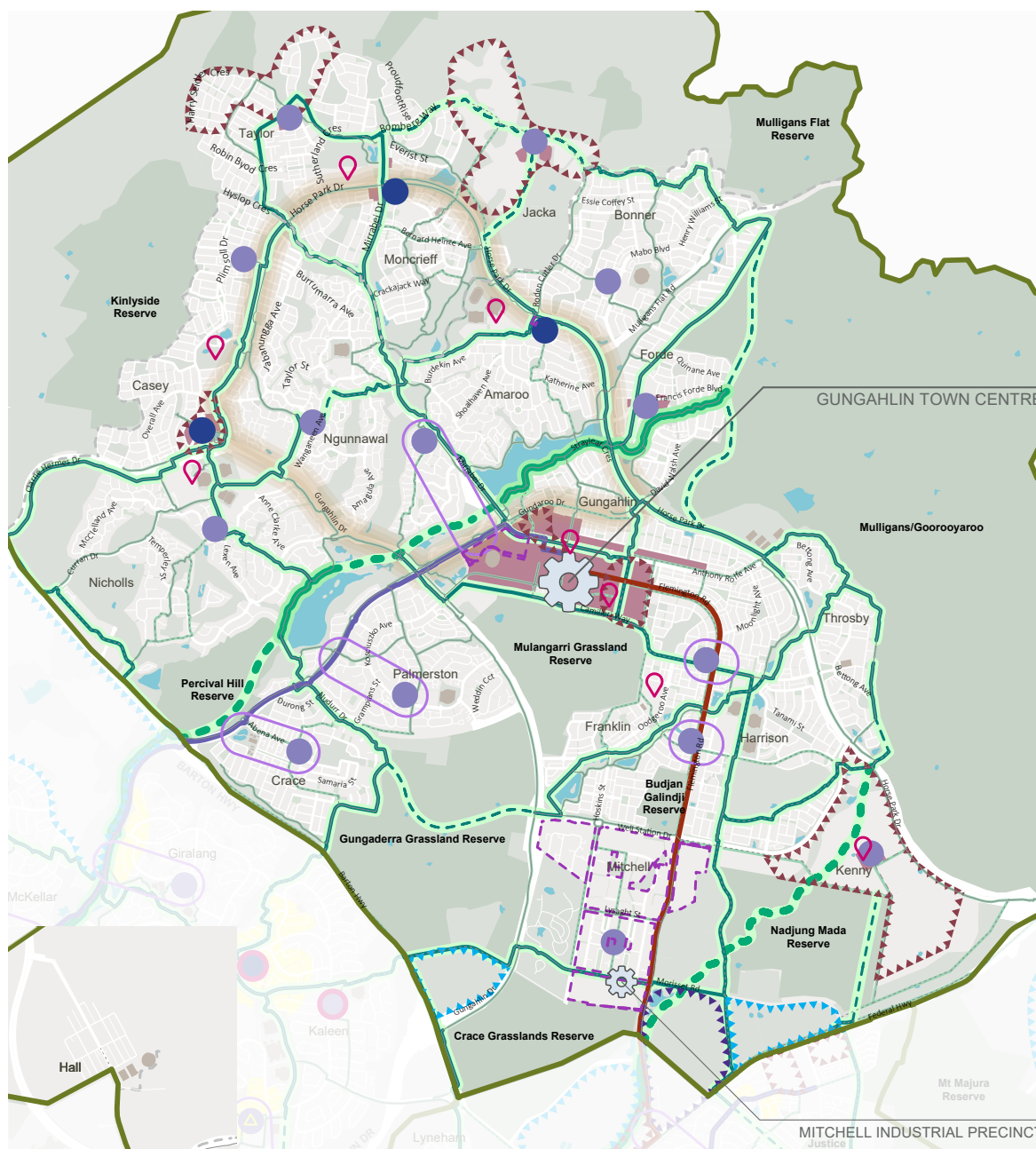
The Government is proposing to move from a rules-based to an outcomes-based Planning System, without (yet) specifying exactly how an outcomes-based system would work. The reformed Planning system is also intended to provide a better line of sight between high-level policies and building controls.

Following (lightweight) public consultations in 2021, the first piece of legislation to implement the reform, the Planning Bill 2022, was published for comment in mid-2022. The GCC raised concerns about:

- The missed opportunity to work more closely with the community and industry stakeholders to reform the Planning system in a manner that built, rather than eroded trust;
- The removal of pre-DA consultation;
- That the principles of good consultation were not defined in the Bill*;
- The suggestion that existing compliance and enforcement powers were fit for purpose and comprehensive; in the GCC's experience, they are not;
- The Planning Bill is being presented without the other necessary elements of legislation, i.e. a new Territory Plan and the (new) District Strategies.

*Indicates an issue that was acknowledged and addressed.

The GCC also provided a written submission and spoke in person to the Inquiry into the Planning Bill undertaken by the ACT Assembly's Standing Committee on Planning, Transport and City Services. Their final report, published in December 2022, made a total of 49 strong recommendations based on widespread community concerns about the governance arrangements within the new Bill and a significantly diminished oversight role for the actual ACT Assembly. The government's response (on April 24, 2023) was largely dismissive of the Inquiry's findings, particularly regarding the introduction of any mechanisms to improve decision-making or any suggestion that the Bill and Reform process should be externally and independently reviewed.



Consultation on the other legislative pieces, the Territory Plan and District Strategies was undertaken over the 2022-23 summer period. Again, key parts of the legislation, in this case the Design Guides that are supposed to contain some of the specific details that used to be in the Territory Plan were still in development and are unlikely to be published before third quarter 2023. District Strategies are "a new level of strategic planning" introduced as part of the Reform intended to "deliver the ACT Planning Strategy by providing more specific and targeted directions for each district" and "guide the strategic management of growth and change on a district scale".

In response to these drafts the GCC noted:

- There needs to be an immediate and substantial improvement in how the District Strategies are further developed. This is especially important in view of current community feelings of disempowerment and the experience of not being listened to.
- There is serious doubt about how effective District Strategies will be given their scope is much broader than land use planning and hence will require significant commitment by the ACT Government to cross-organisational culture change, and ongoing financial investments, to implement.
- Broad support for much of what is in the Draft Gungahlin District Strategy, specifically the chronic lack of community and recreation facilities in Gungahlin, the need for positive actions to drive development and employment in the Town Centre and the need to improve public transport and roads.
- The need for a Mixed-Use Design Guide, referenced by the Territory Plan, containing benchmarks and guidelines to ensure developers deliver building spaces that are attractive and useable by prospective tenants and the community.

The Reform process has been underway for nearly four years, and much remains to be done. The Design Guides have not yet been published and there will be at least one more Inquiry (probably into the new Territory Plan). Much of what happens will be driven by a political timeline to get the Reform done before the 2024 ACT Election and what position the various parties and MLAs adopts.

Reflecting on the 3 Key Messages at the start of this article:

- The GCC has little confidence that the reformed planning system proposed and the “outcomes based approach” will actually “preserve the valued character of Canberra and its suburbs”.
- There is considerable further work to be done on the Draft District strategies to address the “disconnect between strategic and statutory planning”.
- The community and relevant stakeholders have been poorly engaged in the development of the Reform process which has further undermined “the community’s confidence in the system and their ability to fully participate in planning and development”. The reforms to date appear to have increased the complexity and reduced the certainty of the planning system.

If you have any questions or concerns, please contact the GCC.



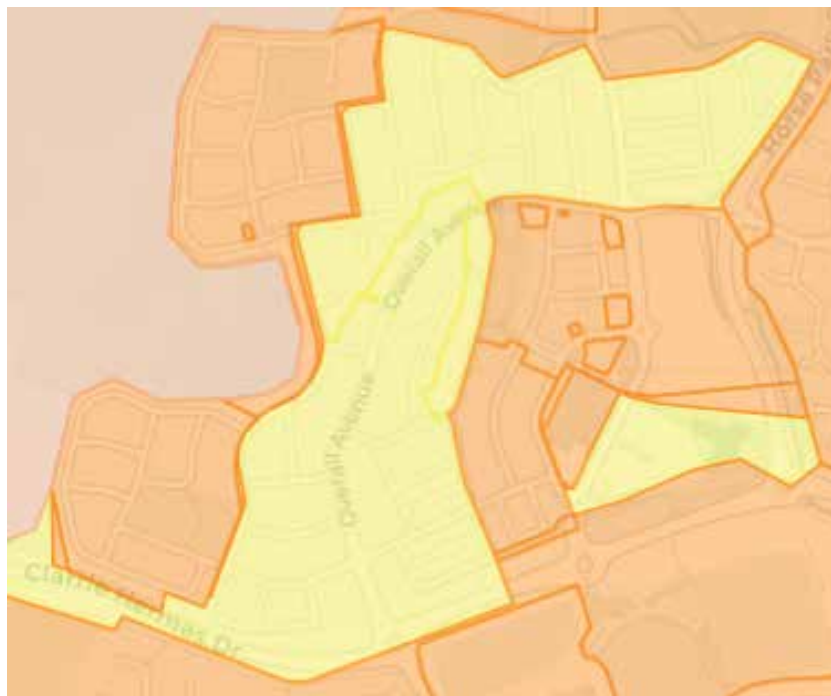
Gungahlin Community Council

Quality NBN (Finally!) comes to Casey Stage 1

PETER ELFORD

Gungahlin has by far the best National Broadband Network (NBN) infrastructure in Canberra because it was part of the early fibre-to-the-home deployment included in early 2012, unless you happen to live in Casey Stage 1.

For reasons that have been lost in time, the first portion of the suburb of Casey that was constructed (Casey Stage 1) was not included in the fibre-to-the-premise (FTTP) deployment and instead received NBN services over lower-quality fibre-to-the-node (FTTN) technology. This resulted in some streets having FTTP-connected homes on one side of the street and FTTN-connected homes on the other. Residents in the affected area (see map below), with the strong support of the GCC, have campaigned to have this anomaly fixed for many years.



Yellow areas are NBN FTTN – others are FTTP (Source: nationalmap.gov.au, NBN All Technologies Types, April 2023).

In 2020, a possible solution emerged in the shape of a **\$4.5B Federal government initiative** to upgrade portions of the NBN by “taking fibre deeper into neighbourhoods serviced by Fibre to the Node (FTTN) technology, enabling on demand fibre upgrades and speeds of up to 1 Gbps”. The **GCC called for Casey stage 1 to be included in the program (gcc.asn.au/gcc-seeks-nbn-upgrade-for-casey-stage-1-and-hall)**, and worked with the Combined Community Councils of the ACT to campaign for Canberra to get its “fair share” of this upgrade program. In mid-July 2021, NBN confirmed that “the part of Casey that is currently not served by FTTP is on our list of suburbs that we intend to perform an FTTP-enabled upgrade in.”

Work commenced in late 2022 on this upgrade and in the first week of May 2023 residents began to receive offers to upgrade, and have been placing upgrade orders with their Internet service providers.



Meet Our Local Representatives in the ACT Legislative Assembly

RALITSA DIMITROVA

Part 3: James Milligan MLA

Did you know Gungahlin has five Members of the Legislative Assembly, also called MLAs? Did you know they are the officials who represent every one of us in the Legislative Assembly? Did you know who they are? Did you know their names? Have you ever met them out there? Did you know they are our officials, but prior to that, they were members of our Gungahlin community?

In the next editions of our magazine, I will introduce our local members of the Legislative Assembly. I decided to ask them several questions aside from the daily politics, and give them an opportunity to tell us about themselves—what they enjoy, what their experience is, and what they think is good for the constituents to know. Because, regardless of their stand on the political spectrum, our MLAs, as our representatives, are there to listen to us and assist us.

Today I will introduce James Milligan MLA. James represents the Canberra Liberals in the Yerrabi electorate, the electorate which our district of Gungahlin falls under. He was first elected in 2016 and returned to the ACT Legislative Assembly in 2021.

James, what is the aspect or part of your job as an elected representative that you most enjoy?

As an elected representative for the ACT Legislative Assembly, the most enjoyable aspect of my job is bringing the community together. Having a sense of belonging and getting to know the faces behind our dedicated community groups, local businesses and residents. When community members take time out of their day to contact my office, it is because they trust I will represent and fight for their issues. Though, the most rewarding factor of my role is the local wins we get. Big or small, they are significant none-the-less.

Is there something you say to yourself, or do each day to stay fresh?

If only coffee was a sustainable way to stay fresh and on top of my game every day! A Cap with one raw sugar, please! Though seriously, I approach every situation with optimism and an open mind, reminding myself of my responsibilities, not only in the chamber, but to the community. To always, be representing the residents of Yerrabi and my Shadow Portfolio responsibilities.

What are your pleasure flow moments outside of your elected role?

When I am not debating in the Chamber or out and about meeting with members of my community, you can find me either on the cricket field or golf course, with a paint brush in hand – or perhaps a whisky. Having a background in publishing and graphic design, I have found using oil paints a pleasurable way to renew my creative passion. More recently, though, I have delved into resin and woodwork.



What is the single best thing you have learned since being an elected representative?

Flexibility and resilience quickly become two very important characteristics. I learnt to be flexible as things change at a moment's notice. Learning to be adaptable in different situations, quick to problem solve while remaining compassionate and understanding. I see politics as a game of golf. It's that one great shot that brings you back, and that one win that spurs you on.

What should all residents know about engaging with elected members to get assistance and help they need for their everyday lives?

We actually want to hear from the community. As elected members, nothing is more important than our local community. And when an electorate constituent passes by my desk, we work efficiently and effectively to have their questions answered or their issues resolved. We are just an email or a phone call away, so please don't hesitate to shoot through an email or pick up the phone.

IAMSA - where Gungahlin's future cricket champions are built

RALITSA DIMITROVA



Gungahlin is home to many sports clubs and associations. We can also proudly call ourselves “a cradle of sports activities.” We host tournaments, competitions, and matches, and all sorts of sports activities happen here. One of the sports with a strong presence in our community is cricket, which we can maybe now consider traditional for Gungahlin. One of the well-known organisers of cricket matches is the Indian Australian Multicultural Sports Association (IAMSA). Today I will introduce IAMSA and its founder and president, Sanjay Sharma. In 2021, Sanjay was one of the finalists for the ABC Radio Community Spirit Awards for his contribution to our community and sports. In addition, Sanjay was one of the ACT Government's “CBR Sport Award” winners in the “Outstanding Services to Sport” category for his contribution to ACT cricket's development and popularisation.

Sanjay, tell us more about IAMSA?

IAMSA (Indian Australian Multicultural Sports Association) is an incorporated association with the ACT Government as a not-for-profit organisation that is run by dedicated volunteers.

Our goal is to provide sports lovers across Canberra (particularly those who have recently moved to Australia) with the opportunity to meet others and share their cultures under the banner of participating in sports. IAMSA's mission is to bring communities together for well-being, harmony, and cultural exchange.



When was IAMSA founded, and what was your motivation and vision?

Eight years ago, I had the idea to set up the not-for-profit Indian Australian Multicultural Sports Association (IAMSA). Since then, IAMSA has been organising various sports tournaments and activities for sports lovers among Canberra's community members, such as the Multicultural World Cup, Independence Day Cricket Cup, Friendship Cup, Pink Stump Day, raising money for the McGrath Breast Cancer Foundation etc.

IAMSA organises Junior Blasters for kids new to cricket, with participants building their skills through fun game-based activities. It is designed for small groups to ensure every child gets a turn, allowing them to test and learn new skills. We organise coaching and volunteer upskilling sessions for girls and women to learn new skills and activities to help deliver and take part in sporting activities. We organise lawn tennis and table tennis competitions so that we can promote awareness for wellbeing and mental health among our community members.

What do you think distinguishes IAMSA and makes it unique?

We are particularly proud of the fact that we include women in cricket! Women's interest in this game is higher than one would expect, and we saw the opportunity to include and promote women's participation in this sport.

Tell us more about women's inclusion in sports like cricket.

After noticing a lot of female spectators but not a lot of female participants at local cricket games, IAMSA decided to change things up in their North Canberra community—and the women they've empowered to pick up a bat and ball haven't looked back. The dream was to give sports lovers across Canberra, particularly those who had recently moved to Australia, a chance to meet others, share culture, and brush up on their cricket skills.

IAMSA has teams that meet regularly to train, play socially, and participate in charity events and occasions like the Multicultural World Cup, but our most recent focus has been getting women onto the pitch. Through a series of training sessions, coaching clinics, and social games, IAMSA embarked on a venture we jovially called “from kitchen to crease.”

“If you involve mum, if mum's happy, then the generation is happy.”

Do you have regular events happening? Is your initiative open to everyone in Gungahlin to join or contribute to IAMSA and its activities?

If you are interested in IAMSA and its activities and upcoming events, please like our Facebook page, “Independence Day Cup.” If you are interested in cricket, you can also find us at iamsacanberra.com.au. We always welcome new joiners at the Bonner Oval, where we have our training sessions!



Update on Yerrabi Pond by Friends of Yerrabi Pond

Founded in 2021 by John and Kay Beagle, Darron and Alexandra Marks, and John Deridder, the Friends of Yerrabi Pond have been involved in significant improvements to Yerrabi Pond.

The ongoing commitment for the Friends' advocacy in Yerrabi Pond remains to highlight the lack of Government attention to the pond, which opened in the late 1990s when the population was approximately 10,000, up to the present time when approximately 85,000 live in the area.



The Friends came into existence after a community petition sponsored by Yerrabi politician Michael Pettersson MLA. Michael officially presented the petition to the Assembly on 23 April 2021. In response to the 2021 petition, the ACT Government undertook a YourSay survey, which endorsed what the Friends had highlighted as being urgently required for the near term and future of Yerrabi Pond. Many recommendations were made, and some major commitments have been funded, but many community issues highlighted by YourSay have yet to be fulfilled.

Both the Petition and YourSay identified rubbish and a lack of waste bins as major issue. 70 percent of those surveyed identified dog waste as being of particular concern, with no provision for dog waste provided. The Friends advocated for an additional education campaign to address community concerns. In response to these concerns, new bins have now been provided in various key locations around Yerrabi Pond.

General maintenance issues were consistently highlighted by the community, which asked for improvements to water quality, particularly the removal of ribbon weeds, which often cover large areas of the pond, making it unusable and unsightly. The rotting weed in the pond water is often smelly for long periods, especially in summer. The need for increased mowing, maintenance, and re-establishment of the playground equipment, as well as increased cleaning of the toilets and BBQ areas, was requested.



Concerns related to safety lighting were highlighted as a particularly important issue for those who walk, jog, and cycle around the pond, particularly during the shorter winter daylight hours. The Friends called for more lighting in particularly dark areas around the pond, particularly the northern side, the Bizant Street playground area, as well as the skate park and basketball courts near the children's playground area.

New sensor activated solar lighting has been recently installed in the Bizant Street playground area, which is expanding along the Amaroo foreshore. Unfortunately, progress has now stopped in the rollout of additional lighting, with limited information provided on any future investment or progress, and for now, it remains a partially complete project.





The lack of adequate toilet facilities the Friends regard as one of the most important and overdue deficiency at Yerrabi Ponds. The two older toilets at the main children's playground picnic area are outdated, and many adults and children refuse to use them. This remains a key concern for many who would like to visit Yerrabi Pond, who highlight the lack of adequate toilet facilities, change tables, and a toilet for those with disabilities as a major concern that needs to be addressed. A recent feasibility study has been undertaken by the Government to address the lack of adequate toilet facilities.

Further findings from the Yoursay identified park and playground issues as the most common area of feedback calling for improvements, expansion, and/or remodelling. A significant number of people suggested upgrading the skatepark, including the installation of appropriate lights. There was also considerable support for the upgrade and enhancement of the dirt park, with suggestions for improved jumps. A written submission was also received that outlined a proposal to rebuild the dirt jump trails as a community-led project.

In response to concerns from the community related to pedestrian and cyclist shared paths, some limited pathway maintenance has been undertaken by the ACT Government. However, walking and cycling paths need further maintenance funding as they are cracked and lifted in numerous locations, presenting a safety hazard requiring significant remediation work to bring the paths up to a suitable safety standard for pedestrians, scooter riders, and cyclists.

To further improve the habitat for local birds and aquatic wildlife, the Friends have joined the Ginninderra Catchment Group, and local community members and MLAs have recently joined forces to plant native aquatic plants at Yerrabi Pond. These events continue to be very successful, informative, and educational community events.

As part of a yet-to-be-released comprehensive plan for water quality at Yerrabi Pond, multiple floating wetland installations have been constructed to address ongoing algae blooms. A local leaf collection campaign is currently underway to address the contribution of decaying organic matter waste that contributes to feeding algae growth in Yerrabi Pond.



Additional bench seating construction work has been undertaken in various locations around the pond foreshore. The Friends and the community felt this addition was important to support people with limited mobility and the elderly in finding locations to rest and enjoy the pond.

Significant maintenance and safety issues related to the children's playground softfall has now been rectified. A children's playground rock-climbing wall has also been relocated to Yerrabi Pond. Unfortunately, the popular children's playground flying foxes have had their handles removed by the ACT Government due to safety concerns. There is no clear timeline for when they will again be able to be used by the public.

Key infrastructure issues yet to be addressed relate to pathway spillway safety signage or mitigation during heavy rain events. The pathways and bridges are often completely covered in fast-moving torrents of water during heavy rain, creating significant danger to the public. Safety issues related to the deterioration of the wooden asphalt-covered surfacing of the bridges have resulted in safety incidents resulting in a number of hospitalisations and injuries reported to the Friends.

The Yerrabi Pond business district continues to be of particular concern to the Friends, from issues related to the general cleanliness and maintenance of the paths and trees to the chronic lack of parking for customers. Significant safety lighting issues have been identified. The area is often in a poor state and would benefit from more investment to support the local Yerrabi foreshore retail and restaurant community. The ACT Government has initiated a parking scoping and feasibility study to address some of the parking issues in this foreshore business area.

Mowing schedules and irrigation of grassed areas to allow better use of the pond for picnics and recreation, as well as continued drainage issues at the Rotunda and storm water inlets near the skate park, require attention. Inlets for stormwater entry to Yerrabi Pond continue to be of concern; the ACT Government has previously cleared the inlets but they are again blocked by sediment and aquatic weed buildup. Rampant weed infestation issues, sediment management, and possible dredging of the pond in some locations should be topics for future detailed investigation and action.

The Friends look forwards to continuing to work on behalf of the local community in our aim to improve Yerrabi Pond and have had a positive impact by highlighting concerns raised by the community.

If you wish to contact or raise any community concerns related to Yerrabi Pond, the Friends maintain an active **Facebook page** named "**Friends of Yerrabi Pond**" or you can email **friendsofyerrabipond@gmail.com**.

Darron Marks
Director of Public Relations and Media
Friends of Yerrabi Pond

Gungahlin Gossip!



Interviewing the Locals

Business Name: Siren Bar

Owner's Name: Daniel Gaul

Address: 30 Anthony Rolfe Ave.

Phone: 02 6162 0377

Email: enquiries@sirenbar.com.au

Website: www.sirenbar.com.au

Facebook: SirenBar

Ralitsa

When was the Siren Bar founded, and how did the idea come into being?

Dan

Siren Bar opened in July 2011, I was always keen to put the first bar/pub in Gungahlin, as I'm from Gungahlin and felt the need to get something like us out here. I already had All Bar Nun operating in O'Connor and was looking for something like that in Gungahlin. Once we found the perfect spot, we got to work, and Siren was born.

What would you recommend from the Siren's menu — food and drink?

The best thing about our menu is that there is something for any time of day, warmer weather I'll go one of our Salad Bowls and cooler days our homemade butter chicken is a must. Gungahlin has



Do you host events, and what types of events?

Siren has hosted thousands of events, from birthday parties to weddings. We also host special events like mini festivals, wine dinners, and beer dinners. Most recently, we ran a launch party for the Canberra Beer & Cider Festival.

What do you love the most about Gungahlin?



Gungahlin has everything! Great sporting teams, schools, light rail, and shops. It's just a great place to live and work, and the community we have is just terrific.

Describe your Siren Bar experience in three words.

Proud, exciting, fun!



Dance for Wellbeing

The 'Dance for Wellbeing' presented by the Rotary Club of Gungahlin aims to improve the physical and mental well-being of seniors while enabling them to socialise in a supportive environment, meet like-minded people, and improve their networking skills.

Dance for Wellbeing classes are movement to music classes designed for seniors who want to keep their body and brain active and healthy, regardless of their mobility or skill level. Their purpose is to improve the muscle strength, posture, flexibility, and coordination of the attendees and provide a welcoming and safe social space for the community. The classes assist the participants in increasing their confidence and building their social connections within Gungahlin and beyond.



In recent years, dancing has been identified as one of the most effective ways to improve quality of life and self-reliance through exercise, movement to music, and socialising. For information about the research on dancing, please see the link below:

<https://hms.harvard.edu/news-events/publications-archive/brain/dancing-brain>

Studies also show exercise is critical in preventing cognitive decline, central in lifting depression and overall mood, and may even delay the progression of the disease, especially if it is held in a supportive social environment.

The classes are made up of an hour of gentle exercise to music, and much of it takes place sitting in a circle of chairs. They are delivered by a ZEST team of very inspiring and well-qualified dance practitioners who guide participants through a carefully planned program of dance activities. Their lively style is outstanding, creating a lot of joy and enthusiasm in the group. In one of the earlier sessions, one of the participants said, "This is my first social interaction after COVID," and another participant said, "I will not miss a session in this class for the world".

The Dance for Wellbeing runs four programs of 10 sessions per year during school terms at Eastlake Gungahlin Club, 51 Hinder Street, Gungahlin. The cost is \$12 per class or \$100 per term. However, community activity vouchers for up to 10 free sessions are offered to all new participants.

The Rotary Club of Gungahlin is proud to present a program that helps Gungahlin foster a stronger community. Participants have created warm, friendly relationships, and many stay back for a coffee chat and often organise a social event. For more information, please contact pr.rcgungahlin@gmail.com or 0410 452 624.

Gordana Morphett

Rotary Club of Gungahlin

Dance for Wellbeing

PRESENTED BY THE ROTARY CLUB OF GUNGALIN

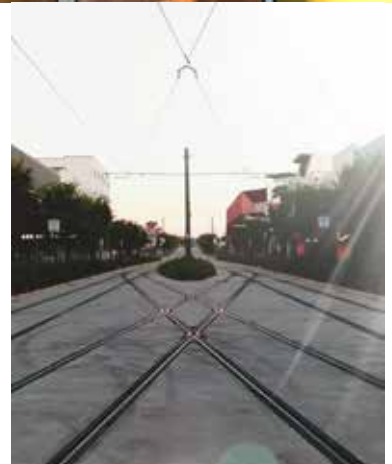
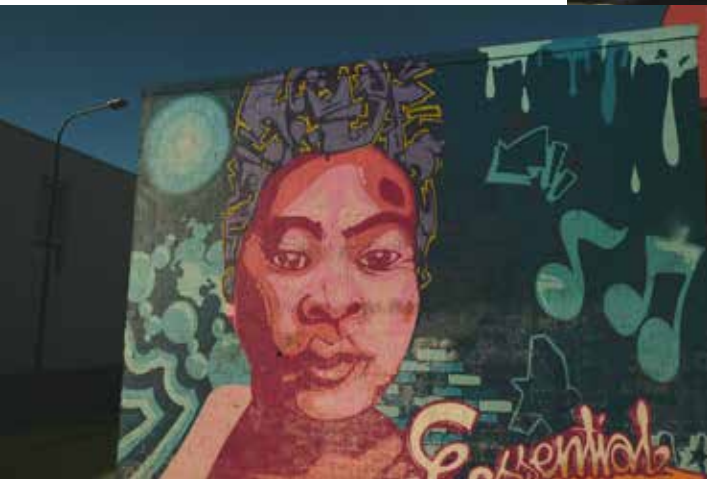
Dance for Wellbeing classes are designed for over 50s who wish to keep their bodies and brain active and healthy, regardless of their mobility or skill. Everyone is welcome, and no previous dance experience is necessary.

Program dates for 2023
2 May to 27 June
18 July to 19 September
10 October to 12 December

Venue and Fees
Eastlake Gungahlin Club
51 Hinder Street Gungahlin
\$12 per class or \$100 per term
Community Activity Vouchers: of up to 10 free sessions when you join the program

www.rotarygungahlin.com
www.zestdwb.blogspot.com
pr.rcgungahlin@gmail.com
0410 452 624


Rotary Gungahlin
GUNGALIN ARTS



Kris Kerehona is a Digital Content Producer and Filmmaker, focusing on documentary film and photography. He graduated from the University of Canberra with an undergraduate degree in Communication and Media/Multimedia Production. His practice has been enriched by working at the National Gallery of Australia and the Australian War Memorial. His work is held in the Australian National Collection and in leading cultural institutions around the world.

@kriskerehona.photo

CAPITAL REGION FARMERS MARKET

Immerse yourself in Canberra's Capital Region Farmers Market, connecting farmers and the community since 2004. Explore a diverse range of fresh regional produce, from local meats and seasonal fruits to organic options and international cuisines. Indulge in honey, olive oil, pasta, chocolate, and take-home meals, and discover an assortment of bread, baked goods, and treats. Horticulture growers offer a variety of plants, while breakfast options and great coffee satisfy your cravings. Experience the joy of knowing where your food comes from and enjoy the friendly atmosphere of our authentic Market with the whole family.

Visit the Market every Saturday from 7:00am – 11:30am at Exhibition Park, Mitchell.

You can follow and stay updated with the Capital Region Farmers Market at:

Facebook: *Capital Region Farmers Market, Canberra*

Instagram: *crfarmersmarket*

Website: *capitalregionfarmersmarket.com.au*

