

The Kangaroo Valley Voice

FREE

NOVEMBER 2026



Christmasactually

TURNING ON CHRISTMAS KV STYLE

A WEEKEND
OF ART
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ARE VITAMIN
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OF THE NIGHT
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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.

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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 December issue is 18 November 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

Back at the Voice desk after a couple of months on another project, I've been catching up on the past two issues. My thanks to Sally Latham for taking up my slack and contributing wonderful articles while I was away and to Catherine, Richard and Paige without whom this magazine would not happen.

From the Arts in the Valley to the Folk Festival, it's been a season of coming together. And judging by a recent Kids' Day planning meeting at The Hive, there's plenty ahead.

We were looking towards February's Show, though the two Lisas were hampered by one detail: their 2027 diaries had been ordered but hadn't arrived.

There's much to put in them. This issue looks ahead to Christmas in the Valley, a weekend born of shared ideas and people willing to make them happen. Kate Watson returns with the Echidna Count, while esteemed local journalist Howard Sacre invites us to look skywards with his astronomy contribution.

These pages share our interests, introduce us to our neighbours and give us reasons to connect. May something here help fill your cup.

Julie Ward

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KV FOLK FESTIVAL 2026

in pictures ...

Photos: Lisa Grant Photography



We're coming to your community



We're bringing NSW Government services to:
Kangaroo Valley on Monday November 2nd 2026
1:00pm-4:00pm

Visit our Mobile Service Centre to access services like:

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A weekend of art

Visual Arts in the Valley Festival 2026



arts in the valley
KANGAROO VALLEY

The recent October long weekend saw a festival of art in Kangaroo Valley. The Official Opening was held on the Friday night, 2 October, with prizes announced by Judge, Steven Harvey from the National Art School, and Curator, Olivia Welch from Ngununggula Gallery.

Congratulations to the prize winners:

Kangaroo Valley Art Prize (Australia-wide)

First Prize \$10,000 – Sooz Burt – Tassie Tea Trees

Highly Commended – \$3000 – Danny Ivanovski – Wattamolla Rocks

Commended – \$2000 – Amala Groom – The Lodge

Young & Emerging Prize (Australia-wide)

First Prize – \$4000 – Danny Ivanovski – The Absence of Red Cedar

Commended – \$1000 – Yamini Vuppalapati – Not Here or There (With Y'all)

Our enormous thanks go to our supporters, who donated all the above prize money.

Salon of Local Artists (Kangaroo Valley only)

First Prize – \$1500 – Daisy Farnham – Glimpse

Commended – \$500 – Matthew Southworth – The Silo

Packing Room Prize (Australia-wide)

\$500 – Githa Pilbrow – Upper River

People's Choice Prize (Australia-wide)

\$1000 – Pamela Dawn Pauline – Refuge

Artistic children

This year marked the beginning of a **children's competition and exhibition** held in collaboration with the Kangaroo Valley Public School. This year's theme was 'Important people and places in my life' and the prize-winners were:

K/1

First Prize – Aleera Smart

Commended – Logan Szymoniczek

2/3

First Prize – Matilda Apps

Commended – Amelia Mackechnie

4/5/6

First Prize – James Lawson

Commended – Matilda Hole



Installations, open studios, hands-on workshops and more

The event stretched into the village with installation art projects in the Pony Club and behind the Friendly Inn, artworks displayed in local businesses, 3D printing at The Hive and musical performances from the KV Community Choir and local musicians.

For those who wanted to venture further afield there were 13 open studios featuring the work of 18 artists across a range of genres including painting, ceramics, sculpture and traditional shoe making.

For people who enjoyed a more hands-on

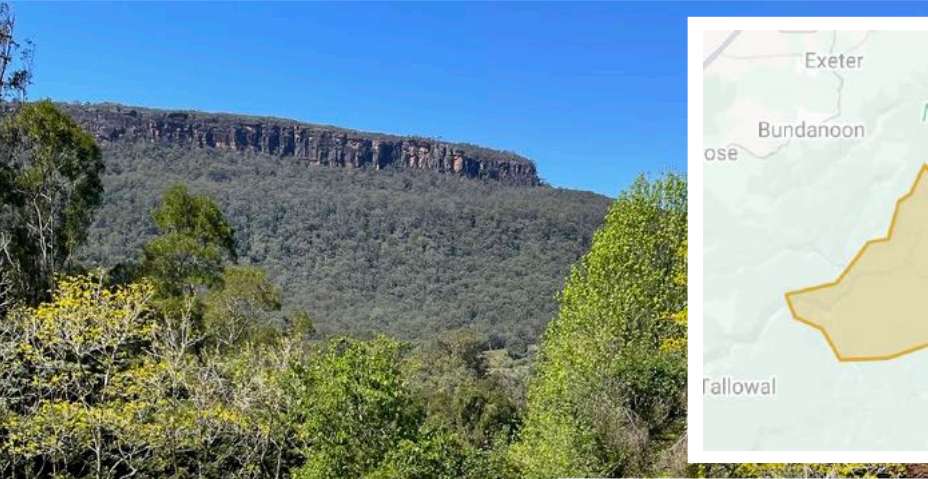
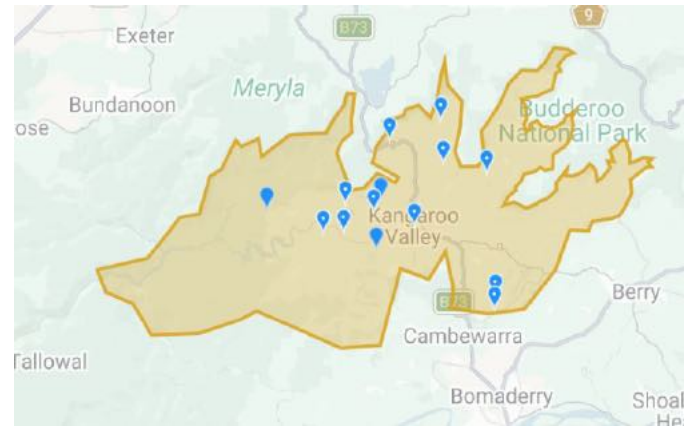
approach there were four workshops, including one specifically for children. Workshops covered lino cut print making, mask making, charcoal drawing and mixed media drawing.

Despite the deluge on the Saturday hundreds of locals and visitors took part in this wonderful biennial KV tradition.

Helen Lunn
Visual Arts Director



- Clockwise from top:
1. Bryan Pennington's Studio,
 2. The River,
 3. Sally O'Carla's Studio,
 4. Gerry Moore,
 5. Lino cuts,
 6. Daisy Farnham,
 7. David Collins' Studio,
 8. Mask making workshop,
 9. Children's workshop,
 10. The River.



Echidna Count 2026

The Count results and how to help our monotremes



The weather for this year's Echidna Count was warm and dry, with September being one of the warmest on record. Thank you for keeping a look out for echidnas.

There were 23 echidna sightings recorded during the Count week, which is around the average for the Counts, so they are doing well.

During the year between the Echidna Counts, sightings of 27 echidnas were recorded in the Valley and one echidna was recorded to have been killed on the road.

Our wildlife faces many challenges that now include the new bird flu, and regenerating habitat is the best way we can help them. For echidnas this includes ensuring that the things they need for food and shelter are not removed and are restored where they have been lost. Their food consists of many species of insects, such as ticks, ants and termites.

Ways to protect and restore echidna habitat include:

- Do not remove fallen logs unnecessarily: hollow logs are particularly important because echidnas often use them for shelter, and decaying wood contains invertebrates that echidnas eat.
- Do not remove leaf litter and ground cover vegetation because these have insects that echidnas eat, and they use ground cover to move across the landscape without being seen.
- Avoid dismantling areas of surface rock. Rock piles and rocky areas can provide

valuable shelter for echidnas and other wildlife, and echidnas find insects on and amongst rocks.

- Do not remove piles of natural vegetation. Where practical, allow piles of fallen branches and vegetation to break down naturally rather than burning them. These piles can provide valuable shelter for wildlife and echidnas often leave their puggles under piles of vegetation while they go fossicking for food.
- Be careful with fire. Just before lighting a burn pile, move it to an adjacent location if possible. By moving the pile before setting it alight, any puggles or other animals sheltering there will be kept safe.
- Large living trees, dead trees, understorey trees and shrubs all contribute to healthy echidna habitat.
- Encourage natural regeneration, allow native trees to regenerate naturally and plant native trees.
- Retain native shrubs and encourage dense understorey vegetation. A structurally diverse habitat provides more opportunities for echidnas to feed and shelter.
- Control feral predators such as foxes and cats.
- Be careful with electric fences, avoid installing electric fencing at echidna height. Electric fences injure or kill echidnas.



- Where fencing is necessary, plain wire or barbless twisted wire can be used for the lower strands so that echidnas can pass underneath without being injured.
- Take care with machinery because echidnas can be difficult to see when they are sheltering in vegetation. Take particular care when using ride-on mowers or other

- machinery operating close to ground level
- Avoid using pesticides wherever possible. Reducing pesticide use protects the insects that echidnas depend upon for food.

Kate Watson
For Kangaroo Valley Environment Group

Platypus session

We are looking forward to a talk by Jeff Harbrow of Whipbird Environmental about regenerating habitat for our other monotreme, the platypus, at Berry Landcare's AGM at the end of November.

What: A talk on the platypus
When: 30 November, as part of the Berry Landcare AGM
Where: Berry Uniting Church Main Hall, 71-77 Albert Street, Berry
RSVP: By Wednesday 25 November to Louise Brodie at berrylandcare@gmail.com





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4.6 ACRES OF PURE COUNTRY CHARM

There are places you visit, and then there are places that stay with you long after you have left.

Tucked away in the beautiful sought after Upper Kangaroo River Valley area, Cloud 9 Chalet is one of those places.

Set amongst 4.6 acres of lush, rolling lawns with a picturesque dam and stunning views, this charming home offers a wonderful sense of comfort, peace and privacy, framed by the dramatic escarpments of the valley.

Warm, welcoming and full of character, the home features four bedrooms, two bathrooms, generous living spaces and a versatile loft above the garage, an outdoor spa, providing plenty of room for family, friends and relaxed weekends together.

Already operating as a successful holiday retreat, Cloud 9 offers established income potential, making it equally appealing as a permanent country residence, a cherished family weekender or a lifestyle investment. The asking price includes furniture at no extra cost.

And while it feels a world away, the cafes, restaurants and village charm of Kangaroo Valley are just 12 minutes from your door.



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Christmas in the valley

Kangaroo Valley knows how to put on a festival weekend. Arts in the Valley, the Folk Festival, the Show – we love a reason to make a weekend of it.

And this year, we're supersizing the start of the Christmas season. With the Twilight Christmas Markets bringing the village to life and a screening of *Love Actually* adding a little festive romance, there's a whole weekend of Christmas cheer to look forward to.

Time to make your list, check it twice and get your jingle on.

The women behind the magic

The team turning Kangaroo Valley into Christmas



These four women – Karen from Valley Vintage, Linda and Nikki from The Hive, and Katrina from the Post Office – have been making Christmas happen in the village since 2022. Between them, they organise every aspect of what has become one of the most anticipated nights on the Valley's calendar.

An idea becomes a tradition

It all began in the months after COVID lockdowns, when they noticed an opportunity: a chance to bring the community together, celebrate the village they love, and encourage people to shop locally at the time of year it matters most. What started as a simple idea has since become a full-blown institution.

Now, every year on the first Friday of December, the whole village is transformed. The team admits they're always a little nervous beforehand, and then thrilled the moment they see their beautiful little town come alive. "It feels like the whole town turns up," Nikki says. And she's right.

Continues on p.10 →

Every great celebration has someone working hard behind the scenes. And when it comes to Christmas in Kangaroo Valley, it turns out there are four of them.

I met Nikki, Katrina, Karen and Linda (above) on a drizzly Thursday afternoon at the KV Post Office. We ducked outside for a quick

photo just as the rain started to fall, and like so many busy people, the women took the opportunity to have an impromptu planning meeting right there on the verandah. Because when you're working on something this big, you seize every moment you can.

The Twilight Christmas Markets are just over six weeks away – Friday 4 December – when we meet, and it's clear the team is already in sync like a finely tuned festive machine, all arriving in festive outfits.



Continued from p.9 →

Shops stay open late, stalls spring up around the streets, and the smell of good food mingles with the sound of live music. Kat Bevis opens the night with a children's choir performance that the women say never fails to bring a tear to the eye. Christmas carols weave from the Post Office steps, the Nowra Town Band plays and by the time DJ Tino gets kids grooving at The Hive, the festive energy is well and truly electric. This year, he's debuting a new inflatable Santa, and we can't wait.

More than a team, more like a party

None of it would happen without the village itself. Daisy runs the poster to every store, Chris puts up the banners, Justine updates the poster she designed back in 2022, and Wayne – beloved by all – pulls on the red suit and becomes everyone's favourite Santa on what is often the hottest night of the year. "He's a gem," the team agrees.

Meanwhile, kids run free with their friends, dancing between smoky bubbles and working

in teams on the Elf Hunt through the shops. The hiding spots are legendary – in the first year, Nicole at the General Store hid one so well that no child could find it (rumour has it, it was under one of the fridges).

One nine-year-old local lad calls the markets his "favourite day of the year", and the organisers feel exactly the same. "The shops are full of locals and it feels like a party," they say. "It's our favourite event of the year."

Trees to decorate, yummy food abounding

Last year, Karen introduced fresh Christmas trees available to purchase and collect on the night, with a portion of the proceeds going to the KV Rural Fire Service and Dementia Australia. The trees are back again this year, so the markets can be your one-stop start to the season.

The food is always a highlight too. Last year, Caterina's Pop-Up, pizza at Hampden Deli and the Preschool's Mexican pop-up were all big hits, though the organisers, characteristically



Photos: Lisa Grant Photography

busy, do their best to sneak in a bite between everything else.

A gentle reminder

The planning for all of this starts months before the night itself. And yet, the team is quick to humbly point out that the community practically runs it. "There are so many wonderful, generous people ready to help," they say. "It's just reminding everyone to come."

Christmas is all about tradition, and the Twilight Christmas Markets have become just that – a beautiful moment on the calendar that the whole Valley looks forward to, and the perfect way to welcome the festive season.

As for the future? There's a vision floating around of a Christmas lights tractor parade. If any farmers are keen to partake, we know four women who are ready to talk!

The Kangaroo Valley Twilight Christmas Markets are on Friday 4 December. See you there.

Sally Latham



From market to movie magic it's Christmas tradition, actually

Keept the Christmas jumper handy – the festivities don't finish on the Friday night after the Twilight Christmas Markets.

In a hall just up from The Hive and Valley Vintage, the KV Show team has been working like Santa's elves as the Show draws closer. All that creative team spirit has sparked another idea and, with Linda and Karen enthusiastically on board, we're doubling down on Christmas this year with a screening of a Festive Season tradition.

Following the Twilight Christmas Markets, Christmas in the Valley will take hold with a screening of *Love Actually* on Saturday 5 December.

Christmas is all about traditions, and for plenty of us, an annual viewing of *Love Actually* is one of them. This year, swap the couch and head to the KV Hall for a night out with friends. The familiar faces, tangled romances and Hugh Grant's dance

moves will all be there – just considerably bigger than on the tele.

Doors open at 6.00pm, with the bar open to buy a selection of festive cheer. If you can, we invite you to bring a plate of finger food but don't stress, there is always enough.

Come early for a drink, a bite and a chance to join in the countdown to Christmas before the film starts at 7.00pm.

Festive dress-ups are encouraged. Give that Christmas jumper a second outing, add a Santa hat or, in the spirit of the film's nativity scene, come as a lobster.

The evening is a fundraiser for the 2027 Kangaroo Valley Show, and you can also join or renew your Show membership on the night.

Friday in the village, Saturday at the movies – now there's a new Christmas tradition that could take off.

Julie Ward

CHRISTMAS TREE PRICES

1.2M - 1.5M (UP TO 5FT)	\$110
1.5M - 1.8M (UP TO 6FT)	\$130
1.8M - 2.1M (UP TO 7FT)	\$150
2.1M - 2.4M (UP TO 8FT)	\$180

CHRISTMAS TREES

Christmas Giving
\$10 of every tree sold goes to Kangaroo Valley Rural Fire Service & \$5 to Dementia Australia

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Christmas Farm

loveactually

When: Saturday 5 December

Where: Kangaroo Valley Hall

Doors and Bar from 6.00pm

Film starts at 7.00pm

All tickets \$10

Film rated: M

Licensed through Roadshow PPL

Scan to book





Do you really need that supplement?

Some people may need extra vitamins but quantity can be an issue

Last month I looked at the compulsory information on food labels. Various supplements sold in Australia are also meant to carry some information that could help with decisions. It's also worth checking products sold online or directly from 'influencers', which may be ignoring some regulations.

Medicines and supplementary products are controlled by the Therapeutic Goods Administration (TGA), which sits under the umbrella of the Department of Health, Disability and Ageing. Therapeutic goods are defined as

any products that are used in healthcare to treat, prevent or diagnose diseases, ailments, defects or injuries. The TGA also has responsibility for medical devices and diagnostic tests.

The regulations aim to ensure the benefits to consumers outweigh any risks associated with the use of therapeutic goods. The framework is based on a risk-management approach and while it is designed to ensure public health and safety, the TGA also aims to reduce the administrative burden and cost of the regulatory process to industry.

Essential steps

Before making any therapeutic claims for products that are imported, exported or supplied for use in Australia, the product must be entered

on the Australian Register of Therapeutic Goods.

The register has two forms: AUST R and AUST L. It's wise to check to see one of these forms before buying any supplement.

AUST R products are 'registered'. This means they have been assessed for quality, safety and effectiveness. Such products require a prescription from an appropriate health professional.

AUST L products are 'listed', which means they contain only pre-approved, low-risk ingredients. However, they – and their claims – are not assessed by the TGA. Although AUST L products may not be harmful, there is no guarantee they provide the real or implied claims made for them.

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Who is pushing the product?

Some products contain a testimonial from someone's personal experience using a product. For example: "I used this sunscreen and it did not sting my eyes."

A paid testimonial, however, means the person was paid, received free products or received another benefit for giving the testimonial.

Paid testimonials for therapeutic goods for medicines or medical devices are generally prohibited in Australia by the Therapeutic Goods Administration (TGA). However, many such testimonials come from influencers or content creators who may have no qualifications to justify the claim.

General public health campaigns, such as those encouraging sun protection or vaccination, but with no promotion for a specific product or brand, are permitted as they are not pushing specific therapeutic goods.

Vitamins

By far the most widely sold supplements are vitamins. Extra quantities of some vitamins are sometimes needed but the quantity of particular vitamins can be a major issue. More is not necessarily better and for a number of vitamins, too much can be hazardous.

The National Health and Medical Research Council (NHMRC) has set a safe upper limit (UL) of intake for some vitamins, including vitamins A, D, choline and three of the eight vitamins that make up the B complex: B6 (also known as pyridoxine), niacin (B3) and folate.

Vitamin B6

Problems with high doses of vitamin B6 recently hit the headlines. Many people who suffered harm were not even aware they were taking this vitamin as it was contained in magnesium supplements.

One of vitamin B6's many functions is its involvement in the normal relaxation of muscle fibres. Magnesium supplements are promoted as a prevention of cramps and this presumably led to the manufacturers adding vitamin B6 to magnesium products. In fact, evidence from placebo-controlled trials does not support claims that taking extra magnesium will prevent cramps.

Sadly, however, the high levels of B6 added to magnesium supplements has caused many cases of peripheral neuritis with permanent damage to the nerves in the hands and feet. The TGA has now issued warnings and limited sales of products with more than 50mg of B6, but it's

up to the consumer to check the total amount in any supplements they take. Many multi-vitamins already contain far more than the safe B6 limits set by the NHMRC.

Adverse effects of high levels of vitamin B6 are not new. Indeed, the NHMRC has listed the potential problems and I included this in textbooks and books for the public published more than 30 years ago.

Vitamins D and B12

Vitamin supplements are usually only needed in cases where the dietary intake is low. The recommendations for the foods listed in our Dietary Guidelines are checked for all ages and both sexes to ensure they meet the average needs for minerals and vitamins. Sadly, few people follow the Guidelines, with many highly processed foods crowding out the healthy foods recommended. Unfortunately, adding supplements to a diet with too many junk foods will not undo the damage.

The vitamin most likely to be in short supply from foods is vitamin D. It's an essential nutrient, with one of its main functions being the absorption and use of calcium.

In many countries, cod liver oil has been recommended as an excellent source of vitamin D in the past, but modern research shows its levels of vitamin A are potentially hazardous, especially during pregnancy. Other food sources of vitamin D include oily fish (herrings, swordfish, salmon, sardines, some types of tuna), liver and egg yolks. Small amounts are found in butter and full-cream milk, with goat's milk having more than cow's milk.

Mushrooms are a newly discovered potential source of vitamin D. If you turn mushrooms gill side up and leave them in the midday sun for about 15 minutes, they will form some vitamin D. Three or four button mushrooms treated this way can provide a day's supply of vitamin D.

Sunlight is still easiest and best

However, the easiest and best way to get vitamin D is to expose a small amount of skin to outdoor sunlight for short periods – just five to 15 minutes of sun on the arms several times a week is sufficient. Vitamin D is also stored efficiently in the body and while levels will decrease during winter, in most parts of Australia enough will remain sufficient until spring. The levels set as 'normal' in modern blood tests were increased in recent years and a test during winter may give a result considered too low. (Cynics note that the higher levels set were heavily influenced by companies selling supplements!)

Nevertheless, there is no doubt that anyone whose habits or lifestyle preclude even a brief period of exposing skin to sunlight will need a supplement. Absorption of the vitamin often drops in frail aged people and those whose religion requires all skin to be covered definitely need a supplement. There is also some evidence of value for those with diagnosed osteoporosis.

Again, more is not better – either from sunlight or supplements.

Vitamin B12 was only isolated in 1948 and its chemical structure fully worked out 16 years later by Dr Dorothy Hodgkin, who earned a Nobel Prize in Chemistry for her work.

The way vitamin B12 (proper name cyanocobalamin) is absorbed and used in the body is complicated. It's needed for the growth and repair of tissues in the body and also essential for the body's use of folate (another of the B vitamins).

Vitamin B12 in short supply

The major problem is that vitamin B12 is found naturally only in animal products, making it almost always in short supply for vegetarians. It is found in tempeh and is added to some soy milk products, yeast spreads and meat alternatives such as soy burgers and sausages. However, as the Vegan Society recommends, everyone who avoids all animal products should take a supplement of B12. Claims that spirulina or comfrey are sources of vitamin B12 are false as the analogues of B12 these plants contain are useless for human health.

To add to its problems, multiple factors are needed for vitamin B12 to be absorbed and converted into the active form the body needs. Some elderly people – including those who do eat animal products – may need a B12 supplement because of a reduction in the efficiency of one or more of the factors influencing the absorption of the vitamin. An oral supplement is usually sufficient.

False claims

An online search for almost any supplement will deliver a bombardment of products sold by various companies or individuals who make extravagant claims about their product. Indeed, once you've looked up anything on the topic of any supplementary ingredient, your inbox will soon receive recommendations for various supplements.

If in doubt about a product, seek the advice of a doctor or dietitian and avoid taking advice from those who are paid for recommending a supplement. The TGA website is also a source of information: <https://www.tga.gov.au>.

Dr Rosemary Stanton OAM
 Nutritionist



Editor's note:

Rosemary's recent articles have been in response to some questions people have asked her. If you have something you'd like to ask, please email us here at thevoice@kangaroovalley.nsw.au and we will pass it on.



The magic of the night

Star gazers could flock to the Valley

“There is no spillover from the lights in Sydney or Wollongong because the surrounding mountains create a bowl effect.”

Photo credit:
Siding Springs: Dr Angel Sanchez Lopez

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When we think of the natural wonders of Kangaroo Valley – the mountains, the rivers and the wildlife – we don’t normally think about the stars. After dark, the night sky becomes the most spectacular part of the Valley.

So why not make the stars as much part of the landscape as our famous sandstone escarpments?

In many parts of Australia, clear, starry nights are lost to light. The cosmos is overpowered by glaring empty buildings, streetlights, advertising signs and countless other sources. Light pollution, the fastest growing pollutant in the world, is trespassing on our ability to see the stars.

But it’s quite different in Kangaroo Valley. Thanks to our rural geography and very low levels of artificial light, we can apparently see up to three-and-a-half thousand stars on a good night.

Dark sky place

Marnie Ogg of the Australasian Dark Sky Alliance believes the Valley is the perfect spot to be designated a ‘dark sky place’. There are already 260 such places in the world, including 10 in Australia. A dark sky place is an area where darkness is legally protected by outdoor lighting regulations.

Marnie says: “Darkness can become its own attraction, and Kangaroo Valley would be a perfect place. Already there’s virtually no bright light even driving through the town.”

She founded the Dark Sky Alliance as a non-profit group dedicated to reducing light pollution and preserving the night sky. It started up near Coonabarabran and the Warrumbungle National Park, to protect the Siding Springs space observatory from the glow of unnatural light. Now she’s offering to help Kangaroo Valley become another dot on the dark sky map.

“Star gazers will flock to the Valley like moths to a light. Think of star parties, star weddings, full moon hikes – it’s endless. And the animals will love it.”

Raising interest and support

Marnie says the first step is to raise interest in the local community, asking people to be thoughtful about the lights they have at home and turn them off as much as possible. Step two is seeking support from business owners and local authorities. Shoalhaven Council would need to be on board because they control a lot of public lighting.

“Basically, you create a boundary, which could be the village itself, or the entire Valley with the mountains as the perimeter. That would require permission from National Parks, which is very achievable,” Marnie says.

She believes the hardest part is getting everyone aligned with the plan and agreeing to a light



Marnie Ogg and her dog, Jordy.

management policy on how, when and why light can be controlled. “For example, lights at the showground could be switched off straight after night footy training, streetlights could be more carefully controlled and homeowners encouraged to choose lights more carefully. Warmer lights are much better than cool LED lights. Round globes used in public places and gardens can be painted black on top, which stops the light splashing into the sky.

“Some people need light to walk the dog at night or feel safe in the street, but it can all be managed.”

The perfect fit

Marnie is well experienced in tourism. With her husband, renowned astronomer Professor Fred Watson, she conducts dark sky tours all around the world.

“Kangaroo Valley already has a very healthy tourism profile, but star gazing could be a new thing and it’s the perfect fit. There is no spillover from the lights in Sydney or Wollongong because the surrounding mountains create a bowl effect.”

Marnie says her experience with other dark places shows there can be a significant impetus for tourism. “Most people would book accommodation for two nights in case one of the nights was cloudy. Moonlight wildlife walks,

combined with star gazing, could be a new business venture.”

Impact on wildlife

The other big impact of maintaining dark skies is on the wildlife. A lot of nocturnal animals are scared off by bright light. Rewilding specialist Rob Brewster notes: “Light has a big impact on wildlife behaviour. Any way we can diminish human impact is a great thing.”

A ripple effect

Marnie sums it all up. “Becoming a dark sky place sends a signal that the people of the Valley are looking after their environment. It has a ripple effect. You’re not just taking people out to look at the stars, you’re telling them they’re able to see the stars here because we’re turning the lights off.

“So, you’re not only changing your lights in the immediate area to make it a healthier night environment, but those people go away and make changes in their own backyard. They want to extend the magic where they live.”

Marnie can be contacted at darkskytourism.com.au

Howard Sacre

Photo credit:
Marnie Ogg: Howard Sacre,



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KV Show



KV SHOW

There was plenty to talk about at this month's Show meeting. Held on the second Monday of each month, our meetings gather pace as the Show approaches, with plans taking shape across the grounds, pavilion and arena.

This month's strong turnout included some welcome new faces.

We were delighted to welcome Jaiden Burke as our beef cattle steward. An Albion Park Show rural ambassador and member of TAG Albion Park, Jaiden brings the enthusiasm of the next generation of agricultural show supporters – and was already contributing ideas at his first meeting.

Christine Roth also joined us. A Valley resident for many years, Chris has recently retired from a demanding global role, working around the clock and around the world from her Kangaroo Valley home. She brings a wealth of corporate experience and skills, and we look forward to welcoming her, with a long list of ideas brewing inside the team.

Karen Barker is making a welcome return to managing the Show's social media, a role she held some years ago. It is lovely to have her involved again.

These are just some of the people helping bring the Show together. Others contribute through smaller groups, including the team working on Valley Shorts and Kids' Day to name a few. You don't have to join the main committee to make a difference: a particular skill, a fresh idea or a few hours here and there can be a great help.

If you would like to get involved, email comms@kangaroovalleyshow.org.au and we can connect you to the area you're interested in.



More action in the rodeo arena

Rodeo organiser Helen Mairinger brought along the new 2027 president's buckle for us to admire, along with news of an exciting addition to the program: female bronc riders.

We are looking forward to welcoming the women into the arena and giving Show audiences even more rodeo action. The expanded program will mean an earlier start for the 2027 rodeo, with the timetable to be released closer to the Show.

Time to Sow and Grow

After a popular first year, Sow and Grow is back, encouraging our local primary school children to grow something of their own to enter in the Show.

The idea came from chief pavilion steward Intan Kallus: give children seeds and time to nurture them, then see what they can bring to the pavilion on Show day.

This year, Tanika Phipps, a busy mum of three, has been putting together the seed packs, with Intan and Show secretary Mairi Langton helping get them to the school.

There are still some packs available. To find out more, contact Intan at pavilion@kangaroovalleyshow.org.au



Continues on p.18 →

Continued from p.17 →

KV Show

A new direction for a familiar favourite

Our much-loved Decorate a Kangaroo competition is getting a wild twist.

For many years Gavin Robinson from Kangaroo Valley Woodcrafts has generously supplied timber kangaroo cut-outs for students to decorate and enter in the Show. This year, a collaboration with Landcare and Greg Thompson will broaden the competition to Decorate an Endangered Species, to include: broad-headed snake, glossy black cockatoo, spotted-tailed quoll, brush-tailed rock-wallaby.



A painted kangaroo from the 2026 Show.

The new shapes will give children plenty of scope for creativity, while drawing attention to some of the species that need our care. Thanks to Greg and Gavin for leading this innovation.

Keeping our birds safe

Biosecurity remains an important part of Show planning, with Rob Folkard keeping a close eye on avian influenza developments and what they could mean for our poultry competition.

Changes made last year to separate waterfowl from other birds have helped strengthen our biosecurity arrangements. At this stage, planning for the competition is continuing, with the team monitoring the situation and any requirements that may affect exhibitors. We will keep everyone informed as the Show approaches.



A close eye is being kept on avian flu developments for the 2027 Show.



Busy behind the scenes

The Showground office is open, and our volunteer office team – Catherine, Mairi and Kim – are there every Wednesday, and often at other times, bringing together the schedule with all the new competitions and entry details.

They are working towards having the schedule printed and distributed before Christmas, giving everyone time to flick through, choose their competitions and start planning their entries. Our thanks to all three for the many hours going into getting it ready.

Julie Ward



Our volunteer Show office team.

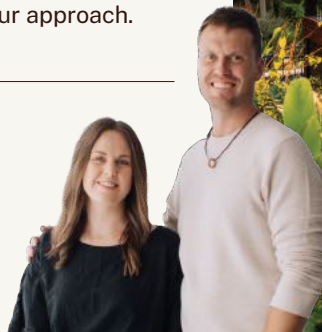


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KV Show

Valley Shorts: the key to a new season



be sharing news, updates and inspiration throughout the season. Follow along to keep up with what's happening and find a little encouragement for your own filmmaking.

Editing session at the Show office

The launch workshops helped participants build skills and confidence, and more practical support is on the way. Many of us are comfortable filming on our phones, but editing can be the hurdle that leaves all that footage stuck there.

Sally Fryer (ASC), the award-winning and accomplished senior editor at Shark Island Films, has kindly offered to help. Now a Valley local, Sally is also a Valley Shorts judge and committee member with 35 years' experience as a film editor both in London and Sydney. She has edited well over 100 documentaries during her career and is still as passionate as ever about her craft.

On Saturday 28 November, Sally will set up an editing suite in the Show office where she

will offer a group drop-in session and some individual sessions for one-to-one tips.

Book via the QR code below to make sure you get a spot.

Whether you have a film under way, a phone full of footage or an idea you're still working through, there's time to get involved. We're looking forward to seeing creativity unlocked through our theme this year.

For updates or any queries, visit valleyshorts.com.au or email valleyshorts.au@gmail.com.

Julie Ward



Scan QR code to book.

Valley Shorts is off and running for its third year, following a season launch weekend at the end of September that brought film lovers and aspiring filmmakers together for a film night and a series of workshops.

This year's theme is 'Key'. What that means on screen is up to you – a key to a door, a clue to a mystery, or something that opens up a whole new possibility. There is plenty of room to make it your own.

Extra sponsors, new website

We're delighted to have extra sponsor support this season, allowing us to increase the prize money. This year's prizes are:

- **Best Film: \$1500**
- **Young Filmmaker (16–25): \$750**
- **Junior Filmmaker (under 16): \$300**
- **Family Filmmaker: \$500**
- **People's Choice: \$500**
- **Best Lead Character/Actor: \$300**
- **Best Use of the Theme: \$300**

There's also a new Valley Shorts website, alongside our social media, where we'll



Vale June Luscombe

From all at the Children's Medical Research Institute (CMRI), their scientists, Jeans for Genes team and the thousands of children and their families, we mourn the passing away of June Luscombe, who has helped CMRI over many years by her active support of the CMRI initial branch in Kangaroo Valley.

We are truly grateful to June for helping to raise vital funds necessary to continue our work. She was an amazing lady who earned our admiration for her enthusiasm and energy as

a member of the Kangaroo Valley Committee of CMRI.

She was such an important, active member of our committee for many, many years so she will be remembered and missed by us all.

A life well lived – June truly made a difference.

We send our heartfelt sympathy to her family and friends.

On behalf of the Kangaroo Valley Committee CMRI.
Barbara Volk, President



CMRI's 60th birthday celebrations in 2018 – June pictured second from left.

June at the CMRI's 60th birthday celebrations in 2018.

The Kangaroo Valley Voice Advertising Rates

Send us your advert by the 18th of month prior (jpeg, png or PDF files please), or ask about our ad design service. Contact us on thevoice@kangaroovalley.nsw.au

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Every donation helps



Donating to the Shed's GoFundMe campaign is a practical way to support men's wellbeing locally this November. No amount is too big or too small – every donation helps.

Visit <https://www.gofundme.com/f/kvms-development-application-funding-request> or scan the QR code above.



This Movember, help make room for the Men's Shed

Making a place for personal connections

November's focus on men's health is a timely reminder of the value of places where men can get together, find a sense of purpose and look out for one another.

Here in the Valley, that's an important part of what the Men's Shed offers – and it needs more room.

Kangaroo Valley Men's Shed is raising \$25,000, the full amount required to get its proposed new shed shovel-ready. This includes preparing

a development application for Shoalhaven City Council, putting the group in a position to apply for grants to fund construction.

At the time of going to print, the campaign had raised \$4210. It's a welcome start, and the Men's Shed is asking the community to help reach the target.

Kangaroo Valley Public School generously made its Grounds Maintenance shed available to the group, providing a home for members and their equipment. But the Shed has outgrown the space.

Connections help to support the community

While tools and practical projects bring members through the door, the connections formed along the way matter just as much. Working alongside someone, sharing a skill or stopping for a cuppa creates opportunities for conversation and friendship.

That connection reflects the concern for men's wellbeing that Movember brings into focus. A regular reason to leave the house, familiar faces and a chance to contribute are all part of what makes the Shed valuable.

A larger shed would give members room to continue that work and support the wider community. First, though, the planning and approvals need to be in place.

Our Farmers, Our Future

National Agriculture Day



Friday 20 November is set to be a normal working day like any other – indeed, plenty of work to do. However, National Agriculture Day offers a reason to down tools for a moment and celebrate the people doing it.

This year's theme, Our Farmers, Our Future, puts people at the centre – those growing our food and fibre, caring for the land and helping sustain regional communities. It also invites a look ahead: who will take on that work, what they will bring to it, and how will farming knowledge pass between generations?

Organised by the National Farmers' Federation, AgDay brings together farming districts, regional towns and cities in a nationwide celebration. There's no single way to mark it. A shared breakfast,

a workplace lunch or a gathering of neighbours can be as much a part of the day as a larger community event. Schools can explore agricultural careers, while farmers can share a glimpse of their working day online using #AgDayAU.

In Kangaroo Valley, those community conversations have familiar faces. Our annual Show brings together farming families, young competitors and the wider community, celebrating both long experience and people having their first go.

Photo and video competition

The KV Show's photography and video categories also encourage us to record that life. For anyone keen to share their work further afield, the National Agriculture Day photo and video competition returns in 2026, sponsored by Syngenta, with an annual prize pool of \$5000.

The theme offers plenty to think about through a lens: someone learning a skill, an inventive solution to an old problem or the everyday work that keeps a farm going.



Scan the QR code to see last year's winning photographs and video, and check the website for the 2026 entry requirements and closing date.

STUDIO CONVERSATIONS: Kangaroo Valley Artists Collective

Sally Thomson

Searching beneath the surface

For Sally Thomson, painting is an exploration of relationships – between colour and form, the inner workings of the mind and the natural systems that surround us. An abstract landscape painter and practising art therapist, Sally’s work moves between the visible world and the less tangible territories of feeling, memory and psychological experience.

Since moving from Sydney to Kangaroo Valley, the landscape has become an increasingly important influence on her practice. The Kangaroo River, with its shifting colours and hidden depths, has been a particular source of fascination. Observing the water and searching for the elusive Kangaroo River perch has transformed her palette, introducing sage greens contrasted with the warm amber tones created by natural tannins and decaying organic matter. “I would not normally be drawn to green in a painting,” she says, yet the river has inspired much of her recent work.

For the recent Kangaroo Valley Art Trail, Sally borrowed the phrase *#searchfortheperch* from scientists searching for the endangered fish. The search has become a compelling thread in her work, drawing attention to the fragile and often unseen relationships within the natural environment.

These ideas resonate with Sally’s work as an art therapist and counsellor, where she explores the connections between our internal psychological systems and those of the natural world. Her thinking is informed by Internal Family Systems (IFS), a therapeutic approach that considers the mind as an interconnected system of different parts, each with its own role and perspective. “The mind has been described in IFS theory as our inner ecology,” she explains.

“As in the natural world that we are a part of, the relationships with one another and between the different parts within ourselves are important.”

Paint, paint and more paint!

Sally works across oils, acrylics and watercolour, drawn to the fluidity of paint and its possibilities for exploring colour. “Paint, paint and more paint!” she says. Her approach is experimental and evolving, with one painting often becoming the starting point for a broader body of work. For a recent Kangaroo Valley Artists Collective exhibition in Bowral, she spent several months developing an oil painting before extending its ideas into watercolour, acrylic and relief works in epoxy resin.

Sally studied painting at East Sydney Technical College (now the National Art School) and the Julian Ashton Art School. She continued to nurture her creative interests through workshops and classes in Australia and overseas, finding opportunities whenever possible alongside a busy career in healthcare and medical fundraising management. She later retrained as an art therapist, bringing together her interest in psychology with a lifelong attraction to the visual arts.

Creativity, community, clouds

Moving to Kangaroo Valley was part of a conscious decision to create more space for creativity. “When I moved to Kangaroo Valley, it was with the goal to finally make the time and space to explore a creative life more fully.”

The Valley has offered both inspiration and creative community. Sally enjoys painting *en plein air* with other artists and values the friendships and exchange of ideas that come from being part of the local artistic community. Working from home, her studio practice moves between painting, research and everyday activities, allowing ideas time to develop. The river and the low-lying clouds that drift through the Valley remain recurring sources of inspiration.



Sally with one of her artworks, ‘Currents Passed’ 2026, oil on canvas diptych, two x h 91 cm x w 61 cm (unframed).

Following the recent Arts in the Valley exhibitions and Art Trail, Sally is taking time to reflect on the work, experiences and conversations before embarking on her next creative exploration. What keeps her creating, she says, is “learning about people and our relationships with the places we inhabit, while embracing opportunities to deepen our understanding of the region’s rich Aboriginal cultural heritage”.

It is this continuing curiosity that sits at the heart of Sally’s practice. In the depths of the Kangaroo River, the relationships within the natural world and the complexities of the human mind, she finds an invitation to look more closely – and discover what might otherwise remain unseen.

Sally Thomson’s work can currently be seen on **Instagram**, with a website planned for the coming months. A link to her art therapy and counselling practice, Kangaroo Valley Art Therapy, is also available through her Instagram profile.

Studio Conversations is a monthly feature of the Kangaroo Valley Artists Collective, celebrating the artists, practices and creative life of Kangaroo Valley through thoughtful conversations and studio stories.

Artist interviews by Amanda Ritchie.

Quick-fire studio questions

Coffee or tea in the studio? *Coffee in the morning, tea in the afternoon.*

Music, podcasts or silence? *Music and podcasts.*

Morning painter or late-night creator? *Mostly afternoon. I tend to think and plan in the morning.*

Favourite colour right now? *Sage.*

A tool or material you couldn’t live without? *A rectangular flat brush.*

Best creative advice you’ve received? *“It’s about really looking.”*

In conversation

What inspires your work?

Living and working in the magnificent Kangaroo Valley, it seems almost impossible not to find inspiration in nature. At the moment, I am most drawn to the river and the beautiful low-lying clouds.

What part of the creative process do you enjoy most?

I love the freedom of expression and the relaxation of painting and getting into a ‘flow’ state. I also enjoy painting en plein air with other artists.

What role does art play in your life?

The visual arts are what have always drawn me in. Moving to Kangaroo Valley and retraining as an art therapist have enabled me to immerse myself more fully in a creative life.

What advice would you give someone beginning to collect art?

Buy what you love, ignore fashion and go for artworks that move you.

“When I moved to Kangaroo Valley, it was with the goal to finally make the time and space to explore a creative life more fully.”



‘Flat Rock Traces’ 2025, oil on board, 43 cm x 33 cm (framed).



‘Glimmer’ 2026, acrylic on board, 70 cm x 70 cm. (unframed).



‘KRP-3’ 2026, acrylic ink on transparent paper in epoxy resin and Kangaroo River blue gum mount, 28 cm x 27 cm x d 1.8 cm.



‘Traces’ 2026, oil on canvas, 59.5 cm x 80 cm.



‘Yarrunga II’ 2026, acrylic on Belgian linen.



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KVPS News

KVPS students take on The Tops

Our Year 4/5/6 students recently headed to 'The Tops' at Stanwell Tops for an action-packed two-day school camp filled with adventure, teamwork, challenges and plenty of laughs.

School camp is always a special opportunity for students to spend time together outside the classroom, build independence and strengthen friendships, and our students certainly made the most of every moment.

Day 1 – karting, roping, creating, dancing

Day 1 began with Kart Racing, where students jumped into pedal-powered karts and took part in races, relays and time trials around the purpose-built track. There was plenty of friendly competition, teamwork and cheering as students raced their way around the course.

Next came Survivor, where students worked in small groups to complete a range of team challenges and low-ropes activities. The focus was on communication, problem-solving and cooperation, with students needing to listen to one another, share ideas and work together to successfully complete each challenge.

After dinner, it was time to show off some creativity during the Newspaper Fashion Show. Armed with newspaper and sticky tape, students worked in groups to design and create some very impressive – and very entertaining – outfits before taking to the runway to model their creations.

The night finished with a disco, where students danced and enjoyed spending time together after a very busy first day.

Housing highlight

The accommodation was another highlight all on its own. Our group was spread across three different houses, which added to the excitement of being away at camp. Students loved finding out who they were sharing a house and room with, setting up their bunks and, of course, squeezing in plenty of chatting with friends before lights out. For some students, the simple novelty of sharing a room with their classmates was almost as exciting as the activities themselves!

Continues on p.26 →



The food also got a pretty good report card from the students. With favourites such as fish and chips, pasta and chicken wraps on the menu, there was plenty to keep everyone fuelled for two very busy days. Judging by the empty plates, camp food definitely earned a pass!

Day 2 – climbing, arrowing, swinging – challenging!

There was no slowing down on Day 2, with some of the biggest challenges still to come.

Students took on the Vertical Cluster, a suspended climbing course reaching up to around 12 metres high. With a variety of different climbing elements to tackle, students were encouraged to challenge themselves at their own level. It was wonderful to see students supporting one another from below, offering encouragement and celebrating each other's achievements.

Next was Archery, where students learnt the basic skills and techniques needed to safely use a bow and arrow. It required plenty of patience, concentration and persistence as students worked towards improving their aim and, hopefully, hitting the bullseye.

The camp finished on a very exciting note with the Goliath Swing. At around 26 metres high,

it is one of the biggest challenges at The Tops. Wearing helmets and harnesses, students were raised high into the air before pulling the release cord and launching into a huge swing over the bushland below. Students could choose how high they wanted to go, making it a fantastic opportunity to challenge themselves, overcome nerves and show plenty of courage.

Of course, the students weren't the only ones expected to be brave! We only had enough time for one staff member to have a turn on the Goliath Swing, so naturally we let the students decide who it should be. There was apparently something very appealing about the idea of launching their principal – who is absolutely terrified of heights – 26 metres above the ground, so the decision was an easy one! With plenty of enthusiastic encouragement, and perhaps a little too much excitement, from the students below, Miss Arnott was strapped in and sent skyward. It certainly gave the students one final memorable moment – and plenty of laughs – to finish off camp!

Support and encouragement

One of the most pleasing parts of camp was seeing the way our students supported one another throughout the two days. Whether it was cheering on someone climbing high above

the ground, encouraging a friend to have a go at the Goliath Swing or working together during a team challenge, our students demonstrated kindness, resilience and a wonderful sense of teamwork.

We were incredibly proud of the way our Year 4/5/6 students represented Kangaroo Valley Public School. They embraced every opportunity, encouraged each other and showed a willingness to step outside their comfort zones and try something new.

A very big thank you goes to Ms Curtis, Mr Gorman and Mr Steele, who gave their time to attend camp and support our students throughout the two days. School camps require plenty of organisation, supervision, patience and energy, and we are incredibly grateful to them for helping make the experience so enjoyable, safe and memorable for our students.

It was a fantastic couple of days at The Tops and certainly one our students will be talking about for a long time to come!

Jennifer Arnott
Principal

Kangaroo Valley Public School



A top time for all at The Tops

Here are some of the comments following our time at Stanwell Tops

"The Tops camp was so fun, because we got to do activities that were out of our comfort zone, we faced our fears and went on the giant swing. The food was great!! I loved the go-carting most, especially Hedley's flip! I wish I was able to go again!" – Hunter

"Camp at The Tops was so much fun. I can't decide if my favourite activity was the Giant Swing or the Vertical Cluster. I loved hanging out with my friends in the cabins and going to all the activities." – Hazel



"Overall it was a great experience. All the staff were extremely friendly and easy to talk to. I really like the way the program was laid out. We had a fun high adrenaline adventure followed by a more relaxing and chill event. Newspaper fashion parade was a big hit amongst us. Kart racing was also popular but the big talking point was the giant swing. Another highlight was sleeping and chatting with my friends until late at night. Overall it was a great two days and a big thumbs up to The Tops." – William

"The Tops was my first camp with school. We did lots of awesome activities like kart racing, Survivor challenges, Vertical Cluster and Archery. My favourite part about camp was the Goliath Swing, which is a rope swing with a harness that reaches up to 30m high. We had a choice to go different heights, with G being the highest. I was scared at first, but excited when I did it! To release the swing, we had to pull a green rope that let us go as our friends counted down 3-2-1. When we pulled it, we swung out over an open bushland. I felt really proud when I did it and I INSTANTLY wanted to do it again! Camp at The Tops was so fun, I would love to go again, but for longer!" – Elliot





News from the Pews

Church of the Good Shepherd Kangaroo Valley

Folk Festival gospel joy at our church

We loved being on the program for the KV Folk Festival again this year for the outdoor gospel music service. It's been over a decade of sharing the incredible music of those seeking comfort and help from the Lord through their desperate struggles.

Through that desperation comes the most amazing joyful music praising God. The wonderful Katrina Thomas along with her husband and incredible Folk Festival storyteller Gary led the outdoor service and we were honoured to have the talented Zoe Elliot and fabulous KV Community Choir perform.

Upcoming events:

- Coming up at the Church of the Good Shepherd is a mini-conference for women on **Saturday 14 November from 9.00am to 12.30pm** – it's free.
- There's also an opportunity to come and chat with me (Andrew Paterson) about considering faith in Jesus and being baptised into the Christian faith at a special gathering on **Sunday 22 November**.
- For families and all ages, there'll be a Gingerbread House-making night on **Thursday 3 December** – email me at: office.kvanglican@gmail.com.

Best regards to you all
Andrew Paterson



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 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-2026, right through to 15-August-2027**.

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.

Are you eating well?

Do you need a break from cooking, but want to be sure you're still eating nutritious food?

If you are 65 or over you are eligible to receive Meals on Wheels.

No doctor's certificate is needed. A phone call to Meals on Wheels will confirm your eligibility.

You can choose:

- from a variety of tasty and nutritionally appropriate meals
- one, two or three courses: a main meal, soup and dessert are available, as well as delicious small plates, a variety of side dishes and omelettes, delivered frozen to your door once a fortnight.

Please phone North Shoalhaven Meals on Wheels on 4422 5111 for further information.

Delivery to your door every second Wednesday. Tony Barnett

Lions Roar

Lions helping local people



This month your local club worked with other clubs in the district to assist a woman in the highlands with the purchase of a replacement insulin pump. This closely aligns to Lions Australia in working for better care of people with diabetes.

Lions Clubs International Foundation (LCIF) Australia provides initiatives and programs to improve the lives of those living with diabetes and helping prevent others from developing type 2 diabetes.



It's cake and pud time!

It's that time of the year for you to get your Lions Christmas cake and pudding. The Lions cakes on offer are the 1 kg and the puddings are 900 g (\$17 each). We also have a selection of single serve cakes for \$3 each. They are available at three venues this year: the KV Post Office, General Store and the Red Shed. Get in whilst stocks last.



Old stamps help kids take their first steps

For more than 30 years Lions volunteers have collected, sorted and sold unwanted postage stamps, raising nearly \$500,000 for the Australian Lions Children's Mobility Foundation.

These funds help provide specialised mobility equipment to children with cerebral palsy, supporting greater independence and mobility. Do you have old stamps tucked away at home? They could help make a big difference! The stamps can be donated at the KV Post Office.

Save your specs

Your local Lions Club sends off collected used spectacles to the Lions Recycle for Sight Australia Program. This program collects and refurbishes prescription spectacles for people in need locally and overseas. Please note that if your spectacles are badly scratched or damaged, they will not be able to be used.

Your spectacles can be donated at the KV Post Office or the KV Medical Centre or by contacting one of your local Lions Club members.

Peace Poster competition

Each year your Lions Club offers the Lions International Peace Poster competition. This year the winner is Hattie Hawthorne. Congratulations Hattie! This entry now goes to the district final of the Peace Poster competition and the winner from there goes to the National Final. This is a worldwide International Project of Lions Clubs. Good luck Hattie.

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Table tennis

KV Lions Club continues to run table tennis on Wednesday afternoons in the KV Hall.

Join the crew for two hours of fun and laughter. All player levels are welcome – it's quite informal.

- Where:** KV Hall
- When:** Wednesdays, 3.00pm to 5.00pm
- Cost:** \$5.00 per session
- Equipment:** All equipment provided, sports shoes/runners recommended
- Skill level:** All levels welcome

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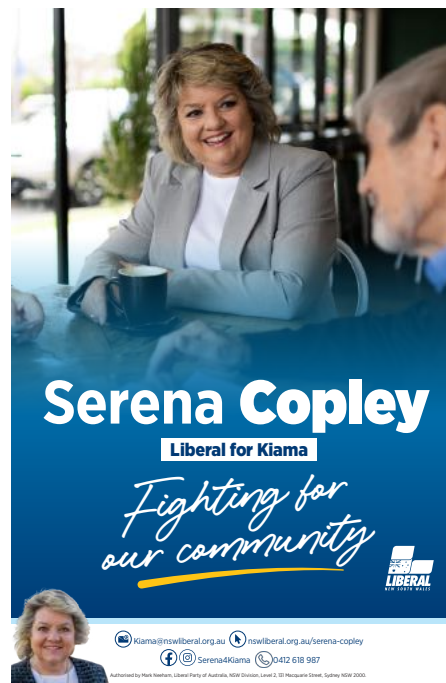
KVV Book Club

This month's book:
A trilogy
by William Boyd

Apologies. This month we were to review *The Newer World* by Sebastian Barry but I have not finished it. So instead, I will share with you a series of books by William Boyd that I read as a release from the tedious business of packing and unpacking moving boxes. The books are a trilogy: *Gabriel's Moon* (2024), *The Predicament* (2025) and *Cold Sunset* (2026).

Boyd is a brilliant Scottish author whom I have enjoyed reading since the 1980s. His books include *A Good Man in Africa*, *The Ice Cream Wars* and more recently, *Reckless*. All of which received critical acclaim and a slew of literary awards.

This trilogy is a series of Cold War spy thrillers set in the early 1960s. They are a mixture of Le Carre's George Smiley books with Mick Herron's *Slow Horses* and a touch of Fleming's James Bond. I found them very easy to read, fun and entertaining.



The multi-faceted stories intersect with real world historic events. *Gabriel's Moon* opens in the Democratic Republic of Congo in 1960. The newly elected prime minister has been overthrown and killed. There is some suspicion around Western government involvement. We are introduced to Gabriel Dax. A travel writer who interviews the prime minister just before he dies and is privy to information that international intelligence officers are keen to get their hands on. Thus, our anti-hero becomes a reluctant agent, drawn into the world of counter-intelligence and Cold War spying.

Gabriel is an interesting character with a troubled personal history and emotional life. He has lived through trauma in his childhood, has a difficult relationship with his brother Sefton, suffers from insomnia, has multiple complicated encounters with females and an interesting connection with his psychotherapist. He consumes copious amounts of alcohol, mainly fine whiskey, and chain smokes French cigarettes.

The Predicament finds Gabriel being sent by Faith Green, his ruthless MI5 handler and one of his romantic interests, to Guatemala to interview a presidential candidate. Things go very wrong and he ends up in West Berlin preventing the assassination of JFK while he is doing his famous "Ich bin ein Berliner" speech in 1963.

The third book in the trilogy is *Cold Sunset*. This time Gabriel winds up in California, Russia, Finland and a month on Corfu in 1964. He has been convinced to assist with the exfiltration of Kit Caldwell, a triple agent. The novel touches on real world events again – code breaking at Bletchley Park and the infamous Cambridge Five spy ring.

William Boyd writes with a vivid sense of place, a strong film-like quality. As with most crime and spy thrillers there is a great deal of detail about food, fashion, furniture, architecture and landscape. These details create richness and depth and strong visual scenes everywhere, from Gabriel's home in Chelsea to the Congo and from Poland to Franco-era Spain and back to sleepy Southwold.

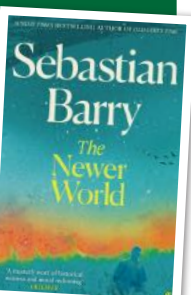
The three books contain many finely wrought recurring characters – Faith Green, Gabriel's MI5 handler and lover, Lorraine his Wimpy waitress girlfriend, Dr Katrina Haas his psychotherapist and his lovable art dealer uncle Aldous.

Boyd initially said this series would be a trilogy but the cliffhanger end of *Cold Sunset* leaves the door open for some more stumbling adventures for our reluctant spy. Let's hope so. They are great fun.

Cathryn Ferguson

Next month

(I promise) we will have a look at *The Newer World* by Sebastian Barry about a slave freed during the American Civil War.



BOOK REVIEW

GOLF

Another month has flown by with more rain likely on the way. Along with sunny days, some poor and mixed weather saw a few quiet days on the course.

On Saturday 19 September a good number of members and visitors hit the course. Congratulations to Allan Harvey, winning with 37 points, followed by Trent Haag, visitor from Cronulla Golf Club, with 35 points, followed by Jon Kosh, a visitor from the SGA Golf Club, with 35 points also.

Saturday 26 September saw our Stroke and Medal competition, and the annual Grade Championship rounds were held over two days, **Saturday 26** and **Sunday 27 September**. The Saturday was a beautiful day. Congratulations to Chris McVeigh, winning the Monthly Medal with an outstanding score of 65, followed by Brendon Bang, a visitor from Eastlakes Golf Club, with 70, followed by Suzanne Greer with 80.

The second round of the Grade Championship on **Sunday 27**

September provided poor weather and most competitors did not venture from their homes. Indeed, only four members competed on the last day of the Championships. Congratulations to Charles Tarby, winning the A Grade division, Stephen Atkins winning the B Grade division and Ian Thomas winning the C Grade division. Well done to you all.

Saturday 3 October was our Stableford competition round, played with a small number of members and guests hitting the course. Congratulations to Curtis Cheney, a visitor from The Lakes Golf Club, winning with a great round of 41 points, followed by Michael Ryan with 36 points and Ian Thomas 36 points also.

Being a long weekend, the club had a Stableford competition on **Sunday 4 October**. Congratulations again to Curtis

Cheney from The Lakes Golf Club, winning with a great round of 40 points, followed by Deborah Castles, a visitor from Bonnie Doon Golf Club with 37 points and Gareth Price, a visitor from St Michaels Golf Club, with 31 points.

Monday 5 October, the public holiday, saw our Stableford round. Congratulations to Gordon Thomson, winning with 36 points, followed by Suzanne Greer with 35 points.

Our Par competition on **Saturday 10 October** was another poor weather day with a very small group. Congratulations to Ian Thomas, winning with a great round of +4, followed by Allan Harvey with 0.

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

*Allan Harvey
KVGC Captain*

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– Nancy Lopez



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BOWLS

*Irene Dunn and Laural Ferrington
(in the background) along with 82 other
bowlers enjoying the Tournament kindly
sponsored by 'The Grange' at Berry.*

Men's and Social Bowls Reports

With the change back from a Financial Year to a Calendar Year, the bowls calendar has been very quiet for the last half of the year. Nonetheless, Social Bowls have continued with strong participation by both the men and women.

The Men's Fours competition is set to commence in November as this is not a Championship event. Play will commence as soon as final numbers are in and the random teams are selected.

The highlight of upcoming events will be the annual Chittick Day on 31 October. This social day is organised by 'Jingles' Chittick and the Chittick family in honour of their mother Susie. At the time of writing this, one thing is for sure – it will be great fun and I look forward to commenting on the day's activities.

New format for social pairs

Another noteworthy development, in the lead-up to the Pennant Season early next year, has been the introduction of a new format for playing social pairs games. The new game

involves two jacks placed between 3 and 5 metres apart, with the first eight shots being directed at the furthest jack and the second eight bowls targeting the near jack.

The idea is to improve a bowler's flexibility to enable them to adapt to different lengths and it has the added bonus that both teams are able to score off each end. This format was trialled on 14 October and, despite some initial scepticism and confusion, proved successful as well as being good fun.

Social Bowls Results

12 September – Rotating Triples with each player playing each position for seven ends: Jim Abbott, Daniel White and Laural Ferrington 31 – Steve Kellett, Bob Dunn and Matt Whitton 7. Pairs: Irene Dunn and Teeny Fitzgerald 27 – Judy Whitton and Col Agar 17.

16 September – Daryl Smart, Laurie Watson and 'Tige' Lidbetter 18 – George Waddell, Daniel White and Col Agar 13. Keith Pepper and Terry

Hayes 32 – Ron Nelson and Steve Kellett 15. Bob Dunn and Jingles Chittick 26 – Bryan Jones and Bill Chittick 16.

19 September – Bob Burney, Joanne Tulau and Jingles Chittick 26 – Matt Whitton, Gillian Portener and Terry Hayes 14. Irene Dunn and Adam Rigney 20 – Derek Raymond and Judy Croft 19. I Bradburn and Tige Lidbetter 27 – Laural Ferrington and Col Agar 9. 'Skippy' Chittick and Bob Dunn 32 – George Waddell and Jim Abbott 20.

26 September – Gillian Portener, Skippy Chittick and Adam Rigney 23 – Bob Dunn, George Waddell and Teeny Fitzgerald 10. Laural Ferrington and Tige Lidbetter 18 – I Bradburn and Jingles Chittick 17.

14 October – Two Jacks. Jingles Chittick and Teeny Fitzgerald 39 – Laurie Watson and Mark Power 28. Ron Nelson and Tige Lidbetter 34 – Col Agar and Terry Hayes 23. Derek Raymond and Rob Folkard 38 – Bob Dunn and Bill Chittick 25.

17 October – Col Agar and Tige Lidbetter 30 – Bob Dunn and Adam Rigney 11. Jingles Chittick and Teeny Fitzgerald 26 – Mark Power and Terry Hayes 18. Matt Whitton, Laural Ferrington and Jim McKinlay 25 – Bob Burney, George Waddell and Judy Whitton 17.

Rob Folkard

Ladies' Bowls Report

'The Grange' Triples Tournament was held at Berry on **16 October**. This annual event is sponsored by 'The Grange at Berry' Retirement Village and attracted 28 teams from Albion Park, Berry, Bomaderry, Culburra, Dapto Citz., Figtree Sports, Jamberoo, Nowra, RSL Sussex Inlet, St Georges Basin, Shoalhaven Heads, Sussex Inlet, Warilla, Windang and Worrigeer.

Kangaroo Valley was represented by Gillian Portener, Irene Dunn and Laural Ferrington, who played in separate Berry teams.

Two games of 15 ends are played, one in the morning and the other in the afternoon after a sumptuous buffet lunch. For the first time in the history of the event, a team from Berry comprising Judy Croft, Rosa Burns and Teeny Fitzgerald won the day. Second place went to a team from Sussex Inlet, third to a team from Worrigeer and fourth place went to a Dapto Citz. team.

A team from Windang won the prize for the biggest winning margin in the morning game and the winning margin for the afternoon game was won by a team from Culburra. Congratulations to Judy, Rosa and Teeny for winning the event.

Happy bowling.

Deb Folkard

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WEEKLY

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

BI-MONTHLY

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

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