

\$5



The Kangaroo Valley Voice

SEPTEMBER 2025



IT'S FESTIVAL SEASON!

WIN FREE PASSES

Beer & BBQ Festival
3 Family Weekend Passes to be WON
Pg 9

KVFC
Goal-den Days
Pg 6

KV Folk Festival
WIN a Free Pass
Pg 21



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.

The *Kangaroo Valley Voice* is not published in January.

The deadline for all submissions for the October issue is 18 September 2025. Please send to: kvvoiceteam@gmail.com

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Photo: Lance Blackburn

Finally, we can say the wet old winter is behind us as we welcome back September and the season where everything starts to spring back to life.

In our special part of the world we see that everywhere, and it's reflected in every page of this issue. From the bursting-with-excitement photos as the KVFC teams head to the finals, the sold out Ladies Long Lunch in support of the school, to the photos calling for an echidna count with puggles and mums, our young scientists beaming with discovery, the festival season of music, art, beer and barbecue, and of course weddings.

Underpinning it all is the sharing of news from our many community groups that come together with their special interests.

To everyone who submitted their news for this month, thanks for taking the time and care. For this small group of people pulling this publication together, it's a delight to receive your contributions and watch the piece of history created by so many come together in this one place.

Which brings us to the \$5 we now have to charge to make this magazine possible. Some question its value, yet we wonder what the cost to the community would be if it was lost, with more than 20 people or groups sharing each month, and the many businesses who value the connection to the community and offer unwavering support.

We have been talking to local businesses and events to create value propositions for both and we are thrilled to exclusively offer our readers the chance to win free tickets to the Craft Beer & BBQ Festival (page 9) and the Folk Festival (page 21). An old fashioned 'cut-out' coupon to enter – be in it to win it!

As a community publication, we always welcome your contributions or ideas. If you have a story, we can help bring it to the page – please email us at: kvvoiceteam@gmail.com.

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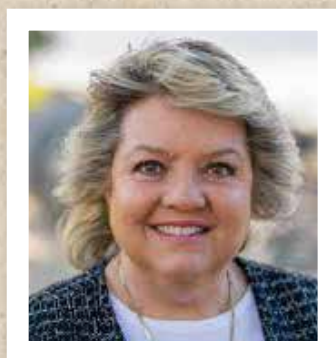
Kiama State by-election is on 13 September 2025

MEET THE CANDIDATES

MONDAY 1 SEPTEMBER KANGAROO VALLEY HALL AT 7PM

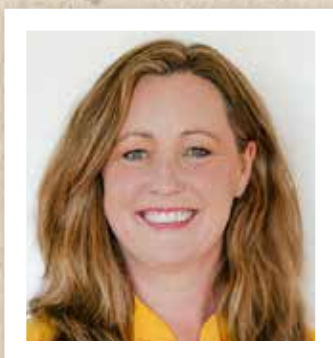
The Kangaroo Valley Community Consultative Body (KVCCB) is hosting a meet the candidates session. Hugh Sinclair will moderate this event featuring and calls on the community to send their questions to the email below.

In alphabetical order:



LIBERAL
Serena Copley

Former Shoalhaven councillor and Regional Training Manager. Has lived locally for 30 years, grandmother. "I will fight for your family as hard as I'd fight for mine."



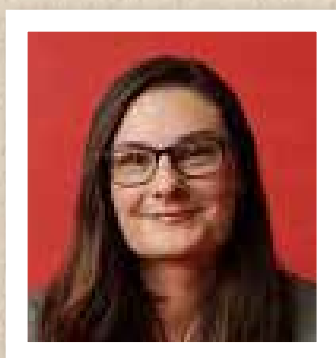
COMMUNITY ACTION
Kate Dezarnaulds

Berry Chamber of Commerce president, founded WorkLife business. Married to local builder with three teenagers. "This community deserves leadership that listens, acts with integrity... not leadership obsessed by party politics."



GREENS
Tonia Gray

Professor at Western Sydney University with Doctorate in Education. Former Shoalhaven councillor with deep local family roots. "Someone new to step up and have our needs and interests at the front and centre."



LABOR
Katelin McInerney

Former journalist and first female MEAA Media Director. Grew up in Kiama, lives locally with partner and son. Lost to Ward by 689 votes in 2023. "When I do make a promise, I will move through with it."



SHOOTERS, FISHERS AND FARMERS
Felix Nelson

Land manager and outdoor industry professional, has spent most of his life in the Kiama electorate raising his family. Army veteran with service in Afghanistan. KV resident. "Bringing life experience and a strong sense of duty to the community."

With the next State election in March 2027, whoever wins will recontest in 18 months. Send questions to: kvccb@kangaroovalley.nsw.au.

KANGAROO VALLEY LADIES LONG LUNCH

A sold out fun-raiser



The second annual Kangaroo Valley Ladies Long Lunch proved that lightning can indeed strike twice, selling out within days of tickets going on sale. This 'cowgirl'-themed fundraiser for Kangaroo Valley Public School P&C brought together women from across the Valley and surrounds for an afternoon of fun-raising – the rainy weather failing to dampen anyone's enthusiasm.



Thanks to Wildwood for gifting the venue, the organising team created a visual spectacle and the feast was nothing short of spectacular. Local caterers Katrina Edean (Caterinas), Angie Skeats (The Valley Table) and Daisy McIndoe (Idleweiss Patisserie) created an incredible spread featuring beef from Rosewood Farm, served with wines donated by Linda Vella and Cathryn Ferguson. The Western theme saw attendees donning everything from plaid shirts and wide-brimmed hats to cowboy boots and fringe, with beaming smiles the common accessory.

The afternoon opened with a beautiful Welcome to Country from Aunty Ruth and her daughter Trudie, who challenged everyone to join her for karaoke at the Friendly Inn end of September, promising performances ranging from Patsy Cline to AC/DC.

MC Kat Bevis held the afternoon together beautifully, facilitating a panel discussion on entrepreneurship with three women sharing experiences of trusting their intuition whilst battling imposter syndrome. The day concluded with enthusiastic boot scooting, as organisers threw down the gauntlet to outfundraise the men's golf day – a challenge accepted and declared victorious!





Photos: Lisa Grant



GOAL-DEN DAYS AHE

SOCCER CONTINUES TO BE AN INSPIR

What a season it has been for Kangaroo Valley Football Club! As our September issue goes to print, we can look back on a remarkable campaign that saw our younger teams finish on high notes, whilst our Under 10s and Under 11s have made history by reaching the semifinals.

Season's end for our rising stars

The final weekend of regular season play showcased everything we love about Valley football. Our all-girls **Under 6 Wedgetails** delivered a masterclass in determination against Illaroo's all-boys team. The girls showed exceptional character. Lilianne and Molly stepped up brilliantly in defence whilst Matilda and Ellery's fearless attacking enabled Imogen, Lucy and Zali to turn the match around with multiple goals. Coach Sally Vidler was particularly proud of their resilience and outstanding sportsmanship.

The **Under 6 Kangas** completed an extraordinary undefeated season with a commanding 10-1 victory over Illaroo FC. Flynn, Asher, Joey and Raven provided rock-solid defence, allowing Neo, Logan and Laurie to showcase their goal-scoring talents. "This match summed up our undefeated 2025 season: dominant, fun and entertaining," reflected coach Ian Szymoniczek.

At Osborne Park, the **Under 8s** signed off in style with a comprehensive 7-2 triumph against Shoalhaven United Grizzlies. After a sluggish start, the young Valley side found their rhythm

and overwhelmed their opponents. Goals from Hattie, Tilly, Maxi and Huey, combined with tireless wing play from Amelia and Iona, sealed a memorable finale. Kendell earned player of the match honours after excelling in defence before switching to goalkeeper and making several crucial saves. Coach Dean Mackechnie was delighted with the team's performance and looks forward to welcoming back defensive stalwart Holly soon.

Perhaps the most entertaining farewell came from our **Under 7 Wombats**, who defeated Illaroo FC 6-1 in a match that perfectly demonstrated their season-long development. Raph spearheaded the goal-scoring with multiple strikes, whilst Billy, Wilder, Arlia, Bindi and Hugh all contributed to what coach Andy Grant described as "the culmination of all their hard work at training". The team's beloved handstand celebrations after goals provided the perfect finale to a season of growth and pure joy.

Finals campaign update

By the time you read this, our two finalist teams will have hopefully won two of the finals games.

The Under 10s, who finished third on the B Division ladder after being promoted from C Division mid-season, faced their semifinal challenge against Huskisson Green on 23 August.

Their final regular season encounter with the same opponents had been a narrow defeat, but coach Jason Shepherd's team showed tremendous heart despite missing key players Luca and Callan. Goalkeeper Theo's spectacular saves, striker Elliot's dangerous runs, and the midfield pressure from Bobbie, Reed, Hunter, Aria and Hazel, backed by solid defence from Adelle, Eliza and Juliet, demonstrated a team ready for finals football.

The **Under 11s** entered their semifinal with tremendous momentum following back-to-back victories, including an impressive 3-0 defeat of Illaroo FC to close the regular season. They also had a mid-season promotion from B to A Division. Coach Nathan Apps was particularly pleased with their tactical sophistication, especially the 'tiki taka' passing combinations they'd perfected at training – a Spanish style of play that would make Barcelona proud.



AD FOR KVFC

ATION FOR THE VALLEY



Looking ahead

As we go to print, both teams may have secured their spots in the finals. Whatever results, reaching the semifinals represents a remarkable achievement for a club that has grown exponentially in skill and confidence throughout 2025.

The grand final, scheduled for 6 September, remains the ultimate prize. Weather permitting, one or both of our teams could still be in contention when this issue hits the stands. The entire Valley community has been following their progress with enormous pride.

Community celebration approaches

Regardless of finals results, the entire KVFC family will come together on Sunday 20 September for the annual presentation day at the Friendly Inn Hotel, our valued major sponsor. Beginning at midday, this cherished community tradition will celebrate the achievements of all teams and coaches, with individual awards presented by each coaching staff member.

The family-friendly event promises barbecue fare, blow-up amusements and plenty of entertainment for all ages. It's an opportunity for parents, grandparents, sponsors and supporters to reflect on what has been an outstanding year for Valley football. Every player, from our youngest Kangas and Wedgies to our semifinalists, deserves recognition for their dedication and sporting spirit.

A golden year

This season has showcased the very best of Kangaroo Valley's community spirit. The development of our younger players has been remarkable, whilst our finalists have carried the Valley's hopes with distinction. A huge thank you must go to the coaches, managers and support staff for encouraging, inspiring and nurturing our little football stars of the future.

Win or lose in the remaining finals matches, 2025 will be remembered as the year KVFC truly announced itself as a force in junior football. The foundations laid this season promise even brighter days ahead.

Hopefully, the Under 10s and Under 11s can bring home some silverware for the KVFC trophy cabinet.

Check the KVFC Facebook page for the latest finals results and mark your calendars for presentation day on 20 September. The Valley's football future has never looked brighter.

Paul Bevis, KVFC Sports Reporter



HOP ON IN TO THE.....

THE FRIENDLY INN

LUNCH & DINNER SPECIALS



EVERY THURSDAY IS
LOCALS NIGHT + RAFFLES

JOKER POKER
JACKPOT



**TRIVIA
NIGHT**

TUE 16 SEPTEMBER

**BRING FRIENDS
OR JOIN A TABLE**

LIVE MUSIC

IN THE BEER GARDEN

**EVERY WEEKEND WEATHER PERMITTING*

Karaoke

SAT 27 SETEMPBER
7.30 PM START



13TH-14TH SEPTEMBER 2025

KVBBQ.COM.AU

WHATSON AT KV BBQ FEST?

PRO WRESTLING
LIVE MUSIC & PIG RACING
CAMEL RIDES
LIVE KNIGHT FIGHTS
THROW AXE GAMES
LAWN MOWER RACING
80 CRAFT BEER STALLS,
TOP NOTCH CATERING
STALLS & MARKETS

BEER & BARBIE FESTIVAL RETURNS



BBQ COMP



The popular Kangaroo Valley Craft Beer & BBQ Festival returns on 13-14 September at the Friendly Inn's back paddock, transforming the historic pub into a smoky temple of meat, music and mayhem.

This year features returning favourites like piglet racing and lawn mower racing, plus another incredible performance from Pro Wrestling Australia. Yes, actual wrestlers in a ring in the middle of a paddock in Kangaroo Valley.

New additions include weekend axe throwing and Sunday medieval combat courtesy of the Knights of Albion from the Australian Medieval Combat Federation, where steel will clash and someone will almost certainly lose a helmet. The pub has also introduced camel rides – because what's a festival without riding a desert mammal around a pub car park?

Live music all weekend includes beer garden favourites Bong Bong All Stars, Glenn Whitehall, Corey Legge & The Legacy, James South, and local lad Liam Maihiwell.

Two smoking-hot BBQ competitions sanctioned by the Australian BBQ Association and Steak Cookoff Association Australia will see teams compete for cash, trophies and bragging rights. Sunday judging passes remain available.

Friday's Launch Party kicks things off with brewers, barbecue from Black Iron Smokers and Brazilian Flame Barbecue, plus potential shouts from Philter or Jervis Bay Brewing Co.

Tickets at kvbbq.com.au
Kids under 12 free



PIG RACES



LIVE MUSIC



FOOD TRUCKS



PWA WRESTLING

WIN!
ONE OF 3 WEEKEND FAMILY PASSES
VALUED AT \$230 EACH

EXCLUSIVE TO THE VOICE READERS ONLY

We have 3 weekend family passes (2 adults + 2 teens) each to give away to the Kangaroo Valley Craft Beer & BBQ Festival on 13-14 September.

TO ENTER: Fill in and cut out this coupon and drop it into the entry box located at the Friendly Inn Hotel.

Full Name _____

Mobile No. _____

Email _____

COUPON ONLY VALID WHEN YOU PURCHASE A HARD COPY

Closes: 7 September at 7pm. Winners notified by 8 September at 8am. Prize has no cash value and is not transferable.



Muscling in on protein

Fats, carbs, protein? Our regular famed nutritionist continues her in-depth analysis on supplements and more – vitamins, minerals, nutrients ... and this month, protein.

Fats and carbs go in and out of fashion. Currently they've been eclipsed by the massive marketing support for protein.

Some people talk about 'protein' as though it's a food you'd add to your weekly shopping list, recommending fruits, vegetables, wholegrains and other specific foods – plus 'protein'.

Protein powders, shakes, bars and literally dozens of protein supplements are now big sellers and many appear in a standard kitchen pantry or fridge. They're dominated by online sales, although gyms, fitness centres and supermarkets are also enjoying increased sales of these increasingly expensive products. Body builders were the initial target market for protein supplements, but the billion-dollar market has now expanded to target men who've never been near a gym, women, elderly people and teenagers.

Before parting with your cash, it's worth asking if these products are needed and if they represent value for money.

Protein – why it's important

The word 'protein' is derived from the Greek word *proteios*, meaning 'primary' or 'of first importance'. It can be seen as an appropriate descriptive term because protein is a vital part of every cell in the body – not just muscles but also the skin, heart, liver, kidneys, blood cells, teeth, bones, hair and nails.

Adding to its roles, protein is also needed to make enzymes, antibodies to fight infection and production of haemoglobin and hormones,

including insulin. These multiple roles reinforce protein's importance.

How much do we need?

Protein needs increase whenever growth is occurring in the body. With their rapid growth rate, young children need a higher percentage of their diet as protein than adults. Without enough protein, children's growth is stunted, although giving them more won't overcome the influence genes have on eventual height.

Taking protein supplements while you sit won't build muscle.

Throughout life, however, cells are damaged by the wear and tear of normal living, so protein continues to be a vitally important nutrient.

On average, men are larger than women and so need more protein. During pregnancy, women's protein needs increase, with daily requirements going even higher during lactation. Taller and more muscular adults also need more protein than smaller people. However, contrary to what you might expect, protein needs for both adult men and women increase with age.

There's a common misconception that consuming protein above the body's needs will lead to

massive muscles, but that's not how it works. Muscles develop when they're used – and doing lots of exercise will increase the need for protein. But protein on its own won't build muscle and the body's favourite fuel for exercising muscles is carbohydrate. Taking protein supplements while you sit won't build muscle.

Do we need more?

Although everyone needs enough protein for their age, size and stage of life, like everything we consume, more is not necessarily better.

The average Australian gets more than enough protein from regular foods. Indeed, surveys continue to show that 99 per cent of our population more than meet their body's needs for protein. Most men of all ages in Australia already consume way over their body's protein needs. The only group in Australia that fails to get enough protein are some frail aged people. It's an issue with aged care facilities.

With the exception of areas of famine or extreme poverty, if people have sufficient food to meet their body's energy needs, they are very likely to get enough protein.

Foods that provide protein

Many people know protein is found in meat, poultry, fish and other seafood, eggs, and many dairy products. Some people think these are the only sources. However, there is a general lack of understanding that plant foods such as legumes, nuts, seeds and grains, as well as products such as tofu, tempeh, quinoa, buckwheat and amaranth are all good sources of protein.



By Dr Rosemary Stanton OAM

National dietary surveys of the average Australian diet have shown approximately 33 per cent of the protein comes from meat, poultry and fish; 26 per cent from grain-based foods; with milk, cheese and yoghurt providing about 16 per cent. The remainder comes from vegetables, eggs, legumes, nuts and nut products and seeds.

Vegetarians can easily meet their protein needs, although we need to clarify this means choosing healthy vegetarian foods such as legumes (chick peas, lentils, beans, peanuts), soy products, nuts and seeds, as well as milk, cheese, yoghurt and eggs. Most plant substitutes for milk, cheese and yoghurt dairy products also supply protein, although it's a good idea to check the label.

The exception occurs when some who claim to be vegetarian restrict their diet mainly to chips, cola drinks, chocolate cereals and confectionery. Such a diet won't supply enough protein – or many other nutrients. When teenagers eat like this, it's a good idea to check they're not claiming vegetarianism when the real problem is an eating disorder.

A vegan diet may create problems for infants and young children if they are fussy eaters. In families that follow a vegan diet, we advise babies should be breastfed until the child is two years old.

Amino acids

Proteins are made up of smaller units called amino acids. Of these, eight or nine are known as 'essential amino acids' because they can't be made in the body and must be supplied in foods. As long as the total quantity of protein is sufficient, the remaining amino acids can be made within the body.

Animal foods contain all the essential amino acids, whereas some plant foods don't have ideal quantities of some. My first textbook (written in

the 1970s) listed combinations of plant foods that would provide all the essential amino acids to equal those found in meat.

Since then, we've found there is no need to supply exact combinations of amino acids in a single meal. It turns out the body has a 'pool' of amino acids to meet specific needs. As long as we have sufficient food and eat a variety of foods

Most supplements are a waste of money and they cannot replace the wide range of nutrients found in a healthy diet.

containing protein throughout the day, there's no need to combine protein sources at each meal.

These days many protein supplements and products push particular amino acids as 'cures' or ideal for specific purposes such as building muscle. Many such claims are not based on good data. Always check the claims aren't being made by the seller of an expensive product.

Excess protein

Consuming more protein than we need means the body must dispose of the excess amino acids. These can be converted to glucose or fatty acids, both of which can be used for energy (measured in kilojoules). However, if your diet is already

supplying enough kilojoules for your metabolism and level of exercise, the excess can end up as extra body fat.

Take home message

Foods can easily supply all the protein we need. Supplements are not needed, most are a waste of money and they cannot replace the wide range of nutrients found in a healthy diet. If you're shopping online or your local supplier is, check out the warning below.

Warning: A new report checked by experts at Harvard Medical School has found many supplements are loaded with additives, and some may be hazardous. Qualified researchers for the Clean Label Project checked 134 protein supplements for 130 different types of toxins. They found many contained significant quantities of potential toxins, including: heavy metals such as lead, arsenic, cadmium and mercury; bisphenol-A (which is used to make plastic); and pesticide residues and other contaminants known to have links to cancer and other health problems. You can check and download the report from www.cleanlabelproject.org.

Scan this QR code with your phone camera to watch this story from ABC's GRUEN TRANSFER about the protein marketing trend.





Greens announce Dr Tonia Gray will run for Kiama in by-election

Local woman, Professor of Education and former Councillor Dr Tonia Gray is running for the seat of Kiama in the upcoming by-election on 13 September.

Dr Gray, sixth generation local who raised her daughter in the Kiama electorate and served on Shoalhaven Council says “I am so excited to be running in this race to serve our wonderful communities of the Kiama Electorate. This by-election gives us a real opportunity to fix things, and to put us on the State’s political landscape for the right reasons. For years now the Seat of Kiama has been on the map and in the news for all the wrong reasons.”

“As an educator, advocate, environmentalist and someone who has served in public office, I have built a career on connecting people to place and advocating on behalf of the community. I am ready to take this expertise to Macquarie Street to fight for us to get what we deserve.”

“The Greens are a strong force in the NSW Parliament right now. We hold the balance of power in the Upper House and we hold regional and metropolitan seats in the Lower House.”

“Electing a Greens member for Kiama means that we can be a force for change for our region and we can pressure the Minns Labor Government to go further and faster on delivering on the big issues like tackling the cost of living, climate change and protecting the places we love.”

“Let’s not waste this chance, it’s time for a fresh, clean start.”

As a Greens local member, I will:

- turbo charge action on climate change and the rapid transition to renewables, recognising the recent impacts on this community of bushfires, floods and being landlocked by major infrastructure failures.
- have a laser sharp focus on strengthening our public services with health care and hospitals at breaking point and nurses and doctors overworked and underpaid.
- promote legislation that safeguards the natural environment and maintains local character and heritage.
- work for increased funding for public schools and quality public early childcare.
- Contribute to the cleaning up of politics by focussing on transparency and the elimination of the impacts of donations on policy decisions.

We have the answers to the difficult questions facing our community.

Use the QR code to read our detailed policies, donate or get involved in the campaign .

Otherwise visit:



<https://kiamagreens.org.au>

Contact Tonia and the campaign

 tonia@kiamagreens.org.au

 **Dr Tonia Gray 4 Kiama**

 **Tonia_gray**  **Tonialgray**

Vote Green for a fresh clean start

Authorised by D. Hayden for The Greens NSW, 19a/1 Hordern Place Camperdown NSW



A SPIKE IN NUMBERS

2025 Echidna Count

It is the time of year when Kangaroo Valley's monotremes are monitored. Kangaroo Valley is lucky to have both monotreme species: the echidna and the platypus.

The fifth annual Kangaroo Valley Echidna Count will be from Monday 8 September to Sunday 14 September. During that week, please take photos of any echidnas that you see in any of the Valley areas, including Tallowa Dam, Brogers Creek, Wattamolla, Kangaroo Valley village, Bendeela, Jacks Corner, Upper Kangaroo River, Duffys Lane, Beaumont, Bugong, Bellawongarah, Barrengary and Woodhill Mountain.

By comparing the numbers and locations of sightings over a week at the same time each year, the Kangaroo Valley Environment Group aims to monitor the wellbeing of the Valley's echidnas.

The Echidna Count sightings are recorded in the iNaturalist citizen science platform, and all

“When feeding, the mother demonstrated a strong maternal instinct and tenderness towards the juvenile.”

photos of echidnas taken in the Valley using the iNaturalist app will automatically be included in the iNaturalist 2025 Echidna Count project. You can access the project via the QR code, where you can also download the free app. The locations can be obscured if people prefer not to have the location publicly available. Anyone who chooses to join the project will receive information journals online during the week.

The banner photo for this year's iNaturalist project page is a rare sighting of an echidna feeding her puggle in a Kangaroo Valley garden.

It used to be thought that echidna puggles had no

communication with their mother after they left the burrow. However, a study published in The Victorian Naturalist in 2007 found that a mother continued to feed and communicate with her puggles for at least 60 days after the puggles left the burrow.

This was also true of the Kangaroo Valley echidnas in the project's banner photo. The observer wrote: 'The mum and puggle were together for months, mum would turn up to feed regularly and then leave, after that particular feeding mum went one way and puggle the other. These two are especially quiet and visit neighbours either side as well. They travel at least over five neighbours' 5-acre blocks ...we all claim them.'

The Victorian study observed that the echidna mother knew the area where her puggles were living and would return to find and feed them every few days. The study described: 'When feeding, the mother demonstrated a strong maternal instinct and tenderness towards the juvenile.'

Enjoy the echidnas during the Count week!

Kate Watson

Please note: People who are unable to use the iNaturalist app can send photos to ckswatson@gmail.com with details of the location and time, and the photos will be included in the project.



Echidna puggle. Photo by Sandy Clee at <https://www.inaturalist.org/observations/111901004>



A very immature and slightly dehydrated and scratched echidna puggle probably looking for his/her mother who may have been prevented from returning. Photo by Lauryn Harper at <https://www.inaturalist.org/observations/94967771>

Spot the Platypus!



Please join the **Platy-project** to monitor their progress and strengthen the case for their protection.

Access details via the QR code or visit:



<https://www.acf.org.au/get-involved/the-platy-project/platy-project-signup>

Feel like a picnic? This September, join the ACF and the University of NSW's Platy-project by heading to your local river or creek to spot platypuses. Find a quiet spot and record any sightings (or non-sightings) in their database to help researchers monitor these ancient mammals.

UNSW and ACF researchers have partnered to raise awareness about declining platypus numbers. These remarkable creatures, alongside echidnas, are the planet's oldest mammals at almost 200 million years old. The project compares historic and current sightings to track where platypuses survive and in what numbers.

Local waterways used for research

Brogers Creek and the Kangaroo River were sites for groundbreaking research into the platypus diet, identifying numerous invertebrates, crustaceans, molluscs and worms from river floors. Interestingly, platypuses forage selectively – fewer species were found in their mouths than available – and their diet varies seasonally despite consistent food availability.

Without teeth, platypuses store food in cheek pouches before transferring it to their mouths for grinding with keratinised pads. They prefer stream-edge habitats for foraging, followed by pools, making riverside vegetation crucial for protection from predators like foxes and maintaining healthy food sources.

We can protect our platypuses by preserving native vegetation near waterways, avoiding wetland drainage, not grazing resting areas, leaving fallen logs in rivers, replanting streambank vegetation, carefully disposing of chemicals, avoiding gill and drum nets, and preventing deep still-water dam construction.

Watch David Attenborough and the platypus in KV!

David Attenborough filmed his platypus documentary right here in Kangaroo Valley. Locals might remember the surprise of seeing wet-suited divers walking along rural roads near Brogers Creek.

His five-minute extract includes the first-ever footage of a platypus puggle in its burrow.



Photos: Lance Blackburn



Wildlife monitoring workshop – Berry

Curious to see who's passing through your patch?

Learn how to monitor native wildlife without disturbing them or their habitat by using motion-activated cameras.

Join us for a wildlife monitoring workshop in Berry where you'll:

- Discover effective wildlife camera techniques
- Learn how to identify habitat features and signs of animal presence
- Understand how your property fits into the broader ecological landscape.

You will be grouped with likeminded landholders close to you, loaned a wildlife camera and be supported through group check-ins and events.

Date & Time

10am – 12pm
Wednesday 17th September

Location

South Coast Life Church
8 Schofields Lane Berry NSW

Register at:

<https://events.humanitix.com/wildlife-monitoring-berry-sept-2025> or scan the QR code by September 15

Contact

Louise MacDonald – Senior NRM Advisor
louise.macdonald@lrs.nsw.gov.au
0474 862 241



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 & Bugong 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-2025, right through to 01-August-2026.**

This baiting will be conducted using both 1080 buried baits and 1080 (above ground) ejector devices at the bait station locations. Do not touch any bait or ejector devices. Signs are placed at the entrance of each baiting location with baiting dates and which baiting methods

are being used. Dog owners are reminded to ensure their pets do not wander. 1080 is lethal to domestic dogs and cats. It is recommended to restrain pets and working dogs and ensure they do not enter the baiting location during poisoning operations or to muzzle dogs if they are required to work the baiting location during and after poisoning. In the event of accidental poisoning seek immediate veterinary assistance.

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

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AGL BATTERY PROPOSAL SPARKS VALLEY SAFETY FEARS

Kangaroo Valley residents are raising urgent concerns about a proposed industrial battery facility that could threaten both community safety and Sydney’s water supply. Their concerns centre on a dangerous reality: bushfires will inevitably return, and a battery fire in this sensitive location could have devastating consequences far beyond the Valley.

AGL’s proposed 400MW Battery Energy Storage System (BESS) would place up to 2200 lithium-ion battery containers across 14 hectares in an officially designated bushfire-prone zone at Clover Hill Farm on Bendeela Road.

Originally developed by Firm Power before AGL’s \$250 million acquisition in September 2024, the project would store excess renewable energy and release it during peak demand periods. Construction is expected to take 18 months once approvals are obtained, with completion targeted for early 2028.

Financial pressure driving timeline

According to the *Sydney Morning Herald* (14 August 2025), AGL is accelerating battery investments due to costly coal plant outages and expensive gas contracts. The article claims AGL now aims to build six gigawatts of capacity by 2030, with battery earnings projected to grow from \$28 million in 2024 to \$300 million by 2029. This aggressive timeline may explain why

AGL is pursuing the Kangaroo Valley site despite mounting community opposition.

Community concerns mount

In a letter to the *Voice*, concerned residents emphasise the facility would provide no direct benefit to Kangaroo Valley, with all stored electricity transmitted to Sydney and regional areas, meaning the community bears significant risks without corresponding benefits.

The residents cite precedent, with the recent BESS fire at Moss Landing, California, in January 2025, where a 300MWh facility (compared to AGL’s proposed 1600MWh unit) left people chronically ill and caused lasting environmental contamination (see the QR code for news story).

Their concerns centre on critical safety issues. First, they question: “... what happens when the next bushfire potentially triggers thermal runaway – an uncontrollable reaction in the lithium-ion batteries which can cause explosions and fire”. Second, they worry about system failure during extreme heat:

“... what happens if the BESS cooling units fail on a 45-degree day and the BESS potentially triggers a bushfire with power and communications cut?”

Fire trauma still raw

The 4 January 2020 Currowan fire looms large in residents’ memories. That blaze destroyed more than 60 homes and outbuildings, with the proposed BESS site just kilometres west of the village, 3km from Glengarry Scots College and less than 1.km from fire-impacted Bendeela Picnic Area.

“We know another fire will come – it’s not a question of if, but when,” the group states. “Our amazing volunteer RFS cannot be everywhere at once, and in a major event, retained fire crews from outside the valley would take at least 30 minutes to arrive – if roads are even passable.” >>



Watch news reports about the Moss Landing BESS fire.



Historical Happenings

Help needed to identify unknown graves at the Kangaroo Valley Cemetery

The Kangaroo Valley Historical Society has maintained a record of the burials at the Kangaroo Valley Cemetery, as best we can. We initiated the installation of denominational markers and row numbers within the cemetery, to assist those looking for family burials.

After much research and investigation, the Kangaroo Valley Cemetery Burials booklet was put together in 2023, available for a small fee to the public from the KV Historical Society or the Pioneer Museum. In this booklet you will find nine listings as 'occupant unknown' or 'unknown'.

Some families have come forward with a death certificate showing their loved ones are buried in the Kangaroo Valley Cemetery but did not know where. One such case, after much investigation, enabled us to determine exactly where Ephraim Wright was buried and so the family have been

able to place a headstone on his grave out of respect. If you have a relative where they are shown on their death certificate as being buried in the Kangaroo Valley Cemetery, but you do not know where, please contact us and we will see if we can assist.

A significant grave sits on the edge of the cemetery next to the Methodist burials. It has an impressive metal decorative fence surrounding it and a large eucalyptus tree growing within. We have searched, for some time, to find out who is buried there, to no avail. If you have elderly family, could you please show them this photograph and ask if they may know who might be buried there.

Secretary

Kangaroo Valley Historical Society
secretary@kangaroovalleyhistory.com



"We know another fire will come – it's not a question of if, but when."

AGL has begun individual neighbour meetings, with visual plans expected at the next Kangaroo Valley Community Consultative Body (KVCCB) meeting on 29 September 2025 and site visits planned for neighbours. An Environmental Impact Statement covering 12–15 months is under way.

AGL's proposed community contribution appears inadequate – \$60,000 annually for the 400MW facility, with 85 per cent going to Shoalhaven Council and only \$9000 directly to the local community.

Call for action

Residents believe the project puts "lives, property, farmland, wildlife and our Valley's future at risk", describing Kangaroo Valley as "one of only seven enclosed valleys in the world – surrounded by national parks, rich with wildlife and treasured by residents and visitors alike".

"We're not anti-renewable energy – many of us have solar panels and home batteries," the community group emphasises. "We support the transition to clean energy, but this is about putting the right infrastructure in the right place."

With the Kiama electorate by-election scheduled for 13 September 2025, the controversial battery proposal could become a key campaign issue, highlighting tensions between corporate financial pressures, energy transition goals and community safety concerns in environmentally sensitive areas.



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Authorised by Dominic Ofner, Australian Labor Party (NSW Branch), Level 9 / 377 Sussex St Sydney

While the kettle boils... ...kindly wake up to yourself

Like night and day, the world of opposites is the natural way of things. A calm attitude offers us the opportunity to see the dualistic world, without having to cling to one side of the coin. Wisdom arises when we have the courage and compassion to step into someone else's shoes.

Sadly, our habits of mind lead us towards biased attitudes and we easily become blinkered and unable to see multiple viewpoints. There's no doubt that humans are smart, but are we wise? A simple shift in mindset can bring great clarity and understanding to this rather frantic human dominated world.

Let's start with the body

I'm sure you know which is your dominant side. When you have a quiet moment to yourself, try closing your eyes and become fully aware of one side of your body for at least a minute; then give all your attention to the opposite side. See how similar or vastly different they feel.

Try doing things differently, even though it feels challenging. When safe to do so, let your less dominant side lead the way. Surprise yourself and practise balancing on one foot for some time (try both sides). A really simple and clear way to feel the conditioned habits in the body is to place the opposite index finger on top when clasping the hands; it feels really weird right? Now two



practices for the brave only! Use your opposite hand to eat your next meal; and the most challenging of all, wiping that next number two!

Practices like this heighten our awareness of just how conditioned our daily routines are. Challenging ourselves to do things differently triggers the development of new pathways in the brain, invigorating the neuronal processes of patterning. It helps bring excitement and awe back into your day!

Next, the mind

Now the biggest change of all: start to see our own rigid points of view. Can you hear how your mind rationalises your ego's story to suit your way of life? Be more conscious of your biases and soften the hardness to see things from different perspectives. I liken this to all of us looking into the same room, but from a different window. Be brave to go and look through someone else's window.

As Michael Leunig once wrote: 'Live slowly, move simply, look softly, allow emptiness and let the heart create for us'.

Kate Pell



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FOLK FESTIVAL WELCOMES FRESH LEADERSHIP AND STELLAR LINEUP

The Kangaroo Valley Folk Festival is gearing up for its 18th year under new leadership, with Wollongong resident Christen Webster stepping into the president's role after Stuart Leslie's impressive tenure at the helm.

Leslie, who guided the festival from inception, has passed the baton to Webster, who brings fresh energy and a genuine passion for the event that first captured her heart back in 2018.

"I started coming along to the folk festival back with a friend who invited me, and I'd never been to a folk festival before that," Webster admits with a laugh. "I didn't know how good they were until I went that year, and I've been back every year since."

Her journey from festival newcomer to president happened somewhat unexpectedly. "I went along to the meeting to offer support because I knew that Stuart wanted to step down, but I just kind of went along to help with the committee or volunteering in whatever capacity," she explains.

"Then at the meeting, it's one of those things – I just don't think anyone else wanted to do it because everyone knows it's a big job. But Stuart put my name forward and I was a little bit shocked, but you know, I have time and energy and enthusiasm and love for people and music."

Webster is quick to emphasise that this year is about maintaining continuity rather than dramatic change. "This year focuses on maintaining Stuart's legacy and not changing too much, but at the same time making sure that we cover our costs and just making sure that the festival vibe stays alive," she says.

The committee represents a healthy blend of experience and fresh perspectives, with long-time committee members working alongside newcomers like Webster. "It's a good mix, and I'm glad that we have a balance of experience and enthusiasm," she notes.

Fabulous lineup promises something for everyone

The 2025 festival, running from 17 to 19 October at the Kangaroo Valley Showground, boasts an impressive lineup of headliners including Scott Cook & Liz Frensham, Enda Kenny, Luke O'Shea, Kid Hank and his Orchestra, and Benji and the Saltwater Sound System, alongside numerous local, national and international acts.

"There's just a wide selection of styles too – you can always walk from tent to tent, venue to venue, finding something that suits you," Webster explains. "Or walking up to people and asking

what their recommendations are – I find that really fun to do."

The festival website has a link to a Spotify playlist to sample some of the artists ahead of the weekend.

Family-friendly focus continues

The festival's family-friendly atmosphere remains a cornerstone, with children under 12 attending free and youth tickets (12–17) available for just \$85. Early bird tickets for the full weekend are \$175 until the end of September.

"I have time and energy and enthusiasm and love for people and music."

Special features include the Koori tent (featuring Indigenous performers and allies), extensive kids' programs, and the ever-popular face painter operating both days. "They'd be very upset with me if I don't mention the face painter. There's a face painter both days for kids – and

adults, I guess – if they want to have their face painted," Webster laughs.

Festival essentials

With comprehensive information now available on the festival website, including maps and FAQs, plus an updated festival app for program planning, attendees have everything they need for a perfect weekend in Australia's most beautiful valley.

Whether you're a long-time folkie or curious newcomer, this year's festival promises the perfect blend of tradition and fresh energy that makes Kangaroo Valley's October celebration truly special.

As Webster puts it: "Just being amongst the Kangaroo Valley beauty and having music playing at the same time is pretty much gold".

FESTIVAL AT A GLANCE

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VENUE Kangaroo Valley Showground

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WIN

A DOUBLE PASS TO THE KANGAROO VALLEY FOLK FESTIVAL!

The Kangaroo Valley Folk Festival is back this October and we've got a fantastic double pass to give away to one lucky Voice reader!

This double pass is valued at \$350 and gives you access to all performances across the festival weekend. Whether you're keen to discover new artists, dance to familiar tunes or simply soak up the community spirit with a picnic on the grass, this is your ticket to one of the Valley's most beloved annual events.

Early bird tickets are on sale until the end of the month, but why not roll the dice and see if you could win a freebie?

How to enter

Simply fill in the coupon below, cut it out and pop it in the Voice box at the Kangaroo Valley Post Office. Easy as that!

Entries close at 5.00pm, Tuesday 30 September, and the lucky winner will be notified by phone that evening, leaving enough time for those who didn't win to jump online and get their early bird tickets by midnight.



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Founding member Lynne Keevers (right) receiving the award.

KVET receives highest honours

The Kangaroo Valley East Timor (KVET) Friendship Group was recognised with the prestigious Order of Timor Medal in August, marking the second time the organisation has received this highest honour since their inception back in 1999.

Long-time members Sandy Fritz and Lynne Keevers travelled to Melbourne to accept the award on behalf of the Friendship Group, celebrating over two decades of dedicated service to the communities of Timor Leste.

The organisation, previously known as the Kangaroo Valley Remexio Partnership (KVRP), supports the people of Timor Leste through relationship building and supporting localised projects, focusing on education and community development. After the destruction and killing that swept Timor Leste in 1999, a small group of Kangaroo Valley residents joined together to make a difference, establishing a partnership with Remexio, a small village 25km south of the capital, Dili.

Since 1999, the partnership has worked closely with the people of Remexio and facilitated a number of small-scale programs and activities, with their major breakthrough coming in 2009 when they undertook the Village Lighting Project. Between 2009 and 2016, the Village Lighting Project completed lighting installations in some of the most remote parts of the district and in several schools.

The group's fundraising efforts have been ongoing and unwavering. While their popular Trek for Timor was a cornerstone fundraising event for many years, the group has evolved their approach to community engagement with creative new initiatives that showcase the Valley's renowned artistic community.



The Order of Timor Medal.



Founding KVET member Sandy Fritz (left) and Gaye.


A Tenner for Timor

Their upcoming 'A Tenner for Timor' event on Saturday 6 September promises to be a highlight of the calendar. The afternoon and evening of 'Masterpieces, Morsels and Music' will feature an auction of artworks from local artists at Kangaroo Valley Hall. Viewing begins at 11am, with doors opening for entertainment at 5pm and the auction starting at 6pm. Everything on the night will set you back a tenner – \$10 entry, \$10 glass of wine, \$10 cheese plate, \$10 soup and bread, \$10 coffee and cake. Live music from Cantalena, the KV Choir and the Brogers Creek Boys rounds off a great night.

The proceeds will continue KVET's vital work supporting young people in tertiary education in Timor Leste – a mission that remains at the heart of everything the organisation does.

The recognition through the Order of Timor Medal acknowledges not just the founding members' vision, but the sustained commitment of the entire Kangaroo Valley community to supporting their Timorese neighbours. For those wishing to support this remarkable ongoing partnership, mark Saturday 6 September in your diary for 'A Tenner for Timor' at Kangaroo Valley Hall and scan the QR code for more info.





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This workshop is perfect for anyone interested in growing edible native plants — whether you're looking to create a thriving native garden, add to your homegrown produce, or simply deepen your connection to the land.



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13 SEPTEMBER 2025

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Bush weddings in style

Weddings in the Valley: What they bring and why people keep coming back.

Kangaroo Valley has become a wedding destination. Couples love it for the scenery, space and laid-back vibe. Our local businesses benefit from every wedding at Wildwood – accommodation gets booked, local florists get orders, and the pub and cafes see more customers.

Wildwood, one of three wedding venues in the Valley, sits on Bendeela Road. It's 100 acres of bushland with escarpment views and an indoor-outdoor reception space that's hosted hundreds of weddings.

On Friday 13 September, Wildwood is holding a Lovers' Lunch. It's not a flashy expo – just a chance for couples to see what we do. Check out the space set up as it would be on a real wedding day, meet local vendors Wildwood works with, and see how much heart goes into weddings in our own backyard.

Know someone thinking about getting married? Let them know about the private lunch and wedding open day at Wildwood Kangaroo Valley on Friday 13 September 2025.

Tickets and details at:
kangaroovalleycountrywedding.com.au

Gadhungal Marring – native bush foods planting day

Sunday 14 September
10.30am–2.00pm

Wildwood Kangaroo Valley invites you to a hands-on workshop with Gadhungal Marring, a 100 per cent Aboriginal-owned social enterprise sharing knowledge of native plants and cultural connection to Country.

It's perfect for anyone interested in growing edible native plants – whether creating a native garden, adding to homegrown produce, or deepening your connection to the land.

We'll plant out Wildwood's Creek Walk with edible natives selected for sandy soils and future use in creative food and drink. Our vision is that guests will forage this walk in the future.

Native edibles include: native thyme, warrigal greens, native basil, midyim berry, lemon myrtle, cinnamon myrtle, finger limes, river mint, old man saltbush, native pepperberry, native violet, Illawarra plum, and Davidson's plum.

Workshop covers:

- Choosing the right native plants for your garden.
- Care and harvesting techniques.
- Traditional uses and cultural significance.

After the demonstration, participants join the hands-on planting experience. The day finishes with a picnic lunch made with local bush foods.

Your ticket includes:

- Guided workshop and demonstration.
- Hands-on planting experience.
- Picnic lunch in a stunning natural setting.

Whether you're a seasoned gardener or beginner, this workshop offers a unique opportunity to learn from experts and gain knowledge to start growing native foods in your own backyard.



Registration of interest

Aboriginal Cultural Heritage Assessment Proposed Kangaroo Valley Battery

On behalf of AGL Energy Limited (the applicant), Premise Australia Pty Ltd (Premise) is undertaking Aboriginal cultural heritage investigations for a proposed grid scale battery development located at 325 Bendeela Road, Kangaroo Valley. The proposed grid scale battery will be located approximately 3 kilometres west of the Kangaroo Valley town centre within the Shoalhaven City Council Local Government Area (LGA).

Premise is inviting Aboriginal groups and/or individuals who hold cultural knowledge of the locality to register an interest for the proposed development in a process of community consultation with the applicant. The purpose of community consultation is to inform the Aboriginal Cultural Heritage Assessment Report (ACHAR) for the battery development.

Please register your interest in the development by COB **5 September 2025** by contacting:

Latisha Ryall
Premise Australia Pty Ltd
Level 1, 60-62 McNamara Street
Orange NSW 2800
Email: latisha.ryall@premise.com.au
Phone: 02 6393 5000

Registrations should include a nominated contact, address, and phone number. Please note that the *Aboriginal Cultural Heritage Consultation Requirements for Proponents* (NSW DECCW 2010) guidelines require the applicant to provide details of Registered Aboriginal Parties to Heritage NSW and the Illawarra and Nowra Local Aboriginal Land Councils. In your response could you please advise if you would not like your details to be provided.



Kangaroo Valley Public School



Celebrating Science Week

Miss Munro organised an exciting Science Show led by our students!



'Speedy' the bearded dragon

1/2D had an exciting encounter with a special guest – bringing the Science Unit on Living Things and Their Habitats to life.

Students were thrilled to meet and observe 'Speedy' the bearded dragon up close, gaining a real-life glimpse into how living beings interact with their environments. The session sparked thoughtful questions, thoughtful observations and delightful learning moments as everyone explored how the animal fits into its habitat – its needs, adaptations and daily life.

It left everyone asking: "Can we have animal visitors more often?"



Budding artists inspired by nature

Four of our talented Kangaroo Valley Public School students recently had the opportunity to take part in the Inspired by Nature Visual Arts Enrichment Program at the Royal National Park.

Surrounded by towering trees, native wildlife and breathtaking scenery, our young artists explored the connections between art and the natural world. They sketched, painted and experimented with different techniques, capturing the beauty and textures of the bush in their own unique styles.

The day was not only about honing their artistic skills, but also about slowing down, observing and finding inspiration in the colours, patterns and shapes of our environment. Our students returned with beautiful works of art – and even bigger imaginations.

We are so proud of these budding artists for representing our school and embracing the opportunity to learn and create in such an inspiring setting.





A whale of a time at ARTlantis Creative Arts Camp!

We had six students attend the Small Schools Creative Arts Camp in Murrumbateman along with 144 other students from 37 small schools. Our students had a great time learning circus skills, dance moves and art techniques.

We look forward to the next Creative Arts Camp, which will be held at Taronga Western Plains Zoo Dubbo in 2026!



K-2 visit the Nowra Library and Shoalhaven Entertainment Centre

A fantastic first day back for Term 3 for our K-2 students with a visit to the Library and Shoalhaven Entertainment Centre to see Josephine Wants to Dance!



PCYC visit

Senior Constables Nathan Ward and Lori Hanley from the Shoalhaven PCYC visited our Year 5 and 6 students to lead an engaging and informative session on a range of important issues affecting young people as they transition to high school.

Their visit focused on topics such as making safe and responsible choices, online safety, peer pressure and respectful relationships. Our students were highly engaged, asking thoughtful questions and showing great interest in the real-life experiences and advice shared by the officers.

We are grateful for the opportunity to connect with our local police and appreciate their ongoing efforts to support and educate our young people.





Little Joeyes transition visits

This term we welcomed our 2026 Kindergarten students for their very first Little Joeyes transition session at Kangaroo Valley Public School. The preschoolers enjoyed a fun-filled play session with our enthusiastic Year 5 students, who will be their buddies next year. It was a wonderful opportunity for the children to explore the school environment, meet some of our friendly staff and begin building connections that will support a smooth and confident start to big school.

In only a few weeks, our Little Joeyes have already been on a school tour, visited the playground and library, spent time in the sandpit and met the school chickens. During their last visit, we spent time in the art rooms getting creative!



Bundanon

Our Stage 2 and 3 students from KVPS spent a wonderful day at Bundanon, exploring art, culture and nature in a unique and inspiring setting. Immersed in creative activities and surrounded by the breathtaking landscape that inspired artist Arthur Boyd, students enjoyed hands-on workshops, explored the galleries, and deepened their understanding of the connection between art and environment. It was a memorable day full of learning, imagination and discovery!



Join our school community

KVPS is looking for a cleaner to become part of the team that is committed to providing a wonderful environment for our young learners.

If this of interest, please contact Vince for further information on 0447 798 842 or email: careers@jossgroup.com.au

*Jennifer Arnott
Principal
Kangaroo Valley PS*



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Reminder: Support the Hampden Bridge Lights Ride

Don't miss supporting this spectacular fundraiser for the 2026 Kangaroo Valley Show horse events! On Monday 29 September at 6.00pm, witness 18 horses decorated with LED lights crossing the iconic Hampden Bridge in a magical display.

This three-day fundraising ride (28–30 September) raises vital funds for improved horse facilities and increased prize money.

Donate at <https://gofund.me/c706db20>. Bring family and friends to cheer on the riders at Hampden Bridge.

Your support ensures an exceptional 2026 experience for all competitors!

Deborah Banks



Spring planning update

Spring signals the gear change for the Kangaroo Valley Show. With Christmas and summer holidays ahead, we're in the three-month countdown to our annual community celebration.

Plans are under way across all committees to build on what was a fantastic group effort this year, with competition sections being updated and finalised, ground map and layout being finessed, and entertainment and events being locked in, with returning favourites being announced soon.

As we go to print, our AGM approaches with all executive roles up for re-election. It's an opportunity for community members to contribute, whether returning or bringing fresh ideas. Special guest Greg Mumm from Rosewood Farm will speak about strengthening links between our farming community and the Show. This supports our plan to reinvigorate the agricultural heart of our event, showcasing the Valley's dairy cattle and encouraging hobby farmers to participate.

We want the Show to reflect the agricultural heritage central to our identity.

We're also awaiting the much anticipated decision from the council on our public holiday application for Show Friday. Our secretary applies annually, and we have been told we will have an outcome by the end of August. As this is a rich part of the show tradition and also impacts business and Kids Day, we have been regularly seeking a formal response and will advise the community as soon as it is received.

The energy is building for another special weekend.

Stephen Wilson

President, Kangaroo Valley A&H Society

Valley Shorts film competition returns in 2026



Following the outstanding success of our inaugural Valley Shorts film festival, we're thrilled to announce the return of this celebrated short film competition for 2026!

We received an unexpected number of entries from all age groups and diverse genres, all using the mandatory visual of a HEART. KV local Harry Kielly took out the top prize with Horse Aid and the KV Bevis family won best family film, while the other categories were won by filmmakers from across the region, all drawn to our incredible Valley.

For 2026, we're launching earlier to give filmmakers even more time to craft their stories. This year's theme explores the visual concept of MIRROR – offering rich creative possibilities from physical mirrors to reflective surfaces or symmetrical mirror imagery.

With \$2500 in prizes and categories for all ages and skill levels, Valley Shorts celebrates the phenomenal increase in video storytelling by professionals and amateurs alike. Whether you're shooting on a phone or professional camera, we encourage you to share your story with us.

Full details, entry guidelines, and submission information available at: <https://kangaroovalleyshow.org.au/competitions/valley-shorts>

Plans are also under way for a November re-screening of the 2025 Valley Shorts finalists entries, so keep an eye out.

Julie Ward

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LIBERAL FOR KIAMA



Authorised by Chris Stone, Liberal Party of Australia, NSW Division, Level 2, 131 Macquarie Street, Sydney NSW 2000.

KV Quick Quiz

Here's a quick quiz to test your local knowledge over your morning cuppa. It's your own bit of trivia for a little light relief. Some answers might be obvious to you - but some might test our newer residents of the Valley.

1. Kangaroo Valley is renowned for its diversity of herpetofauna. What are herpetofauna?

- A. Kangaroos.
- B. Reptiles.
- C. Amphibians.
- D. Reptiles and amphibians.

2. The 2025 Kiama State by-election this month will elect a...

- A. Member of the State Assembly.
- B. Member of the Legislative Council.
- C. Member of the Legislative Assembly.
- D. Member of the State Council.

3. What is the height above sea level of Kangaroo Valley?

- A. 16 metres.
- B. 86 metres.
- C. 216 metres.
- D. 486 metres.

4. A species of *Petrogale*, with dense, shaggy fur that is reddish or grey-brown, a tail 50-70 cm long, and weighing from 5 to 8 kg, has friends in Kangaroo Valley, especially as it is endangered. What is it?

- A. The Brush-tailed Rock-wallaby.
- B. The rufous small kangaroo.
- C. The swamp wallaby.
- D. The famous Kangaroo Valley red-brown panther.

5. What was the population of Kangaroo Valley in 1880?

- A. 140.
- B. 400.
- C. 540.
- D. 1400.

6. In RFS parlance, what is a BA operator?

- A. A Building Ascension operator.
- B. A Breathing Apparatus operator.
- C. A Blaze Abatement operator.
- D. A Big Appliance operator.

7. In 2007, Arts in the Valley was formed to bring some of the finest musicians, artists and writers in Australia to Kangaroo Valley. In 2009, the biannual festival celebrated the 80th birthday of which Australian composer?

- A. Percy Grainger.
- B. Miriam Hyde.
- C. Peter Sculthorpe.
- D. Malcolm Williamson.

8. 'Kangaroo Valley' is the nickname of which suburb of London, UK?

- A. Paddington.
- B. Earl's Court.
- C. Putney.
- D. Shepherd's Bush.

49. The popular walk to Drawing Room Rocks draws many visitors to our area. Where is this walk?

- A. It starts at the Cambewarra Lookout, that runs off of Tourist Road.
- B. It starts at the end of Irvines Road, that runs off Kangaroo Valley Road.
- C. It starts near the beginning of Brogers Creek Road, just after the intersection with Wattamolla Road.
- D. It starts at the Fitzroy Falls Tourist Centre.

10. Which UN International Day of the Year, so relevant to our valley, falls on 7 September?

- A. International Day of Clean Air for Blue Skies.
- B. International Hug a Stranger Day.
- C. International Day of Care for Native Fauna Species.
- D. International Hug a Friend Day.

Answers on page 39

If you have a quiz question you'd like us to include in subsequent issues of the *Voice*, please feel free to send them in: kvvteam@gmail.org. Enjoy!



Brodie

0497 262 343

Carpentry

Justin

0474 476 745

Painting


The Kangaroo Valley Voice

Want to submit an article?

The deadline for all submissions is the 18th of each month.

Please send all content to: kvvoiceteam@gmail.com

KVV BOOK CLUB

This month's book:

The Name of the Sister

By Gail Jones



This novel falls into the genre of literary Australian rural crime, which has taken off post *Wolf Creek*. Think Jane Harper and Chris Hammer but with beautiful prose.

A young woman is found stumbling and mute down an outback road, north of Broken Hill. Who is she and where has she come from? An appeal is launched. Freelance journalist Angie's interest is peaked and it helps that her life-long friend Bev, a police officer, oversees the case. The story starts in Sydney but Angie quickly finds herself in Broken Hill.

The phone lines are flooded with calls to Crime Stoppers and Bev passes on names to Angie for her to interview. These people all have their own harrowing stories of loss and all are convinced that Jane Doe is their long-lost loved one. This is one of the best parts of the book. Angie talks to sisters, fiancées, daughters and friends about their missing loved ones and their life-long heartache.

There is also an exploration of ancient cultures, myths and storytelling. Angie is fascinated by ancient Egyptian myths and symbols and she has an impressive understanding of John Bunyan's *The Pilgrim's Progress*. All of which play clever parts in the developing narrative.

Bev and Angie's relationship is also an engaging part of the book. They play constant word games with each other that are very clever and funny.

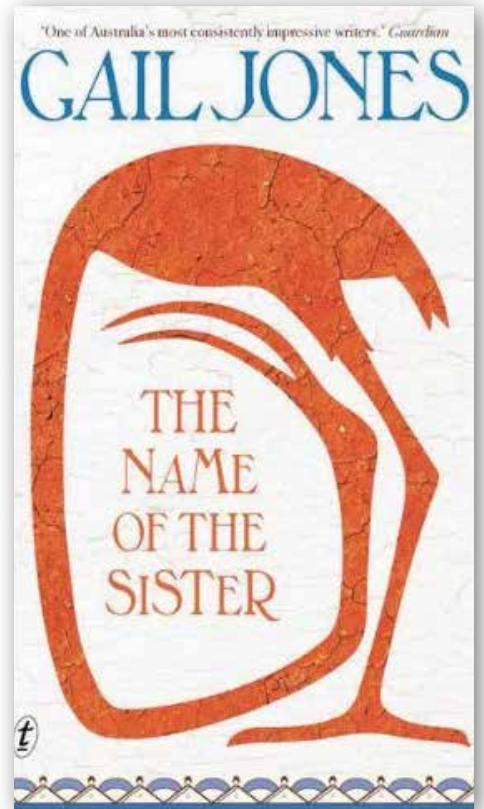
The parallel narrative of Angie and Sam's unravelling marriage is less engaging. Sam's character is not well developed. He is unsupportive of Angie's career choice and very self-absorbed. Their relationship and its breakdown are a side story that could either have been developed more or not fleshed out at all.

Jane Doe is finally identified and reunited with her family but the thriller doesn't end there. It gallops away to a shocking climax.

I enjoy Gail Jones' writing and this novel is no exception. It is beautiful to read. The descriptions of place are fabulous. 'Canopies shadowed the suburb with their leafy profusion, the road was glossed by streetlights ...'

However, I found the characterisation and storyline disappointing. The narrative felt rushed, I wasn't sure about the events leading to the climax and the ending is unconvincing. As a crime thriller it falls short but it is a lovely piece of writing. Gail Jones is one of our best Australian writers. I don't think this novel is up there but her wonderful writing is lyrical and intelligent.

Reviewed by Cathryn Ferguson



Scan the QR code to listen to a sample of the audiobook of *The Name of the Sister*.



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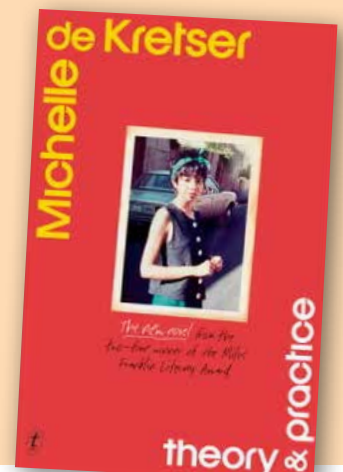
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Next month's book

Next month we will have a look at *Theory and Practice* by Australian author Michelle de Kretser, this year's winner of the Stella Prize.



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Our preschoolers had a wonderful time connecting learning with their everyday lives and understanding of their community with our KV Post Office excursions. Katrina welcomed Kangaroo Valley's littlest learners to stamp and mail their envelopes, which contained beautiful drawings and messages to their families.

We were also lucky enough to have Katrina donate a number of items for our post office imaginative play space. This was met with much enthusiasm from our preschoolers as they negotiated roles, with choruses of "I want to be Katrina next!" heard throughout the day, and they practised their pre-literacy skills.

The excitement continued as we explored nature and chemical reactions throughout National Science Week. This annual event provided us with the perfect opportunity to inspire curiosity and spark critical thinking amongst one another. Wonder and awe filled the preschool as we created colour changing flower petals, fizzing ice blocks and DIY lava lamps. During all of this, predictions were shared, hypotheses were challenged and proven, and discoveries were made.

As part of Kangaroo Valley Preschool's ongoing commitment to quality improvement, educators have recently reflected upon strategies for enhancing children's health and safety in our learning environment. Led by the knowledge and experience of our fantastic Fiona, the team made it their mission to source a refrigerator for the safe storage and temperature control of children's food.

Warm thanks for our new fridge

Once our Committee President, Tuneil, put the word out to the community we received a flurry of offers. Within days we were lucky to have Mark McClennan buy, transport and donate a Fisher & Paykel refrigerator. So, from the Kangaroo Valley Committee, staff and children, a huge thank you for every offer and especially to Mark for his generosity.

We continue to have big dreams for our little preschool and welcome all suggestions, ideas and involvement from our community. We look forward to having many more exciting updates to share with you all.

The Kangaroo Valley Preschool Team





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Captain's Message

August has been a relatively quiet month for call-outs after a busy and windy July.

The wet weather has brought with it increased river and creek levels. Please be mindful of crossing causeways and creeks with elevated water levels. Remember if it's flooded, forget it!

Brigade members have been involved with training and renewing qualifications such as chainsaw operations, Advanced firefighter – wildfire behaviour, Helicopter operations and more.

Captain Dusty
0412 865 638

Incidents

18 July – Suspected chimney fire in residence.

The brigade responded with two appliances and assisted a homeowner with a suspected chimney fire. Members used a TIC (Thermal Imaging Camera) to identify hotspots. Minimal damage was caused.

Now is a time to be thinking about your smoke alarms and your chimney may need some attention. Please get in touch with a professional chimney sweep to help with cleaning your chimney flue.

17 August – MVA motorcycle accident.

The brigade responded along with Beaumont and other agencies to assist at a motorcycle accident on Barrengarry Mountain. A motorcyclist had lost control and gone over the Armco guardrail and down an embankment. The brigade assisted SES and Ambulance rescue to retrieve the injured rider who was taken to hospital.

KV QuickQuiz THE ANSWERS

1. D. Herpetofauna are the reptiles and amphibians of a particular region or habitat. The nature reserves surrounding Kangaroo Valley have high herpetofauna diversity because of the range of microhabitats – creeks, rocky areas and different vegetation. Lucky us. 2. C. The Kiama State by-election this month will elect a member of the Legislative Assembly. This is the lower house in state parliament. The Legislative Council is the upper house. 3. B. Kangaroo Valley is 86 metres above sea level. At the moment. 4. A. The Brush-tailed Rock-wallaby. 5. D. 1400. In 1880, the population of Kangaroo Valley was approximately 1400 people, a significant increase from the roughly 200 white settlers in the area in 1860. 6. B. A Breathing Apparatus operator. BA operators are firefighters who are trained to use specialised equipment, including breathing apparatus, to work in hazardous environments like fires and other emergencies where toxic atmospheres are present. 7. C. Peter Sculthorpe. In 2009, the Arts in the Valley festival celebrated the 80th birthday of Australian composer Peter Sculthorpe, with three concerts devoted to his music. 8. B. Earl's Court. 9. C. The walk starts off Brogers Creek Road, just after the intersection with Woodhill Mountain Road and Wattamolla Road. Drawing Room Rocks give spectacular views to the ocean, Berry and Cullunghutti (Coolangatta), and up and down the coast. Spectacular, yes – but avoid after rainy days. 10. A. UN International Day of Clean Air for Blue Skies falls on 7 September. Breathe it in, folks!

PILE BURNS AND BURNING OFF

The Fire Permit season will commence on 01 September 2025 and there is a process that needs to be adhered to prior to burning off in the bushfire danger period. A permit is now required for fires in the Shoalhaven. You can obtain a fire permit from the brigade's Fire Permit Officers. Please apply online or via the brigade email:

1. You must notify the NSW RFS at least 24 hours before you light the fire.

Ways to notify the NSW RFS:

ONLINE: Online at www.rfs.nsw.gov.au/notify or via the QR code.

PHONE: Shoalhaven Fire Control Centre (FCC) 4424 4424 between 8.00am and 4.00 pm Monday to Friday.

2. You must ADVISE your immediate neighbours at least 24 hours before you light the fire.
3. You must not light the fire if a Fire Danger Rating is HIGH or above.
4. At least one responsible person must be present on site until it is extinguished.
5. Check the upcoming weather conditions, as the pile may continue to smoulder for days.
6. If you believe you cannot safely control the fire once it has been lit, dial 000.

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



Make a difference

Volunteer with Kangaroo Valley Brigade

For more information about volunteering in your area contact kangaroovalleyrfb@gmail.com or scan here:



rfs.nsw.gov.au/join



“Despite all these challenges, everyone had a great time.”

BOWLS

MEN'S AND MIXED BOWLS

Social Bowls

16 July – Bob Burney and Frank Picciolini 17 – Bob Dunn and Skippy Chittick 16. Keith Pepper and Rob Folkard 24 – George Waddell and Jingles Chittick 17. Cutthroat Terry Hayes 14, Jim Abbott 7, Tige Lidbetter 6.

19 July – Skippy Chittick, Sue Sheil and Derek Raymond 30 – Frank Picciolini, Daniel White and F. Simmons 20. Terry Hayes, Rosa Burns and Mark Power 20 – Judy Croft, Judy Whitton and Tige Lidbetter 18. Greg Williams, Bob Burney and ‘Teenie’ Fitzgerald 18 – Jingles Chittick, Tina Ballard and Margaret Hayes 14.

23 July – George Waddell and Bill Chittick 23 – Bob Burney and Tige Lidbetter 15. Bob Dunn and Mark Power 30 – Derek Raymond and Frank Picciolini 25. Keith Pepper, Skippy Chittick and W. Taylor 29 – Darryl Goodger, Laurie Watson and Jingles Chittick 12.

5 August – Tige Lidbetter and Terry Hayes 21 – Jingles Chittick and Greg Williams 16. Bob Dunn and Jim Abbott 25 – Darryl Goodger and Skippy Chittick 13. Ron Nelson, Brian Fletcher and George Waddell 33 – Bob Burney, Keith Pepper and Bill Chittick 13.

13 August – Bob Burney and Terry Hayes 27 – Darryl Goodger and Jingles Chittick 18. Frank Picciolini and Bob Dunn 28 – Russell Tulloch and Mike Gidley 22. Brian Fletcher and Jim Abbott 32 – Keith Pepper and Rob Folkard 15. Ron Nelson, Skippy Chittick and Bill Chittick 25 – Derek Raymond, George Waddell and Tige Lidbetter 19.

16 August – Irene Dunn and Bob Dunn 22 – Matt Whitton and Judy Whitton 16.

Rob Folkard

LADIES' BOWLS

Major Triples

Our bowls calendar for 2024/25 was finalised with the Ladies Major Triples. This competition is run as a blind draw for each of the team positions – Lead, Second and Skip – to encourage participation, combining new members of the Club to play with the more experienced bowlers. Everyone had a great time and the games were played in good spirit.

Round 1 – Lead to Skip – Tina Ballard, Ruth Willdig and Jane Haddon, 26 defeated Christine Yeo, Judy Whitton and Deb Folkard 10. Sue Sheil, Gillian Portener and Rosa Burns, 19 defeated Enid Hall, Irene Dunn and Anna Stewart 16.

Final – Tina Ballard, Ruth Willdig and Jane Haddon, 23 defeated Sue Sheil, Gillian Portener and Rosa Burns, 8.

Looking forward to reporting on the next bowls calendar year in our next report. Starting with the Consistency competition.

Deb Folkard

AGM RESULTS

Both the Berry Ladies and the Berry Men's Bowling Clubs held their respective Annual General Meetings early in August. The status quo was maintained with 'Tige' Lidbetter returned as President of the Men's Club and Gillian Portener returned as President of the Ladies Club. In addition, 'Jingles' Chittick was returned as a Committee Member of the Men's Club and Irene Dunn was returned as the Treasurer of the Ladies Club. Deb Folkard remains the Tournament Organiser.

Congratulations to Tige, Gillian, Jingles, Irene and Deb and thanks very much for the tireless work you put in on behalf of and for the benefit of the rest of us.

2024/2025 PRESENTATION NIGHT

The Berry Bowling Clubs' joint presentation night was held on 2 August. Like many events in these unpredictable times, the weather had the last laugh. The joint social bowls event planned for the afternoon was completely washed out, the greens were closed and no games were played. Not content with that, the weather caused a power outage about half an hour before the presentation night was scheduled to commence. Nevertheless, the show went on with a few modifications.

Jingles and 'Skippy' Chittick cooked an excellent barbecue meal under the light of a mobile phone held by Keith Pepper, accompanied by a selection of salads provided by the Ladies' Club. The meal and presentation took place inside the Bowling

Club with tea lights providing the ambience. As the MC, with no microphone, I had to yell out the results. Major awards were presented by Mr Steve Munce from the Regional Match Committee.

Despite all these challenges, everyone had a great time and a determined group of well wishers stayed on to help Jingles with his winnings – two bottles of Black Sambuca.

Kangaroo Valley was very well represented in the winners' circles, with Jingles Chittick winning the Men's Singles Championship and Deb Folkard was runner up in the Ladies Singles Championship. Jingles was also in the team that were runners up in the Mixed Fours and Deb and I were runners up in the Mixed Pairs.

Congratulations to Jingles and Deb.

Other winners and runners up included: Tige Lidbetter – winning Skip in the Men's Major Fours and Skip of the Men's Triples Team that were runners up; Gillian Portener – runner up in Major Pairs, Major Triples and Mixed Fours; Bob Dunn – winning Mixed Fours team and in the runner up team in the Major Fours and with me in the Major Pairs and Challenge Pairs; Ron Nelson – runner up team in the Mixed Fours; Rob Folkard – in addition to those already mentioned, winner of the Challenge Singles, in the Major Fours winning team and in the runner up team in the Mixed Fours.

Rob Folkard

GOLF

The past few months have delivered challenging (wet!) conditions at KVGC but we have managed to play some enjoyable golf, especially with the help of the fabulous grounds team.

Saturday 19 July, Stableford round.

A good number of members and visitors were on the course, which was very wet underfoot, with many plug balls on the fairways. Well done to Ian Thomas with 34 points, followed by David Castle, visitor from St Michael's Golf Club, with 33 points, beating Allan Harvey on a countback with 33 points.

Saturday 26 July, Stroke, Monthly Medal round.

This was the final round of the Medal of Medal 2024-2025 competition. Congratulations to George Tarbey with a winning round of 79, taking out the Stroke, Monthly Medal round and the Medal of Medal 2024-2025 competition. He was followed by Ian Thomas with 80 and Allan Harvey with 82.

Saturday 2 August, Stableford round.

Well, it was to be our Stableford round but it was washed out. Our course looked like the Great Lakes, then a golf course.

Saturday 9 August, Par round.

A good number of members and visitors graced the course. Well done to Dean McMasters, visitor from Ulverstone Golf Club, Tasmania, with +2, followed by Christian Talbot, visitor from Dunheved Golf Club (near Penrith), with -2 and Christopher Griffin with -2.

Saturday 16 August, Stableford round.

The course was still a bit wet underfoot. Congratulations to Ian Thomas with 36 points, beating Peter Dumbrell on a countback with 36 points, followed by Dean McMasters, visitor from Ulverstone Golf Club, with 32 points.

Sunday 17 August.

Russel, the course greenkeeper, and all his staff were preparing the greens for spring, coring and top-dressing all the greens.

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

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– Tiger Woods

*Allan Harvey
KVGC Captain*



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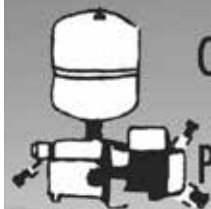
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Community Contact Information

EMERGENCY CONTACTS

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

SCHOOLS AND CHURCHES

Preschool Jacinta Perry	4465 1327
P&C President Emma Chapple	
Public School Jen Arnott	4465 1182
Scots College Tony Banks.....	4465 1089
Anglican Church Andrew Heron	4465 1585
Sunday School Kate Hole	4465 1585
Catholic Church Parish Office	4423 1712

CHARITIES AND SERVICE GROUPS

Cmr Institute Joan Bray	4465 1851
Lions Club David Loncasty	0418 596 022
Environment Greg Thompson	0473 114 026
Wildlife Rescue South Coast	0418 427 214
Wires	4862 1788
KV East Timor Friendship Group Sandy Fritz	0478 113 093

SPORTS AND EXERCISE

Bowls Rob Folkard	4465 2889
Cricket Club Hugh Sinclair	0435 001 294
Fishing Club Harold Sharman	4465 1140
Frisbee Mark Mclennan	0439 456 356
Golf Club Allan Harvey	4465 0200
Hockey Club Sharon Gomez	4465 1580
Pilates Melinda Mangold	0404 483 680
Pony Club Karen Barker	0407 928 994
Strawbale Yoga Studio Kate Pell.....	0432 598 582
Tennis Club Peter Stanton	4465 1688
Yoga Vasudha Rao	4465 1093
Iyengar Yoga Rose Andrews	4465 1364
Yoga Kate Pell	0432 598 582
Kangaroo Valley Gym Michael Hole	0432 177 206
Table Tennis Lorraine Mairinger	0427 297 238
KV Football Club Dean Mackechnie.....	0416 077 658

OTHER ORGANISATIONS

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

Historical Society Garth Chittick	0419 651 611
FIG Community Garden Lyn Rutherford	0414 737 547
Arts In The Valley Nikki Sharp	0467 209 819
KV Art Therapy Sally Thomson.....	0493 050 516
Cuppas & Kids Kate Hole	0432 177 206

Community Consultative Body

Kvccb@Kangaroovalley.nsw.au

Resilient KV 	resilientkv@kangaroovalley.nsw.au
Resilient KV 	Cathy Gorman 0438 651 540
KV Fire Station 	4465 1718
KVRFS Captain Dusty Smart	0412 865 638
Shoalhaven Fire Control Centre	02 4424 4424
KV Show Mairi Langton	0412 180 778
Osbourne Park Showground Dave Kent	0407 209 491
Pioneer Museum Tony Barnett	4465 1800
Rock-Wallaby Melinda Norton	4887 8256
Upper River Progress Assn Gary Moore	0421 050 348
Upper River Hall	Upperriverhall@Gmail.com

WEEKLY EVENTS

Bus Service To Nowra and Highlands	Mon - Fri 4421 7596 or 1300 133 477
Mass St. Joseph's.....	Tue-Thur 9-9:30am and Sun 11:00am
Women's Bible Study Anglican Hall	Mon 1-3 pm
Iyenga Yoga	Tues 10-12 & 6-8
Kate Pell Yoga	Tues, Thurs & Sundays
Cuppa & Kids Anglican Hall	Tues 9-30am
After School Kids' Club Anglican Hall....	Thu 3.20-4.30pm
Table Tennis KV Hall	Wed 3 - 5pm
KVRFS Training at Station	Wed 6pm
FIG Community Garden	Thurs 10am-12pm
Women's Care & Share Anglican Hall	Tue 1-3 pm
Iyenga Yoga	Thurs 9am & 6pm
Anglican Church Traditional Service	Sun 8.30am
Contemporary Service and Sunday School	Sun 10am

MONTHLY EVENTS

Trivia At The Friendly Inn	Tues (2nd) 7pm
KV Rural Fire Service Meeting	Mon (1st) 7pm
A & H Meeting KV Hall	Mon (3rd) 6.30 Pm
Lions Club Meeting	Tues (4th)
KV Historical Society Contact	Tues (2nd) 10.00am
Brogers Creek Landcare	Sat (Last)
KV Farmers Markets	Sun (2nd)
Fishing Club Competition Day	Sun (Last)

BI-MONTHLY EVENTS

Men's Group	Thursday: (1st And 3rd) 7.30 pm Contact Bob Dunn 0429 399 609
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Group secretaries please check and update contact details if necessary | thevoice@kangaroovalley.nsw.au
Please email all content for inclusion in the **Voice** to thevoice@kangaroovalley.nsw.au or call 0422 179 305



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