

The Kangaroo Valley Voice

FREE

OCTOBER 2026



TIME TO GET FOLKY!

The 19th Kangaroo Valley Folk Festival

**WORLD FIRST
FOR PLATYPUS**
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**KV'S
MOONSHINERS**
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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

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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 November issue is 18 October 2026.

Please send to:

thevoice@kangaroovalley.nsw.au

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Welcome

I have gone down many rabbit holes this month in the name of the *Voice* – and have thoroughly enjoyed every minute of it!

One thing that keeps being reaffirmed for me the longer I live in Kangaroo Valley (coming up to 20 years now), is that this area is the keeper of many stories. From modern day builders using ancient techniques, to people living (and running a successful business) from caves, to world firsts – the stories I have come across just this month are diverse, quirky and uniquely interesting!

My investigations and interviews in the past few weeks have made me ponder what other

stories are waiting to be unearthed. If you have one, we'd genuinely love to hear it.

There are many people behind the *Voice* each month, from writers to designers and more, and sometimes it can be overwhelming and stressful getting it out on time with so much going on behind the scenes. But reading that our little publication has gone global makes all the hard work seem worthwhile. You never know where things will end up – which is so very Kangaroo Valley!

I hope you enjoy what we have in store for you this month. If you have a story to share, email us at thevoice@kangaroovalley.nsw.au.

Sally Latham

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PLUS our regular features from around the Valley



The Voice goes global

Editor's note: We were delighted to read this Facebook community post from Graeme Cochrane, who gave us permission to print it.

Almost four years ago a car pulled up at our farm and a warm hello called out to me as I went about my day. Thinking it was someone asking for directions I wandered over.

Instantly we both smiled as I walked towards this couple. "Are you Graeme?" this American drawl asked as a warm firm hand shake was shared. John Barrett and his wife Janice Ann Barrett had been holidaying in Australia from a little farming town in New York State, about 100 km from Buffalo, which is not far from Niagara Falls.

They had stopped in at the Friendly Inn for lunch and wanted to see a farm and they got sent our way.

We chatted over the fence as farmers do and shared our farming experiences from across the globe but both with very similar interests and challenges.

We have always kept in touch, often sending photos of show cows and crops we grow, each time admiring each other's hard work and determination to our farming community.

John recently sent me a photo from his farm with his show calves in the background holding a recent edition of a *KV Voice* he had been given from another traveller who'd also enjoyed KV and heard John and Janice speak so highly of our beautiful Valley.

The *Kangaroo Valley Voice* reaching far and wide through a common interest and a friendship that started with lunch at the pub.

Graeme Cochrane

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- What's planned
- How the battery will operate
- Potential impacts
- Opportunities to stay involved



For more information:
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A World First The Kangaroo Valley Platypus Conservancy



If you know Michael Hayes, you know that the platypus is not just a passing interest, it is a calling.

Most valley residents know Mike from Kangaroo Valley Adventure Company, where he has spent decades taking people out on the Kangaroo River and pointing excitedly at the water at exactly the right moment. Some may even remember that back in the year 2000, a certain Sir David Attenborough quietly set up camp here to film platypuses in the river, and that Mike was the man who helped make it happen.

But what began as a passion for this extraordinary ancient creature for Mike has now grown into something far more ambitious: the Kangaroo Valley Platypus Conservancy.

On the evening of 26 August, a packed crowd gathered at Upper River Hall for the launch of what may prove to be one of the most exciting initiatives this Valley has ever seen. Mike was joined by Dr Stephen Van Mil, CEO of Wildlife Recovery Australia, and together they laid out a vision that is equal parts ambitious and deeply personal.

The plan is this: a block of land in Upper River is being purchased to serve as the home of the conservancy. The site will not be a passive reserve but an active conservation

and education hub, with school groups and community visitors invited on-site to learn about platypuses, their habitat and the work being done to protect them.

For a valley that already has one of the most significant platypus populations in the country, particularly in the pristine upper reaches of the Kangaroo River where, as Mike puts it, you are "99 per cent guaranteed" to spot one at dawn or dusk, this feels like exactly the kind of initiative that belongs here.

Mike's collaboration with Wildlife Recovery Australia brings serious scientific expertise to the project, and the community response at the launch suggests the Valley is ready to get behind it.

Get involved

If you would like to be part of this exciting world first project, there are two ways to get involved. You can sign up for updates and stay across the project's progress, or you can contribute to the fundraising campaign, with every dollar going directly towards making the conservancy a reality.



Visit the website (see the QR code) to find out more, donate or sign up.

Sally Latham



Left: Mike Hays addressing the crowd on launch night; Right: CEO of Wildlife Recovery Australia, Stephen Van Mil.

Mike's collaboration with Wildlife Recovery Australia brings serious scientific expertise to the project.



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NINETEEN YEARS AND STILL GOING STRONG

Everything you need to know about KVFF 2026

It's on again, and this year is billed to be the best one yet! The 19th Kangaroo Valley Folk Festival runs from 16 to 18 October at the Kangaroo Valley Showground, and the 2026 line-up is, by all accounts, one you don't want to miss.

For those who have never been, or who have been meaning to go for years but have never quite made it, consider this your nudge. This year, about 75 acts will perform across 13 venues over the weekend, spanning folk, roots and acoustic music, poetry, storytelling and dance. With each act performing two to three times across the three days, clashes are quite

manageable ... and happy accidents are encouraged!

The headline acts this year include some genuine folky favourites: the endlessly inventive Mal Webb and Kylie Morrigan, the brilliantly funny Tuck Shop Ladies, foot-percussion masters Tim Scanlan and Mana Okubo, celebrated Australian folk storyteller Luke O'Shea, the soulful Water Runners,

singer-songwriter Andrea Kirwin, warm Pacific groove merchant Bobby Alu, First Nations artist Pirritu, the captivating Monique Clare and the luminous Lucy Gallant.

The people, the venues – the Valley!

The venues are part of the charm, too. The KV Hall is the dedicated dance venue,

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running all weekend with Bush, Contra, Irish, Swing, Scandinavian, Morris and belly dancing. Workshops run all day Saturday and Sunday morning, so even beginners can join in by Saturday night. The Bar and Verandah hosts sessions where festival-goers bring their own instruments and simply play together, and if you close your eyes you could easily believe you have been transported to a pub in Ireland.

And if you bring your own instrument, the festival actively wants you to use it!

St Joseph's Church hosts musicians throughout the weekend and the acoustics are divine. On Sunday morning the Church of the Good Shepherd across the road hosts an outdoor gospel service at 10.00am, which is one of those only-at-a-folk-festival experiences that stays with you.

The spoken word and more

Poetry lovers are well served too, with a Poets' Breakfast on both Saturday and Sunday, a Poetry Reciter of the Year Competition, a Children's Poetry Competition and a Poets' Brawl on Sunday. The Happy Nest hosts Blackboard Concerts, open mic sessions, yoga and breathwork throughout the weekend. The Soccer Club runs workshops all day Saturday covering everything from foot percussion with Tim Scanlan and Mana Okubo to comedy song-writing with Rheinberger and Wilson, and live looping.

And if you bring your own instrument, the festival actively wants you to use it! Jam sessions, Strumalong and Singalong sessions run early each morning for those who like to warm up before the rest of the world is paying attention.

With so much going on there is only one thing that's absolutely guaranteed – fun!



Get your tickets

Tickets are available at kangaroovalleyfolkfestival.com.au. Day tripper options are available until October for those who want to dip in, but the full weekend is strongly recommended. And remember, under-17s are free with a paying adult!



From left to right: Wendy Caid, Sally Barnes, Chair of the Heritage Council, Peter Botsman and Peter Cochrane.

Hampden Bridge

A heritage icon

It was a very positive meeting and we are reassured that the Heritage Council fully endorses the heritage importance of Hampden Bridge and supports its retention, preservation and protection. It is evident that the Heritage Council will continue to monitor Transport for NSW's proposals for the bridge, to ensure heritage protections are honoured.

We raised with the HC Chair our proposal for a Hampden Bridge Trust. Our objective is to ensure long-term planning and investment in the bridge, to avoid it reaching a crisis point before work is done, or worse, passing a point of no return.

Our Trust proposal is modelled on existing trusts for the Sydney Harbour Bridge and Hawkesbury River rail bridge. The Trust would include Transport for NSW, the Heritage Council and a Community Reference Group, providing transparency and inclusion for decisions about the bridge.

A Hampden Bridge Trust would:

- provide consistent governance for maintenance and strengthening the bridge
- hold a funded, legislated 50-year Heritage Asset Management Plan
- ensure annual public reporting and community oversight
- integrate the bridge with its precinct – the Pioneer Village Museum, the former Kangaroo Valley Aboriginal Reserve, and the river environment – so heritage, culture and economy are managed together.

The current tranche of bridge works has now been completed. Over coming weeks, monitoring equipment including cameras will be installed, and scaffolding will be removed. Load testing will be undertaken in October with decisions made by the end of the year about whether the 42.5-tonne weight limit can be reinstated.

We are planning to thank the bridge works crew with a public barbecue or similar and hope you'll join us when plans are clarified.

**Hampden Bridge
Community Working Group**

Our objective is to ensure long-term planning and investment in the bridge, to avoid it reaching a crisis point before work is done, or worse, passing a point of no return.



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The amazing Kerrie Leishman.



And the winner is ...

Oh, what a night!

Fabulous Art Party anticipates a fantastic long weekend

The Art Party was the second of the events leading into the Visual Arts in the Valley festival to be held over the October long weekend.

It was a fabulous night, with everyone arriving dressed as their favourite artist or art subject, or looking just plain arty. It was tough choosing the best dressed amongst the Van Goghs, Andy Warhols, Degas ballet dancer, Girl with the Pearl Earring, and even Mr Squiggle. There were so many wonderful Frida Kahlos we were forced to give them their own competition.

Appetising cocktails with native ingredients put everyone in the mood for some creative activity. The centrepiece of the night was the painting of portraits of seven Valley treasures who, amongst many others, have contributed, and continue to contribute, to the local community: Bev Dunphy, Gary Moore, Dusty Smart, Katrina Thomas, Tino Vella, Julie Ward and Stephen Wilson.

The wonderful local artist Kerrie Leishman helped along the budding artists in the room by beginning all the portraits and then headed up a team of other local artists to coach the best out of the partygoers. The results were amazing and the People's Choice prize was closely fought



Bev Dunphy goes under the hammer.

out, with the winning portrait being of Tino Vella. All the portraits were auctioned at the end of the night with the proceeds supporting the festival activities to come.

In between all this creativity there was a fabulous three-course supper, prepared and served by volunteers, and a round of art trivia with an eventual tie between two art smart contestants.

One of the partygoers said of the evening: "What I loved most was the wonderful community energy in the room. There's something about bringing people together around art, creativity and a good dose of fun that creates so much goodwill."

Great energy to take into the upcoming festival weekend with its array of exhibitions, open studios, installation projects and workshops to enjoy (see the Arts in the Valley ad for details and bookings). Also, watch out for artworks throughout the village and street music, including the fabulous Zoe Elliott and the KV Community Choir.

Helen Lunn
Visual Arts Director

All photographs: Selena Quintrell



A completed Gary Moore.



Above: So many Fridas.



Right: One of the many Fridas.



Stephen Wilson portrait in the making.



Art party MC – Con Hart.



visual arts in the valley
festival 2026

October Long Weekend

Kangaroo Valley Art Trail
Exhibitions
Art Workshops
Cultural Walk
Kids Exhibition Tours
Kids Exhibition
Village Exhibition

artsinthevalley.net.au/visualarts2026

CULTURAL WALK
with Drew Longbottom
in the wilderness refuge of
CHAKOLA

Sat. 3 October
10.30am-12.30am



ART WORKSHOP
with Kerrie Leishman
Drawing & Mask Making

Sun. 4 October
9.00am-11.00am



ART WORKSHOP
with A-F Fulgence
Mixed media drawing

Mon. 5 October
9.30am-11.30am





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Built from the land

The ancient craft behind Mawson Made

I arrived at Jordy Mawson's property on a sunny Friday morning to find chickens wandering across the yard, dogs soaking up the warm rays and one particularly determined hen who had decided that the kitchen was where she needed to be. But Jordy didn't miss a beat – he made the coffee, we sat down at the table and we talked about timber.

Jordy Mawson is the man behind Mawson Made, and what he does is not something you encounter every day. Yes, he builds homes, managing the entire process from the first conversation to the moment you get the keys. But what sets him apart is that he incorporates timber milled directly from trees on the property into the build, using the ancient mortise and tenon technique: no nails, no metal fasteners, no manufactured frames. Just wood, precision and a deep understanding of what the timber wants to do.

A technique that goes back millennia

The mortise and tenon technique is where the joint is a classic, strong connection made by fitting a tongue-shaped projection (the tenon) into a corresponding hole or slot (the mortise). Mortise and tenon joinery has been traced as far back as 7000 years ago in ancient China, and there is evidence of the technique in Egyptian furniture, in the construction of Stonehenge, and in the ship hulls of the Phoenicians, who used a locked version of the joint to build vessels that crossed the Mediterranean. The Vikings, too, were masters of timber joinery, constructing longships of extraordinary strength and flexibility using techniques that evolved from the same tradition.

These were not primitive methods. They were engineering solutions of the highest order, refined over centuries, and the reason so many timber-framed structures are still standing

today, long after steel and concrete buildings of a far more recent era have crumbled.

When Jordy learned the technique from a master craftsman in Marulan, there were only a handful of people in Australia who could do it. That number has grown, but it remains a rare and specialised skill, and Jordy has made it his life's work.

Reading the timber

The process begins on the property itself. Trees are assessed, milled and dried, with every piece of timber telling a different story. No two mills are the same, Jordy explains, because no two trees are the same. Each has its own grain, its own character, its own particular ideas about what it wants to become. Milling can happen in Jordy's workshop or on-site, depending on what the job requires. The result is a home that is genuinely of the land it sits on, in a way that no other building method can quite replicate.

Kangaroo Valley presents its own particular challenge, though. The Valley's unique environment means our trees carry a lot of moisture, and wet timber can warp as it dries, which creates real difficulties when the structural integrity of a joint depends on precise fit. Ironbark, Jordy says, is the ideal timber for the technique: exceptionally dense, resistant to warping and strong enough to hold a joint without moving. It is also, it must be said, extraordinarily beautiful.

Building for the future

There is a sustainability argument for this approach that is impossible to ignore. Timber used in construction sequesters the carbon the tree absorbed while growing, locking it into the structure of the building for the life of the home. Steel and concrete production, by contrast, are among the most carbon-intensive manufacturing processes on the planet.

Life cycle assessments show that mass timber construction reduces building carbon emissions by about 40 per cent compared to equivalent steel structures, and a single cubic metre of timber can store approximately one tonne of CO₂ while simultaneously avoiding more than two



tonnes of emissions that concrete would have generated. When that timber comes from trees already on the property, the equation becomes even more compelling.

The workshop, the boat and the house with soul

Back at Jordy's place, his team were spending the day working on a passion project: a boat, being built in the workshop beside the house Jordy largely rebuilt himself. It started as a shack. Now it is a home with real soul, full of the warmth and character that only comes from a space someone has made with their own hands. It is his dream family home.

On my way in I noticed a piano in the corner and mentioned it to Jas, Jordy's wife. She smiled in the way that partners of quietly gifted people tend to smile. It's his, she told me. He plays. Of course he does. Jordy is one of those people who seems to approach everything he touches, whether it is a dovetail joint, a milled ironbark beam or a piano key, with the same unhurried care and natural ability. But he would never tell you that himself.

What Jordy will tell you though is that what he loves most is the process – the craftsmanship, the moment a joint fits perfectly, the way timber reveals itself as you work through it, the fact that

something built this way will still be standing in a hundred years. He has already built many homes around Kangaroo Valley, and each one carries that same quiet integrity.

If you'd like to know more about what Mawson Made can do for your build, you'll find Jordy's details in the advertisement below.

Sally Latham



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KVPS News



We celebrate Book Week in style

There was only a little rain on the parade when KVPS took Book Week to the streets for its annual Book Week Character Street Parade.

Students dressed as an incredible assortment of favourite book characters and proudly made their way along Moss Vale Road, bringing plenty of colour, creativity and excitement to the heart of the village. From much-loved classics to newer favourites, the costumes showcased the imagination of our students and the wonderful stories that inspire them.

Despite a few drops of rain, the parade went ahead with smiles all around, with families, friends and members of the Kangaroo Valley community lining the street to cheer on the students.

Book Week is always an important celebration at Kangaroo Valley Public School, providing an opportunity to recognise the joy of reading and the way books can spark imagination, conversation and creativity. This year's theme, 'Symphony of Stories', was a fitting reminder that every reader and every story contributes something unique.

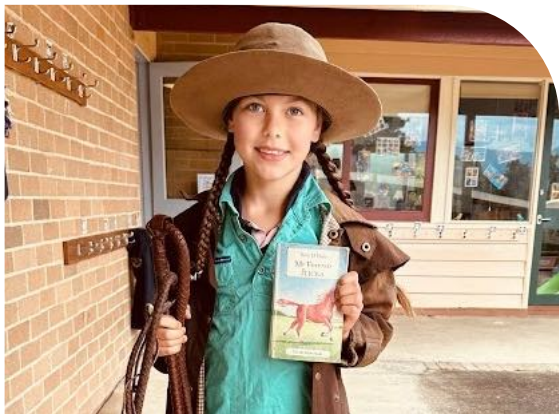
The school would like to sincerely thank everyone who came out to support the

parade. Having our local community there to celebrate alongside our students helped make the morning particularly special.

A huge congratulations also goes to our students and families for the fantastic effort that went into the costumes, and to our staff for helping bring another memorable Book Week celebration to life.

At Kangaroo Valley Public School, we are very fortunate to be part of a community that so enthusiastically gets behind our school events – even when the weather tries to rain on our parade!

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Continued from p.15 →

Colourful creations inspired by *Once I Was a Giant*

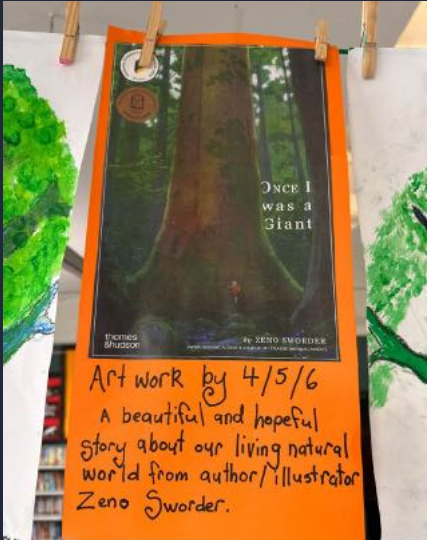
Students at Kangaroo Valley Public School have been getting creative during their Library lessons with Mrs Gripper, producing a stunning collection of colourful tree artworks inspired by the picture book *Once I Was a Giant* from award-winning author and illustrator Zeno Swords.

Once I Was a Giant is a beautiful and hopeful story that celebrates our living natural world and encourages readers to think about our connection with the environment and the life that surrounds us.

After exploring the story together, students took inspiration from Swords's illustrations to create their own interpretations of magnificent trees. Using bold colours, interesting textures and their own individual artistic styles, each student produced a unique artwork bursting with personality and creativity.

The finished pieces have made a wonderful display at school, with each tree looking completely different from the next. The activity has been a lovely way to combine literature, creativity and an appreciation of the natural environment during Library lessons.

A big thank you to **Mrs Gripper** for providing our students with another engaging opportunity to explore quality literature through art. We are very proud of the beautiful work our students have created!



KVPS Tennis Team – State runners up!

Since February, the KVPS Tennis Team consisting of Artie Cooke, Elijah Hole, Logan Champion, Matilda Hole and Millie Amor has been competing and progressing in the PSSA Victor J Kelly Cup state-wide schools knockout tennis competition.

This year, we played and defeated Gunning PS, Cambewarra PS, Gerringong PS and Milton PS on our way to being the South Coast regional champions! We then played against Hay PS in a tightly fought state quarterfinal battle, winning that round by a narrow 2 games, which saw us progress to the state semifinal in Homebush.

On 30 August the team arrived in Sydney to prepare for our big match. We did our usual KV routine: a training session at the courts

followed by delicious Asian food for dinner and cold rock ice-cream for dessert! In the morning, we enjoyed breakfast together before preparing for our semifinal against Forbes PS.

KV won this match against Forbes PS comfortably with a 7 sets to 1 victory, which gave us great confidence heading into the final against Gunnedah South PS who had also convincingly won their semifinal against Sawtell PS.

A gripping, skilful final

In true finals style, it was a super close fought battle. Ultimately we were narrowly defeated by 4 sets, 31 games to 4 sets, 26 games! Gunnedah South PS was the better team on the day and it was such a pleasure to witness all the students' incredible skill, sportsmanship and teamwork.

Our KV team has been brilliant all year and to

Our KV team has been brilliant all year and to reach this milestone of state runners up is to be celebrated.

reach this milestone of state runners up is to be celebrated. KV have only reached the state semifinals in this event one other time – and that was in 1993 when they won the competition. Next year, we'll be back to go that one step further. Stay tuned!

A massive thank you to all the parents, teachers and community who supported us on this journey and to the kids, who train so hard and continue to inspire and encourage those around them.

Kate Hole

Athletics

Congratulations to all of our students who recently represented KVPS at the South Coast Athletics Championships. Reaching this level of competition is a fantastic achievement and we are very proud of the effort, determination and sportsmanship shown by all of our athletes.

A special congratulations goes to Will, who achieved an outstanding 2nd place in the Senior Boys Discus. This fantastic result means Will has qualified to compete at the NSW State Athletics Championships!

We wish Will all the very best as he represents our school, small schools and the South Coast at State. What a wonderful achievement!



Spring has sprung!

Community shares and grows at the Friendly Inn Garden

Things are on the move at the Friendly Inn Community Garden (FIG). The weather has been beautiful and the volunteers have begun preparing the garden beds for spring planting now that the brassicas are finished.

The beds have been rested from last summer, using a green manure crop, so they are ready to go for the spring and summer planting. Volunteers have been planting tomato seedlings, salad greens, Asian greens, celery, cucumbers, eggplants and capsicums. The garlic is looking great! Winter saw an abundance of citrus, lemons, limes and cumquats and like everyone in the Valley we couldn't give them away!

FIG has been operating for 14 years and is kept alive by a small band of dedicated volunteers. Many of the original members have moved on but the vision and purpose of FIG remain the same: to create a welcoming space where volunteers can gather to socialise, grow fresh produce and build community connections.

Lots of fun ways to support FIG

New members are always welcome and there are many ways you can be part of and support FIG. You don't have to toil away for hours in the community garden at the back of the Friendly Inn (however, we would love it if you did!).

Every Thursday there is a working bee at the garden from 9.00am to 11.00am (summer), which gives the volunteers time to catch up over a cuppa and cake, do any jobs that need doing and harvest some beautiful fresh produce.

There is always something to do in the garden. As summer approaches we are starting to water the garden regularly, so if you can help out with watering that would be appreciated. During summer, Saturday mornings and Tuesday evenings are also an option to catch up at the garden to do a bit of weeding and have a cool drink at sunset – it doesn't get any better than that!

Monthly Trivia Nights and Farmers Markets

Other ways you can get involved and support FIG are through coming to our Trivia Nights



and monthly Farmers Markets. The Trivia Night is held on the second Tuesday of the month starting at 7.00pm at the Friendly Inn. It is a night full of fun and laughter with a fair amount of brain strain thrown in and all proceeds support garden projects and expansion.

The FIG Farmers Markets day is held on the second Sunday of the month behind the Friendly Inn. It is a great way to support not just FIG, but also local producers, artists, the KV Show and a variety of interesting stall holders from the local area. Come on down and say hello!

If you would like to know more about becoming a member of FIG, please send an email to figcommunitygarden@gmail.com or come on a Thursday morning and have a cuppa with the volunteers. We look forward to seeing you soon – and happy gardening!

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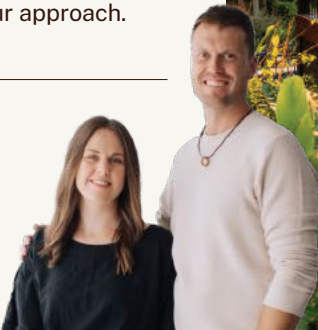


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NOTICE OF ONGOING 1080 BAITING PROGRAM



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.

The cave behind the waterfall

Kangaroo Valley’s secret history of moonshine

It started, as many good things do, with going down a Facebook rabbit hole.

A few weeks ago, a post appeared in our local community group about a woman who lived alone in a cave in Kangaroo Valley during the 1990s. The family was asking for help to locate the cave so they could visit it during their planned trip this summer. The comments, naturally, went wild: Where was said cave? How did she survive the cold winters? Did this even happen? The whole thread whipped up that particular energy that only a small valley with a long memory can generate.

It was buried somewhere in those comments that someone mentioned the Humphries brothers, and the illicit stills that once operated in the sandstone caves of the valley. I put down my phone, made a cup of tea, and then immediately picked my phone back up again. It was time to investigate.

What I found was a genuinely remarkable slice of local history that is surprising, and yet not surprising, all at once.

The perfect place for secrets

The practice of illicit distilling in the Kangaroo Valley region dates back to the 19th century, when the Valley’s geography made it practically perfect for keeping secrets. Think about it: remote sandstone caves tucked beneath roaring waterfalls, accessible only via steep and winding

tracks that a horse and rider would struggle to navigate quietly.

Illicit distillers in the region, operating in an era of strict excise laws and periodic crackdowns by government revenue officers, famously hid their copper stills inside these natural formations. The smoke from the still would rise into the waterfall mist and simply disappear, rendering the whole operation invisible to anyone more than about 100 yards (91 metres) away. You could scramble right past one and never know.

The Humphries were among those who knew this landscape intimately. Two brothers, Edward and Thomas, were well known, impeccably dressed and ‘mild-looking’ country gentlemen in their 60s and 70s. But, together with their 104-year-old mother, Mrs Humphries, they had a secret still (one of two, supposedly) hidden behind a waterfall that was accessible only by foot and ladder. Of course, despite buying over 490 pounds (222 kg) of sugar within the space of three weeks one Christmas, they only made their beloved drop for their ‘own use’, apparently.

Being in the business made moonshiners very

DAILY TELEGRAPH PICTORIAL, WEDNESDAY, JANUARY 15, 1930

“MOONSHINERS” IN MOUNTAINS FINED £300
Still Run By Aged Brothers
“We Make It For Our Own Use!”
Pounce on Cave
A romance of hill-country life that might have been an episode of the “shanty” days was brought to a conclusion at Robertson Court House yesterday when Thomas and Edward Humphries were convicted of “moonshining”.
Thus was brought to a close months of police vigilance which led to the arrest of the brothers at their lawless retreat in the Kangaroo Valley mountain country on December 24.
The still was located in a cave in the side of a wild gorge, only accessible by dizzy climbing down ladders. Over the mouth of the cave leapt a waterfall.
In court, where the people of the district for miles around gathered, were exhibited a copper boiler, worm, a double-barrelled shotgun, and belt of cartridges, and samples of the illicit spirit.
The Humphries had been well-known figures in the country for most of their lives, and were sons of the oldest inhabitant, Mrs. Humphries, who is 104.
Grave Law-Breakers
Edward was 74 and Thomas 64. They were two grey, mild-looking, country gentlemen, in appearance, their manner was quiet and their linen spotless. Thomas heightened the effect by wearing gold-rimmed spectacles.
They pleaded guilty to three charges — of having made and had in custody illicit spirits, namely, rum, and of having been in possession of an illicit still.
Constable P. J. Byrnes, of Robertson, related the discovery of the still in October, and the two months’ watch kept by himself and Constable Bagnall and Customs Inspector Broissois.
Carrying a Gun
On December 24 he followed the “moonshiners” to the still in a car. Above the retreat he came upon Edward, carrying a double-barrelled gun.
They went down the ladders to the still. Byrnes asked if they owned it.
“Worse luck, we do,” said Thomas. “What we make we do not sell. We make it for our own use.”
Questioned about the gun, Edward said that he was not going to shoot anyone.
The boiler, Byrne explained, in reply to a question by Mr. A. R. Taylor (for the Crown), was three parts full, and there was other spirit in a keg.
“Pretty Good Beano!”
The Magistrate (Mr. Soame): If they kept it to themselves, they were going to have a pretty good beano, then!
The still, Byrne added, was shifted about from point to point. The police had been receiving complaints about the illicit trade for many years.
His Worship inflicted a fine of £50 on each charge — £150 on each defendant. They immediately produced £100 to pay as deposit.

77

popular locally and in Nowra and Wollongong. The substance was used to settle debts and acted in some ways like its own currency. And so, farm families in the area were often quietly complicit in its production.

Seeing red

One piece of local lore that surfaced in my reading describes a farmhouse positioned on a steep track approaching one of the Valley’s major stills. Whenever the woman of the house spotted police troopers or suspicious strangers riding up the mountain, she would hang a bright red shirt on the clothesline. A simple, brilliant, completely deniable warning signal. The moonshiners would shut down and vanish, and the constables would find nothing but a quiet farm and a woman doing her laundry.

Illicit distilling was a serious and widespread practice across rural NSW throughout the 19th and early 20th centuries. Excise laws imposed heavy taxes on spirits, and for farming families in remote valleys, producing a little something from surplus grain was as much practical economics as it was rebellion against the government. In the language of the era it was called ‘sly grogging’, and it carried genuine legal consequences if you were caught. If you were not caught, it apparently carried rather pleasant social ones.

How much of what circulates as local lore is documentable fact, and how much has grown in the retelling over generations, is genuinely difficult to say. The red shirt story has the ring of folklore to it, I must admit. But the stills were real, the caves were real and the geography

that made all of it possible is still very much here, every time you look up at the escarpment.

I am no historian, and I make no claims to having uncovered anything that the Kangaroo Valley Historical Society does not already know far better than I do. But I find myself thinking about the settlers who lived here before us, the ones who knew every cave and creek and track, who watched for red shirts on clotheslines and went quietly about their business under the mist of a waterfall. They knew this place in a way we can barely imagine these days.

But what of the Humphries family? Well, the brothers were eventually caught and fined 300 pounds in 1930. As for Mrs Humphries, the story goes that she passed away at 106 years young, not long after her moonshine stocks ran out.

If you have your own memories, stories or curious tales about the Valley’s past, we would genuinely love to hear them. Write to us at thevoice@kangaroovalley.nsw.au.

Sally Latham



A typical moonshine setup.

Sources: National Library of Australia; South Coast Register; A History of Kangaroo Valley by John Griffith (published by Kangaroo Valley Historical Society, 1978).

A wonderful concert despite initial setback

Ariana Ricci (soprano), Alex Semple (baritone) with Natalia Ricci (piano)

Concert review for Arts in the Valley, Saturday 29 August at 2.30pm



Serenata (corner of Keoghs Road and Walkers Lane) has hosted some memorable concerts over the past 10 or so years but none more so than the vocal recital given by Ariana Ricci with extra support from her partner, baritone Alex Semple, at the end of August.

The concert started with some high drama behind the scenes, caused by the illness of soprano Ariana Ricci in which her voice was compromised because of a heavy head cold. As a consequence she had to eliminate some items from the program.

Ariana’s partner, Alex Semple, in the spirit of true professionalism, stepped in and seamlessly covered over the gaps with three superb and deeply moving items: a dramatic aria from Korngold’s opera *The Dead City*, and two songs by Schubert: *Der Doppelgänger* and *Totengräberlied*.

Interspersed between Alex Semple’s offerings, Ariana gave us a wide range of arias and art songs, which showed that she possesses a wonderfully versatile voice of quite astonishing

Ariana ... possesses a wonderfully versatile voice of quite astonishing range and dramatic character.

range and dramatic character, excellent language skills and a real instinct for the stage. It is little wonder that her performances in Sydney as principal soprano with Pinchgut Opera over the following two weeks were so highly successful and critically acclaimed.

This shared concert in Kangaroo Valley was brought to a wonderful conclusion – and a standing ovation – with the well-known ‘stuttering duet’ between Papageno and Papagena from Mozart’s opera *The Magic Flute*.

Natalia Ricci, one of Australia’s leading pianists (and mother of Ariana) was flawless in her supporting performance on the piano, including carrying the additional burden of quickly learning the piano accompaniments of the additional items that were required when Alex Semple had to step in.

Based in London, these wonderful young singers are just beginning their professional careers. We will watch the unfolding of their achievements with a sense of pride and great anticipation. And we eagerly await their return to Australia.

Robert Constable AM

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STUDIO CONVERSATIONS: Kangaroo Valley Artists Collective

Karen Barker

The ordinary made luminous

For Karen Barker, painting begins with attention. It may be the particular green of a Kangaroo Valley paddock in spring, the way light moves through trees, a cluster of flowers, the presence of an animal in the landscape or simply a fleeting moment that asks to be noticed.

Her paintings and experimental prints are rooted in what she describes as “the everyday poetry of place” – moving between observation and memory and holding not only the appearance of a landscape but something of its atmosphere and feeling. “I’m drawn to the ordinary made luminous,” she says.

It is an apt description of a practice shaped by close familiarity with Kangaroo Valley. Living within the landscape has given Karen an intimate knowledge of its changing colours and moods: the rush of green after rain, the changing light, the quiet drama of the surrounding escarpments and paddocks.

“The familiarity is a gift,” she says. “Living here means I know the colours of the landscape intimately – the particular greens, the soft shifts of light, the atmosphere after rain. That deep knowing seeps into the work without having to force it.”

Certain places recur: folds in the Valley, quiet paddocks and edges of bush where she has learned to recognise the behaviour of the light. Karen describes them as “old friends” – familiar but never exhausted. Spring, with its freshness, abundance and sudden intensity of green, is particularly compelling.

And then there are the donkeys. They appear throughout Karen’s work as steady, watchful presences, belonging to the landscape while bringing something slightly unexpected to it. “There’s something about their presence that feels both grounded and slightly otherworldly,” she says. “They keep appearing in the work as quiet companions to the land.”

Karen works across painting and printmaking, drawn in both to processes that retain an element of uncertainty. She paints with water-soluble oils and, in printmaking, is experimenting with sulphuric acid baths to etch aluminium plates – processes chosen partly for their more environmentally considered qualities. “Both mediums keep me curious,” she says. “They’re a little unpredictable, and that experimental edge is part of what keeps the work alive.”

A work might begin with a drawing, photograph, place, idea or simply a feeling that stays with her. Karen establishes enough direction to begin, then allows the work to evolve. “I enjoy the tension between intention and discovery.”

Her favourite stage is the underpainting: that first layer when the surface is still open and full of possibility.

Her studio ritual reflects the same attentiveness. Karen begins by packing a bag and heading down to the studio, where she spends the first hour cleaning and returning everything to its place. “That ritual settles me,” she says. “Once the space feels ordered, I can begin.”

The studio is her “happy place” – somewhere the outside world recedes and the work can take over. She works in silence, although it is not really silence at all: the river, birds, horses and donkeys provide the background rhythm of the day.

Karen always knew she wanted to be an artist. After completing a Bachelor of Fine Arts, life took her in other directions for a time, but the impulse to make never disappeared. “Coming back to it here in the Valley has felt like a return to something essential.”

For Karen, art has become a way of paying attention – of noticing and preserving the small, beautiful, ordinary things that might otherwise pass unnoticed.

Increasingly, it is also about legacy. She is currently working on five large paintings for her five children, works intended to carry something of both herself and the Valley into their lives. “There’s something deeply meaningful about making work with that kind of quiet legacy in mind.”



Latest new family member thanks to Rocking Donkey Stud at Exeter.

It speaks to something at the heart of Karen’s practice. Her paintings hold fragments of lived experience: colours remembered, animals encountered, light observed and places returned to until they become part of an internal landscape.

When a work is finished, the first person she shows is her husband Johnny. Then it goes onto Instagram. Once posted, she does not return to it. “That public moment marks the end of my relationship with the making of it.”

And then, inevitably, another begins. “There’s always another painting waiting, another moment of light or colour that asks to be held. The work keeps calling and answering that call still feels like the most natural thing.”

Karen will be exhibiting her work at this year’s Visual Arts in the Valley, holding a printmaking workshop on 3 October, and she will open her Kangaroo Valley studio as part of this year’s Kangaroo Valley Art Trail, 3–5 October. She will also be exhibiting in a group show with the Kangaroo Valley Artists Collective at BDAS Gallery, Bowral, in April 2027.

Karen Barker’s work can be seen at karenbarker.com.au and on Instagram at [@karen.g.barker](https://www.instagram.com/karen.g.barker).

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? *Tea.*

Music, podcasts or silence while working?

Silence – although there are always the river, birds, horses and donkeys.

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

Favourite colour right now?

Cadmium yellow. It makes glorious Valley greens..

A tool or material you can’t live without?

My Neef brushes..

Best creative advice you’ve received?

“Composition and chroma are everything.” – Wayne Davies

In conversation

What do you hope people feel when they encounter your work?

A sense of recognition, perhaps – not necessarily of the exact place, but of a feeling they know. I want the work to hold something familiar while still allowing space for the viewer’s own memory and experience.

What part of the process feels most exciting?

The beginning, particularly the underpainting. Everything is still possible at that stage. You have an intention, but you don’t yet know exactly where the work will go..

When do you know a painting is finished?

When I can stand back and feel quietly good about it – when I recognise that it holds what I set out to say, or sometimes something better than I planned.

What advice would you give someone beginning to collect art?

Buy what you love and can live with. Trust the work that stays with you after you leave the room – the piece that keeps asking to be looked at again. That quiet pull is usually the best guide.

“I enjoy the tension between intention and discovery.”



Under painting of Upper River Suspension Bridge.



The workings of a lino print for Arts in the Valley Salon.



Hello, oil on framed board, 25cm x 25cm.



Jarrets Lane 3, oil on timber, framed canvas, 78cm x 78cm.



Food Wisdom

Addressing labelling and waste – and what we can do

There's a lot to know about what we eat. With food prices continuing to rise, it's also worth thinking about what we buy and how much food is wasted in Australia. Several television programs have also recently looked at issues related to the labels on packaged foods, so this month I decided to discuss the accuracy of claims and symbols on many packaged foods.

Waste

An enormous amount of food is wasted in Australia. Before we see it, up to a million tonnes of various types of Australian produce never make it to market. Some foods are destroyed before they leave the farm. Prime examples include bananas or other foods whose shape or colour doesn't quite fit the cosmetic or size standard demanded by the sellers or shoppers. Supermarkets also discard many foods. On occasions, this may be because they have overstocked on certain items such as some

perishable fruits. Many products may be dumped because they're nearing their expiry dates (more on that later). Before blaming others, however, much of the waste occurs in the home. Most of us will probably have found a soft or bendy carrot in the vegie section of the fridge or some other forgotten food lurking in the pantry, freezer or fridge. It's also easy to buy or prepare too much food – and then throw out the leftovers. Fussy eaters can also lead to food being wasted. Official data shows that more than a third of Australia's food waste is generated in our homes, with the average household's yearly loss due to this waste estimated at \$2500 to \$3800. Australia's yearly food waste tops 7.6 million tonnes, costing the Australian economy over \$36 billion. It's mind-boggling to know that 70 per cent of this waste would have been perfectly edible. Food waste is a huge disaster in many ways. The water, soil, fertiliser and other farming efforts are lost. Up to 25 per cent of all water used in Australian agriculture is used to grow food that is wasted. Around 10 per cent of Australia's global greenhouse gas emissions come from food produced but wasted, creating 17.5 million



tonnes of CO₂ each year. To add to the losses, many forms of food packaging can't be, or aren't, reused or at least recycled. A major reason why many foods are thrown out comes from many people's failure to understand information on food labels. **Food labels** Almost all packaged foods sold in Australian supermarkets have a stamp or sticker stating either 'Use By' or 'Best Before' date. **'Use By'** A 'use by' date is intended for perishable foods and is supposed to refer to the final date the food would be safe to consume. The safety aspect might apply to any aspect of the food that might be harmful to current health. Food shops cannot legally sell a product if it is past this 'use by' date. The big 'but' in this aspect is that it is up to the manufacturer to decide if harm could arise from the particular product. It is obviously desirable for manufacturers to sell products when they are at their best, but it is also possible that a manufacturer may prefer a fairly short shelf-life so that you will discard a product and buy another with a later date

stamp. Some argue that a product may not be medically unsafe on its use-by date, but may not be as delicious to some people's tastebuds after that date. A common example of this 'use by' date marking occurs with dairy products. If foods such as yoghurt or milk are in undamaged packaging and have been kept refrigerated, they may well be quite safe beyond their marked 'use by' date. In such cases, a 'look, sniff and taste' test might be preferable rather than adding to wasted food. This approach is being recommended by some consumer groups and even a couple of companies are supporting the idea. **'Best Before'** This is a vague term that does not refer to the safety of the food, but may be relevant for its quality. As with 'use by' dates, it is the responsibility of the manufacturer to include this information on a food's label. Legally, no 'best before' labelling is required on any food that has a likely shelf life of two years or more. This would apply to canned foods, which can retain their quality for many years – as long as the can is not damaged. Many legumes and grains such as rice will also be fine for years. The food label is required to include any information that a food needs specific storage. Such information applies to most foods that should be refrigerated – including dairy products. 'Best before' labels create confusion and some people throw out perfectly good foods believing they may no longer be edible. This is pure waste. **Exception** The major exception to 'use by' or 'best before' is bread, which can be labelled with the date of baking if its shelf life is less than seven days.



Allergens The components of some foods or particular ingredients can cause allergic reactions and any food containing a common allergen must include this fact clearly on the label. This law only came about in February 2024, and manufacturers were given two years to implement the new requirements for better labelling. A list of foods and ingredients that must be clearly declared are wheat, fish, crustacean, mollusc, egg, milk, lupin, peanut, soy (or soya or soybean), sesame, nuts (almond, Brazil nut, cashew, hazelnut, macadamia, pecan, pistachio, pine nut, walnut), and grains such as barley, oats, rye or triticale that may contain gluten if they are grown or processed near a gluten-containing grain such as wheat. Sulphites, added to some foods as a preservative, must also be declared if present at 10 milligrams per kilogram of food. If this sounds complicated, the label for these foods must have a bold statement near the ingredient list such as **Contains** egg, wheat, nuts or any specific allergen. These rules apply to packaged foods that have a label. Anyone selling foods without packaging is obliged to tell a customer if asked about specific ingredients or components of the food. **Future actions** Food waste has significant impacts on food production, environmental problems and the ability of our food supply to provide food security for people. Various groups are collaborating to fight it. Initiatives to reduce food waste are set out by **thegreatunwaste.com.au** with good advice about food storage, flexi meal plans and using 'leftovers'.

Food waste has significant impacts on food production, environmental problems and the ability of our food supply to provide food security for people.

Food rescue organisations such as Foodbank do a great job. They partner with many groups including farmers, distributors, processors, some supermarkets, food service and others to redirect wholesome food to people who would otherwise go hungry. Governments also have policies. Australia supports the United Nation's Sustainable Development Goal designed to ensure sustainable consumption and production patterns. The Department of Climate Change, Energy, the Environment and Water has established End Food Waste Australia, which aims to halve Australia's food waste by 2030. In a future article, I will discuss supplements and the rules (or lack of them) that apply.

Dr Rosemary Stanton OAM
Nutritionist

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KVV Book Club

This month's book:

John of John

by Douglas Stuart

This month we review a novel by Douglas Stuart, *John of John*. Stuart is the Booker prize-winning author of *Shuggie Bain*, the brilliant heart-wrenching story of a son's love for his alcoholic mother. This is Stuart's third novel and it is another very emotional one..

The story is set in the late 1990s in the fictional Scottish village of Falabay on the Isle of Harris in the Outer Hebrides. John-Calum Macleod, or Cal, is 22, out of money and has little to show for his art school degree in Edinburgh. He has no argument when his father asks him to come home to care for his ailing grandmother.

Cal resumes his old life that he thought he had escaped. He travels the 300 miles home and it takes him 20 hours to the windswept croft of his childhood. He shares this tiny space with his father, John, a sheep farmer, weaver and a lay preacher, and his warm-hearted but sharp-tongued grandmother Ella.

John disapproves of all of Cal's choices. Everything from his clothing, the length of his hair and his unwillingness to be saved. John wants Cal to conform to tradition. "His father put all his faith in the Presbyterian penicillin. For whatever ailed you, there was only one cure: work and prayer." Eventually the tension between the two erupts into shocking violence.

Cal is gay but so is John. There is a tense silence and distance between father and son. The cruel irony is that if these two closeted gay men separated by lies and bitterness could share their same secret it would bring them closer together. But both are convinced that confession would destroy each other.

Falabay is a deeply religious Presbyterian, isolated, very tight-knit community. The weaving of traditional tweed is upheld as a symbol of the Island's cultural survival but it no longer sustains the islanders and offers the tenant farmers no economic security. The islanders are stoic, lacking in affection

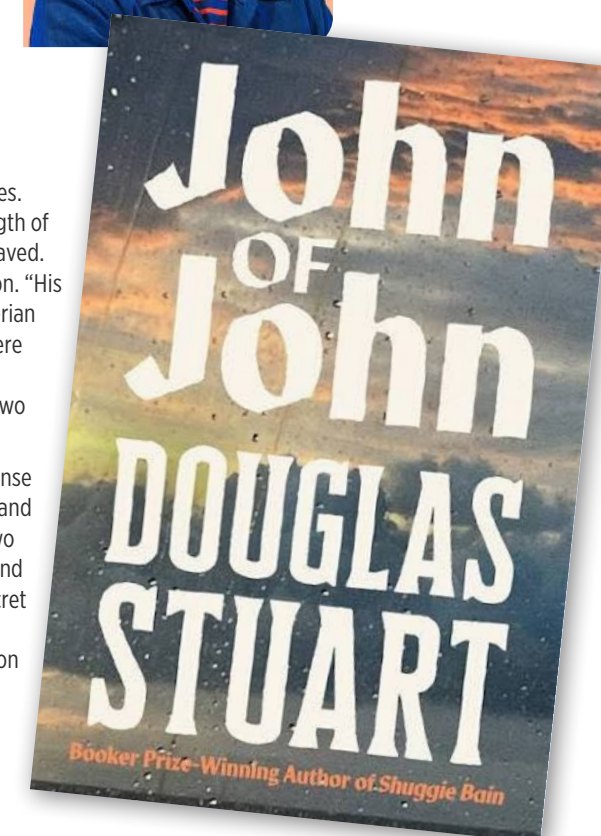
and completely ruled by an oppressive faith. Their personal loneliness is mirrored by their geographic isolation.

The book has an immense sense of place. You can almost smell the wet, salty air and peat smoke. Stuart is a brilliant writer. Every sentence feels perfect. His characters are all very real and very flawed. They are stubborn, proud and awful communicators, trapped by poverty, place and religion. They live in a close, intense rural community but can't open up to each other about their longing for connection and love.

This is a beautifully written, slow-paced, sad book full of tension and the loneliness in families, community and relationships. But surprisingly there is a happy ending, which just confirms what a great novelist Douglas Stuart is. Deeply moving and highly recommended.

Next month we will have a look at *The Newer World* by Sebastian Barry, about a slave freed during the American Civil War.

Cathryn Ferguson



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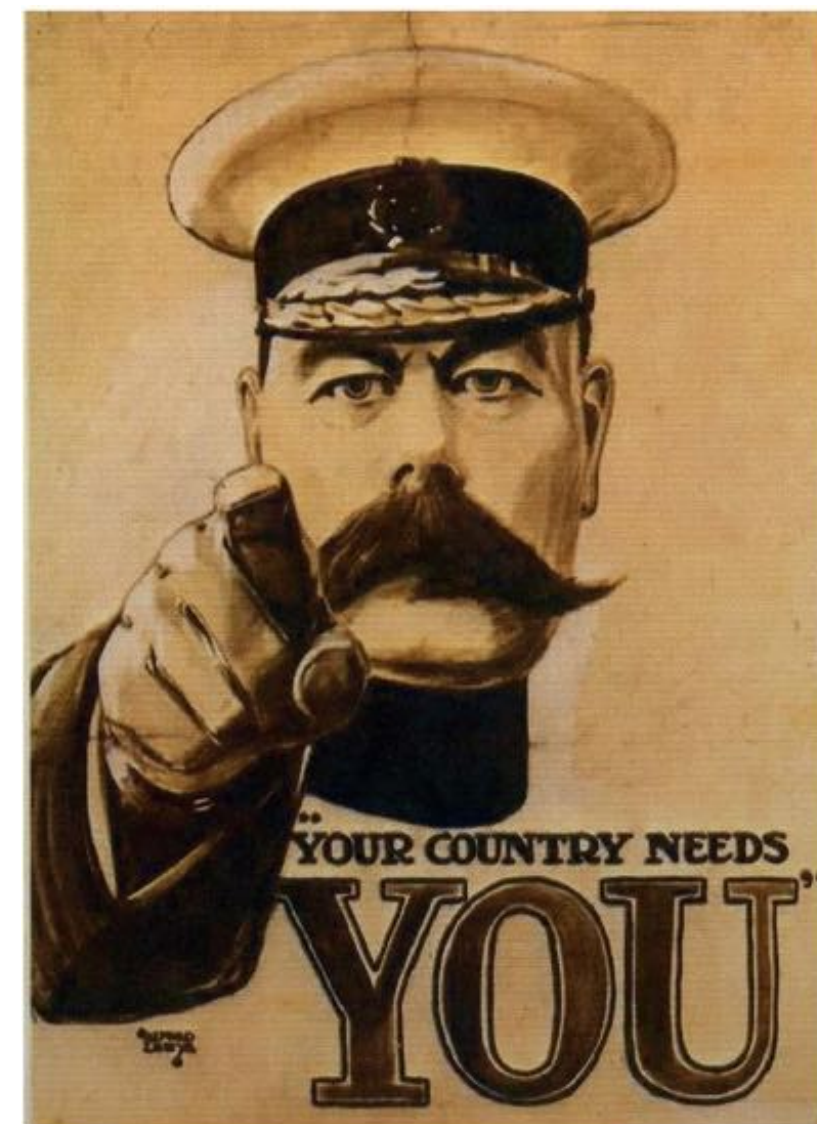
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Actually, it's your museum – the Kangaroo Valley Pioneer Village Museum, to be precise – that needs you.

The museum is managed by a board that is responsible for visitors to the museum and its buildings and grounds (the Kangaroo Valley Historical Society is responsible for the exhibits) and requires one or two more volunteers to join our board and contribute to its monthly meetings. Someone with marketing experience would be especially welcome.

If you are unfamiliar with the museum, please have a look at our website: kangaroovalleymuseum.com, or contact us by email: kvpioneeremuseum@gmail.com or by phone: 4465 1800.

Tony Barnett
Secretary

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A season of football, friendship and opportunity at KVFC

Kangaroo Valley Football Club



It has been a memorable season for Kangaroo Valley Football Club (KVFC), with our young players enjoying some wonderful experiences both on and off the field. From Grand Finals and regional football festivals to an unforgettable opportunity to experience the Future Matildas environment, 2026 has been a season of football, friendship, learning and opportunity.



A Grand Final to remember.

This season, KVFC fielded teams from U6 through to U12, providing boys and girls across the Valley with the opportunity to play football alongside their friends, develop new skills and, importantly, have fun. The future of football in Kangaroo Valley looks very bright. A huge thank you goes to the players, coaches, parents, volunteers and supporters who continue to make these opportunities possible.

Pride, passion and a Grand Final to remember

For the KVFC U12s, the season culminated in a Grand Final appearance against undefeated Milton – a terrific achievement for a small regional club and a proud moment for the players, their families and the wider Valley community.

In a closely fought contest, Milton won 2-1, but the result did little to diminish what was an outstanding effort from the KVFC players.

After Milton took the lead, KVFC responded with a superb equaliser. A great passage of team play and build-up created the opportunity for Lawson James to finish, bringing the scores level and giving the Valley side renewed belief, creating a number of goalscoring opportunities before Milton found the winner in the final minute.

The team faced a very strong all-boys opposition, with KVFC's Bobbie Ashcroft, Juliet Mumm and Claudia Moffat the only girls on the field. All three were outstanding, competing with confidence, courage and determination.

Zach Fielder was exceptional in goal, producing a number of outstanding saves, while every member of the squad contributed to what has been a fantastic season.

The players have grown not only as footballers, but as teammates, learning the importance of effort, resilience, teamwork and supporting one another.

The Grand Final was a wonderful reflection of KVFC's philosophy that development comes first, together with fun.

A special invitation to the Future Matildas

That philosophy has also been evident in the opportunities being created for KVFC's young players.

Recently, Amelia Mackechnie, Hattie Hawthorne and Bobbie Ashcroft travelled to Blacktown International Sports Park with KVFC President Dean Mackechnie and Technical Director George Fallah to experience the Future Matildas environment.

The opportunity was made possible through George's ongoing relationship with Future Matildas Head Coach Alex Epakis, providing the girls with an insight into an elite football environment that few young players from a small regional community would normally experience.

The girls were welcomed into the Future Matildas environment and invited to join the players for part of their training session. They were also invited into the team's pre-training meeting, providing a unique insight into the preparation and professionalism that takes place behind the scenes.



Kiama Festival.

The evening became even more memorable when the girls took part in a penalty shootout with the Future Matildas goalkeepers. For Amelia, Hattie and Bobbie, it was a fantastic opportunity to see what is possible through dedication, hard work and a love of football.

KVFC rounds out the season at the Kiama Football Festival

In mid-September, Kangaroo Valley Football Club entered three teams in the Sydney FC Kiama Football Festival, providing a fantastic opportunity to round out the 2026 season with a full day of football, fun and new experiences.

KVFC fielded teams in the Under 9s, Under 11s and Under 12s competitions, with many of the teams being combined due to numbers and a number of children stepping up to play an age group above their usual level.

Each team played six games throughout the day, providing plenty of football and plenty of challenges. The standard was high, with KVFC coming up against stronger clubs from across Sydney and the wider region.

While we enjoyed a couple of wins across the day, the results were really secondary to the experience. The games were often tough and didn't always go our way, but our players continued to show heart, determination and a never-give-up attitude.



A Grand Final to remember



For a small regional club, opportunities like this are invaluable. Playing against stronger opposition allows our children to test themselves, identify areas they can improve and learn how to remain positive and resilient when things don't go their way. And, most importantly, enjoy playing football together.



Kiama Festival.



A special invitation to the Future Matildas.

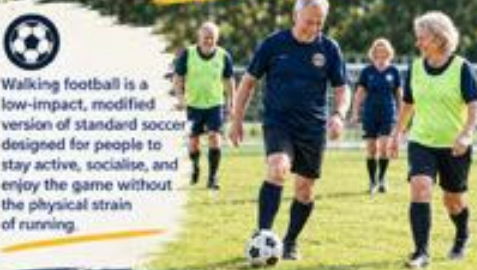


Continued from p.31 →

A game for every age – Walking Football



KANGAROO VALLEY FOOTBALL CLUB
WALKING FOOTBALL
EXPRESSIONS OF INTEREST



Walking football is a low-impact, modified version of standard soccer designed for people to stay active, socialise, and enjoy the game without the physical strain of running.



KVFC is taking expression of interests from adults of all ages who might be interested in playing football in a **accessible, safe, fun and social way.**



REGISTER YOUR INTEREST WITH KEN NOVICH
kenovich115@gmail.com
0413 081948

Ken can also answer any question you have about Walking Football.

ONE CLUB | ONE COMMUNITY | ONE PASSION

The 2026 season has been a wonderful reminder of what football can offer our community – opportunities to learn and develop, friendships that grow through playing together, and experiences that can stay with us long after the final whistle.

And while much of KVFC's focus is on providing opportunities for our younger players, the love of football certainly doesn't have to stop when the junior years are over. That is where Walking Football comes in – offering adults in Kangaroo Valley the opportunity to stay active, reconnect with the game and enjoy the same sense of friendship, fun and community that football has always provided.

Walking Football: Keeping active, connected and having fun

Walking Football is proving that football is for everyone, regardless of age, experience or fitness level.

Designed as a slower-paced, low-impact version of the game, Walking Football provides an enjoyable way for adults to stay active, meet new people and continue playing the sport they love. **Football without the pressure.**

Walking Football is played at walking pace, making it easier on the body while still providing plenty of movement, skill and enjoyment. There is no running, and the emphasis is on participation rather than competition. It can be a great way for people to return to football after many years away, or for those who are simply looking to try something new.

Walking Football offers plenty of benefits beyond the football itself. It can help improve fitness, balance and coordination while providing an opportunity to build confidence and stay socially connected.

More than just a game – everyone is welcome

Kangaroo Valley Football Club is keen to hear from local adults who might be interested in giving Walking Football a try. You don't need to have played football before, and you don't need to be particularly fit. The game can be adapted to suit the group, with the emphasis firmly on participation, enjoyment and community.

If there is enough interest, KVFC can look at establishing regular Walking Football sessions in Kangaroo Valley.

Please contact us

If you are interested in playing or just learning more, please contact Ken Novich with your contact details on **kenovich115@gmail.com** or call Ken on 0413 081 948.

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News from the Pews

Church of the Good Shepherd Kangaroo Valley

'Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.'

(From Philippians 4:6-7 in the Bible.)

Friends, life is frequently challenging. It gets kind of exhausting keeping on top of everything: family things, mortgage, day-to-day responsibilities, health things. If you're a mum you can double that feeling of exhaustion!

At church here on Saturday 14 November, from 9.00am to 12.30pm, we're holding a mini conference especially for women in the Valley called 'Embracing Life's Challenges'. It's all about keeping faith in exhausting times. Coming along is free and you may find the help and encouragement you need.

We're looking forward to the Folk Festival too. We're on the program! Come down to our outdoor gospel music service at 10.00am on Sunday 18 October for some great music, friendship and the chance to do some singing. It's led by KV's very own Katrina Thomas.

**Best regards to you all
Andrew Paterson**



BOWLS

It's been a busy month. So busy, in fact, we apologise that we haven't had a chance to report on the recent bowls results. As they say, watch this space.

What we can do is publish another photo from the recent Annual Presentation Night at the Berry Bowling Club back on 8 August. In the September issue of the *Voice* we missed showing you the winner of the Men's Major Singles, Adam Rigney.

Congratulations again to all the award winners and runners up at the Presentation Night, and to Adam, who won the Men's Major Singles Championship for the fifth time, after defeating six-time winner Mark Power in the final.

Rob and Deb Folkard



Tige Lidbetter (left) with five-time winner of the Men's Major Singles, Adam Rigney.

GOLF

Spring is certainly in the air – and on the course! The grass is beautifully green and we welcome you to join us for a round.

Saturday 22 August was our Stableford round competition. Congratulations to James Alcorn, a visitor from The SGA Golf Club, winning with 39 points, followed by Stephen Atkins on 38 points and Ronnie Touma with 34 points.

Saturday 29 August was our Stroke and Monthly Medal round competition. Congratulations to Chris McVeigh with a winning round of a fantastic 68, taking out the Stroke and Monthly Medal competition, beating Allan Harvey on a countback, followed by Ian Thomas with 75.

Saturday 5 September was our Stableford round competition. Aaron Graham, a visitor from Bingara Gorge Golf Club, won with 36 points, followed by Suzanne Greer with 35 points and Jake Neville, a visitor from Mollymook Golf Club, with 34 points.

Saturday 12 September was a Par competition. Congratulations to Michael Ryan winning with an outstanding +5 round, followed by David Croft, a visitor from Antill Park Golf Club, with zero, followed by Ian Thomas with zero as well.

The course is in great shape, with most bunkers now back in play. And with the outstanding greens, come out and join us and play this wonderful course!

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

*Allan Harvey,
KVGC Captain*

“I had a wonderful experience on the golf course today. I had a hole in nothing. Missed the ball and sank the divot.”

– Don Adams



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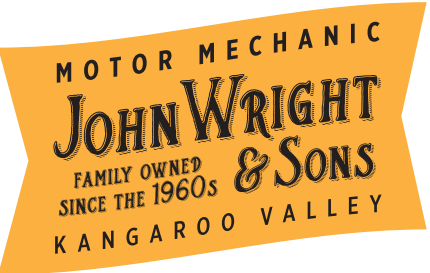
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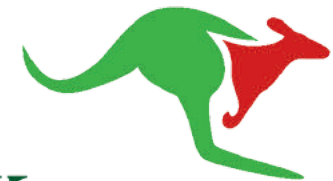
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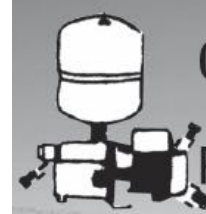
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KV East Timor Friendship Group Sandy Fritz	0478 113 093
Lions Club David Loncasty	0418 596 022
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KV Football Club Dean Mackechnie	0416 077 658
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Tennis Club Peter Stanton	0490 395 443
Yoga Vasudha Rao	0431 514 600
Yoga Kate Pell	0432 598 582

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Brogers Creek Landcare Andrew FitzSimons	4465 1482
Budgong Community Group Alex Cooke	0418 440 526
Chamber of Tourism & Commerce Lindy Pitt	4465 1693

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FIG Community Garden Lyn Rutherford	0414 737 547
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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 nd) 6pm
KV Rural Fire Val Meeting	Mon (1 st) 7pm
KV Historical Society Contact	Tues (2 nd) 10am
Trivia At The Friendly Inn	Tues (2 nd) 7pm
Lions Club Meeting	Tues (4 th)
Brogers Creek Landcare	Sat (Last)
KV Farmers Markets	Sun (2 nd)
Fishing Club Competition Day	Sun (Last)

BI-MONTHLY

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

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