

**FREE**



# The Kangaroo Valley Voice

JUNE 2026



## Peak Hygge

### KV Style

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*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.*

**CONTACT US**  
 www.kvvoice.com.au  
 thevoice@kangaroovalley.nsw.au  
 @kangaroovalleyvoice  
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Lisa Grant

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

# Welcome

As winter approached, I unearthed a coffee table book *hygge* – the Danish idea of embracing the colder months rather than simply enduring them. It celebrates the long evenings and shorter days, the opening of doors to welcome friends and family inside, gathering around fires, warm lighting, sharing food, warming drinks, stories and simple moments together.

As I've worked my way through this month's submissions, I've realised this issue feels a little like that.

One of the great privileges of putting together the *Kangaroo Valley Voice* is the chance to step briefly into other people's lives. Sometimes I see a familiar face in a photograph and think, *Oh, I know her*. Then through the telling of a story, I discover there is so much more.

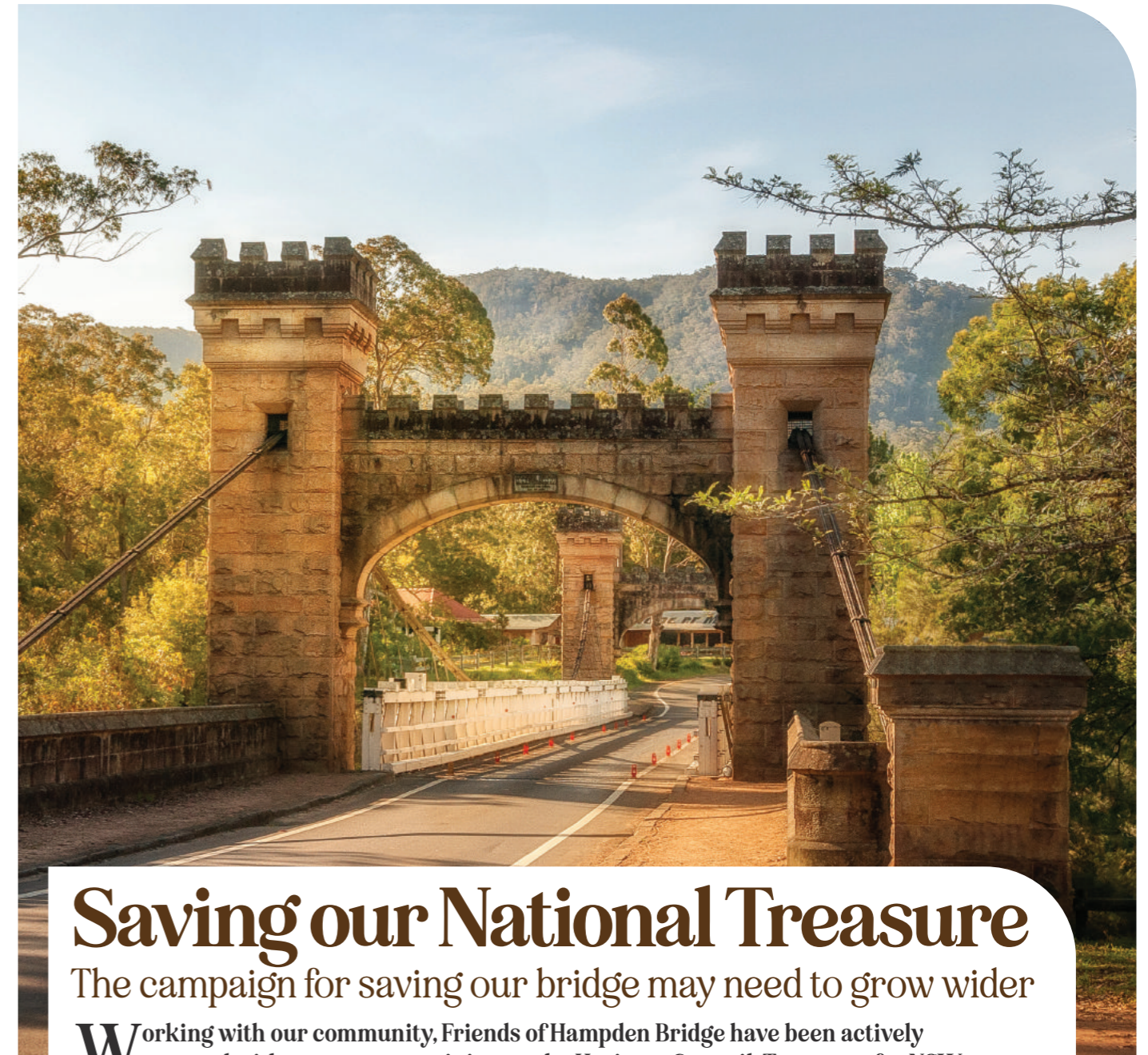
This month there are stories of creativity, music, family and friendship. And across many pages runs another thread: people organising things simply for the betterment of community – creating opportunities, sharing knowledge and quietly putting their hand up because they believe life is better when we build it together.

And for that, we are all the richer.

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



## Saving our National Treasure

The campaign for saving our bridge may need to grow wider

**Working with our community, Friends of Hampden Bridge have been actively engaged with government, ministers, the Heritage Council, Transport for NSW and others, in our campaign to restore and preserve Hampden Bridge.**

Friends of Hampden Bridge have provided them with detailed information, costed options and expert engineering input, and suggested alternatives and solutions that would meet local freight needs and preserve the bridge into the future.

The Friends recently asked Transport for NSW some questions about the terms of reference for the current feasibility study into a long-term solution for the bridge. This study has been commissioned from engineering firm AECOM, who are due to report back mid 2026.

We have been alarmed at the response from Transport for NSW.

The scope of the study includes options that we know are unacceptable to the majority in our community (for example, a new bridge alongside Hampden Bridge). It does not appear to include

options that we have been assured were under consideration, such as the need to preserve our mountain roads and upgrade alternate routes for heavy through traffic.

One of the study's objectives is to 'Build community and stakeholder confidence – ensure the feasibility study process is transparent, inclusive and responsive to community expectations with clear communications of trade-offs and benefits'.

**This process is not transparent, inclusive or responsive.**

Importantly, the scope of the study seems to prioritise the needs and interests of big freight companies over our community and the local economy.

Hampden Bridge is on the NSW Heritage Register, **a reflection of its significance as the**

**sole remaining vehicular suspension bridge in Australia.** Its importance cannot be overstated, not just as a national treasure but as a vital part of our local identity and tourism economy.

Decisions that put the interests of freight companies ahead of these values must be opposed.

We are making strong representations to government, seeking urgent meetings and letting them know our community will actively oppose decisions that harm our heritage bridge, its environs and our village.

We will be keeping you informed, including via our FB page. The time for wider campaigning may soon be here.

**Wendy Caird for Friends of Hampden Bridge**



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

# NAIDOC Week Film Event



OCCUPATION:  
**NATIVE**

**K**angaroo Valley will mark NAIDOC Week this July with a special afternoon of First Nations films and conversation.

Presented by Reconciliation Allies KV and supported by Valley Shorts, Kangaroo Valley Show and Shoalhaven First Nations Film Festival, the event will feature two locally made short films and a feature, alongside opportunities to hear from filmmakers and those involved.

Audiences can expect an afternoon of poignant, funny and moving storytelling, with films including *Nhandi*, *The Rock* and *Occupation: Native* – celebrating stories of Country, culture and connection.

Join us as we gather to celebrate NAIDOC Week through the power of film.

Sunday 5 July  
 3.00pm–5.30pm  
 Kangaroo Valley Hall,  
 Osborne Park  
 \$20 Adults | Kids free

Tickets available now



### Community Hall Projector Project

The Kangaroo Valley Community Hall's new projector has been made possible through the generous support of local organisations, businesses and community champions, helping ensure the Hall remains a vibrant space for film nights, performances, presentations and shared community gatherings.

Arts in the Valley, Kangaroo Valley A&H Association Inc, AGL and Shoalhaven City Council.

And community contributors: BH VS Adyen, Chris Treuen, Nick & Caroline Minogue and Kangaroo Valley Folk Festival.

Warm thanks to our major funding partners:  
 – for helping bring this project to life.

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## I LOVE Fireweed

It just keeps on giving – how thoughtful

**I** mean, how could you not love fireweed? With this bright happy face looking up at you. Yes, we know he is male; do you think a female would bring all her mates around and expect you to look after them? Really?

Fireweed is great at helping you with your workouts. Who else would train with you, day after day, without a single complaint? What you don't get rid of today, will be waiting patiently for you tomorrow. You get to walk all over your property, exploring areas you rarely go, in search of our little friend.

Did you know that each flower nearly always has 13 petals? Count them. Another fun fact to ponder whilst you pull another few plants. Each flower can have up to 150 seeds with each plant producing up to 30,000 little beauties. How thoughtful.

There is nothing better than being out in the winter sunshine, gathering plant after plant. If you are lucky, you will come across a plant that has gone to seed and if you happen to catch it on the edge of the bag as you push it in, you can watch all the little white parachutes spread in the wind: "There's next season sorted!". How thoughtful.

If you try to pull out a nice healthy plant and it breaks off, did you know you are allowed to swear out loud? In a paddock, no one can hear you scream. Because it is so helpful, fireweed flourishes not just once a year but twice! You get to bask in his beauty in autumn/winter and then again in spring. How thoughtful.

It is also amazing how well he can hide. You can clear a paddock and then walk back over it and discover all the little fellas that you missed first time around. You only need to miss one or two plants (which is inevitable) and you will be guaranteed a fresh, abundant crop next season. It just keeps on giving. How thoughtful.

**In a paddock, no one can hear you scream.** As time consuming as it may be, please do your best at controlling our little buddy. If you don't, you will be subject to the fireweed curse and you also help spread it to your neighbours. The local tip loves fireweed almost as much as I do; they will let you take it on a holiday to the waste transfer station for absolutely nothing! Happy picking and stuffing.

**PS:** No, I don't want to come and help you.

*Al Lockyer*



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# KANGAROO VALLEY SHOW Strategic Planning Meeting

Building on success – shaping the future together



*Encouraging new generations to become involved will be important for the future.*



**The recent strategic planning workshop for the Kangaroo Valley Show brought together committee members and volunteers to reflect on the success of the 2026 Show and explore ways to strengthen the event into the future.**

Facilitated by Greg Mumm, the session focused on practical ways to support volunteers, improve communication and coordination, and ensure the Show continues to grow while maintaining the strong community spirit that makes it so special.

Importantly, the discussion was not about changing what already works well. Instead, it focused on building on the Show's strong foundations and supporting the many volunteers who contribute to its success each year.

Participants agreed the Show remains one of

Kangaroo Valley's most important community events – bringing people together while celebrating agriculture, creativity, local talent and community connection.

The meeting objectives included to:

- build a whole-of-Show view.
- identify shared challenges and opportunities.
- agree on strategic priorities for the next Show.
- commit to coordinated action.

Several key priorities emerged from the discussion, which will form the basis for future Show committee meetings:

- Strengthening Systems and Technology
- Supporting Volunteers
- Improving Communication and Coordination
- Strengthening Community Awareness.

### Improving systems, supporting volunteers

One focus was improving systems and technology to reduce administrative workload and strengthen communication between divisions. Participants recognised opportunities to modernise volunteer coordination, planning processes and information sharing to create greater efficiency and better support for volunteers. The workshop also highlighted the value of attracting people with IT, digital and technology skills to help guide future improvements.

Supporting volunteers was another major theme. The meeting recognised that volunteers remain at the heart of the Show and that encouraging new generations to become involved will be important for the future. Creating a strong long-term vision and fostering a collaborative, community-driven culture were seen as key ways to strengthen participation and engagement.

### Clearer communication, community awareness

Attendees also discussed opportunities for clearer communication and stronger coordination across all sections of the Show. Practical ideas included shared planning tools, clearer processes and improved cross-committee collaboration to help volunteers better understand how their contributions support the success of the wider event.

Another key theme was increasing community understanding of the scale and diversity of the Show and the enormous volunteer effort required behind the scenes. Greater awareness of the many ways people can participate may help strengthen future volunteer involvement and community engagement.

The workshop concluded on a positive and forward-looking note. There was a shared commitment to continuing to build a strong, sustainable and connected Show while preserving the values and community spirit that have long defined the Kangaroo Valley Show.

*Stephen Wilson  
President*



# Man on a mission

KVPS teacher Josh Gorman explains his musical adventure

Everyone loves a story. When a teacher, a parent or your grandad tells a story, an adventure story, it's captivating and great fun. Kangaroo Valley Public School teacher Josh Gorman has an adventure story to tell and the best thing is, it's all true.

Now 38, Josh can relate his adventure to the children of Kangaroo Valley. How lucky they are. His story comes from five precious years teaching Indigenous children in

one of the most special and remote schools on the planet. How he got there came from a series of coincidences. During his teacher training, he put his hand up for holiday work programs in remote Indigenous communities. He was assigned to a far-flung settlement in the Northern Territory and fell in love with the place. Then, doing his postgraduate studies, his first face-to-face classes as a student teacher were near his home, at Kangaroo Valley Public School. As it happened, there were two young boys in his class who had come to the Valley from the same faraway Aboriginal community he loved so much.



"It was quite the shock wave for little Kangaroo Valley to have these very, very, bush kids bringing their different bush energy to the school. So that was fun," Josh says.

## The edge of nowhere

The bush energy rubbed off on Josh in a big way. It sparked his curious mind. When he finished his teaching degree and applied for his first posting, he nominated the community where the two boys had come from and where he had volunteered on the holiday work program years earlier. It was a place he couldn't forget.

Looking at the map, the community is a nondescript dot on the edge of nowhere, 500 kilometres east of Darwin. What the map doesn't reveal is that the island is a hugely notable place in the world of music. It's called Elcho Island and the township, Galiwin'ku, is a hub of Indigenous arts and crafts, most of all, music. Knowing the island's reputation, Josh's job was truly daunting because he was assigned as, of all things, music teacher.

Elcho Island school, on the Yolngu homelands, had produced the most renowned Indigenous performer in Australia, the late singer Garrumul. There were other household names too, including members of the band Yothu Yindi, ('child' and 'mother' in Yolngu language). Suddenly a wide-eyed, untested educator from Kangaroo Valley was teaching music on the holy ground of Indigenous music.

## Real musical legacy

"I remember some of my very first classes," Josh recalls. "I'd never taught before and here I was, having landed this job as a music teacher. I was assigned a pretty unusual kind of roster and had absolutely no idea what I was doing."

Josh didn't know if it was a blessing or a curse, that some kids he was teaching knew more about music than he did. He had his new degree, and some decent skills on the keyboard and guitar, but many of the kids facing him in the classroom were already accomplished musicians.

"There's like a real musical legacy there, and a lot of the students that I taught were either the kids, or the nieces or nephews or the grandkids, of some very iconic Indigenous musicians. There was a lot of musical talent. I remember there were teenagers, like 13-year-olds, who were incredibly proficient on a whole bunch of instruments."

## Traditions and cultures continue

Elcho Island was once a Methodist missionary outpost. The Bible lessons from the 1950s and '60s resonate to this day, but the visiting clergy never allowed their teaching to overpower the traditions and cultures of the local Yolngu people.

**"People speak a whole bunch of different languages. I turned up to a very full room of very small people with very low English ... it was pretty chaotic."**

"They [the missionaries] were progressive-minded people for their time," Josh says, "and they really had this outlook that, like, the best way to do their work was to allow people to keep their language and culture and try to integrate it into the new Christian culture of the mission. They are still able to practise their ceremonies – that's been an unbroken thing."

It's unbroken to the extent that, even today, many of the islanders converse in their own languages. This includes the children. They showed up in Josh's music class on day one, barely able to speak English.

"People speak a whole bunch of different languages. I turned up to a very full room of very small people with very low English, and trying to get them to sit down for an hour and do music with me ... it was pretty chaotic. So, until I was able to get my head around some of their language, it was difficult."

From the start, Josh discovered that numbers at the school vary wildly through the year. Term one in January starts in the middle of the wet season, with up to 400 children crowding the school.

"But then, as the year moves into the dry season, the weather improves, the ceremonies start, people can travel to their homelands on the island and elsewhere," Josh explains. "The school numbers dwindle. Fifty kids might show up on a given day in the middle of the dry season."

To connect with families, and encourage children to school, Josh realised he'd have to speak their language. After a couple of years, he picked up enough vocabulary to converse and teach in the language of the Yolngu. He was assigned to the VET program – Vocational and Educational

Training – much like our TAFE.

"I invested very heavily in learning their language as best I could. I ran a program where the kids would work towards a certificate, it was called applied languages, so they got a VET qualification in literacy of their language ... and that was really cool."

## Always the music

The real energy driving the school was always music. The memories of Garrumul, who died in 2017, were very much alive. The kids played in bands, and it wasn't unusual for truly accomplished guitarists to join the kids jamming in the rehearsal room. Josh is very modest about the effect he had as the music teacher. He says the kids were mentored by their highly talented relatives and he played the supporting role, keeping the place humming and the instruments in tune.

"They had this whole repertoire of music that they'd inherited from their dads and their uncles, and I got to work with these young people who were already very proficient and have a lot of fun. I learnt a lot musically from playing with the bands there."

After five fascinating years, Josh came back home to Kangaroo Valley. His partner in this Arnhem Land adventure, Josie Wright, became his wife, and they started a family. A year-and-a-half ago, along came daughter Zanthie @ sophieleaphotography. She doesn't know it just yet, but she'll hear lots of stories about Elcho Island as she grows. So will the students of KV Public School.

Josh now works three days a week teaching in the same classrooms where he did his teacher training.

"I came back with a feeling that remote communities are special places that Australia should invest in. They are incredibly unique, and the fact that you have First Nations people who have this connection to their country and can practise their culture in this way is such a rare and special thing."

Josh and Josie think Kangaroo Valley is special too, and they love being home to share their adventure story.

Howard Sacre



Josie, Zanthie & Josh



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## Continuing the conversation: Ageing well in Kangaroo Valley

Earlier this year, the *Kangaroo Valley Voice* touched on a question increasingly being asked across our community: How do we stay here longer — safely, independently and connected to the place we love? That conversation formed part of a broader local discussion around “ageing in place” and the future of aged care and support services in Kangaroo Valley.

### Save the date! Aged Care Community Information Meeting

Senior representatives from several leading aged care organisations will join Kangaroo Valley residents for an open discussion exploring possibilities for improving access to aged care facilities, home care and local support services.

Whether you are planning ahead for yourself or a family member, work in care, are interested in volunteering, or simply want to understand and contribute to the future of support in our community, you are warmly invited.

Thursday 9 July 2026

10.30am–12.30pm

Kangaroo Valley Hall

This is an opportunity to ask questions, hear ideas and help shape an important conversation about how people can continue living well in Kangaroo Valley.



# Wintering in the Valley

## Soup simmering, citrus ripening, fires lit early.

The Danes may call it *hygge* – that feeling of warmth, comfort and gathering close as winter settles in – but Kangaroo Valley has long practised its own version. It arrives in fog lingering over the escarpment until morning tea, fires lit before dusk, and places and people inviting us to slow down for a while.

Without entirely intending to, a thread began emerging this month through conversations, menus and community plans. Not simply winter events, but reminders of the way the Valley gathers in the colder months: around food, conversation and the comfort of being together.

### Spicing up winter

At The Lotus, winter is already appearing on the menu. Opening earlier this year in the former Jing Jo space, the restaurant has quickly found its feet in the Valley and seems to be leaning naturally into the season.

As the temperatures drop and morning fog settles a little longer across the paddocks, thoughts begin to shift towards warming bowls and slow-cooked comfort food. Lotus recently declared: “Kangaroo Valley is cooling down ... but our Laksa is heating up.” Their signature version promises silky noodles swimming in rich coconut broth infused with Thai spices – sounding very much like the culinary equivalent of a warm blanket and a crackling fire.

Another winter favourite appears to be gathering a following too. Their slow-cooked Lamb Shank Massaman recently sparked social media conversation – not over whether it was delicious, but over a surprisingly important question: do you eat the potatoes first or save them until the final mouthful?

### Pop-ups and pop over

Maybe winter food has always carried a little ceremony. Food not eaten in a hurry, but food designed for lingering over – preferably while the fog hangs outside and there’s nowhere else in particular you need to be.

A little further along the Valley’s winter trail, Caterina is preparing June pop-ups centred on comfort food and slow afternoons – soups, Caterina pies, winter warmers and snacks designed less for rushing through a meal and more for settling in and lingering a little longer. Less restaurant. More ritual.

And perhaps nowhere captures the Valley’s own version of *hygge* more beautifully than **Locavore**, Brogers Creek Landcare’s annual midwinter feast. Held close to the shortest day at a different property each year, the gathering invites people to bring food they have grown or ‘substantially transformed’ – bread, preserves, dishes and meals born from local abundance.

As darkness falls, fairy lights appear, fire pits flicker and an extraordinary smorgasbord slowly unfolds beneath winter skies. Its simple tagline says almost everything: **Food. Music. Friends.**

### Citrus Fest – something fruitful

Winter plans are already stretching further into the season too. Local caterer and enthusiastic member of Kangaroo Valley Crop & Swap, Angie Sceats, is gathering momentum for something she has long wanted to bring to life – **Citrus Fest**.

Planned for the weekend of **31 July–2 August**, Citrus Fest is a celebration of one of the Valley’s most generous winter harvests and of the people who grow it.

Workshops in pruning and grafting, soil ecology, preserving and children’s lemon-inspired activities are all in the works, alongside ideas for citrus cocktails, community high teas and cake swaps.

But at its heart sits a very Crop & Swap idea: abundance shared is better than abundance wasted.

Too many Valley citrus trees groan under fruit each winter. Too many lemons fall to the ground. Citrus Fest hopes to turn that abundance into something joyful – teaching skills, swapping ideas and finding new ways for the community to gather.

The call is simple: **Save the date. Save your crop.**

Because perhaps Kangaroo Valley understood *hygge* long before most of us learned the word. Here it arrives not in Scandinavian catalogues and candles, but in steaming bowls of Laksa, fairy lights strung through paddocks, citrus trees heavy with fruit and winter evenings where nobody is in too much of a hurry to leave.

### Winter in the Valley means ...

- Soup simmering on the stove
- Fog lingering until late morning
- Fires lit before dinner
- Laksa weather
- Fairy lights and fire pits
- Citrus ripening on old trees
- Food. Music. Friends.
- Gathering close.

Julie Ward



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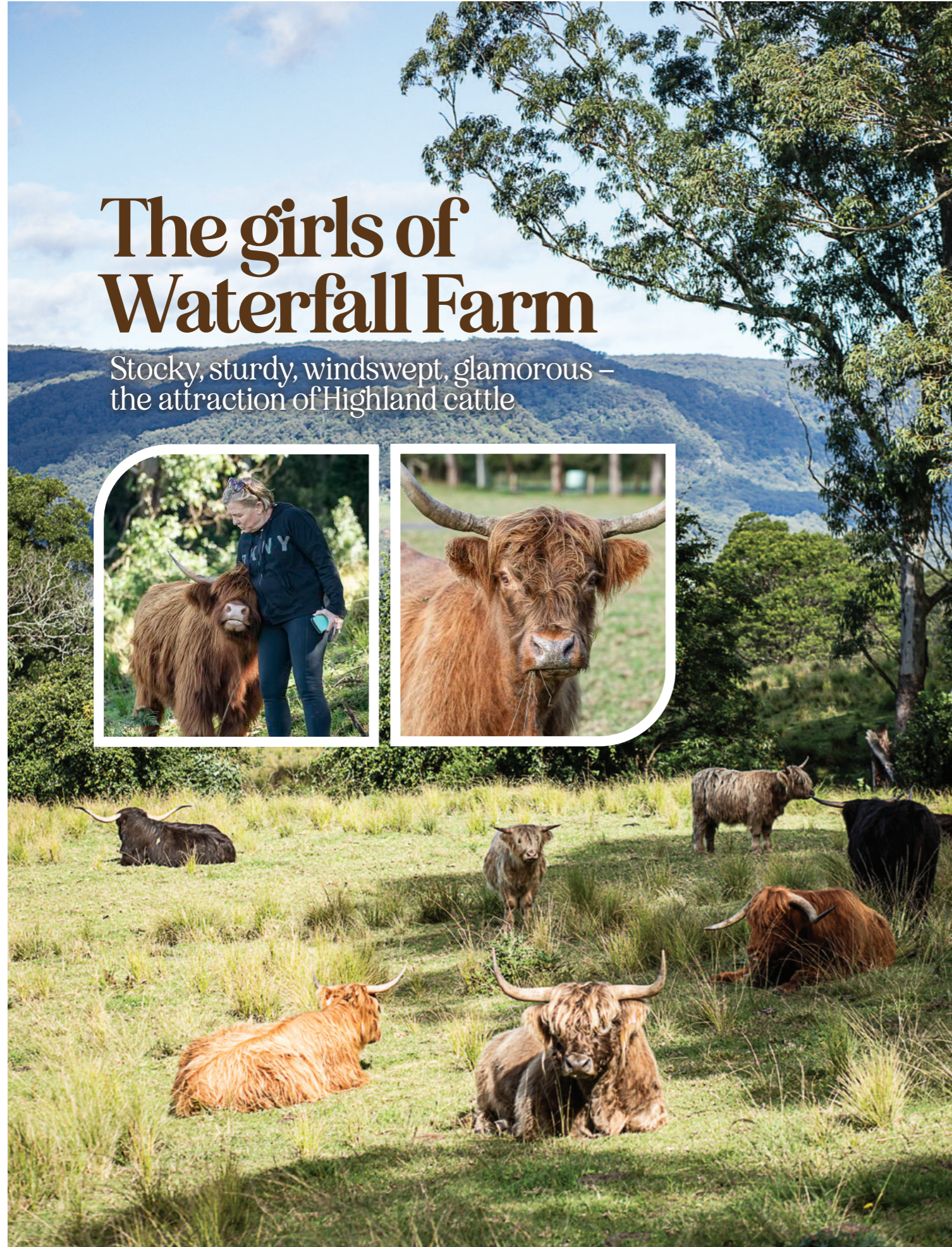
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# The girls of Waterfall Farm

Stocky, sturdy, windswept, glamorous – the attraction of Highland cattle



## There is something about a Highland cow that bypasses all rational thought.

One glimpse of those enormous horns, that shaggy fringe, those impossibly soulful eyes, and sensible people – women and children in particular, though men are not entirely immune – simply lose the plot. They go soft. They make noises. They reach for their phones. Scientists have not yet explained it, but anyone who has encountered a Highland cow in person will tell you it is entirely involuntary.

It's fitting, then, that our June issue is themed around *hygge*, the Danish concept of warmth, comfort and a particular kind of deep contentment. If ever an animal embodied *hygge*, it is the Highland cow. They look like something you could curl up against on a cold evening with a cup of tea, which is exactly the energy we're going for as the Valley settles into winter.

Kangaroo Valley has its 'own' Highland cows right here, up at Waterfall Farm, where Robyn Morrison is living what cow fans would consider an exceptionally good life.

### Simultaneously ancient and regal

I visited Robyn on a cool morning, camera in hand, boots on, full of anticipation. Walking out to meet the herd, I understood immediately why people fall so hard for these animals. They are magnificent. Stocky and sturdy, with that signature long reddish-brown coat that looks permanently windswept in the most glamorous way possible, and those wide, sweeping horns that somehow make them look simultaneously ancient and regal. Up close, they are calm and curious, and there is an intelligence behind those eyes that you do not expect.

Robyn came to Highland cows from a background in the creative arts, which might seem like an unlikely pivot, but speaking with her it makes complete sense. She approaches her animals with the same depth and attentiveness you would bring to any creative practice. "I just went completely down the rabbit hole," she told me with a laugh, describing how she has immersed herself in the health, psychology and care of the breed. "Once you start learning about them, you can't stop."

*Up close, they are calm and curious, and there is an intelligence behind those eyes that you do not expect.*

Each of Robyn's cows has a name, and she knows every one of them individually. More remarkably, they know her. They interact with her in a way that is extraordinary to witness, responding to her presence with a familiarity that speaks to years of patient, respectful care. Robyn is not simply farming these animals; she is in relationship with them.

### Old breed in an online age

Highland cattle are one of the oldest registered breeds in the world, with the first herd book established in Scotland in 1885. Bred for the harsh conditions of the Scottish Highlands, they are exceptionally hardy, known for their longevity, their docility when well handled, and their ability to thrive on rougher pasture that other breeds would struggle with. They are also, it must be said, extremely photogenic, which has

not gone unnoticed by the internet.

Case in point: Tabitha. Robyn's young Highland calf made her social media debut in an Instagram reel for The Hive in February, and the response was, to put it mildly, significant. I spoke to Nikki from The Hive, who is still slightly wide-eyed about it. "We knew she was gorgeous but we had no idea how much interest there'd be," she told me. The reel clocked more than 1.6 million views. Tabitha, it seems, is a natural.

Some of Robyn's cows are available for sale, which I imagine will prompt some excited phone calls. A word of caution, however: Robyn is not simply selling to anyone who asks. She cares deeply about where her animals go and will take the time to make sure any new home is the right fit. If you are serious, reach out to her directly.

On that note, a gentle but important reminder. Waterfall Farm is a private property, and as enchanting as Robyn's herd is, Highland cattle can be unpredictable around people they do not know. Please do not visit the property uninvited or attempt to approach the cows without Robyn's knowledge. The best way to get your Highland cow fix, besides this very article, is to follow along on social media and admire from a respectful distance.

If you do want to get up close and personal with Highland cows, you could try to book an experience at Abergail Farm in Cambewarra – see their advertisement in this *Voice*.

If you're keen to see Tabitha's adorable debut on Instagram, scan the QR code and get wrapped in this unique kind of *hygge*. Because one point six million people can't be wrong.



Sally Latham



# First Nations cultural tourism has arrived

Towards understanding the significance of traditional ways of being on Country

First Nations cultural tourism has now arrived in Kangaroo Valley. Cultural tourism is a rapidly growing travel sector focused on experiencing a destination's unique history, traditions and knowledge. It's more about immersion than sight-seeing; it fosters personal growth and empathy and supports local communities.



Clockwise from top left: Throwing the boomerang at the KV Showground, Drew Longbottom explaining aspects of the boomerang. An impressive axe-grinding groove site, Drew Longbottom explaining traditional uses of local plants, Drew Longbottom preparing a smoking ceremony.

## Just touching the surface

From there we went to Wildwood for some refreshments and an unhurried walk through bushland and sub-tropical forest to peacefully take in the surrounds. We learnt about the medicinal qualities of some plants such as the geebung and the many traditional uses of lomandra.

We came to rest in a cool and serene creek area where the conversation continued regarding some of the more famous First Nations ancestors such as Trimelong, Young Bundle and Old Bundle, and Peter of Worrigeer. We were provided with introductory explanations regarding linguistic structure in the Dharawal language and traditional approaches taken to use of plants and animals, and overall ecosystem management.

The day's experience only touched the surface in conveying the full significance of traditional ways of being on Country. It left many of us wanting for more and demonstrated the huge potential that exists here in Kangaroo Valley for First Nations cultural tourism. Watch this space!

Sarah Waddell

For Reconciliation Allies KV



Scan here to discover the Bundian Way.

An example of how First Nations are embracing cultural tourism from outside KV is the award winning *Bundian Way – one path, many stories*, which is a 365 km ancient original Aboriginal pathway that is now being developed as a connected walking track. It was a pathway for Aboriginal people from Yuin, Ngarigo, Jaitmathang, Bidawal Country that provided safe passage from the coast to the high country. As stated on their website: *Travel along the pathway allowed different tribal groups to gather on the shores of Turemulerer (Twofold Bay) during the spring whale migration and ceremonial places near Targangal (Mount Kosciuszko) for the Bogong gatherings in summer.*

## Local experiences

In Kangaroo Valley, over recent years local Aboriginal-run business Gadhungal Marring has been running cultural experiences and native plant workshops at Wildwood. Valley Outdoors has partnered with Gadhungal Marring and Djiriba Waagura Pty Ltd to provide a canoeing experience offering connection to Country from the waters of the Kangaroo River itself, together with guided bushwalks and camping. As the business notes: '... guests are able to immerse themselves in the traditions, stories and wisdom of First Nations people'.

Another opportunity for cultural tourism is now being offered by Drew Longbottom and Eric

Brown from Natcha Eco Tours. On 1 March, a group of KV people were given a sample of their one-day tour.

It started with a Welcome to Country – 'Yulanga' – welcome to Wodi-Wodi kin country where Dharawal was the primary language. This was followed by a smoking ceremony using stringy bark – 'an introduction to Country by scent'. The importance of Kangaroo Valley was explained as being in the middle of big songlines that exist from the coast to the Southern Highlands to the Blue Mountains. It was a place for trade, marriage-making and sharing information.

Next, we were introduced up close and personal to the boomerang. The aerodynamics and traditional use of the boomerang was explained. We were all given the chance to throw the boomerang, which was great fun – once is certainly not enough! Some of us mused – could this be another regular event in the Valley?

From there we went to a land-holder's property where a large and impressive axe-grinding groove site has recently been discovered. We were taken back in time to feel the significance of this location as a campsite when people travelled down from the Southern Highlands for gatherings in the Valley, the dreamtime stories that would have been told as they rested, and how children were taught regarding their roles and responsibilities.

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## Who decides there should be a 'World Day'?

By now, you've probably noticed there's a day for almost everything. World Environment Day. World Oceans Day. International Day of Yoga. World Blood Donor Day.

But then somewhere in the June calendar things take a delightful turn and suddenly we discover it's also:

- World Sauntering Day.
- International Sushi Day.

Which naturally raises the question: Who exactly is making these up?

Is there a global office somewhere approving applications for International Croissant Day or World Otter Appreciation Week? Is there a committee? A register? A secret annual meeting in Geneva?

Well ... sort of. And not really.

Some international days are officially recognised by bodies like the United Nations and involve years of advocacy, government support and formal approval processes. World Environment Day, for example, was established by the UN in 1972 and is now observed globally.

But many others begin far more casually.

International Sushi Day appears to have started in 2009 after an American man named Chris DeMay created a Facebook page encouraging people to celebrate sushi on 18 June. The internet embraced it, restaurants joined in, hashtags followed, and somehow – without fanfare or legislation – it became a global annual event.

World Sauntering Day is even more charming. Created in the 1970s as a gentle protest against the growing pace of modern life, it encourages people to slow down, wander aimlessly and notice the world around them. To stroll without urgency. To move at human pace.

Honestly, it feels like Kangaroo Valley may already have been observing it unofficially for decades.



And perhaps that's the real magic of these days. Some are serious and important. Others are whimsical. Some exist to raise awareness. Others simply encourage us to pause long enough to notice life.

Which, in a world moving increasingly fast, might not be such a silly idea after all.

### 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.

### June 2026 – Notable Dates and Celebrations

<b>1 June</b> Global Day of Parents	<b>18 June</b> International Sushi Day
<b>3 June</b> World Bicycle Day	<b>19 June</b> World Sauntering Day
<b>5 June</b> World Environment Day	<b>20 June</b> World Refugee Day
<b>6 June</b> World Pest Day	<b>21 June</b> Winter Solstice
<b>7 June</b> World Oceans Day	<b>21 June</b> World Music Day
<b>8 June</b> King's Birthday Public Holiday (NSW)	<b>21 June</b> International Day of Yoga
Best Friends Day	<b>22 June</b> World Rainforest Day
<b>10 June</b> World Tree Day	<b>23 June</b> International Women in Engineering Day
<b>11 June</b> International Day of Play	<b>26 June</b> International Day Against Drug Abuse and Illicit Trafficking
<b>14 June</b> World Blood Donor Day (WHO)	<b>30 June</b> International Asteroid Day
<b>15 June</b> World Elder Abuse Awareness Day	<b>31 June</b> International World Day*

\* Yes, we know. Just testing.



# More about protein

## Rounding off our look at macronutrients

**Protein gets another airing this month to complete the articles on the three major macronutrients: fats, carbs and protein.**

Unlike fats and carbohydrates, protein rarely attracts the same antagonism as fats and carbs. Protein rates a positive position because most people understand it is essential to life, whereas many do not realise the same truth applies to essential fats and carbohydrates. However, as with most things related to nutrition, 'essential' doesn't necessarily mean 'more is better'.

I suspect the current push for protein has risen because protein supplements, once sold mainly in gyms for aspiring body-builders, are now available – and often prominently displayed – in supermarkets. The sales gimmicks for these push the idea that all ages and both sexes of the general population need extra protein.

Protein supplements are expensive, with prices in supermarkets ranging up to \$89/kilogram. Before spending that sort of money, it's worth asking if this really is a magic bullet that will solve the health problems caused by the modern diet. Let's take a look.

### Amino Acids

Literally hundreds of amino acids are found in nature. A small number (just over 20) are important in the proteins we need. Amino

acids are arranged in chains and some can be made or rearranged in the body. The nine amino acids (named in alphabetical order as histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan and valine), can't be made in the human body quickly enough to meet our needs and are called 'essential'. They must be supplied from foods.

**In Australia, more than 99 per cent of adults under the age of 70 meet the estimated average requirements for protein intake.**

Two other amino acids – arginine and histidine – are added to the essential list for rapid growth in children and during pregnancy, as the body's own production of them may not be fast enough. Repair after severe burns may also put some other amino acids into the essential category.

The amino acids that make up protein are important for growth and maintenance of all lean tissue, muscles, organs, bones, skin and connective tissue. They're also needed in many enzymes and some hormones.

Other factors may also be involved in the way

the body uses or loses protein. For example, for protein to build more muscle requires the muscle to be used, as in growth or physical activity. A lack of physical movement leads to a loss of muscle tissue.

### Getting rid of excess

The human body uses carbohydrates and fats as energy sources. If you are following a low-carb diet, the body can use fat as part of its energy source, but it will also need some carbohydrate (preferably glucose). This can be provided from amino acids either from food or by breaking down its lean muscle tissue. Using protein in this way is possible, but not ideal. It's also not a good idea to eat more protein than the body can use, because once the body has enough protein, any extra must be disposed of.

When extra protein is broken down, the kidneys must work harder to excrete the unwanted nitrogen portion of the amino acids. This vital cleansing task requires water so the unwanted nitrogen can be excreted in urine.

The major reason for the apparent rapid weight loss that occurs with a very low kilojoule intake or low carb/high protein diets is that the lost weight is mostly a loss of water. These dietary patterns break down lean muscle tissue and this has a much higher water content than fat. If you're carrying too much body fat, it's some of that fat you may want to lose, not lean tissue and its associated water content.

### Food sources

Some foods contain all the essential amino acids in quantities that humans require. This is the case for meat, poultry, fish and other seafood, eggs, milk, cheese and yoghurt – all animal foods. Plant foods such as legumes, nuts, seeds and grains may have all or most of the essential amino acids, but not necessarily in the same proportion to match human lean tissue.

For many years, biochemists thought any food that didn't contain all the essential amino acids should be combined with one that made up any deficits. This was still being taught when I studied biochemistry and as a nutritionist in the NSW Department of Health, we'd prepare long lists of ideal combinations of different foods for vegetarians. We based our advice on many traditional meals, recommending beans and corn (Mexico), rice and soy beans (Asia) or chick peas and couscous (parts of North Africa) as meal ideas that provided excellent combinations of amino acids.

Biochemists then discovered that the human body actually accesses its amino acids from what they described as a 'pool' from foods consumed over several meals. This reduced the need for previous combinations and our advice changed – for everyone – to consume a wide variety of different foods each day.

There is plenty of evidence showing a vegetarian diet has many advantages for the body and

the planet. However, it does mean including a variety of legumes, nuts, seeds, grains, fruit and vegetables. A diet that some teenagers claim to be 'vegetarian' but consists of sweet drinks, biscuits, savoury or sweet snack foods will not cut it for protein or many other nutrients.

### Current consumption

Those who are taller or more muscular need more food, including more protein than those who are smaller.

In Australia, more than 99 per cent of adults under the age of 70 meet the estimated average requirements for protein intake.

Protein needs increase with age. This is largely because of increased needs for tissue repair and because elderly people's bodies may not use protein as efficiently.

Men over 70 require at least 10 per cent more protein than when they were younger. For most Australian men, who consume more protein throughout life, that is not a problem. A major problem for most older people occurs when they don't realise they need fewer kilojoules than younger folk. Fewer kilojoules but no reduction in protein means less alcohol and junk food.

For women, protein requirements during lactation are almost 1.5 times their usual needs – and often higher than their male partners. Women also need more protein during pregnancy (1.3 times as much as usual). And as

occurs with men, older women also need more protein – almost as much as during pregnancy.

The older people who are most likely to lack sufficient protein are those who are in residential care and anyone whose frailty includes a poor appetite. As well as better meal choices, these are people for whom supplements could be an excellent addition to the daily diet.

### Take home message

Good sources of protein (and many other nutrients) include milk, cheese, yoghurt, eggs, meat, fish and other seafood (including canned), chicken, chick peas, lentils, various beans and other legumes, quinoa, nuts, seeds and wholegrains (oats have as much protein as eggs).

Before using any protein supplement, check the ingredients. You may be paying a lot for casein or whey extracted from milk, or soy protein isolate, additives and extra starches and fats. Selected supplements may have a role in feeding frail people and those in aged care, but it's not difficult for most people (including those who choose vegetarian foods) to meet their body's protein needs with real food.

Dr Rosemary Stanton OAM  
Nutritionist



**A diet that some teenagers claim to be 'vegetarian' but consists of sweet drinks, biscuits, savoury or sweet snack foods will not cut it for protein or many other nutrients.**

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Image above:  
Mayriel Luke in her studio.

ARTIST SPOTLIGHT

# Mayriel Luke

Evoking dreamlike landscapes where light emerges from darkness and memory meets place

**Working from her studio in Kangaroo Valley, Mayriel Luke's practice is grounded in a deep emotional connection to landscape. Her works – often seascapes, skiescapes and, increasingly, moonlit scenes – are less about depiction and more about evocation: spaces where the viewer is invited to pause, drift and travel inward.**

There is a dreamlike quality to Mayriel's work, where forms emerge softly from darkness and dissolve back into it. This ongoing exploration – of light against dark, of presence and absence – has become a central thread in her practice. Working across charcoal, acrylic, pastel, ink and chalk, she embraces a fluid, experimental approach to materials, often layering and combining mediums to achieve depth, texture and atmosphere.

Nature remains her primary source of inspiration. Whether immersed in the

shifting light and vast escarpments of Kangaroo Valley or recalling landscapes held in memory through past travels and sketchbooks, Mayriel responds not just to what she sees, but to what she feels – seeking to capture fleeting moments of beauty, emotion and wonder.

There is also a growing tension in her work between control and spontaneity – between carefully considered compositions and the vitality of early, intuitive marks. It is often in these unguarded moments, where the work feels most alive, that something unexpected and authentic emerges.

Her work sits in a space between representation and abstraction – anchored in place, yet open, intuitive and deeply personal.

Mayriel Luke's work will be featured in the upcoming Kangaroo Valley Artists Collective group exhibition, 18, at Bowral Art Gallery, 1 Short Street, Bowral, 25–30 June. The official opening will be held on Saturday 27 June at 3.00pm. We look forward to seeing you there.

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

**Quick-fire studio questions**

**Coffee or tea in the studio?**

Coffee to start, then a break, then herbal teas.

**Music, podcasts or silence while working?**

Varies from classical to contemporary – predominantly instrumental ('Palladio' – Karl Jenkins).

**Morning painter or late-night creator?**

Morning into the afternoon rhythm ... after two

hours I usually go for a short walk.

**Favourite colour right now?**

Subtle earth tones within darkness and light ... and Prussian blue.

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

Charcoal, fat brushes, wide softening brush.

**Best creative advice you've received?**

Buy what you love – something that touches your spirit and makes you question.



*"There are moments when you forget who you are and just become part of the work ... it's only for a few seconds, but it's really beautiful."*

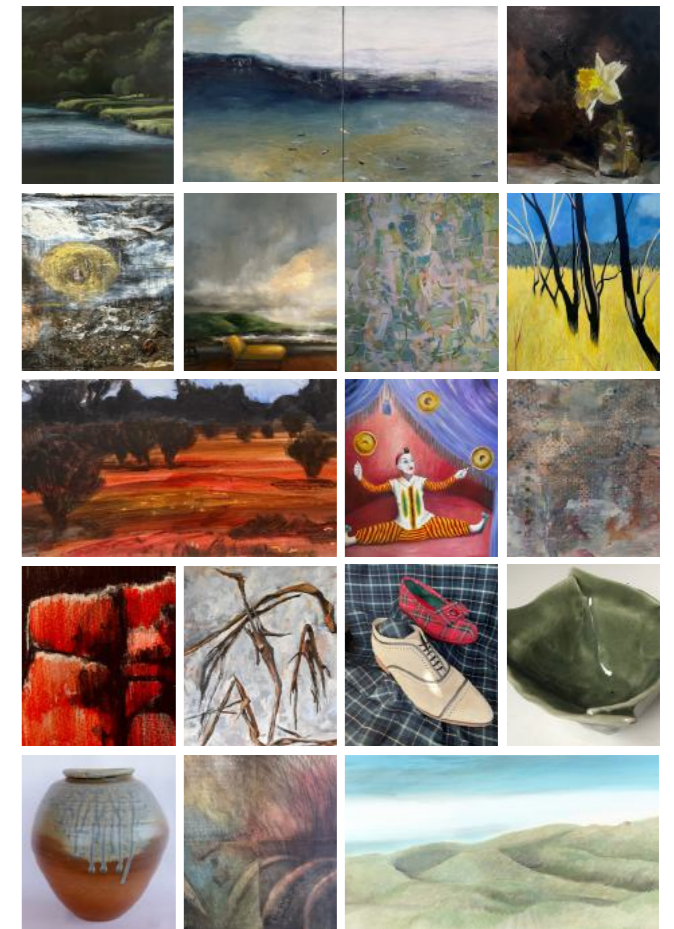
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See page 23 for our regular Artist interview feature ... 'In Conversation with Mayriel Luke'

*Cattai Dreaming, Canvas acrylic, 330mm x 430mm, 2022.*



*Force of Nature, paper charcoal ink chalk, 841 x 1189 mm.*

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ARTIST SPOTLIGHT: In conversation with Mayriel Luke

**Your work has a strong atmospheric and almost dreamlike quality. What draws you to this way of working?**

*Most of my work is based on landscapes – seascapes and skiescapes – that make me dream. I think that’s what I’m trying to evoke, a sense of a dreamlike place where the viewer can travel. It’s about capturing something that isn’t entirely real but feels familiar in an emotional way.*

**You often work with dark grounds and emerging light. What interests you about that space?**

*I’m always drawn back to images that seem to emerge from the darkness. Working on a dark background can be challenging – it absorbs so much of the colour – but that’s also what makes it interesting. I’m continuing to explore how to bring light into that space and how it can reveal something unexpected.*

**How does the landscape of Kangaroo Valley influence your work?**

*Living in Kangaroo Valley is incredibly inspiring. The landscape is so powerful – at times overwhelming and very emotional. When I walk through it, I just want to sit and absorb it. I’m particularly drawn to the moonlit landscape here – the way the light creates subtle shadows and reflections in the mist. It’s something I’m really interested in exploring further in my work.*



*Peering Through, Canvas – Acrylic, 630mm x 330mm.*

## News from the Pews

Church of the Good Shepherd Kangaroo Valley

**A**t the Church of the Good Shepherd we share together in the joys, sorrows and in-between of life as we follow Jesus, who says: “I am the Way, the Truth and the Life” (John 14:6).

### Nelle and Tim

It was a delight to see Nelle and Tim from our 10.00am service get married recently. Andrew spoke at the wedding from Colossians 3:14-17, where it says: ‘Let the peace of Christ rule in your hearts’.

### It’s never too late

In May at church we heard from Fiona, who shared with us how her father had received a serious health diagnosis 12 months previously. Fiona had been praying for her father for

decades to come to accept Christ as his Saviour and Lord and know his peace and forgiveness. Then just the week before, while visiting her father in care, her father burst into tears and said he needed Jesus in his life. Praise God! It’s never too late to accept Christ into your life.

### Kids’ Club

Our Kids’ Club for those in years K–4 has now kicked off for 2026. I think the leaders have just as much fun as the kids on Thursday afternoons! This term we’re looking at God as the good creator of the world. Kids’ Club runs concurrently with our Crossroads group for those in years 5–6 on Thursday afternoons after school. You’re more than welcome to bring your child down to join all the others any Thursday in term time.

**God bless  
Andrew Paterson**



Nelle and Tim get married.



Andrew Paterson making bubbles at Kids’ Club



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# KVV Book Club

This month's book:  
**High Mountains of Portugal**  
 by Yann Martel

**I have changed my mind about the review for this month. I have just come back from traveling in Spain and Portugal and when I am away I like to read books set in the places I am exploring.**

I read a crime trilogy by Dolores Redondo set in the Ribera Navarra region of Spain. Lots of witchcraft, magic and suspense. They were excellent. But the highlight of my holiday reading was *The High Mountains of Portugal* by Yann Martel.

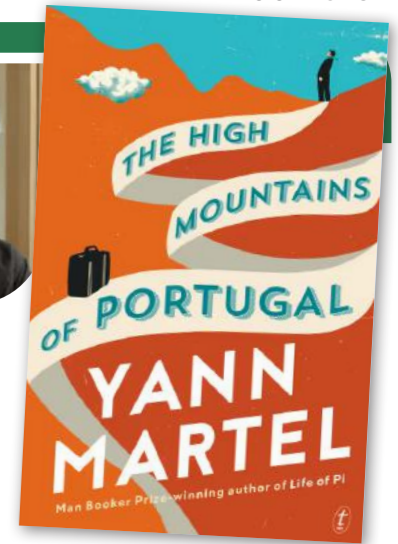
Yann Martel is a Canadian writer. His most famous work is *Life of Pi* which won the Man Booker Prize in 2002. *The High Mountains of Portugal* was published in 2016. In some ways it is a little like *Life of Pi*. It is very fantastical and there are recurring themes of religion, relations

between humans and animals, anthropomorphism, love, loss and grief.

The novel is three cleverly interconnected stories which take place over the course of a century. The first story starts in Lisbon in 1904. Tomas is a museum worker who walks backwards around Lisbon as an objection to the deaths of his wife, son and father. He discovers an old journal which tells of a religious artefact in a small village in the mountains. He sets out to find it in one of the first European automobiles. This journey provides some very funny scenes. The artefact turns out to be an ape on a cross.

The second story tells the tale of a Portuguese pathologist obsessed with Agatha Christie novels. He gets drawn into the results of Tomas' quest and in doing so performs a very surreal and gruesome autopsy.

The last story is the most satisfying. A Canadian senator and chimpanzee called Odo retreat to the senator's ancestral village in North Portugal following the death of his wife. The century long quest comes to a very unexpected, animal focussed end.



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

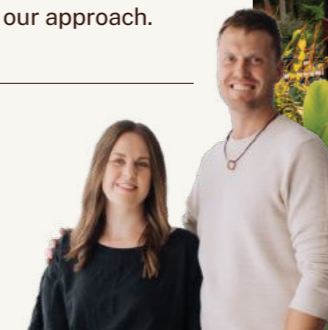


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# Zoe Elliot: A heart that remembers

The love of community – it goes both ways

**T**here are musicians who chase stages, tours and bright lights. Then there are musicians like Zoe Elliot – people for whom music has always been less about performance and more about connection.

Connection to community. Connection to stories. Connection to people. And perhaps, at this season of life, connection back to herself.

Zoe first came to Kangaroo Valley as a performer at the 2011 Folk Festival and

remembers immediately feeling at home. “I felt I was made for village life,” she says.

Years later she moved from Sydney’s Northern Beaches with her young family and close friends, settling into Valley life in a caravan, then a tiny house and shed on a large property. What followed was immersion into the rhythms of a small community – neighbours, preschool families, church, music and friendships that ran deep.

Then came the fires. Then came years of uncertainty.

During the 2020 bushfires Zoe created ‘Thank

You RFS’ stickers for local fundraising efforts and later received a small grant to record songs inspired by that season, including ‘Fireline’ and ‘From the Ashes’.

At the same time, Zoe became a single parent and it was at this time she truly realised the power of a community. People came forward with meals, time and support in ways she would never have imagined.

### The gift of music

That experience seems to have reinforced something already deeply rooted in Zoe – her belief that communities thrive when

people simply contribute what they can. “Music is a gift I can contribute,” she says. “In the same way our RFS, volunteers, sponsors, chefs, MCs and those who bring plates of delicious food contribute what they can. That’s what makes a thriving community.”

Music itself has always occupied a slightly different place in Zoe’s life. She laughs that she plays “about eight instruments averagely” – everything from guitar, flute and clarinet, to tuba and baritone saxophone – driven less by perfection than curiosity and joy. On her new EP she sings, plays guitar and adds flute, clarinet, backing vocals and piano.

While she loved performing from her high school years onwards and later stepped into songwriting nights and local gigs, she realised early she never wanted the version of music that demanded everything. “I never wanted to give my whole soul to music,” she says.

Instead, Zoe became a music teacher and built a life that made room for many things – community, faith, friendships and, most importantly in recent years, motherhood. “I love being a mum,” she says. “It’s such a huge privilege.”

### The Valley calls

In 2022, housing pressures meant Zoe and her family left Kangaroo Valley for Bomaderry, but the separation was never complete. They continued driving back over the mountain for church; she still joins Monday night Ultimate Frisbee, summer

soccer and karaoke, and continues saying Yes whenever the community calls.

And it calls often.

Most recently she said Yes to performing ‘I Am Australian’ at the KV Show opening, Yes to running the Junior Talent Muster, booking bands for the main stage, and then singing ‘Blackfella/Whitefella’ at Wes Hindmarch’s beautiful end-of-life celebration.

Not easy. But still, Yes. Because she loves people. And because people, she says simply, have loved her and her two children Noah and Barley.

These days Noah and Barley have become some of her biggest supporters too – listening to rough mixes, learning lyrics and cheering Mum on from the front row. Music never disappeared from family life; it was simply waiting its turn.

### Extended Play

That same spirit sits behind her new five-track folk-acoustic EP, *My Heart Remembers*, recorded with local musician and producer Paul Greene at his studio after the pair connected at the 2025 Kangaroo Valley Folk Festival.

The EP itself almost did not happen. A friend suggested a GoFundMe campaign, but Zoe initially resisted. Then came simple advice: “If people want to, they will. If they don’t, they won’t.”

They did. Nearly \$3000 was raised, helping Zoe begin recording. “This is why it’s important to throw a thank you party in Kangaroo Valley,” she says. And “party” may not be quite the right word because, true to Zoe, the launch

has become another act of community building.

The Upper River Hall event has been designed as a family-focused evening, complete with fire pits, children running in and out, local young

performers Daisy, Estelle and Ruby – familiar faces from the KV Show talent quest – each singing a song, a preschool fundraiser barbecue and a full band featuring Jordy Mawson, Will Nicholson Parker and Paul Greene.

“This event is a thank you,” Zoe says. “It is a family and community event.”

Because while the EP may be called *My Heart Remembers*, perhaps the deeper truth is this: the Valley remembers too.

And now, with Noah and Barley learning the words and cheering Mum on from the front row, the next chapter feels a little like coming home.

Julie Ward



Zoe performs 'I Am Australian'.

Zoe wins the Ironperson event at this year's Show.



*Communities thrive when people simply contribute what they can.*

Zoe wins the Ironperson event at this year's Show'.

### Zoe Elliot EP Launch

Upper River Hall, Kangaroo Valley Saturday 4 July, 5-8pm

A second launch will be held at:

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Kangaroo Valley crew at HR



# Firey tales

## Captain's Message

While it has been a quieter month for call-outs, there has been lots ticking along behind the scenes for the brigade, with a number of hazard reductions taking place throughout the district and in the local area. These controlled burns provide valuable experience for newer members who may not have had previous fire experience.

The brigade was involved in the local Anzac Day parade, providing traffic isolation control to ensure a safe environment for the public.

We have a number of members involved in additional training upgrades, with two members taking on Village Firefighter roles and one member well on the way to completing his Remote Area Firefighting course to be a part of the Remote Area Firefighting team.

We have kicked off our latest Basic Firefighter course with four participants involved in Wednesday night training exercises, and we have interest from several other young locals to be involved in future courses, with dates to be advised.

Captain Dusty 0412 865 638



HR fire management.

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### PILE BURNS AND BURNING OFF

The Fire Permit season finished on 31 March 2026 and will recommence on 01 September 2026. However, there is a process that still needs to be adhered to, prior to burning off in the off-season:

#### APPLY, NOTIFY, ADVISE

1. You must notify the NSW RFS at least 24 hours before you light the fire.  
Ways to notify the NSW RFS:  
**Online at:** www.rfs.nsw.gov.au/  
or via the QR code above.  
**Phone:** Shoalhaven Fire Control Centre (FCC) 4424 4424 between 8am and 4pm Monday to Friday.
2. You must advise your immediate neighbours at least 24 hours before you light the fire.
3. You must not light the fire if a Fire Danger Rating is HIGH or above
4. At least one person responsible must be present on site until it is extinguished.
5. Check the upcoming weather conditions, as the pile may continue to smoulder for days.
6. If you believe you cannot safely control the fire once it has been lit, dial 000.

If you have concerns about doing this yourself, please get in touch with the KV fire brigade, and we can possibly assist you with your pile burn or check your site for you.

Compiled by Tracey Basman

## Incidents

**22 April** – Farm Machinery Fire – Unfortunately one of our local farmers lost their tractor after a fire started, possibly from overheating hydraulics. The brigade responded with all three trucks but the tractor was completely destroyed.

**26 April** – Smoke sighting – Quickly

identified as a local farmer burning off paddocks and no response required.

**6 May** – Motor Vehicle Accident – A heritage car lost its brakes while coming down Cambewarra Mountain and went over the edge of the road, down approximately 10 metres. The driver was trapped in the vehicle but fortunately was able to call 000, and was

able to coordinate his location to emergency services, as the accident was not visible at all from the roadway. Ambulance rescue set up rescue lines to extricate the driver who was transported to hospital.

**9 May** – Smoke sighting – Quickly identified as a local farmer burning off paddocks and no response required.

## Hazard Reduction

**Tallowa Dam Road** – The brigade assisted NPWS with a large, low-intensity hazard reduction, approximately 1400 Ha, running from Kangaroo River fire trail to the dam and down to Lake Yuranga. Helicopters were used to drop aerial incendiaries along ridgelines so the fire could burn slowly down to the gullies to self extinguish.

**Bangalee Scout camp** – KV provided a truck and four crew members to complete this hazard reduction that has been ongoing for several years due to wet weather delays.

**Woollamia area** – KV provided our large Cat 1 truck and 4 crew to assist with this HR.

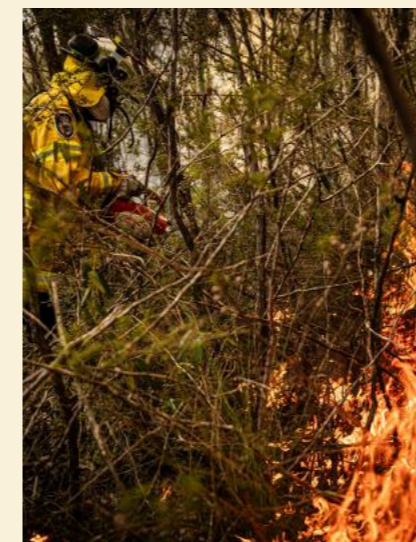
**Emu farm, Tomerong** – KV provided a truck and two crew to assist with this HR.



Fire created using drip torches.



Water supplied by helicopter



Lighting up!



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rfs.nsw.gov.au/join

# Historical happenings

DOCUMENT 1

## Landholdings of Alick Osborne

In the 1870s onwards, Alick Osborne owned many, many lands within the Valley, specifically County of Camden, Parish Bugong and Burrawang. This map shows the Portions he owned within the township area that we know today.

Part of Portion 212, across the Kangaroo River, and on the way to Barrengarry, is where the Museum sits. Part of his land was resumed for 'approach to the bridge over Kangaroo River' (Reference hlr.v.nswlrs.com.au).



DOCUMENT 2

## The Village of Osborne

The second document shows 16 Allotments in part of Portion 26 that were granted to Alick Osborne on 21st July 1871 bound by Myrtle Creek, the Kangaroo River and Shoalhaven Road.

Yes, you will have noted in these documents, back in those days, Kangaroo Valley was known as the Village of Osborne and yes, Marshall Street did go all the way down to the Kangaroo River.

secretary@kangaroovalleyhistory.com  
Kangaroo Valley Historical Society Incorporated



Rowing on the Shoalhaven.

# Vale – Gerald Garrett

Gerald Garrett, my husband of 74 years, died peacefully at home in May, aged 95.

He was born into a family of sailors and from a very young age, he would sail his dinghy from Cremorne across the Harbour to School at Cranbrook. He rowed for many years until sailing on Pittwater became his passion. He was the Australian champion in the Tempest class and 3rd in the world in Naples in 1973 in the world championships and also 3rd in Toronto in '77. He sailed six times in the Sydney to Hobart yacht race as navigator, coming second in *Boomerang*.

In the 1980s, he built a 42-foot Swanson and we sailed around the world for three years. These were still the days when a sextant and compass were the only navigation tools, before satellite

nav and mobile phones, so we were on our own on the high seas crossing the oceans of the world for weeks at a time.

When we came ashore, we came to the Valley and bought some burnt out pine forest along Tallowa Dam Road and built our home here, where we lived for 40 years with a view over the paddocks to Berry Mountain.

He rowed for many years with the Ancient Mariners at Drummoyne, being the oldest rower in NSW until his poor old legs gave out when he was 92. He taught rowing to the students at Shoalhaven High School for some years.

Gerald also played tennis with the local tennis club until last year, and was grateful for the warmth and companionship of his friends in the Valley who, over the years, became stalwart friends.

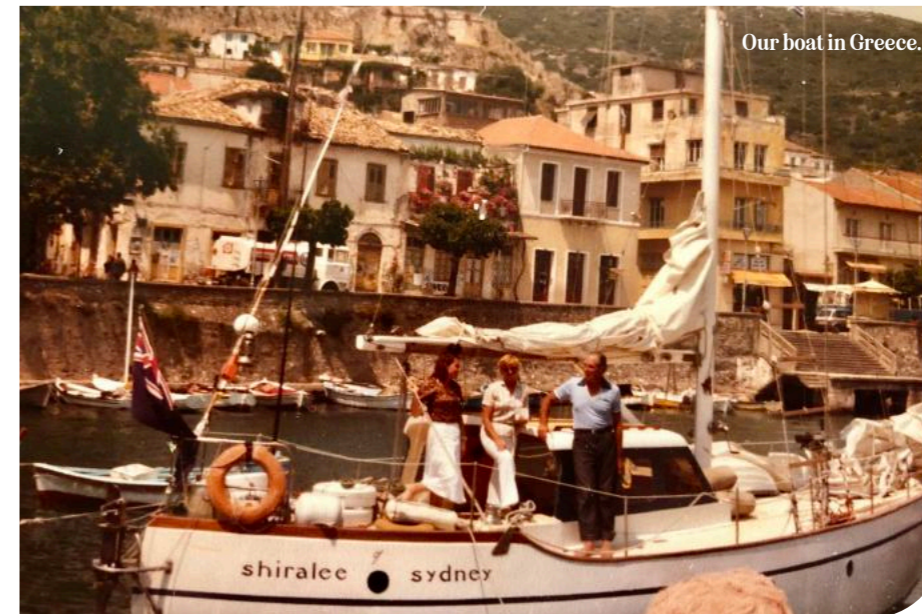
He had many careers in his professional life, including working in the city as a stockbroker, with Bill Peach Journey's charter air cruise, as well as working with cotton farmers out west, but it was his life on the farm that gave him the most joy.

There may be other people here in the Valley, like us getting old; some may think that they will have to leave this beautiful Valley, leaving their friends and all they love to be nearer to help for medical problems relating to getting old. You can think again.

Gerald's experience in his last weeks was outstanding. From the moment Palliative Care Shoalhaven was alerted to Gerald's needs for assistance, he was inundated with caring professional people wanting to make things easier for him and ultimately to help him to die peacefully at home as he wished.

He had a Fortunate Life.

Jeanette Garrett



Our boat in Greece.

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# Preschool news



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Fiona Nelson visits preschool.

### Focus on artistic expression

This term at Kangaroo Valley Community Preschool has seen a focus on all of the amazing things that make each of us wonderfully unique and bring us together. We have predominantly engaged in this by utilising art as a medium for expression.

As each of our preschoolers continues to develop their communication capabilities, artistic expression provides a universal outlet for every child to share their thoughts, ideas and understandings. As each preschooler was given the opportunity to express themselves openly and with a variety of resources, they created individual representations of themselves and one another, showing how our social and learning relationships connect us. Rosie Williams also proudly presented her drawing of Australia to demonstrate her understanding of connection through place.

Exploring our individual identities and the world around us in this way develops a sense of belonging for each of us, building confidence in ourselves and a deep sense of connection to our beautiful community.

### Overwhelming community contributions

The Kangaroo Valley community has been incredibly hard at work supporting the preschool through our latest fundraising endeavours. The Glitterati Gala Drag Bingo Fundraiser was universally proclaimed a success, and was quickly followed by the Mother's Day Stall at the Street Beats and Eats event.

From the hundreds of hours that have been put into organising these events by our fundraising committee members and volunteers, to the many donations provided and each and every person who has purchased tickets and sale items, the contributions from our community have been overwhelming.

We are so grateful for the support for our preschool and are so proud to be a part of a community that shows our littlest learners what we can achieve when we come together and support one another. Every contribution makes a big difference to helping our preschoolers thrive and we couldn't continue on this learning journey without you.

### Embracing changes

As we move through this journey together, we are also embracing many changes within our preschool.

### Thank you Fiona Nelson

After 14 dedicated years, Fiona Nelson made the difficult decision to retire at the end of Term 1. Fiona has been integral to the learning and development of hundreds of Kangaroo Valley children across the years and has been particularly pivotal in supporting Gemma's transition in her ongoing leadership of the preschool.

Behind the scenes, Fiona has overseen every aspect of the running of the preschool for over a decade, keeping things running smoothly to ensure an optimal learning environment for every child who has attended Kangaroo Valley Preschool. Her knowledge, experience and dedication will be greatly missed, but in true Fiona fashion she hasn't been able to stay away too long and has already visited us with a smile, a cupcake delivery and plenty of cosy reading time to share. A farewell will be organised shortly, so please keep an eye out for an announcement and join us to celebrate Fiona's many achievements throughout the years.

### Best wishes Gemma

Gemma will also be taking some time out as she begins her maternity leave in mid-June, with a planned return in Term 1, 2027. Throughout these changes Gemma, as well as Tuneil Mackechnie and Jen Williams (our devoted committee president and vice-president), have been hard at work hiring new staff to provide continuity of care and a consistent approach to learning that aligns with the child-centred focus that we have been developing and scaffolding within the preschool.



Rosie draws Australia.



Colouring in connected people.

### Welcome Melissa Ward



Melissa Ward has joined the team from Term 2 and is a degree-trained teacher, holding a Bachelor of Teaching. She brings almost 20 years of teaching experience, as well as experience as an

Educational Leader and Nominated Supervisor. Melissa's ability to mentor, inspire and lead has seen her receive a peer nomination for a National Teacher's Day award. We are very lucky to have her join our team and look forward to seeing what her wealth of knowledge will bring to our Preschool.

### Welcome Georgia McSwiney



Georgia McSwiney began her preschool journey at the end of Term 1 and is currently studying her Certificate III in Early Childhood Education and Care. Georgia has a background as a School Learning

Support Officer, but after realising that her passion lies in Early Years Education, she has joined us at Kangaroo Valley Preschool to develop her knowledge and experience within our learning community.

We look forward to keeping you updated with all of the exciting Preschool news ahead and, as always, thank this wonderful community for your ongoing support.

*The Kangaroo Valley Preschool Team*





## MEN'S BOWLS REPORT

### Open Gender Pennant

Well, another Pennant season has come to an end but, unlike last year, there is no real success story to report on. In fact, the less said about pennants the better, but I suppose I should provide the final results. The Grade 2 side finished in third position out of five teams on 42.5 points. In last position, the Grade 5 side finished on 13.5 competition points and the Grade 7 side finished on 24 points. I know I say it every year, but there is always next year to look forward to.

### Club Pairs Championship

The long-awaited Final of the Men's Club Pairs Championship eventually materialised on 9 April. Greg Williams and Joel Dowsett got off to a flying start against David Badger and Adam Rigney, winning the first six ends to take a nine to nil lead early in the match. Greg and Joel kept the pressure on throughout the match and only allowed David and Adam to win seven of the 21 ends.

The final score was 21 points to nine in favour of Greg and Joel. Congratulations to all players, especially Greg and Joel for winning the 2026 Men's Pairs Championship but also to David and Adam for finishing runners up in this prestigious championship.

### Club Fours Championship

The Final of the Men's Club Fours Championship has also been a long time coming, but was

eventually played on 22 April, between 'Tige' Lidbetter's team of Bob Burney, Terry Bezant and Col Agar against Jim Abbott's team of Derek Raymond, Bob Dunn and Frank Picciolini. This game appeared to be heading towards a victory for Jim Abbott's team, who led all the way until the 17th end when Tige's team caught up to level the score at 14 all.

Thereafter, the lead changed three times in the last four ends but crucially Tige's team picked up four points on the 20th end to lead the match by three points going into the final end. Jim's team only managed to score one point in the final end, leaving Tige's team victorious with a score of 19 points to 17. Congratulations Bob, Terry, Col and Tige on a worthy victory in a hotly contested match.

### Club Triples Championship

In the first round of the Club Triples Championship, Mark Power, Frank Picciolini and Jim Abbott played consistently throughout the match to defeat Brian Jones, Ron Nelson and David Badger with a score of 25 points to 13.

## SOCIAL BOWLS

**15 April** – James McKinlay, Ron Nelson and Tige Lidbetter 34 – Bob Burney, Brian Jones and Terry Hayes 8. George Waddell, Col Agar and Bill Chittick 23 – Keith Pepper, Bob Dunn and 'Jingles' Chittick 16. Steve Kellett and Rob Folkard 24 – Derek Raymond and David Badger 16.

**22 April** – Tony van Zanan and Terry Hayes 28 – Jingles Chittick and Rob Folkard 9. George Waddell and Daniel White 29 – Ron Nelson and Keith Pepper 11.

**29 April** – Keith Pepper, Brian Jones and Jingles Chittick 18 – George Waddell, Ron Nelson and Bill Chittick 16. Jimmy Whyte, Darryl Goodger and Steve Kellett 17 – Bob Burney, Bob Dunn and Frank Picciolini 17. Mark Power and Tige Lidbetter 21 – Derek Raymond and Terry Hayes 20.

**2 May** – Margaret and Terry Hayes 23 – Gillian Portener and Jingles Chittick 21.

**6 May** – Derek Raymond, Bob Dunn and Jingles Chittick 19 – George Waddell, Darryl Goodger and Terry Hayes 11.

**9 May** – Derek Raymond, Bob Dunn and Judy Whitton 23 – Frances Simmonds, Margaret Hayes and Rod Fitzgerald 16. Annette Royal, Irene Dunn and Terry Hayes 19 – Judy Croft, Daniel White and Frank Picciolini 18. Keith Pepper, Gillian Portener and 'Teeny' Fitzgerald 25 – Bob Burney, Rosa Burns and Col Agar 14.

I look forward to reporting on the Challenge Singles and Challenge Pairs competitions next month.

*Rob Folkard*

# GOLF

Here's the golf report for April and May – a time for dodging the leaves on the fairways.

**Saturday 25 April** – ANZAC Day – was our Stroke and Monthly Medal round. Congratulations to Jake Neville, visitor from Mollmook Golf Club, winning the Stroke round with a score of 71, followed by Allan Harvey winning the Monthly Medal with a score of 73, followed by Michael Ryan with a score of 74.

**Saturday 2 May** was our Stableford round. Congratulations to Nunny Purll with a good round of 34 points, followed by David Purll with 33 points and Ian Thomas with 30 points.

**Saturday 9 May**, our Par round, saw congratulations go to Charley Tarbey with a -1 round, well done! He was followed by Eric Felipe with -2, beating Suzanne Greer on a countback.

**Saturday 16 May** was our Stableford round. Congratulations to Andrew Welstead, visitor from Lord Howe Island Golf Club, with a score of 36 points, followed by Suzanne Greer with 34 points, beating Ian Thomas on countback, also with 34 points.

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

*Allan Harvey, KVGC Captain*

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*– Arnold Palmer*



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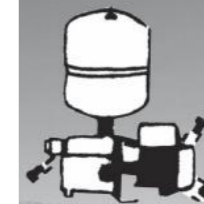
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Mark 0439 456 356

# 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  
Please email all content for inclusion in the Voice to thevoice@kangaroovalley.nsw.au

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