

## New local businesses supporting jobs in Tuggeranong



Josh Howard and owner Alfred Fripp look forward to welcoming you to That Pasta Place, Alfredo's in Tuggeranong.



### Message from the Chief Minister

After a very challenging few years, Canberra's economic recovery continues to build momentum.

Recent economic data from the Australian Bureau of Statistics has highlighted the strength of our recovery.

The number of businesses has grown by more than 5,000, since 2016. We now have more than 30,000 businesses in the Territory.

Almost 23,000 additional jobs have been created, increasing the total labour market to more than 230,000. As a result, the ACT has low unemployment and one of the strongest jobs markets in the country.

Our objective is to continue this growth and move towards 250,000 jobs in our economy by the end of 2025.

Andrew Barr



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## Locals embrace That Pasta Place

Tuggeranong's newest Italian restaurant That Pasta Place, Alfredo's is more than just a place to get fresh food and delicious coffee – it's a place to have a chat and connect.

Owner Alfred Fripp says it's this type of 'old-fashioned corner store' that's missing from people's lives, particularly after the last couple of years of COVID-19.

"From our menu and service to our Facebook page, our business comes with a personality that you don't get with big business," Alfred said.

Supporting the local community bounce back from COVID-19 is also important to Alfred.

"I've made a point of only hiring young and inexperienced locals so they can get their foot in the industry and gain valuable skills on the job."

Head online to discover more new hospitality businesses opening across Canberra.



Todd Kaye and the hospital's rehabilitation outpatient lead Michelle Bennett.

## Long COVID clinic now open

A new clinic at University of Canberra Hospital is helping people recover from long COVID-19.

Canberra Health Services Allied Health Director Todd Kaye said the clinic provides tailored rehabilitation services to help patients return to their pre-COVID activities.

"Our multidisciplinary team of health professionals is here to help you recover from COVID-19," Mr Kaye said.

Talk to your GP about the clinic and to get a referral.



## Stay well this winter

With the 2022 flu season expected to be severe, it's more important than ever to get your annual flu vaccination.

Flu shots are recommended for everyone aged over six months and should be booked as soon as possible with your GP, pharmacist or other healthcare provider.

You can get your flu and COVID-19 vaccinations at the same appointment.

You can also make COVID Smart choices to stop the spread of flu and COVID-19 this winter. This includes staying at home if you have symptoms, practising good hand hygiene and wearing a mask in crowded places.

## Have your say on ACT Disability Strategy

You are invited to contribute to the new ACT Disability Strategy. We want to hear from the 80,000 Canberrans who identify as having a disability, carers, families and the whole community so we can make our city even more inclusive. Head online to have your say.



**YOUR SAY**

Disability Reference Group Chair Renée Heaton.



## Read more online!

Scan this QR code for links to all your Our CBR articles in one place or visit [linktr.ee/ourcanberra](https://linktr.ee/ourcanberra)





## Bonython teacher wins leadership award

Bonython Primary School Deputy Principal Marc Warwick has received a sustainability School Leadership Award for his creative and inspirational work to change attitudes on sustainability and climate change.

Marc's passion has led to the school establishing sustainability leaders and forging a partnership with the Little National Hotel in which students learn about fulfilling careers in environment protection and conservation.



## Free bulky waste bookings available

Save yourself a trip to the tip and book now to have bulky waste collected from your home.

Tuggeranong residents can have up to two cubic metres of waste picked up each year for free.

Bulky waste items include old furniture, household appliances, electrical equipment and more.

Head online for the full list of eligible items and to make a booking.

## Kambah playing fields getting new lights

Kambah district playing fields are being upgraded with LED lights as part of sportsgrounds lighting upgrades across Canberra.

The improvements will support our local sports teams to train and play through winter.



## Wood heater tips for winter

If you use a wood heater to heat your family home, start preparing now to make sure it runs efficiently this winter. Cleaning and maintaining your wood heater will increase its effectiveness and help reduce smoke pollution.

Head online for tips on how to burn safely, save money and keep your house warm.

### Acknowledgement of Country



The ACT Government acknowledges the Traditional Custodians of the land, the Ngunnawal people. We acknowledge and respect their continuing culture and contribution to the life of this city and region.



**Accessibility**  
Ph (02) 5124 0000



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# Celebrate Reconciliation Day

The 5th annual Reconciliation Day in Canberra will be celebrated on 30 May with a family-friendly event at the National Arboretum.

The free event will reflect this year's theme – Be Brave, Make Change – and help foster a deeper understanding of our national story and Aboriginal and Torres Strait Islander culture.

This is an opportunity for Canberrans to explore how we can all contribute to achieving reconciliation in Australia.

Head online to view the program of activities.

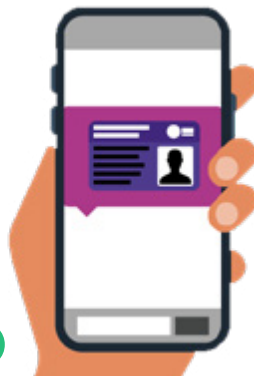


## SMS alerts for car rego and licence renewals

SMS reminders are now available to renew your driver's licence and car registration.

Reminders will be sent two days before the due date and will help you to never miss an important payment.

Head online to [act.gov.au/updateyourrego](https://act.gov.au/updateyourrego) to register or update your mobile number.



## What's on in May

**5–7 May** **Aunty Donna – The Magical Dead Cat Tour**  
Canberra Theatre Centre

**6 May** **NRL: Raiders v Bulldogs**  
GIO Stadium

**7–8 May** **Fox Superflow Sealed by Stan's: Bicycle Racing**  
East Stomlo

**Until 8 May** **Canberra International Music Festival**  
Multiple Locations

**11 May–5 June** **Inspirations from the Gardens**  
Australian National Botanic Gardens

**13 May** **Brumbies v Crusaders**  
GIO Stadium

**18–19 May** **Miracles in the Age of Reason – Canberra Symphony Orchestra**  
Llewellyn Hall, ANU School of Music


**19 May–2 July** **Collide + Divide**  
Craft ACT

**21 May** **Brumbies v Blues**  
GIO Stadium

**28 May** **Urzila Carlson: It's Personal**  
Canberra Theatre Centre

**29 May** **NRL: Raiders v Eels**  
GIO Stadium

**30 May** **Reconciliation Day celebration**  
National Arboretum

 For more events and details, visit [events.canberra.com.au](https://events.canberra.com.au)



## Volunteer Week: a time to give back

Canberrans are encouraged to explore ways to give back to the community this National Volunteer Week (16–22 May).

There are many opportunities to help make our city a more supportive and inclusive place, whether it's volunteering through sports, arts, wildlife rescue or wellbeing initiatives.

The week is also a time to thank the Canberrans who volunteer for our community, such as 2022 Citizen of the Year Mohammed Ali (pictured).

Head online to read Mohammed's story and find volunteering opportunities near you.