

FREE



# The Kangaroo Valley Voice

JULY 2026



# Citrus Fest

When life gives  
you citrus, create a festival



**THE VALLEY**  
Red carpet premiere  
page 3

**OUR BOWLS TEAM**  
Goes global  
page 13

**DYING GRACEFULLY**  
A tribute to Wes  
page 16



*We respectfully acknowledge the Traditional Owners of the land on which we live, work and play. Their sovereignty was never ceded and this always was, always will be Aboriginal land. We pay our respects to their Elders past, present and emerging and their continuing connection to this Country.*

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The Kangaroo Valley Voice is a monthly newspaper that aims to support and develop the Valley's economic, social and communication infrastructure. All Valley residents, clubs and organisations are invited to forward editorial submissions. There is not a January issue of the Voice.

The deadline for all submissions for the August issue is 18 JULY 2026. Please send to: thevoice@kangaroovalley.nsw.au

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*The opinions expressed in the Voice are those of the authors and do not necessarily represent the personal opinions of the Voice committee.*

# Welcome

**Someone once told me that if you've got an idea in Kangaroo Valley, chances are someone will help you make it happen.**

This month's issue is proof.

Citrus Fest makes its debut as a community celebration of food, sharing and sustainability. It's the brainchild of Angie Prendergast-Sceats who is on our cover this month. Arts in the Valley launches the next chapter of its Visual Arts Festival, while Valley Shorts prepares for its first Season Weekend, inviting more people to discover the storyteller within.

But these are only part of the story.

Around the edges, the bowls team heads to Fiji, local students experience Bundanon thanks to the efforts of the P&C, thousands of dollars are

raised for cancer research, and another tennis season reaches its conclusion before the next begins. Across the Valley, people volunteer, organise, create, compete, fundraise and care.

Others devote their energy to issues that matter deeply to them, speaking up about developments they believe could shape the future character of this place.

For a small community, a remarkable amount happens in a month. Perhaps that's why a documentary telling the story of Kangaroo Valley premiered to acclaim at the Sydney Film Festival in June – three hours to do it justice!

Different projects. Different passions. One community.

Enjoy our July issue.

**Julie Ward**  
Editorial Director

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**PLUS our regular features from around the Valley**

## The Valley rolls out the red carpet

**For more than two years, cameras quietly followed life in Kangaroo Valley.**

They turned up at markets, sporting events, community gatherings, fundraisers and festivals. They captured moments large and small, collecting hundreds of hours of footage and becoming a familiar part of Valley life.

This month, that journey reached a milestone when *The Valley*, filmmaker Ian Darling's three-hour documentary portrait of Kangaroo Valley, had its world premiere at the Sydney Film Festival.

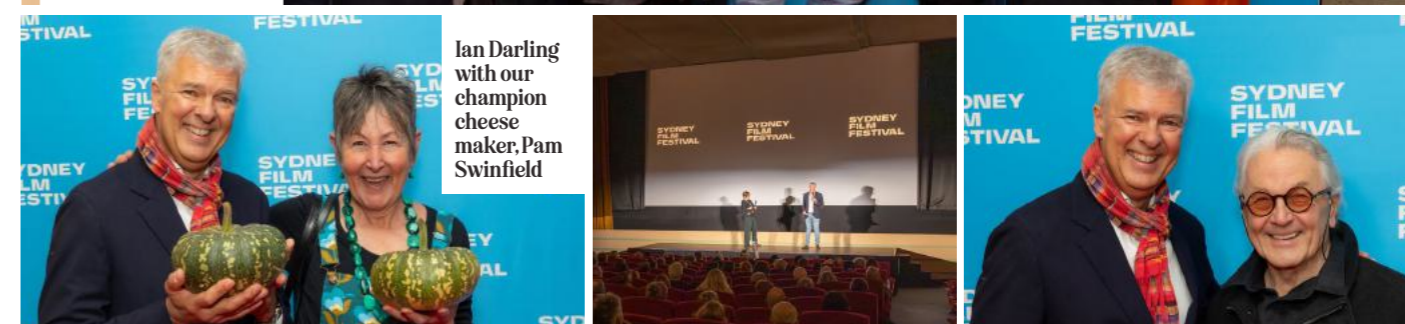
Many locals made the trip to Sydney, swapping gumboots for red-carpet attire and perhaps attending their first film premiere. Yet what struck audience members most was not the glamour, but the experience of seeing their community reflected on the big screen. Familiar faces, shared stories and breathtaking aerial images of the Valley prompted a common response: what an extraordinary place we are fortunate enough to call home.

**Julie Ward**

**Turn to page 21 for more pictures of this event.**



The Shark Island team



Ian Darling with our champion cheese maker, Pam Swinfield



Ian and Peter Garrett

Ian with John Bacon and Helen Gelberman

Kate Hodges and Sarah Butler with Ian

Ian with George Miller

# Kangaroo Valley Community Consultative Body

New financial year on its way – new systems coming

**K**VCCB Meetings are held every two months, on the last Monday of the month. Details on how to 'be in the know' are below. Updates from our May 2026 meeting follow.

## Accredited Community Forums

The 21 CCBs across the Shoalhaven will be transitioning to 'Accredited Community Forums' as from 1 July 2026, with tacit legal separation between Council and the ACFs, and ensures that representation between communities and councillors remain the same.

The KVCCB will not be changing its name.

## Roads



Roads are a constant issue, both state and local.

Works on Hampden Bridge continue to proceed according to schedule, with a desire to restore the load limit to the previous 42.5 tonnes. However, issues have been repeatedly encountered with the Variable Messaging Signage that advises motorists of closures, especially if the bridge is open but the VMS says closed. A suggestion has been made to TfNSW that they adopt a subscription SMS service, similar to the one that Endeavour Energy uses in times of power outages.

A pavement issue has been reported on the section over the culvert between the school and the Catholic Church. There would appear to be some subsidence there, and people are encouraged to avoid a potential trip hazard. TfNSW has been notified.

The Shoalhaven Mayor and the Director of City Services are to meet with residents of Upper Kangaroo River to discuss the condition of the road above the slip, which is in deplorable condition, as are some of the feeder roads.

## Mobile phone tower

Work on a mobile phone tower is expected to commence in June, a game changer for those in that notorious black spot.

## Wildlife Rescue Kit

Al Lockyer's initiative has also launched the Wildlife Rescue Kits, available at the Post Office for \$50. These are not substitutes for contacting WIRES or South Coast Wildlife Rescue but can help a motorist assist an injured animal until more qualified assistance can arrive. Proceeds will be donated to the aforementioned organisations.



## Aged Care Facility

Matt Southworth spoke on progress with the Aged Care Facility initiative. The group had a very encouraging meeting with the Council CEO, and more community input is welcomed.

## BESS

AGL followed up from their drop-in sessions (held 29 and 30 May) on the proposed, large-scale Battery Energy Storage System to be built on Old Bendeela Road; with another opportunity to speak with their community liaison officer, Mieka White. Mieka informed us that the EIS should be available in September.

## Keep informed

The next meeting of the KVCCB will be held at the Hall at 6.30pm, Monday 27 July 2026. All are welcome.

As a resident/ratepayer of Kangaroo Valley, you are automatically a member of the KVCCB Inc. If you would like to be included on our Mailing Database, please send the email address(es) to be added to [kvccb@kangaroovalley.nsw.au](mailto:kvccb@kangaroovalley.nsw.au), including contact name(s), residential/property address(es) in Kangaroo Valley and surrounds (no PO Box numbers) and contact mobile/phone number(s).

Provide separate details per member (e.g. one for each partner) to ensure all individual members are copied and have an appropriate opportunity to contribute and vote where necessary.

Additionally, news is kept up to date on our website <https://kangaroovalley.nsw.au/kvccb/> and our community Facebook group <https://www.facebook.com/groups/kvccb/>

Hugh Sinclair

## Service NSW is coming to our community

**Monday  
6 July 2026  
from 1pm to 4pm  
Nostalgia  
Factory,  
167 Moss Vale Rd**



# Peter Garrett to head national AUKUS inquiry

Kangaroo Valley resident Peter Garrett has been appointed to lead an independent inquiry into the AUKUS submarine pact.



Peter Garrett  
Photo: Parliament of Australia / aph.gov.au

of Australia's landmark defence agreement with the United States and the United Kingdom.

**T**he former Midnight Oil frontman, environmental advocate and former federal minister will chair the inquiry, which will examine the implications

Speaking to the *Kangaroo Valley Voice*, Mr Garrett noted that the agreement needs to be better understood.

"By any measure the secret decision to spend at least \$386 billion on three second-hand nuclear-powered submarines with five more to be built and designed by three countries, which will not be delivered – if they arrive at all – decades from now, needs to be fully understood," he said.

The inquiry is expected to consider a range of issues including cost, sovereignty, environmental impacts and Australia's long-term strategic interests.

Having spent much of his public life advocating for the environment and the communities connected to it, Mr Garrett said people living away from Australia's major cities often had a keen understanding of the importance of public

investment and community priorities.

"People living outside capital cities well understand how precious resources are, for schools, roads, aged care and more, especially at times like these, so I encourage everyone to participate and support this important democratic project," he said.

The inquiry will include public hearings and submissions, with Australians encouraged to contribute to the discussion as it examines one of the nation's largest public spending commitments and its implications for future generations.

Julie Ward



## Hampden Bridge update

Positive news, for now.

**L**ast month we reported we had approached the Minister, concerned about options being considered in a feasibility study commissioned by Transport for NSW. These options included a new bridge alongside Hampden Bridge. We are pleased to advise that it has been agreed that subsequent discussions and information have overtaken this study, that the priority is to restore the bridge to previous capacity and that the feasibility study will only be revisited if this cannot be achieved.

This is a good result and means we are less likely to be confronted with unacceptable proposals developed without consultation or regard for heritage principles.

However, we still need to ensure that diverting heavy through-traffic to alternate routes and maintaining our mountain roads are firmly on the agenda. And the long-term protection of Hampden Bridge through a community-based Conservation Management Plan and Hampden Bridge Trust are the only ways to ensure the survival of our bridge into the future.

Thanks to everyone who is supporting our campaign; we have shown that we get results when we are armed with great information and community support. Please stay in touch via our FB page.

Wendy Caird  
Friends of Hampden Bridge

## Budgong fuel spill update

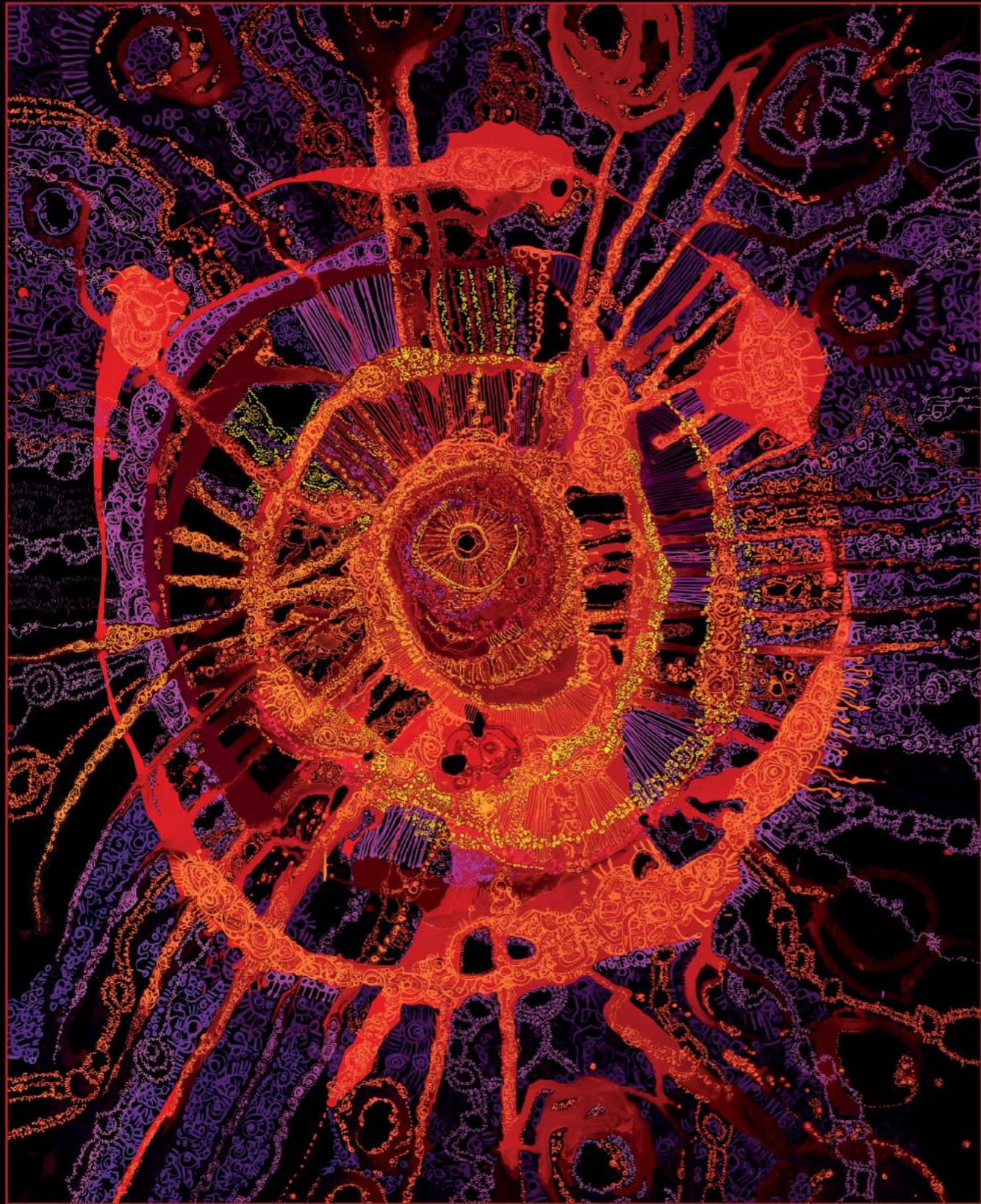
Following the fuel tanker incident in Budgong on Saturday 6 June, Shoalhaven City Council is advising anyone who draws water from Bugong Creek to check their water supply for possible contamination.

**A**pproximately 2000 litres of fuel – mostly unleaded petrol and a small amount of diesel – entered the creek after the incident. Emergency services, the NSW EPA and Council responded quickly to contain the spill and limit its spread downstream.

As a precaution, anyone who has collected creek water since the spill should check for signs of contamination, including fuel odour, taste or visible residue. If contamination is suspected, water tanks should be cleaned and flushed, and water tested for hydrocarbons and other chemical residues.

Council has directed the tanker company to investigate any environmental impacts, including reports of affected aquatic life, and monitoring of the creek is continuing.

Anyone seeking advice about water testing can contact Shoalhaven City Council's Environmental Health team on 4429 3111.



**CELEBRATING NAIDOC WEEK 50 YEARS DEADLY 5-12 JULY 2026**  
**Paralpi by Zaachariha Fielding**  
Paralpi extends Zaachariha's acclaimed *Inma* series and reflects a deeply cultural and immersive narrative grounded in Country. The artwork depicts the sounds of *Paralpi*, a significant place just outside Mimili on the eastern APY Lands in South Australia. As Zaachariha describes, *Paralpi* is a place where people come to embrace and celebrate children, where they are taught by Elders to move and mimic their Clan emblem – for Mimili, this being the maku (witchetty grub).

#NAIDOC2026 #FIFTYYEARSDEADLY #NAIDOCWEEK  
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Aboriginal Flag designed by Mr Harold Thomas.



Torres Strait Islander Flag reproduced by kind permission of the Torres Strait Island Regional Council, designed by the late Mr Bernard Namok.



**NAIDOC WEEK**  
**50 YEARS DEADLY**  
**5-12 JULY 2026**

Sunday 5 July  
3.00 – 5.30pm  
Kangaroo Valley Hall  
Tickets \$20 per adult  
Kids Free

Book online or at the door



# NAIDOC Week 2026

From 5 to 12 July

Reconciliation Allies KV is supporting NAIDOC Week and has organised an afternoon of First Nations films and conversation in Kangaroo Valley on 5 July.

So why is it important? The NAIDOC website tells us in the following excerpts:  
*NAIDOC has always been more than a week – it's a platform, a protest, a celebration, and a statement of survival.*

*This moment is about looking back at the stories, the marches, the languages, the art, the leadership. At the strength it took to get here. It's about recognising how far we've come, not by chance, but because generations of people refused to be silenced.*

*It's also about the here and now, who we are today. Grounded in culture. Strong in our identity. Leading change across every field.*

*We're telling our own stories, in our own way, on our own terms. And it's about the future. The next 50 years. The young ones growing up proud. The return of language. The return to Country. The fight for justice continuing with new tools, new voices, and the same fire.*

Reconciliation Allies KV





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# Citrus Fest

## makes its debut



This winter, Kangaroo Valley will come together to celebrate one of our town's most abundant and overlooked treasures: citrus.



**Citrus Fest** is a new community festival designed to connect people through food, gardening, practical skills and local knowledge. Over one vibrant weekend, residents and visitors will have the opportunity to learn from growers, makers, cooks, gardeners and artisans while discovering just how much can be done with the humble citrus crop.

The idea for Citrus Fest grew from a simple observation: every winter, citrus trees across the Valley bend under the weight of fruit. Backyard trees overflow with lemons, oranges, mandarins, cumquats and limes, often producing far more than a household can use. While much of this fruit is generously shared amongst neighbours, a significant amount still goes to waste. Rather than seeing this abundance as a problem, Citrus Fest celebrates it as an opportunity.

The festival aims to build community resilience by helping people learn practical skills that reduce waste, encourage self-sufficiency and strengthen local connections. It's about sharing knowledge, how to grow healthy citrus, preserve seasonal harvests, create value-added products,

and make the most of what is already growing in our own backyards. I love the opportunity to bring the community together and it's extra special when it's learning a new skill around food.

### Comprehensive weekend program

The weekend program offers something for everyone.

**FRIDAY** begins with an outing, **Growing & Caring for Your Citrus Farm and Orchard Tour**, visiting local properties to learn about pruning, grafting, soil health, pest management and commercial citrus production. It's a day for gardeners and those interested in growing.

Friday night I will host a signature dining event, **Citrus Without Borders**, taking guests on a culinary journey around the world, exploring how different cultures have embraced unique citrus varieties.

**SATURDAY** brings us a huge event supported by the KV Show - **Preserving Your Crop**. It's a day of demonstrations covering everything from marmalade and preserved lemons to fermented drinks, citrus curds, skincare products and essential oils.

As evening falls, adults can enjoy **Citrus**

**After Dark**, a cocktail-making workshop featuring local spirits and citrus syrups, or come along and test your knowledge at the fun-filled **Zest Quest: The Great Citrus Trivia Night**.

**SUNDAY** morning, families can get involved through the **Citrus Creations: Kids' Craft & Discovery Workshop**, where children will make lemon batteries, citrus stamps and natural wreaths. The weekend concludes with the **Grand Citrus Swap & High Tea**, a community gathering where guests bring homemade cakes, preserves, slices and citrus-inspired creations to share.

At its heart, Citrus Fest is about celebrating what makes Kangaroo Valley special: generous people, abundant local produce and a willingness to share knowledge with one another. By bringing together growers, makers, families and food lovers, the festival hopes to strengthen community connections while showcasing the incredible potential growing right outside our back doors.

After all, when life gives Kangaroo Valley lemons, there's a whole festival's worth of possibilities.

*Angie Prendergast-Sceats*

## Citrus Wine and Dine

Event	When	Where	Cost
Citrus Without Borders Dinner	Fri 31 Jul, 6.00pm	KV Hall	\$90
Citrus After Dark: Cocktail Craft Workshop	Sat 1 Aug, 5.30pm-7.00pm	KV Hall	\$120
Zest Quest: The Great Citrus Trivia Night	Sat 1 Aug, 7.30pm	KV Hall	\$15
The Grand Citrus Swap & High Tea	Sun 2 Aug, 2.00pm-5.00pm	KV Hall	\$28



Scan QR Code to Book Tickets



# Citrus Creations

Kids' Craft & Discovery Workshop

**A fun-filled Sunday morning designed especially for children, Citrus Creations: Kids' Craft & Discovery Workshop will combine creativity, science and nature in this interactive workshop.**

We invite kids to explore the wonderful world of citrus through a range of hands-on activities that are both educational and entertaining. It's an opportunity for children to learn, make, experiment and play while discovering that the fruit growing in their own backyards can be used in some surprising ways.

One of the workshop's most exciting activities is creating a lemon battery, where children will discover how citrus fruit can generate electricity through a simple science experiment. It's a fun introduction to scientific principles that encourages curiosity and problem-solving while demonstrating the hidden potential inside a humble lemon.

For budding artists, there will be plenty of opportunities to get creative with citrus painting and stamps, using vibrant colours and fruit-inspired designs to create unique works of art, transforming sliced oranges, lemons and limes into beautiful patterns and colourful prints to take home. There will be opportunities to make citrus-inspired wreaths

and much more!

Families can enjoy a variety of creative workshops that encourage imagination, exploration and a connection to the natural world. The relaxed, hands-on format allows children to participate at their own pace while parents and carers join in the fun. Kids under two years are free and attendees can take home all their artwork from the day.

The workshop reflects one of the key goals of Citrus Fest: bringing the community together through learning and shared experiences. The Kids' workshop will run from 10.30am on Sunday 2 August in the Kangaroo Valley Community Hall.



## Citrus Workshops

Event	When	Where	Cost
Growing & Caring for Your Citrus – Farm & Orchard Tour	Fri 31 Jul, 10.00am–3.30pm	Various Valley locations	\$15/25
Preserving Your Crop – From Tree to Table	Sat 1 Aug, 9.00am–4.00pm	KV Hall	\$55/35/25
Citrus After Dark: Cocktail Craft Workshop	Sat 1 Aug, 5.30pm–7.00pm	KV Hall	\$120
Citrus Creations: Kids' Craft & Discovery Workshop	Sun 2 Aug, 10.30am–12.30pm	KV Hall	\$22



Scan QR Code to Book Tickets

## Earth Care. People Care. Fair Share.

These three permaculture principles quietly underpin much of what happens in our community. From Crop & Swap gatherings to neighbours sharing a box of surplus lemons over the fence, abundance is often viewed as something to be celebrated and shared.

If your citrus trees are producing more fruit than you can use, consider donating your surplus to local food relief organisations such as Salt Care and the Nowra Community Food Store. Fresh produce is always appreciated, and your excess could make a meaningful difference to others this winter.



# Preserving your crop

Turning citrus abundance into opportunity



**One of the highlights of Citrus Fest is Preserving Your Crop – From Tree to Table, a full day dedicated to helping locals make the most of the citrus growing in their backyards. A day proudly supported by the Kangaroo Valley Show Society.**

Every winter, Kangaroo Valley's lemon, orange, mandarin and lime trees produce an incredible abundance of fruit. While much is shared amongst friends and neighbours, plenty still goes unused. This event aims to change that by bringing together local makers, preservers, growers and artisans to share practical skills for transforming surplus fruit into delicious products and useful household items.

Rather than sitting through a single presentation, guests will rotate between multiple demonstration stations, creating a 'speed dating'-style format where participants can learn from a diverse range of experts throughout the day.

### Support from around the Valley and the region

We're lucky to have a community to support this event, with specialists including Katrina from Caterina's making preserved lemons

and cordial, and Winderong teaching honey-fermented citrus, fermented sodas and probiotic drinks, as well as creating natural cleaning products. Tony from the General Cafe will show us how to make his award-winning marmalade and jams. Angie will demonstrate a delicious citrus curd and the versatility of dehydrated powders. Cheryl Patterson will be there with her amazing candied peel. We'll also have Nicole and Andy from Roses & Co in Longreach demonstrating how to make natural skincare and even distilling essential oils.

### Tips, tastings and the many benefits

Each session includes practical instruction, tips for home production, and tastings, allowing participants to experience first-hand the flavours and possibilities of preserved citrus.

Beyond the delicious outcomes, preserving seasonal fruit offers significant benefits. It reduces food waste, extends the life of a harvest, saves money, and allows households to enjoy local produce long after the citrus season has ended. Many preservation methods are simple, affordable and easy to incorporate into everyday life.

The entire event will take place at the Kangaroo Valley Community Hall on 1 August from 9.00am. The full program is available on the ticket page. Tickets for morning session or afternoon.

### Preserving day program

- 9.00am – Acknowledgment of Country and Welcome
- 9.15am – Fermented sodas (Winderong)
- 9.40am – Honey-fermented citrus (Winderong)
- 10.15am – Candied citrus peel (Cheryl Patterson)
- 10.45am – Preserved lemons (Katrina, Caterina)
- 11.15am – Cordials and syrups (Katrina, Caterina)
- 12.00pm – Lemon curd (Angie, Angie's Food)
- 12.30pm – Dehydrated citrus powders (Angie, Angie's Food)
- 12.45pm – Discussion, tastings
- 1.00pm – Morning session concludes
- 1.45pm – Natural skincare products (Nicole, Roses & Co)
- 2.30pm – Marmalade and jams (Tony, The General Cafe)
- 3.00pm – Natural cleaning products (Winderong)
- 3.15pm – Distilling essential oils (Andy, Roses & Co)

## Citrus Fest farm tours

See how healthy, happy trees produce an abundance of citrus

**Citrus Fest kicks off at its logical starting point – with the citrus trees that produce such an abundance of fruit in Kangaroo Valley!**

On Friday 31 July, locals and visitors will get a chance to tour three very different orchards and farms, providing an opportunity to explore how to grow, prune and propagate citrus.

The day begins at Fire Mountain Permaculture, nestled in the rainforest, where visitors will dive into the fundamentals of citrus care, including a practical pruning workshop and grafting demonstration. From there, the next stop is the

vibrant permaculture property Winderong Farm, offering an insightful tour and discussion on soil ecology, tree health, natural pest management and building resilient growing systems.

The day finishes at the stunning Yarrowa Estate, home to a commercial citrus orchard supplying fruit to some of Sydney's finest restaurants. Discover how citrus is grown on a larger scale, hear the story behind the orchard, and gain a unique behind-the-scenes look at producing premium fruit for the hospitality industry.

### Grow healthy citrus

The focus of the whole day will be on growing healthy citrus, starting from the importance of soil health and nutrition to taking a holistic

and environmentally sensitive approach to pest management.

Visitors will learn how to manage citrus trees across the turn of the seasons, including how to prune trees to best fit the circumstances they're in, whether that's a single backyard lemon or an entire orchard. There's even a chance to see how new trees are propagated, and how additional varieties can be added on to existing trees!

Learning from experienced local growers, there will be ample opportunities to ask questions and to dig deeper into topics of interest. Everyone will go away buzzing with enthusiasm for growing their own happy, bountiful citrus trees.

**James Robertson**



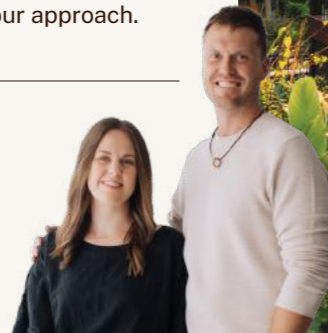


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# Bowls goes global

Fun and games bowling in Fiji

Seven players from Berry Bowling Club travelled to Nadi in Fiji from 21 to 28 May to compete in the 2026 Sunny West Bowls Carnival.

The trip was organised by the President of the Berry Bowling Club, 'Tige' Lidbetter, who was accompanied by 'Jingles' Chittick, Mark Power, Greg Williams, David Badger, Deb and myself. Fiji resident Steve McLellan completed the team but succumbed to a back injury after the first game and was replaced by local player and resident greenkeeper Prakash.

Whilst the greens were heavily worn and not up to the high standard that we are used to in Berry, the tournament was very well organised and well run. A total of 96 players from Fiji, New Zealand, Pacific Islands and all over Australia, competed in the fours competition and 72 competed in the pairs.

Tige, Deb, Steve/Prakash and myself managed to win two of the five games but failed to make the playoffs. Greg, David, Mark and Jingles played well in difficult conditions but also did not make the playoffs. A curious footnote about the playoffs was that, due to heavy overnight rain, the bowling green was unplayable. Nonetheless, the show must go on and the games were played on the tennis courts. Yes, that's right! On the hard-surfaced, sloping tennis courts. Fortunately, none of us had to worry about it.

In the pairs, Jingles and I had the horror draw with four of the five teams we had to play making it to the finals. Greg and David won four of their five games but lost their match against Tige and Mark. Ironically, Greg and David made it to the playoffs but Tige and Mark missed out.

The most important thing about this trip was the camaraderie. We had a great time, heaps of fun, the occasional beverage and we are all looking forward to doing it again next year. After all, for me, it's all about the T-shirt. Thanks very much to Tige for organising the trip.

Rob Folkard



Jingles Chittick, David Badger, Mark Power, Tige Lidbetter, Greg Williams, Rob Folkard – note condition of green

*The most important thing about this trip was the camaraderie.*

Below left: L-R Jingles Chittick, David Badger, Mark Power, Greg Williams, Greg's opposition skip, Rob & Deb Folkard, Prakash & Tige Lidbetter.

Below right: Finals of the four being played on a tennis court.



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# Valley Shorts

2027 Season Launch and Workshops



**W**hen Valley Shorts launched in 2024, we weren't entirely sure what would happen.

Would anyone enter? Would families make films together? Would local people discover stories they didn't know they had to tell?

Two years on, we've watched school students, first-time filmmakers, retirees and entire families create short films that have entertained, surprised and moved audiences in the Kangaroo Valley Hall.

As Valley Shorts heads into its third year, we're creating something new – a mid-year Season Launch Weekend that celebrates community storytelling, revisits some favourite films from our first two years, and helps local storytellers take the next step from watching films to making them.

Thanks to a new partnership with Shark Island Films, the weekend combines a Saturday Movie Night and a Sunday StoryLab – a day of practical workshops designed to help those interested develop the skills and confidence to create their own short films.



Leading our first StoryLab is award-winning filmmaker and screenwriter Angela Blake, founder of SmartFone Flick Fest (SF3), Australia's international smartphone film festival. For more than a decade Angela has championed smartphone filmmaking, helping

emerging filmmakers around the world turn ideas into films and proving that compelling stories can be created with the device already in your pocket.

Before StoryLab takes place, Valley Shorts will host a special Community Screening and Season Launch.

### Screening and Launch

In previous years, audiences at the KV Show have squeezed into the KV Hall alongside dahlias, artworks, produce displays and the occasional cheese fridge to watch local films.

This new dedicated screening on the Saturday gives everyone a chance to enjoy some of the standout films from Valley Shorts' first two years in a more comfortable setting, whether you're a regular attendee or someone who's always meant to come along but never quite managed it.

The evening will also mark the official launch of the 2027 Valley Shorts season, including the announcement of the new competition theme and details of how local filmmakers can get involved.

If you've ever wondered whether you could make a short film, this is the perfect place to start.

### Sunday workshops

StoryLab follows on the Sunday with three practical workshops.

The day begins with a family workshop for children aged seven to 12 and their families, exploring how to turn a simple idea into a short film using a smartphone or tablet. Expect plenty of hands-on activities, creativity and fun.

The second workshop focuses on smartphone filmmaking techniques. Angela will share professional tips on camera work, framing, movement, lighting and audio capture – practical skills that can immediately lift the quality of your films.

The final session dives into storytelling itself. Participants will explore genre, character development, story structure, treatment writing and storyboarding – the building

blocks that turn an idea into a compelling film. Whether you're making a 60-second Valley Shorts entry or dreaming of something bigger, every great film begins with a great story.

No filmmaking experience required. No expensive equipment required. Just bring your curiosity, your ideas and your smartphone.

*Julie Ward*

## Save the dates

**Valley Shorts  
 Community Screening  
 and 2027 Season Launch**

Saturday 19 September  
 Kangaroo Valley Hall

**StoryLab Workshops  
 with Angela Blake**

Sunday 20 September  
 Kangaroo Valley Hall

## Be in the know

If you'd like to be among the first to hear when tickets go on sale and the full program is released, email us at: [valleyshorts.au@gmail.com](mailto:valleyshorts.au@gmail.com)

You've got a phone. You've got a story. Let's see where it takes you.

# The Art of Dying Gracefully

*In memory of Wesley Hindmarch FRAIA (1973–2026)*



**In Kangaroo Valley we know how to gather. We gather for births, weddings, fires, floods and music. Recently, we gathered for the farewell of local architect, artist, father and friend, my husband, Wesley Hindmarch, and in doing so were reminded of the art of dying gracefully.**

Wes was a man deeply shaped by place. A sixth-generation Tasmanian, he carried with him a profound connection to landscape, community, first nations culture and belonging. Whether through architecture, activism, art, family or friendship, he spent much of his life exploring how we connect to each other and to the places we call home. Those values shaped not only how he lived, but also the farewell he helped create.

Death and grief are often hidden away in Western life, managed quietly behind closed doors, with children discouraged from participating. Yet Wes's final journey after a long illness showed another way – one that was deeply personal, creative and held by community.

*Three weeks after he had died, Wes came home for one final night.*

His cardboard casket, designed by dear friend and artist Minion Steele, was itself an artwork, carried into the living room wrapped in collage images of foliage, water, vistas and light. Inside lay drawings of a horse and a snake beneath red fabric, along with a biscuit for his journey following Buddhist guidance from friends afar. Family and friends added messages, memories and small tokens of love.

As the autumn sun began to set, an outdoor service began with a smoking ceremony led by Raymond, sending Wes's spirit to sit with the elders in the stars, the campfires.

More than one hundred people gathered on the grass through the evening. People from all chapters of Wes's life shared their memories – his mother, childhood friends from his youth, his early adult surfing and travel adventures, his university years and career, and his friends here in the Valley. I spoke, reading his final words and our 11-year-old son Fin and Zoe Elliot played guitar.

There were photographs and videos from surfing adventures, an online memory book, and an audio life story Wes had recorded especially for Fin. Native trees were offered for people to plant in his memory. There was music, laughter and tears.

As the stars appeared, people gathered around fire pits, sharing stories while Wes's own playlist drifted through the night air. Images of Wes's artwork were projected onto our home he designed and playfully named, the Sheep Chute. The Beaumont Fire Brigade sounded their sirens in tribute before everyone moved to long tables overflowing with flowers and food brought by the community.



Children disappeared into the bush to play Wes's made-up game of sentry with his son. Some friends and family camped overnight, keeping vigil and preparing to greet Wes's final dawn.

Many people have since said to us, "I didn't know you could do this".

The bittersweet gift of a long illness was that we had time to think about how Wes wanted to leave this world. We were fortunate to discover community-led approaches to death care and to learn that families can be active participants in caring for their loved ones right to the very end, in their own time.

As dawn approached, three Tibetan monks chanted prayers in the living room while fog hung over the mountains beyond Wes and the window. White scarves were placed over the casket and, at precisely the auspicious time of 7.30am, Wes left his home through a doorway facing west.

Family and friends walked behind him along the driveway and down to the Glenmurray creek crossing. The only sound was tumbling water. Then, slowly, he disappeared into the fog.

There was breakfast afterwards. Everyone helped. Chairs, flowers, lights and tents were packed away and returned to the many Valley people who had contributed so much. The house was gently put back to rights.

This was not simply a funeral. It was community death care in its truest sense.

In truth, communities like Kangaroo Valley have always known how to do this. We bring food. We clean windows, mow paddocks, string lights and light fires. We show up.

There is an art to dying gracefully. It is not about avoiding sorrow or pretending death is easy. It is about making space for love, memory and ritual. It is about having the courage to speak openly about mortality and the generosity to accompany one another to the very end.

Wesley's final farewell showed us what this can look like: a man returning home with his family, a community gathering around him, and a last journey disappearing gently into the mist. His ashes to be returned to Hobart and scattered in a paddle-out by friends.

May we all be so fortunate to live – and to die – surrounded by such.

**Gai Halcrow**



# The Tender Way

Over the past decade, a quiet movement has been growing across Australia.

**It encourages people to become more familiar with dying, death and funerals, and to understand that there are often more choices available than they realise.**

Gai Halcrow and Wes Hindmarch chose Tender Funerals to support them in planning his final farewell. Together they sat around the kitchen table at home and discussed what mattered most to them.

At the heart of the Tender philosophy is the belief that families should understand their options and feel empowered to participate as much or as little as they wish in caring for a loved one after death. For many people, one of the most surprising discoveries is that there is no rush.

When someone dies, it can feel as though a clock immediately starts ticking. Decisions need to be made, arrangements confirmed and a funeral organised. Yet, outside certain cultural and religious traditions, there are remarkably few hard and fast rules about how quickly these things need to happen.

Having time can change everything.

Time to gather family from interstate or overseas. Time to sit with the reality of what has happened. Time to think about the kind of farewell that feels right. Time to make decisions with intention rather than urgency.

Tender has become part of a growing movement to improve what is known as death literacy – helping people understand the practical, emotional and legal aspects of dying and death before they are faced with them.

It is not about rejecting funeral directors or prescribing a particular way of saying goodbye. It is about understanding that there are choices.

The conversation continues locally with a free morning tea and Q&A at Kangaroo Valley Hall in August. The session will explore end-of-life choices and provide an opportunity to ask questions in a relaxed and supportive setting.

Because death is the one thing we know about life and the one thing we all have in common.

Let's not be afraid to talk about it. More details next month.

**Julie Ward**

# Visual Arts in the Valley 2026

Entries open – a season of art begins

Since 2007, Arts in the Valley has brought some of Australia's finest musicians, visual artists and sculptors to Kangaroo Valley through a diverse program of concerts, exhibitions, talks and festivals.

Over that time, thousands of visitors have attended Arts in the Valley events, helping to establish the organisation as one of the region's most respected cultural institutions. Sculpture in the Valley alone has grown into a significant exhibition, with an outstanding sales record.

This year marks the return of Visual Arts in the Valley, the biennial festival that showcases established artists, emerging talent and local creatives from across the South Coast, Southern Highlands and beyond.

Visual Arts in the Valley returns from 2 to 5 October 2026, featuring exhibitions, artist talks, workshops, installations and the popular Open Studios Arts Trail.

For artists considering entering, the season starts now.

### Call for artists

Artists are invited to enter one of three exhibition categories: the Kangaroo Valley Art Prize, the Young & Emerging Art Prize and the Salon of Local Artists. Entries close 21 August.

More than \$23,000 in prize money will be awarded across the festival, including the \$10,000 Kangaroo Valley Art Prize.

This year's exhibition will be curated by Olivia Welch, Assistant Director of Ngununggula Regional Gallery, Bowral, with Southern Highlands painter and National Art School lecturer Steven Harvey serving as judge.

### The Art Party

The Art Party on Saturday 5 September will officially launch the 2026 Visual Arts Festival.

Guests are encouraged to come dressed as their favourite artist or in an art-inspired costume, with prizes for the best dressed. The evening will feature art-inspired games, creative fun, an 'Arty Cocktail' on arrival and supper.

Part fundraiser and part celebration, the Art Party brings together artists, supporters and the wider community ahead of the October festival.

Arts in the Valley

## Festival dates for your diary

8 August  
4.00pm

'Art and Religion: the Faces of God' – talk

29 August  
2.30–4.40pm

hausmusik concert with soprano Ariana Ricci

5 September  
6.00–9.00pm

Art Party

28 September  
10.00am–12.00pm

Children's art & craft workshop

2 October  
6.30pm

Official Opening and Announcement of Prizes – Visual Arts in the Valley

2–5 October

Visual Arts in the Valley exhibition and Art Installations

2–5 October

Art Trail

3 & 4 October

Kids' Tours of Visual Arts in the Valley exhibition

3 October  
2.30–5.00pm

Linocut Printmaking workshop for adults at Studio Dairy (Karen Barker)

4 October

9.00am–11.00am

'MASK: making masks with found natural materials' – workshop for adults at Kerrie Leishman's studio

5 October

9.30am–11.30am

Mixed Media Drawing workshop for adults at The Silo Gallery (A-F Fulgence)

For tickets please scan the QR code.



Continued from Page 3



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Ian with Kristen McLennan and Kate Hodges



Ian with Harold and Pam Sharman



Ian with Jordy Mawson

***The Valley*, filmmaker Ian Darling's three-hour documentary portrait of Kangaroo Valley, had its world premiere at the Sydney Film Festival.**



From left to right: Ian, Andy Gordon, Katrina Endean, Frank Barker, Drew Longbottom, Travis Frenay, Harry Keily, Sarah and Estelle Frenay and Sarah Butler



## A little *hygge* around the table

**W**e've spent June exploring the Danish concept of *hygge* – those simple moments of warmth, comfort and connection that help carry us through winter.

It seems the Kangaroo Valley Show Society ladies may have embraced the idea without even trying. When Pavilion Steward Intan Kallus suggested a casual lunch for the women behind the Show, the response was immediate and enthusiastic, with a

table full of laughter, conversation and friendship gathering around good food on a crisp winter's day. And where better than Caterina's for their *Winter Warmers* menu?

The success of the afternoon was perhaps best summed up by Show Secretary Mairi Langton, who declared: "I would like to propose the motion that regular lunches are locked into the diary!"

The motion was quickly seconded.

Who said there's no such thing as a long lunch? Bring back the '80s!



# VALLEY BLISS

EATERY

*Winter has arrived in Kangaroo Valley*

**NEW WINTER MENU**  
Featuring seasonal favourites including:  
MUSSELS • SOUP OF THE DAY • BEEF CHEEK

LIQUOR LICENCE APPROVED  
BYO WINE CONTINUES

LOCAL • SEASONAL • SUSTAINABLE

COMING SOON

## NEPALESE NIGHT

17 JULY

7-COURSE  
DEGUSTATION

7 WINE  
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BUBBLES  
ON ARRIVAL

CELEBRATING MODERN NEPALESE CUISINE  
WITH HEART & FLAVOUR

FOR MORE INFORMATION, PLEASE VISIT OUR WEBSITE:  
[www.valleyblisseatery.com.au](http://www.valleyblisseatery.com.au)



## Kangaroo Valley Biggest Morning Tea

**A** heartfelt thank you to our wonderful Kangaroo Valley community who braved the rain to support the Kangaroo Valley Biggest Morning Tea.

Despite the wet weather, more than 100 people gathered in the KV Hall, filling the room with warmth, friendship and the true spirit of our community. Over a cuppa and an extraordinary spread of delicious homemade treats, generously

prepared by our volunteers, there was a genuine sense of connection, kindness and camaraderie that made the morning so special.

The generosity shown by our community was truly inspiring. Raffle tickets sold out, online donations continued to flow in, and the many contributions made on the day have helped the fundraiser reach an incredible **\$6908** for the Cancer Council. It is a remarkable achievement and a wonderful reflection of what a small community can accomplish when people come together for an important cause.

A sincere thank you to everyone who donated, attended, baked, volunteered, contributed prizes, helped organise the event or simply spread the word. Every act of kindness, no matter how big or small, helped make the day a success and will make a real difference to those affected by cancer.

Once again, thank you, Kangaroo Valley. Your generosity, compassion and community spirit continue to shine brightly, even on the rainiest of days.

*Jo Novich and Stephen Wilson*



# Fibre

## – the missing ingredient



I've been discussing fats, carbs and protein but the dietary component most in need of attention is dietary fibre. Why? Because the typical Australian diet lacks sufficient dietary fibre. Average consumption is less than 21 g/day, well below the National Health and Medical Research Council's recommended daily dietary target of 28 g for women and 38 g for men.

### Definition

It's only in the past 40 years or so that the true importance of dietary fibre has been recognised. Fibre was previously called 'roughage', referring to parts of plant foods that looked fibrous and so were not digested, but excreted. The main problem ascribed to a low intake of fibre was constipation. Treatment usually involved taking a laxative or, when I was a child, a dose of castor oil – a practice now known to be dangerous.

Fats, carbohydrates and protein are digested in the small intestine. The enzymes responsible have no ability to break down dietary fibre. However, once the many types of dietary fibre reach the large intestine (or colon), bacteria get to work and break them down, 'digesting' or 'fermenting' them – with many benefits for the whole body.

### Functions

Dietary fibre includes a wide range of different soluble and insoluble compounds. These include polysaccharides, oligosaccharides, lignins and a type of 'resistant' starch that escapes the usual digestion in the small intestine.

The role of dietary fibre in laxation (the bodily process of having a bowel movement or elimination of faecal waste) and preventing problems such as haemorrhoids or diverticular disease still stands. However, we now know that the role and benefits of dietary fibre extend far beyond this function.

### Benefits

As 'good' bacteria break down soluble fibre and resistant starch, they produce substances known as short chain fatty acids. These are absorbed into the bloodstream and have many beneficial roles. They help maintain normal levels of cholesterol and glucose in the blood. They

strengthen the immune system. They lower the pH of the colon and this increase in acidity then knocks out many of the 'bad' bacteria that can cause bowel upsets and problems.

As a bonus, short chain fatty acids counter some of the adverse effects of particular nitrogen-containing compounds that arrive in the colon after consumption of processed meats or a high intake of any kind of red meat. This is a good reason to make sure a meal that contains meat also includes foods with plenty of dietary fibre and resistant starch.

**The incidence of bowel cancer is increasing dramatically in younger Australians and one factor may be the high consumption of processed foods that lack sufficient dietary fibre**

Many studies from different parts of the world show the benefits of a higher intake of dietary fibre include reducing the risk of cardiovascular disease, type 2 diabetes and some types of cancer. Bowel cancer, in particular, can be related to diet. The incidence of this type of cancer is increasing dramatically in younger Australians and one factor may be the high consumption of processed foods that lack sufficient dietary fibre.

Diets high in dietary fibre are also associated with lower levels of overweight and obesity. At this stage, it's hard to know if the benefit comes from specific types of dietary fibre itself, or the fact that high-fibre foods are filling – a factor that can help control the amount of food consumed.

### Sources

Dietary fibre is found exclusively in plant foods. Meat, fish, poultry, eggs and dairy products do not contain dietary fibre.

Plant foods contain both soluble and insoluble types of fibre. Unlike the old idea of 'roughage', many types of dietary fibre do not contain visible or actual fibres. Some of the most valuable types – categorised as soluble fibre – form a soft gel-like substance when combined with water.

Soluble fibres are found in:

- Oats.
- Legumes (defined as plants that produce seeds inside a pod). They include beans (black beans, chick peas or garbanzo beans, lima beans, navy beans, pinto beans, soy beans, edamame; lentils (blue, black, brown, green, red); and peas (black-eyed peas, also known as cowpeas, green peas, snow or sugar-snap peas, split peas).
- Peanuts.
- Seeds (chia, sunflower, pepitas).
- Barley, wheat, buckwheat and most wholegrains.
- Sorghum.
- Amaranth.
- Fruits (apples, avocados, bananas, berries, citrus fruits, pears).
- Vegetables (carrots, eggplant, okra, sweet potato, turnips).

Resistant starch, which acts like soluble fibre, is found in:

- Unripe bananas.
- Quinoa.
- Legumes.
- Oats.
- Cooked and cooled potato or rice.

Small amounts of resistant starch are also found in pasta cooked only to the al dente stage, and rice cooked only in the amount of water it can absorb.

Insoluble fibres are valuable in preventing constipation and some bowel problems. They are found, usually along with soluble fibre in:

- Wholegrains (wheat, barley, wholemeal and wholegrain breads, freekeh, farro, teff, amaranth, brown and black rice, buckwheat, millet, pasta).
- Quinoa.
- Nuts and seeds.
- Fruit (especially the skins of apples, pears, grapes, seeds of kiwi fruit and raspberries).
- Wheat bran (90 per cent of its fibre is insoluble).

### Reasons for low intake of dietary fibre

As more foods are highly processed, dietary fibre suffers. Processing foods is designed to make them easier and faster to eat. Dietary fibre has the opposite effect and requires more

chewing. It may be cynical but most nutritionists believe the processed food industry prefers low fibre foods so we will eat more!

Take-away foods are also more popular. Most have few vegetables apart from fried chips. If you eat such foods only occasionally, that may not cause major problems. However, consumption of 'take-aways' and highly processed items have surged over the years. Indeed, 40 per cent of the kilojoules in the average Australian diet now come from ultra processed foods. For most children, the figure is even higher.

### Gas

When 'good' bacteria digest and ferment dietary fibre, a side effect is the production of gases. These are totally harmless but must be expelled from the anus. It's considered impolite to fart in our society, so I'd recommend finding a private spot. Holding gas in for more than a short time can lead to gastrointestinal problems.

Some years ago, a gastroenterologist and I were concerned that many of our patients were not following our advice to consume more dietary fibre because they wanted to minimise gas. At that time, no one knew what was a 'normal' pattern of flatus, so we recruited friends and work colleagues to record details. To make this easy, I bought 120 pocket-sized cricket-over counters (the purchase provided much mirth to the chap in the factory where I bought them). After clicking for each fart over



a period of weeks, men reported an average of 12.7 emissions a day and women 7.1. Our study was published in a European medical journal in 1998, although just this week, an American journal published a study claiming to be the first Australian study on this topic. The CSIRO scientist obviously missed our study!

We also asked people to record any 'aromatic flatus'. This turned out to be totally unrelated to how often they farted, but was related to their intake of red meat, onions and beer!

### Take home message

To include more dietary fibre:

- Enjoy rolled oats or home-made muesli with oats, seeds and nuts for breakfast.
- Choose wholegrain breads.
- Eat two pieces of fruit each day instead of using juice.
- Include high-fibre foods such as freekeh, farro, quinoa or black or brown rice at dinner a couple of times a week.
- Eat vegetables at least twice a day (soup or salad at lunch, cooked vegies at dinner).
- Include legumes in your weekly diet. Lentils are delicious in soups and you can make hummus in minutes (blend a can of drained chick peas, one or two cloves of garlic, a tablespoon of tahini and a slurp of extra virgin olive oil and lemon juice).
- Snack on a few nuts and/or seeds rather than sugary sweets.

## URGENTLY LOOKING FOR A HOME



Re-homing our mare, Gypsy. Approx. 22 years old, ~15hh and hasn't been ridden in 10 years. New owners will need to be experienced with horses. Suited for grazing or as a company horse. Fine with other horses and has run with cattle for the past few years. Free to a loving home. Saddle, tack, and helmet included.

For more information please contact Andrew on 0413999438

Dr Rosemary Stanton OAM  
Nutritionist



**Dietary fibre is found exclusively in plant foods. Meat, fish, poultry, eggs and dairy products do not contain dietary fibre**



## ARTIST SPOTLIGHT

# Alex Ritchie

Drawing structure, light and landscape into form

**K**angaroo Valley artist and sculptor Alex Ritchie works across drawing, printmaking, painting and sculpture, creating works that explore place, observation and the relationship between structure and nature. Inspired by the escarpments, forests and changing light of the Australian landscape, his practice is grounded in drawing, curiosity and a lifelong connection to the landscape

Alex's work began with studies of contour, geology and spatial form, but has evolved into a broader exploration of rhythm, pattern and relationship. He is interested in how order emerges from complexity, and how the natural world can be understood through the arrangement of line, form and space.

Whether working in drawing, painting or sculpture, Alex seeks to distil landscapes and experiences into their essential elements. His works are not literal depictions of place, but interpretations – balancing structure, simplicity and atmosphere.

"I am currently working on a series inspired by the escarpments that surround Kangaroo Valley," Alex explains. "I am fascinated by the fractures, fissures and shifting edges that reveal both strength and vulnerability within the landscape."

For Alex, drawing remains the foundation of everything. He begins most works with pen and ink sketches, a practice shaped by an early

lesson from his art teacher. "A pencil offers the temptation to erase and start again," he recalls, "whereas a pen demands commitment." That sense of commitment remains central to his process. Pen and ink are quick, direct and unforgiving, requiring decisions to be made in the moment.

Alex's relationship with landscape is immersive. He prefers to work outdoors when developing landscape-based works, allowing the experience of place to shape the work from within. "Creativity is at its strongest when the experience is immersive," he says. "When you are fully present within an environment, your mind operates at 360 degrees, capturing both what you can see and what your mind can see."

Living in Kangaroo Valley has had a profound influence on his work. Last November, Alex presented a solo exhibition at Gallery 74 in Robertson featuring 34 works, all inspired by the Valley. Last month, he exhibited again in Bowral, with every work shaped by the landscape that surrounds us.

One place he returns to again and again is Flat Rock at the end of Upper Kangaroo River Road. For Alex, it is a reminder that careful observation is not always about finding new places, but about seeing familiar places with fresh eyes.

Alex's journey as an artist began at art school in Glasgow, where drawing was considered the foundation of all creative practice. He has spent much of his professional life as a designer, working with leading architects, fashion brands and national museums. Today, what motivates him is the opportunity to create work that is entirely his own.



*Image above:*  
Alex with his sketchbook.  
He never leaves home without one.

Art plays a central role in Alex's life beyond exhibitions. It encourages him to slow down, observe more carefully and remain curious about the world around him. Each finished work feels less like an endpoint and more like a stepping stone to the next discovery.

Alex Ritchie will be submitting drawing and sculptural works for this year's Arts in the Valley, Kangaroo Valley Art Prize and Exhibition in early October. He is also working towards a new sculpture for next year's Sculpture by the Sea exhibition in Sydney and preparing to launch a new website dedicated to his sculpture practice. Follow Alex on Instagram at my\_linear\_diary.

**Artist Spotlight** is a monthly feature of the Kangaroo Valley Artists Collective, introducing artists shaping the creative life of the Valley. Artist interviews by Amanda Ritchie.

## Quick-fire studio questions

### Coffee or tea in the studio?

Coffee. Strong, black and usually while looking out at the landscape.

### Music, podcasts or silence while working?

Silence. The landscape provides enough conversation.

### Morning painter or late-night creator?

Morning painter. Late-night designer.

### Favourite colour right now?

Tartan. It's not technically a colour, but it should be.

### A tool you can't live without?

Black ink. One line can say everything.

### Best creative advice you've received?

Creativity takes courage.

## In conversation

**Do you plan your works carefully or allow them to evolve as you go?**

*I plan my works quite carefully. In most cases, I can see the completed piece in my mind before I begin making it. While details may evolve during the making process, the underlying direction is usually clear from the outset..*

**What part of the creative process do you enjoy most?**

*The part of the creative process I enjoy most is moving on to the next work. I am always curious to see what comes next. Each finished work feels less like an endpoint and more like a stepping stone to the next discovery.*

**When do you feel most connected to your work?**

*I feel most connected to my work at the start of each day. There is a sense of possibility in those early hours – a feeling that anything can happen.*

**What advice would you give someone wanting to start collecting art?**

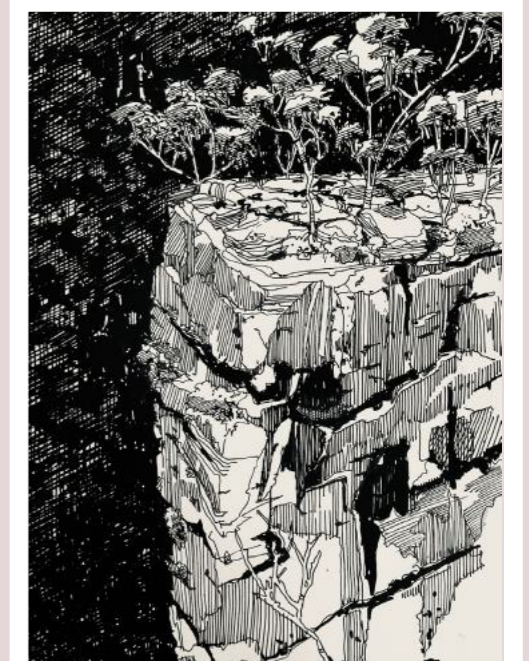
*Visit degree and postgraduate exhibitions at institutions such as the National Art School and COFA [now UNSW Art & Design] in Sydney. Buy what you love, support artists early in their careers, and your collection will naturally grow into something meaningful and personal.*



*Kaleidoscopic Cube, 2012, Sculptures by the Sea, Bondi. Winner of the prestigious Andrea Stretton Memorial Prize.*

**"Careful observation is not about finding new places, but about seeing familiar places with fresh eyes"**

*Equal, 2025, Kangaroo Valley, 5m, corten steel.*



*Escarpment at Manning Tree Lookout, 2025, pen and ink*

## Greater gliders need a voice – by 3 July

**H**ave you ever spotted a greater glider in and around Kangaroo Valley?

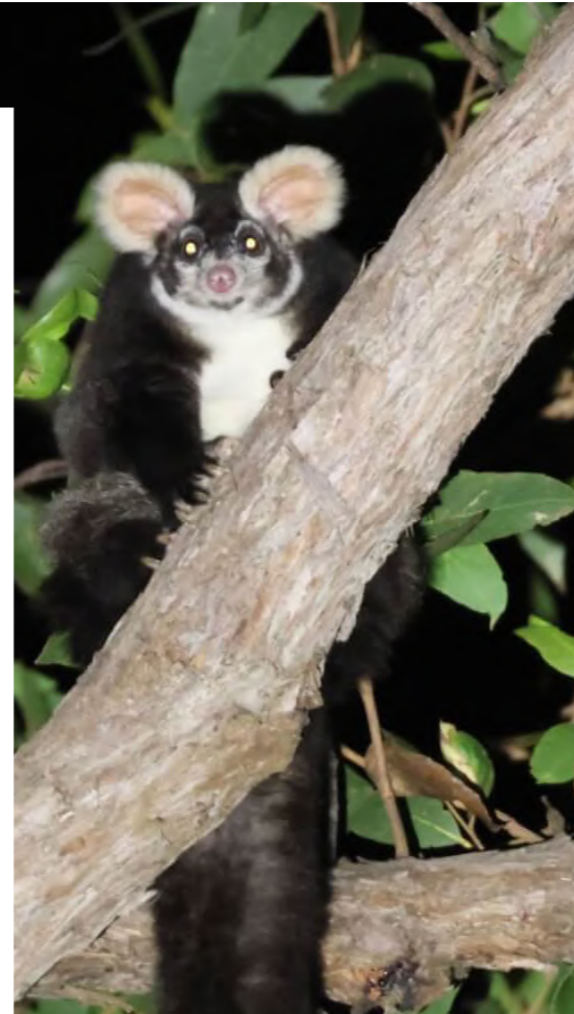
The NSW Government is currently seeking community feedback on a draft conservation strategy for the southern greater glider – one of Australia’s most remarkable nocturnal mammals and a species now listed as endangered.

Greater gliders depend on mature forests with large hollow-bearing trees for shelter and breeding. Habitat loss, bushfires and climate change have all

contributed to significant declines in their numbers across eastern Australia.

The draft strategy outlines proposed actions to protect and restore habitat, reduce threats and improve the long-term survival of the species. Community members, landholders and conservation groups are encouraged to review the document and provide feedback.

As Sonya Reyes from Shoalhaven Landcare notes, local knowledge can play an important role in shaping conservation outcomes.



To view the draft strategy and have your say, visit the NSW Environment website (scan QR code).

Because protecting wildlife starts with protecting the places they call home.

Photo: Southern greater glider (*Petauroides volans*). Credit: Karen Hutchings/DCCEEW

### NOTICE OF ONGOING 1080 BAITING PROGRAM



The National Parks and Wildlife Service (NPWS) are conducting an ongoing 1080 baiting program targeting foxes & wild dogs in the Kangaroo Valley, Budgong and Illaroo areas. This program is for the protection of the Endangered Brush-tailed Rock-wallaby (BTRW).

The baiting is conducted on:

- Various private properties
- Shoalhaven City Council reserves
- WaterNSW estate
- Crown Land estate
- NPWS estate, including: Cambewarra Range NR, Kangaroo River NR, Morton NP & Budgong NP

For more information on these locations, see the maps hosted on the Friends website at [www.rockwallaby.org.au](http://www.rockwallaby.org.au) under ‘Predator Control’.

This program forms part of a wider predator control program that also utilises shooting and trapping measures critical in ensuring the conservation

of the local BTRW colonies that call Kangaroo Valley home.

All bait stations in this program are permanently baited throughout the year. Therefore, these properties will have poison on them from 01-August-2025, right through to 01-August-2026.

This baiting will be conducted using both 1080 buried baits and 1080 (above ground) ejector devices at the bait station locations. Do not touch any bait or ejector devices. Signs are placed at the entrance of each baiting location with baiting dates and which baiting methods are being used. Dog owners are reminded to ensure their pets do not wander. 1080 is lethal to domestic dogs and cats. It is recommended to restrain pets and working dogs and ensure they do not enter the baiting location during poisoning operations or to muzzle dogs if they are required to work the baiting location during and after poisoning. In the event of accidental poisoning seek immediate veterinary assistance.

For any further information, or if you are a landholder interested in participating in this program, please contact the NPWS Nowra Area Office on (02) 9585 6670.

# KVV Book Club

This month's book:

## The Things We Never Say

by Elizabeth Strout

This month we review *The Things We Never Say* by Elizabeth Strout. This is a new standalone book by the Pulitzer Prize winning author of the interconnected novels set in Maine including *Olive Kitteridge*, *Lucy by the Sea*, *My Name is Lucy Barton* and *Oh William!* I have loved all these books and the way the characters recur and develop in all of them. This is Strout's 11<sup>th</sup> novel.

Artie Dam is 57 and teaches high school history in a small provincial Massachusetts town. He is a caring, passionate and inspired teacher. He is married to Evie and they have one son, Rob. But Artie and Evie have drifted apart and their long marriage is depicted as strangers living together. They are also living with a secret, life-changing lie between them.

Artie is an easy character to warm to. He is a good man but when we meet him he is in crisis. He is depressed and suicidal. From his

introspective musings Strout slowly describes Artie's life and how he has stoically survived one trauma after another.

Artie is now lonely and isolated. His one true friend, Flossie, has just moved to Florida and he feels the world is going mad. His thoughts have drifted inward. His constant question to Evie, Rob and others is: "Do you think there is any free will in this world?" When he and Evie spend a night at a party talking inane small talk to their friends, he says to Evie: "Why do people never say anything real ... Why can't anybody talk about what is really happening?"

Artie survives a near-death experience and seems to be back on track when he discovers the existence of a secret that Evie has been keeping from him and his life is turned upside down again.

This is a bittersweet novel. It touches on the large themes of mental illness, tragic accidents, suicide, loneliness, friendship, parenthood and infidelity.

Strout's writing is exceptional. Her novels reveal what it means to be human with a quiet, detailed exploration of unexceptional people living their everyday lives. Her books have a slow, meditative, reflective grace that just allow you to catch your breath in this chaotic world of ours. I hope Strout develops and fleshes out the minor characters in this novel into new series interconnected works.

Next month we will review a similar writer to Strout – Ann Patchett's new novel *Whistler*. Ann Patchett is the author of *The Dutch House*, *Commonwealth*, *Bel Canto* and *Tom Lake*. Another great, current American writer.



All three stories explore great love, loss and grief. They are a road trip through northern Portugal but also through the very tragic human experience across time. *The High Mountains of Portugal* is very surreal. The magic realism requires suspending your disbelief. If you can do that you will enjoy this book enormously.

Next month we will review *Things we never Say* by Elizabeth Strout. A new standalone book by the author of the series of books set in Maine including *Lucy by the Sea*, *My Name is Lucy Barton* and *Oh William*.

Cathryn Ferguson

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# Ageing Well in Kangaroo Valley: The Next Step



Frank Price (Royal Freemasons Benevolent Institution), Rosemary Stanton and Alissa Brown (Apollo Care Alliance)

**When the Voice first reported on Kangaroo Valley Aged Care (KVAC) last October, a small working group had begun asking an important question: how can more residents continue to age well in the community they call home?**

Since then, significant work has been happening behind the scenes.

### Listening, learning and exploring options

Over the past 12 months, the KVAC working group has been gathering information about what ageing well could look like in Kangaroo Valley.

The group has surveyed residents, researched models used by other small and regional communities, spoken with aged care providers and explored what services may be realistic and sustainable for the Valley.

The message from many residents has been

consistent: people want the choice to remain connected to Kangaroo Valley as they age — close to family, friends, neighbours and familiar surroundings.

### Understanding the challenge

Australia's population is changing rapidly. Within the next decade, more than two million Australians will be aged over 80, bringing increased demand for care, housing and support services.

Kangaroo Valley is already experiencing this shift, with a median age of 54 compared with the NSW median of 38.

The challenge is how smaller communities can plan ahead rather than wait until families are forced to make decisions during times of crisis.

### Building partnerships

Recognising that community effort alone cannot deliver aged care infrastructure, KVAC has been exploring partnerships with organisations experienced in providing care.

Earlier this year, representatives from RFBI, Apollo Care and Harbison Care visited the Valley

to meet with the extended KVAC committee and discuss possible models of support.

KVAC has also engaged with Shoalhaven City Council, government representatives and health organisations to understand what resources and pathways may be available.

### Moving into the next phase

The next step is bringing the conversation back to the community.

Royal Freemasons' Benevolent Institution (RFBI) will host a public information meeting on Thursday 9 July to discuss what services might support residents at different stages of ageing — from remaining independent at home through to higher levels of care if needed.

RFBI has also developed a new survey to better understand the practical needs and priorities of Kangaroo Valley residents.

Whether you are thinking about your own future, supporting ageing parents, caring for a partner, running a local business or simply want to contribute to the future of the Valley, your voice matters.

# Historical Happenings

NAIDOC Week from 5 to 12 July 2026 prompts Indigenous reflections

**The early European explorers of Kangaroo Valley were generously assisted by local Indigenous people as guides and later as farm labourers. There are few individual records of Indigenous events as Europeans names dominated reports.**

In 1812 George Evans sailed to Jervis Bay. He was instructed to return to Sydney via the Southern Highlands. On the journey back, Evans climbed up Good Dog Mountain, looked over Kangaroo Valley and decided that a path through Kangaroo Valley to the Southern Highlands was too hard. He proceeded back to Sydney via the coast.

Indigenous paths into Kangaroo Valley were from Berry, Barrengarry Mountain, Tallong in Caoura Parish, Meryla Pass, Gerringong Creek, Woodhill and Cambewarra Mountain. Some of these paths were made into roads.

In 1818 Charles Throsby travelled to Parronrah, about 4–5 km downstream of the Hampden Bridge, guided by an Indigenous person named Timelong. The path taken seems via Meryla Pass.

The path from Berry is now Kangaroo Valley Road. The paths on Barrengarry Mountain and Cambewarra Mountain form the main road ingress and egress to Kangaroo Valley.

The path in Caoura is now the Caoura Fire Trail. It was possible to drive from Bendeela up to the Highlands via this road. When Lake Yarrunga was created in 1973, the road permanently flooded.

The path via Gerringong Creek, used by McCaffrey to transport butter to Marshall Mount, Illawarra, in the 1850s, is no longer defined.

The Woodhill path forms part of the road to Berry via Wattamolla.

These paths into Kangaroo Valley created the means of access by Europeans to farm the fertile Valley.

The Indigenous people were employed by farmers when farms were established in Kangaroo Valley. Cash Book records of Osborne and Nugent show trading by the Indigenous people in Kangaroo Valley.

They had their own school in 1890. This school was a camp school conducted by the missionary Hughie Anderson with a teacher of Indigenous descent named Frank Foster. The school is mentioned in newspapers and NSW State Government records.

The Kangaroo Valley Historical Society collects and records the history relevant to Kangaroo Valley and the Shoalhaven. Any family records about the Indigenous people of Kangaroo Valley that you can share can be passed to the Society by email or mail, or phone Peter Dumbrell on 0408 381 619.

**Email:** [hello@KangarooValleyHistory.com](mailto:hello@KangarooValleyHistory.com)

**Mail:**

Kangaroo Valley Historical Society  
PO Box 6269  
Kangaroo Valley NSW 2577

Peter Dumbrell

*Editor's note: The Kangaroo Valley Historical Society plays a valued role in preserving and sharing aspects of our local history. The Voice acknowledges that the history of Kangaroo Valley extends far beyond the colonial record and includes many stories, perspectives and lived experiences that are still being uncovered and shared. This article is one contribution to that conversation, rather than a definitive account of our shared past.*

## Community Information Meeting

Thursday 9 July 2026

10.30am–12.30pm

Kangaroo Valley Hall

Complete the survey via the QR code.



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**As the Historical Society celebrates 73 years as part of our Valley community, we'd love to bring everyone together for a special FREE Line Dancing Workshop at Upper River Hall on Sunday 13 September from 1.00pm to 5.00pm.**

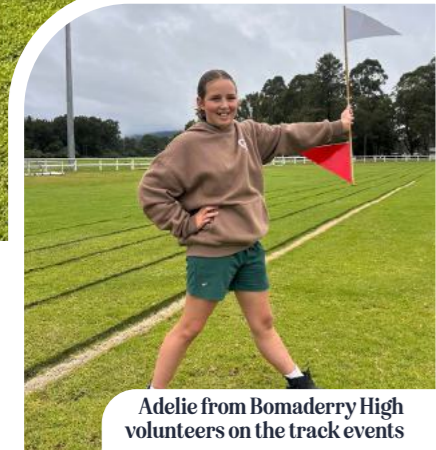
Pull on your dancing shoes and join us for an afternoon of fun, laughter and line dancing!

Bring your friends, bring your neighbours – whether you're a seasoned dancer, a complete beginner or simply want to sit back and enjoy the atmosphere, there's a place for you!

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- No experience needed
- Spectators welcome – plenty of seating available
- Great music, good company and lots of fun
- Tea, coffee and delicious cake provided
- BYO alcohol if you'd like to enjoy a drink
- RSVP: Sue Morrison – 0412 322 271



# Athletics Carnival



Adelie from Bomaderry High volunteers on the track events



Ribbons awarded on the day



Hurdles



Kangaroo Valley Public School recently held our Athletics Carnival at Osborne Park for all students K-6.

**We** had a wonderful team of people who helped make the day such a success for our students, including staff, parent helpers and students from Bomaderry High School.

Congratulations to all of our students for their participation, sportsmanship and enthusiasm throughout the day. We are very proud of you.

We look forward to hosting the Small Schools Athletics Carnival here in Kangaroo Valley at Osborne Park, with Terara, Nowra Hill, Falls Creek and Greenwell Point Public Schools.

*Jen Arnott  
Principal*



High jump



Ribbons awarded throughout the day



Double first place!



Creating artworks at Bundanon

# KVPS heads to Bundanon

Creative learning in a stunning landscape

**K**angaroo Valley Public School's K4/5/6 students enjoyed an inspiring day of creative learning during their visit to Bundanon and students from Bomaderry High School.

Surrounded by stunning natural landscapes, the students engaged in hands-on art activities and explored the rich cultural heritage of the region, sparking their creativity and imagination.

Thank you to the KVPS Parents and Citizens, who have fundraised to provide the buses for this amazing day of creative learning.

*Jen Arnott  
Principal*



# Why Kangaroo Valley is the wrong place for a large-scale battery facility

This is the third opinion piece the Kangaroo Valley Voice has received expressing concerns about the proposed Bendeela Road Battery Energy Storage System (BESS).

As a community publication, we aim to provide

a respectful forum for a range of views on issues that affect the Valley. We have also heard from community members who support the project or hold alternative perspectives, and we welcome considered contributions from across the spectrum of opinion.

The Voice does not advocate for a particular position on this issue. Rather, we seek to curate and share the views, experiences and information that help our community engage in informed discussion.

## R.I.P KV

(Residents' Industrialisation Protest Kangaroo Valley) response to the proposed AGL BESS large-scale battery storage facility in Kangaroo Valley.

The proposed Kangaroo Valley Battery Energy Storage System (BESS) has become one of the most significant planning issues our community has faced in decades.

Let us be clear from the outset. Most residents understand the importance of renewable energy and the role battery storage will play in Australia's future electricity system. This is not a debate about whether batteries are needed.

It is a debate about whether Kangaroo Valley is the right place for a major industrial energy facility.

The project may provide important benefits

to the broader electricity grid but the environmental, tourism, landscape and community impacts will be borne almost entirely by Kangaroo Valley.

That is why many residents are deeply concerned.

### Fire risk cannot be ignored

For those who lived through the Currowan fires, bushfire is not an abstract planning issue.

Battery Energy Storage Systems rely on large-scale lithium battery technology. While serious incidents are uncommon, thermal runaway fires can occur and are notoriously difficult to extinguish. Such events can burn for prolonged periods and may require significant quantities of water and specialised response measures.

The question many residents are asking is simple: why introduce an additional fire risk into

a valley that already faces extreme bushfire challenges?

How would emergency services respond during catastrophic fire conditions? What happens if a battery fire occurs during a major bushfire event? What risks would this create for nearby residents, businesses and visitors?

These are not alarmist questions. They are responsible questions that deserve clear answers.

### What about water contamination?

A battery fire is not just a fire issue. It can also become an environmental contamination issue.

Residents are concerned about the potential for contaminated runoff and firewater to enter local waterways, creeks and groundwater

## KANGAROO VALLEY BATTERY ENERGY STORAGE SYSTEM (BESS)

350MW / 1,400MWh • APPROX. 28 HECTARES • 325 BENDEELA ROAD, KANGAROO VALLEY NSW

### 1. AGL ARTIST IMPRESSION (FROM AGL FACT SHEET)



AGL's artist impression significantly understates the scale of the proposal.

VS

### 2. REALISTIC VISUALISATION – FULL SCALE (APPROX. 28 HECTARES) BASED ON 350MW / 1,400MWh PROJECT



This visualisation shows the likely scale of the project based on publicly available information and comparable battery projects.

### 3. NIGHT-TIME VIEW & EMERGENCY / FIRE RESPONSE SCENARIO (WORST CASE SCENARIO)



High mast lighting for safety and security. Lighting visible across the valley. 24/7 operation and monitoring.

These visualisations are based on AGL project information, industry standard equipment dimensions and mapping of the proposed 28 hectare site area. They are intended to assist community understanding and do not represent the final detailed design.

### KANGAROO VALLEY BESS – PROJECT FACTS

- CAPACITY:** up to 350MW / 1,400MWh (4 hours of storage)
- SITE AREA:** approx. 28 hectares
- LOCATION:** 325 Bendeela Road, Kangaroo Valley NSW
- CONNECTION:** TransGrid 330kV
- COMPONENTS:** battery containers, inverters, transformers, switchgear, substation, control building, internal roads, fencing, lighting and landscaping
- OPERATIONAL LIFE:** -20-30 years

Prepared for community awareness by R.I.P KV (Residents' Industrialisation Protest Kangaroo Valley)

systems. Kangaroo Valley's environment is one of its greatest assets. Clean water supports agriculture, wildlife, tourism and the broader ecosystem that makes this region unique.

The community deserves independent assessment of what contaminants could be released during an incident and how they would be contained.

Once waterways are contaminated, the consequences can be long-lasting.

### Threatened species deserve better protection

The proposal is often described as being located on cleared land. However, Kangaroo Valley is far more than a single paddock.

The Valley forms part of a broader ecological landscape that supports threatened species including the Large-eared Pied Bat, Sooty Owl and Gang-gang Cockatoo, along with countless other native species that depend on connected habitat and wildlife corridors.

The issue is not simply whether trees are removed within the project footprint.

The real question is whether industrial infrastructure, lighting, noise, fencing and increased activity will contribute to the fragmentation and degradation of a landscape that wildlife depends upon.

Once habitat values are diminished, they are extremely difficult to restore.

### The loss of tranquillity

Kangaroo Valley has built its reputation on something increasingly rare in modern Australia: peace and quiet.

Visitors come here to escape urban noise. They camp beside the river, paddle through the landscape, stay in rural accommodation and experience the sounds of nature.

Even if a project technically complies with noise standards, many residents question whether continuous industrial noise belongs in one of Australia's most celebrated rural valleys.

Noise is not simply a number on a report. It affects people's experience of a place. The character of Kangaroo Valley is defined as much by what you hear as by what you see.

### Tourism and scenic values are at risk

Tourism is not a side issue for Kangaroo Valley. It is a cornerstone of the local economy.

Accommodation providers, wedding venues, cafes, restaurants, camping operators and recreation businesses all rely on the Valley's reputation for natural beauty and tranquillity. Visitors do not travel here to experience industrial infrastructure. They come because Kangaroo Valley remains one of Australia's most picturesque rural destinations.

Visual impacts therefore matter.

The question is not whether a facility can be

partially screened. The question is whether industrial-scale energy infrastructure belongs within a landscape whose scenic qualities are central to its identity and economic success.

### The most important question: Why here?

Perhaps the most important question of all is one that has not yet been adequately answered. Why Kangaroo Valley?

If battery storage is essential for the state's electricity system, have alternative locations been fully examined? Have sites with lower environmental, tourism, biodiversity and bushfire impacts been properly considered?

R.I.P KV is not saying battery storage should not occur. R.I.P KV is asking why one of Australia's most significant rural landscapes should bear the burden when alternatives may exist.

Renewable energy infrastructure should be located where impacts are lowest.

Until convincing answers are provided to the questions surrounding fire risk, water contamination, air quality, threatened species, noise, visual impacts and tourism, R.I.P KV will continue to believe that Kangaroo Valley is simply the wrong location for this project. We are in the process of setting up our social media platforms and will advise the community when available.

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# GOLF

Some rain and a wet course didn't dampen our spirits the past month.



**Saturday 23 May** was a Stableford round. The course was quite wet from the rain. With a small number of members competing, Ian Thomas won with 33 points, followed by Gordon Thomson with 30 points, then Allan Harvey with 27 points.

The following week, **Saturday 30 May**, the course was still very wet on many fairways, with carts only on paths making the round of golf very difficult for all. This was our Stroke and Monthly Medal round. Congratulations to Allan Harvey, winning with 72, followed by Chris McVeigh with 77 and Ian Thomas with 78.

The June long weekend, **Saturday 6 June**, was a Stableford event as well as our John Rose Memorial Trophy competition, with a good number of members competing. Congratulations to Teja Lieberu, visitor from Palmerston Golf Club, winning the Stableford round with 32 points. And congratulations to Phil Gane,

winning the John Rose Memorial Trophy with 29 points, beating Chris Griffin on a countback.

**Saturday 13 June**, our Par round, saw many competitors at the course. The event was won by Johnson Kingi, visitor from Future Golf Club, with an impressive +6, followed by Chris Griffin with +3, followed by Daniel Beazley, visitor from Future Golf Club, with +1.

Happy golfing everyone! Stay safe and until next time ...

**Allan Harvey, KVGC Captain**



**Phil Gane, winner of the John Rose Trophy**

*"The only thing a golfer needs is more daylight"*

– Ben Hogan

# TENNIS

Autumn Comp winds up for this year

**K**angaroo Valley Tennis Club Autumn Comp has wound up with a couple of nights of great tennis.

The round-robin matches played each week since February only lost a few nights to wet weather. There were also a couple of team changes due to players moving or suffering non-tennis-related injuries. However, the semifinals and finals proceeded in good, though wintery, conditions.

## B-grade final

The B-grade final started in heavy mist on Wednesday evening. Some players arriving from Barrengarry drove through such heavy mist they wondered whether the match would be able to start, but at the courts it wasn't too bad.

The two B-grade finalists were Team A (Lorain Ogle, Janet Bunday, Bob Beasley, Denver Rodden) and Team D (Cath Quinn, Kath Hester, Rosemary Stanton, Jemima Paterson). They had been swapping the lead back and forth throughout the Comp, finishing only one point apart, so it was fitting they each made it through the semis to face each other in the final (which doesn't always happen). After the first two sets the score was one set all, so the result was still anybody's. However, from then

on, Team D dominated, winning the next four sets.

## A-grade final

The A-grade final on Thursday was a warmer evening, although there was still a bit of moisture around from the heavy dew that morning.

The A-grade Comp had also seen the lead switching between a couple of teams (A and E), eventually producing one clear leader (Team A) and three teams competing for second place (Teams B, D and E) within half a point of each other. So, the semifinals were crucial. As with B-grade, the final ended up being between the two that had led throughout the Comp: Team A (Gavin Chittick, Heidi Smart, Brynn Carlile, Lucy Rodden) and Team E (Stefan Jarnason, Ben Williams, Julie Miller, Jo Stirling).

After the first four sets, the score was two sets all, but Team E was ahead on game count, 20 games to 15. It was still anybody's though, into the final two sets. However, Team E managed to win both, securing a decisive four sets to win the Comp.

**Peter Stanton**



**A-grade finalists, autumn 2026**



**B-grade finalists, autumn 2026**

## We welcome new players!

**Please note:** Our Spring Comp will start on Wednesday 12 and Thursday 13 August. We're always happy to welcome new players, so if you're interested, come along to the grading nights, two weeks before, on 29 and 30 July.



# BOWLS

## MEN'S BOWLS REPORT

### The King's Cup

The prestigious King's Cup Tournament was held at Berry on **6 and 7 June** and attracted 28 top class teams from as far a field as Grenfell, Coolamon, Bronte, Taren Point, Wollongong and Canberra. Teams played six rounds of two bowl, 16 ends triples over the two days, competing for a total prize pool of \$10,950. The event was televised and is available on YouTube (search King's Cup Bowls Berry 2026). Congratulations to the Berry Bowling Club for hosting such an important tournament.

### Mixed Pairs

In the first round of the Mixed Pairs competition, Bob and Irene Dunn had a solid game against Tina Ballard and David Badger, winning with a score of 26 to 19. Laural Ferrington and Darryl Goodger had a very unfortunate draw against the very strong team of Rosa Burns and Mark Power and bowed out of the competition.

## LADIES' BOWLS REPORT

### Minor Singles Championship

**14 April** – Laural Ferrington competed in the first round of the Minor Singles. Laural put up a strong showing against the experienced Judy Whitton but eventually went down by a score of 25 to 17.

### Major Triples Competition

Sadly, low numbers again but this time it was due to illness, meaning that only four teams entered. The games were of a very high standard though, with very close outcomes.

### Challenge Pairs

Keith Pepper and Bob Dunn played very strongly to defeat Rick Attard and Steve Kellett by 26 points to 19 and progress to the next round.

### SOCIAL BOWLS

**12 May** – Laurie Watson and Mark Power 19 – Col Agar and Jingles Chittick 15. Brian Jones and Terry Hayes 23 – Ron Nelson and Bill Chittick 23. Darryl Goodger and Rob Folkard 22 – Bob Burney and David Badger 22.

**16 May** – Laural Ferrington, Matt Whitton and Jingles Chittick 16 – Annette Royal, Judy Whitton and Col Agar 15. Bob Dunn and Terry Hayes 24 – Mark Power and David Badger 18.

**20 May** – Keith Pepper and Bob Dunn 28 – Bob Burney and Laurie Watson 20. Frank Picciolini and Col Agar 27 – Derek Raymond and Bill Chittick 16. Tony van Zanen and Terry Hayes 23 – Ron Nelson and Steve Kellett 18.

**23 May** – Bob Burney and Irene Dunn 13 –

Laural Ferrington and Lindsay McNamara 8. Laurie Watson and Col Agar 26 – Bob Dunn and Graham Hook 13.

**27 May** – Keith Pepper and Bob Dunn 21 – Bob Burney and Col Agar 19.

**30 May** – Frank Picciolini, Derek Raymond and Jim Abbott 25 – Annette Royal, Rosa Burns and Bob Dunn 17. Bob Burney, Irene Dunn and Judy Whitton 25 – Margaret Hayes, Matt Whitton and Lindsay McNamara 11. Col Agar and Judy Croft 26 – Laural Ferrington and Terry Hayes 22.

**3 June** – Jimmy Whyte, Keith Pepper and Terry Hayes 29 – Daniel White, Ron Nelson and Tige Lidbetter 7. Rosa Burns and Col Agar 18 – Bob Dunn and David Badger 15. Darryl Goodger and Teeny Fitzgerald 26 – Derek Raymond and Rob Folkard 20. Bob Burney and Jingles Chittick 25 – Laurie Watson and Steve Kellett 13.

**Rob Folkard**

The match between Rosa Burns, Cathy ColeClark and Jane Haddon against Laural Ferrington (KV), Ruth Willdig and Gillian Portener (KV) was a real nail-biter. On the last end Gillian's team needed a three to draw and force an extra end and that is exactly what they did! However, the fairy tale ending wasn't to be and Jane Haddon's team took the match in the extra end, winning 24 to 23. Congratulations to all and thank you for the exciting viewing. I look forward to reporting on the final of this competition in the next issue.

### Town of Trees Tournament

Finally! Beautiful sunshine for our Tournament.

A total of 84 bowlers competed in the Town of Trees Tournament on **12 June**, with all of the major awards going to teams from other clubs. First Figtree, second Kiama, third Figtree and the **am** and **pm** prizes went to Milton Ulladulla and Culburra respectively. Let's hope **16 October** for our 'Grange' Tournament is just as successful. Happy bowling.

**Deb Folkard**





# News from the Pews

## Church of the Good Shepherd Kangaroo Valley

**A**t the Church of the Good Shepherd we consider it a true privilege to be in a central location in the main street in Kangaroo Valley. We feel our responsibility to contribute to the beauty and attraction for tourists who stop in to check out our fantastic village.

We purposely leave our church gates open at all times for both KV locals and tourists to come and enjoy the peace and calm of just sitting in our grounds to rest. We love it too when tourists bring their lunch to sit on our benches and enjoy the grounds and the view looking to the middle of the Valley.

Soon on Saturdays we will have our front church building open for an hour or so for people to take in our history, both past and present. We'll also soon be installing contemporary signage more sympathetic to the beautiful character of the village.

### Past and present

The Church of the Good Shepherd building was opened in 1872 and so is a fundamental part of the history of Kangaroo Valley. But we are not just a nostalgic piece of Kangaroo Valley's past! We play a significant part in KV's present too.

The Church of the Good Shepherd in 2026 is a great mix of families with kids, young adults, people around my age (53!) and beyond. We love serving the community through the wonderful community choir, our groups for toddlers and parents, children and youth, and in presenting the great news of Jesus to anyone who wants to know more.

You're always welcome to stop in and just have a peace-filled rest in the church grounds. You're also welcome to find out what the big deal is about Jesus and meet the many who come along each Sunday. I'm around church most days to chat or you'll see me at tennis on a Thursday night!

Best regards to you all.

*God bless  
Andrew Paterson*



*The Church of the Good Shepherd in 2026 is a great mix of families with kids, young adults, people around my age (53!) and beyond*



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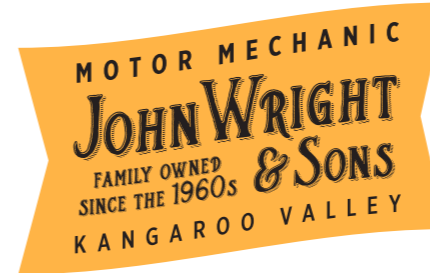
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## Frank Barker

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M Private: 0411 277 433

T: 02 4861 4444

E: frank.barker@sh.rh.com.au

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# Community Contact Information

## EMERGENCY CONTACTS

Police	13 1444 Or 4421 9699
Ambulance	000
Fire	000
Poisons	13 1126
Integral Energy	13 1003
Lifeline	13 1114
Storm & Flood SES	132500

## SCHOOLS AND CHURCHES

Anglican Church   Andrew Paterson	4465 1585
Catholic Church   Parish Office	4423 1712
P&C President   Ben Williams	
Preschool   Gemma Corner	4465 1327
Public School   Jen Arnott	4465 1182
Scots College   Tony Banks	4465 1089
Sunday School   Cecily Paterson	4465 1585

## CHARITIES AND SERVICE GROUPS

CMR Institute   Joan Bray	0401 211 595
Environment   Greg Thompson	0473 114 026
KV East Timor Friendship Group   Sandy Fritz	0478 113 093
Lions Club   David Loncasty	0418 596 022
Wildlife Rescue   South Coast	0418 427 214
Wildlife Information, Rescue & Education Service (WIRES)	1300 094 737

## SPORTS AND EXERCISE

Bowls   Rob Folkard	4465 2889
Cricket Club   Hugh Sinclair	0435 001 294
Fishing Club   Harold Sharman	4465 1140
Frisbee   Mark McLennan	0439 456 356
Golf Club   Allan Harvey	4465 0200
Hockey Club   Sharon Gomez	4465 1580
Iyengar Yoga   Rose Andrews	4465 1364
KV Football Club   Dean Mackechnie	0416 077 658
Kangaroo Valley Gym   Michael Hole	0432 177 206
Pilates   Melinda Mangold	0404 483 680
Strawbale Yoga Studio   Kate Pell	0432 598 582
Table Tennis   Lorraine Mairinger	0427 297 238
Taichi classes & Acupuncture   Sue Cochrane	0408 510 151
Tennis Club   Peter Stanton	4465 1688
Yoga   Vasudha Rao	0431 514 600
Yoga   Kate Pell	0432 598 582

## OTHER ORGANISATIONS

Arts In The Valley   Nikki Sharp	0467 209 819
Brogers Creek Landcare   Andrew FitzSimons	4465 1482
Budgong Community Group   Alex Cooke	0418 440 526
Chamber of Tourism & Commerce   Lindy Pitt	4465 1693

## Community Consultative

Body	Kvccb@Kangaroovalley.nsw.au
Cuppas & Kids   Lisa Grant	0431 037 378
FIG Community Garden   Lyn Rutherford	0414 737 547
Historical Society   Garth Chittick	0419 651 611
KV Art Therapy   Sally Thomson	0493 050 516
KV Fire Station	4465 1718
KVRFS Captain   Dusty Smart	0412 865 638
KV Show   Mairi Langton	0412 180 778
Osbourne Park Showground   Dave Kent	0407 209 491
Pioneer Museum   Tony Barnett	4465 1800
Resilient KV   Cathy Gorman	0438 651 540
resilientkangaroovalley@gmail.com	
Rock-Wallaby   Melinda Norton	4887 8256
Shoalhaven Fire Control Centre	02 4424 4424
Upper River Progress Assn   Gary Moore	0421 050 348
Upper River Hall	UpperRiverHall@Gmail.com

## COMMUNITY SERVICES

Bus Service To Nowra and Highlands	Mon - Fri - 4421 7596 or 1300 133 477
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## SPORTS AND EXERCISE

**WEEKLY**

Iyenga Yoga	Tues 10-12am & 6-8pm
Kate Pell Yoga	Tues, Thurs & Sundays
Iyenga Yoga	Thurs 9am & 6pm
Table Tennis   KV Hall	Wed 3 - 5pm

## COMMUNITY GROUPS & SOCIAL ACTIVITIES

**WEEKLY**

Women's Bible Study   Anglican Hall	Mon 1-3pm
Cuppa & Kids   Anglican Hall	Tues 9-30am
KVRFS Training at Station	Wed 6pm
After School Kids' Club   Anglican Hall	Thu 3.20-4.30pm
FIG Community Garden	Thurs 10am-12pm
Women's Care & Share   Anglican Hall	Thurs 12-2pm
Anglican Church   Traditional Service	Sun 8.30am
Contemporary Service and Sunday School	Sun 10am
Mass   St. Joseph's	Tue-Thur 9-9:30am and Sun 11am

## MONTHLY

A & H Meeting   KV Hall	Mon (2 <sup>nd</sup> ) 6pm
KV Rural Fire Val Meeting	Mon (1 <sup>st</sup> ) 7pm
KV Historical Society Contact	Tues (2 <sup>nd</sup> ) 10am
Trivia At The Friendly Inn	Tues (2 <sup>nd</sup> ) 7pm
Lions Club Meeting	Tues (4 <sup>th</sup> )
Brogers Creek Landcare	Sat (Last)
KV Farmers Markets	Sun (2 <sup>nd</sup> )
Fishing Club Competition Day	Sun (Last)

## BI-MONTHLY

Men's Group	Friday: (1 <sup>st</sup> & 3 <sup>rd</sup> ) 7.30 am
	Contact Bob Dunn 0429 399 609

Group secretaries please check and update contact details if necessary | [thevoice@kangaroovalley.nsw.au](mailto:thevoice@kangaroovalley.nsw.au)  
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