It is always nice to know that good work is recognised and awarded. We all know of the leadership which David Kent provided in his 14 years as President of the Kangaroo Valley A&H. David was nominated as one of the 2016 Champions of the Royal Agricultural Society for his services to the Beef Cattle section at the Sydney Royal Easter Show. This was only the second year of the award and it is great to see David awarded so early in the program.

David has been either an exhibitor, steward or judge in the Beef Cattle section for 30 years. His goal has been to enhance the organisation of the weighing, scanning, judging, auctioning and transporting of over 200 steers at each year’s show. The Marketing Development Manager (Belinda Dona) for the RAS called out David as “the glue that bound the program together - as well as the oil that helped it run smoothly…”.

Each year David enjoys the opportunity to renew friendships, meet new friends and encourage our youth to continue in the beef cattle industry. As an extension to his established role David was offered that of inaugural International Delegates Cattle Liaison Officer. His responsibility was to introduce international delegates from five countries (UK, US, Canada, NZ and China) to Australian beef cattle producers. (see photo below). David relished this role, particularly the provision of true Australian hospitality and the networking that this program has

David and Karen Kent

Continued on page 3
Meet the new editor of the Voice, Delyse Wright

Delyse lives on Kangaroo Valley Road in the home previously owned by her mother, Wendy Christian. Valley residents may remember Wendy as the gracious host of many Christmas carol sing-alongs over the years. Delyse and her partner John and son Lewis have returned there and Delyse is now poised, with this new position, to throw herself into Valley life. She comes with experience in writing, publishing and diverse computer skills, as well as a background in holistic health and wellbeing which fits well with the necessary interaction with our community members.

After owning a thriving health and wellbeing centre in Wollongong for five years, Delyse also offers experience in all aspects of running a busy business, including advertising, marketing and promotion. The Voice is in the process of switching production to Adobe programs operating on Macs but this will have no outward effect on all the PC contributors out there, only improve the production process. So please keep articles (copied to Tony Barnett who will continue to be the copy editor), letters, advertisements and photographs coming in to Delyse.

The Voice email and postal address remain the same but the new phone contact number is below. It has been my privilege to step into Carl's shoes over the past months, and now to hand the baton on to Delyse ... a new talent from a younger generation to bring a fresh approach to our beloved Valley newspaper! Welcome aboard Delyse, from all the Voice team.

Diana Jaffray

Kangaroo Valley Voice was originally established under the Small Towns Program (an initiative of the Department of Business and Regional Development). K.V. Voice Inc. aims to support and develop the Valley’s economic, social and communication infrastructure. The Committee and Assistants are all volunteers, who donate their time and expertise for the benefit of our readers.

All Valley residents, clubs and organisations are invited to forward editorial submissions.
The K.V. Voice is financially self-sufficient due to the benefit of our readers.

Volunteers, who donate their time and expertise for infrastructure. The Committee and Assistants are all

The statements and opinions expressed in this publication are made in good faith by Kangaroo Valley community members.

The K.V. Voice is financially self sufficient due to

 Decorating Manager
Diana Jaffray

Accounts Manager
June Smith

Distribution
Barbara and Adam Acworth

Sports Report
Position available

Honorary Legal Adviser
Tony Barnett

Columnists
Lee Sharam Rosemary Stanton
Jason Horton Mark McLennan
Ron Bower Andrew Paterson
Ellie Williams Tony Barnett
Brenda Sambrook Jenelle Brangwin
Joan Bray Barbara Guest
Jacinta Perry Powell Peter Brands
Ken Crocker Dusty Smart
Sophie McGregor Gerard Keyzer
Chris Pryor Sue Prescott
Jeanette Dumbrell Peter Stanton

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David Kent: R.A.S. Champion
Continued from front page...

provided. As a passionate resident of the valley, I am sure that he took the opportunity to promote our great community.
On Tuesday 22nd March David took time out of his busy schedule to be awarded his certificate by the Governor. Wearing his sash, David was loaded into a Ford Mustang convertible to be driven around the main arena. Karen joined the other partners in the RAS official booth to watch the Champions being paraded. It’s great to see yet another Valleyite recognised for their work in the wider community.

Jason Horton

Funding secured for War Memorial refurbishment

After consulting with various local organisations including the Kangaroo Valley Tourist Association, KV Lions, the Historical Society, the KV Community Association, Nowra RSL, the Shoalhaven Ex-Servicemens Club, as well as the Shoalhaven City Council, the Anzac Day Committee sought the advice of experts on how best to restore the War Memorial next to the Post Office so as to refurbish the worst of the wear and tear it has experienced since it was first constructed without destroying its character in any way.

Todd Whalan of Nowra Memorials was recommended to the Committee and he was very helpful in advising on the scope of the work that should be undertaken, and how best to do it.

Continued on page 36

He advised it should include cleaning the points on the eight pillars that border the centre column, re-grout the gaps in the memorial, cut and remove the existing concrete floor, and replace it to the current standard.

ANZAC Facts
Did you know...
There is no town called “Gallipoli”. It is the name of an area. Visitors to Gallipoli usually stay at nearby towns - like Ecubeat.

...more facts on page 36
Dear Editor
It has come to my attention (unverified at this juncture) that with the problems arising from the garbage/recycling company going into administration, the Shoalhaven Council will cease the resale of useable items at the Kangaroo Valley tip. Apparently, it is the intention of the Council that items that have a resale value will go to the tip at Nowra and be sold there. As a resident of Kangaroo Valley and a ratepayer, I strongly object to this. Over the years we have taken many items to the tip that others could use and have picked up many items that we, in turn, could use. If this facility is no longer available, it would seem likely that most of these articles will end up in general garbage and not be reused. This runs completely in the face of the principles of minimising travel, minimising environmental impacts and recycling. I believe Kangaroo Valley ratepayers should be able to keep their recycling in situ and this can be done at minimal cost to the council.
E. Gail Trapp PhD

Dear Editor
Bring back the three R’s!
RIGHTFUL REGIONAL REUSE
The abolition of the ‘Buy Back’ centres in regional waste depots is a huge waste. Reinstatement Reuse Regionally we say!
Kangaroo Valley, Berry and all other regional “tips” are now denied a great community Resource. Ravenous Reuse was Regularly Realised in all the Regions until the buy backs were closed in February. What’s the Rationale?
All preloved things from a sheet or two of corrugated iron to finish the chook shed, some 4 x 2 for the cubby house, a bicycle for visiting kids, a few metres of ag pipe to help save some water, a few bricks to prop up the garden wall, some star posts to fix the fence, and even the the odd antique or collectible or a stick of furniture and an absolute myriad of other items for a million uses were easily retrieved for RELOVE. They were RECYCLED. REUSED.
Now, Really, those items will mostly be binned and Replenish the Ridiculous mountain of Rubbish. Some useful things are apparently being trucked to West Nowra for resale but it’s just the tip of the iceberg and an awfully long drive.
The Regionals are being Robbed of their Rightful Relics! Please Council, choose to reinstate the three important R’s in the regional depots. Rightful Regional Reuse We the people
RESPECTFULLY REQUEST REASSESSMENT!
BRING BACK THE BUY BACK!
Yours Sincerely,
John Garrod and many many others.

All letters must be signed by the writer and give both business and home phone numbers so letters can be verified if necessary. The writer’s name will be published with the letter.
Mail to: The Voice, c/o Post Office, Kangaroo Valley. 2577
Or email: thevoice@kangaroovalley.nsw.au

Wes Madge, Bangalee (left KV when he was about 14)
Anzac Day brings back memories of family members who’ve been lost. Especially my brother John Hunt. His fate was not known until about four years ago when, amazingly, the remains of his plane and a watch with his name on it were found in Padua, Italy - covered with the debris of almost 70 years! We got a phone call out of the blue to tell us. The RAAF flew me over to Italy: I took Ray with me, a local man who regularly played the Last Post around the local area on his bugle or trumpet. It was a real honour for him to play, and me to hear, the Last Post played at a ceremony for John. My grandfather’s son, Stanley Madge, also has his name on the war memorial here, for his sacrifice in the First War. I must have been about ten years old when I laid a wreath at an Anzac Day ceremony on behalf of my mother. It might have been the year that there were new names on the memorial from WWII. I remember crying because of the emotion of it all.

Colleen Fry, Berry
For me, it’s a time of reflection and time of appreciation for the sacrifices that were made so that I can enjoy the life I’m able to live now. Appreciation for the society that we have: embracing, with a sense of security. I like the sense of community, the small and personal nature of the ceremony in KV. From the primary school children to seniors, there’s a sense of belonging.

Anton Fischer, KV (barista at The General)
It’s a good time to remember the historical events that involved Australians at war. I feel sorrow and regret that they went through that.
I like the ceremony in the village because it is small and focussed on local people. It acknowledges those related to people in the valley today.

Sue Hansel, Bugong
Anzac Day is an opportunity to honour those who’ve gone before and served their country. I used to think the opposite, that it was about glorifying war. But I now think differently: I see the futility of war, having learned about what happened to a relative who went to England and died of meningitis before he even got to the front.
The intimacy of the local ceremony involves the whole community. You can see people marching in the street who are related to those whose names are recorded on the memorial.
The children were very excited to have a visit from the Rural Fire Service! Gary taught the children (and the grown-ups) about how to plan for an emergency. He encouraged all the families to nominate a safe meeting place outside the family home in case of an emergency.

The children learned that hot smoke likes to be high up, and cool air likes to be down low, so if there is a fire or smoke in the house you have to “Get down low and Go, Go, Go!” We practised these skills using Gary’s play house. We had to pretend to sleep, but when we heard the “smoke alarm” we had to wake up, feel if the door was hot with the back of our hand, then crawl through the cubby house and meet at the play letter box. The children practised over and over again. They were also given the opportunity to see the fire engine up close and to sit in it – way up so high! Then, joy of joys, each person was offered the opportunity to squirt water from the fire hose. A big thank you to the Rural Fire Service from us all here at the preschool.

Term one 2016 is drawing to a close, and what a busy time it has been. The children have been exploring areas of science. We found a tiny spider crawling on the trunk of a tree. This led to lots of talk about camouflage. We found pictures of camouflaged animals to display and discuss. Some of our red dinosaurs even camouflaged themselves on a red play board! Exploring the properties of water through play has been great for keeping everyone cool during the hot weather. Muscles have been exercised as well when the water has been lifted and poured. The preschool engineers have been building a water channel around the sand pit. Dams have been created and water poured in all directions to see what happens.

A big welcome to Hayley Hindman to our preschool. Hayley will be visiting us over the next few months on placement as she completes her Certificate 3 in Early Childhood Education.

Jacinta Powell

Photos show children learning new skills, water experiments with Hayley and an exciting visit from the Rural Fire Service.
Netball thrives in the Valley

On Saturday 5th March, four teams representing the Kangaroo Valley contingent of the North Nowra and Bomaderry Netball Club took part in the sweltering 35º+ heat in the Shoalhaven Netball Association Gala Day.

In spite of the heat, all the girls represented the Valley Well and enjoyed themselves. Each team was graded by officials in anticipation of the coming season, which runs from April to September. Coach Mariella Riley has been playing and coaching netball for 37 years and started voluntarily coaching in Kangaroo Valley in the year 2000. Her enthusiasm and hard work have resulted in a thriving Kangaroo Valley participation in this sport, which now has four teams of enthusiastic youngsters training and playing regularly. With training on Tuesday morning (8am) and Wednesday afternoons (3.30pm), other volunteers assist Mariella with coaching and other duties - namely, Jacqui Szymoniczek, Kerry Townsend and Andrew Housden. But the netball is not just for the youngsters, Jacqui Szymoniczek set up Twilight Netball in Kangaroo Valley two years ago. Twilight Netball is a social, mixed-team event for ages from 12 years and up, giving parents and other community members the opportunity to join in the fun, get fit and play a team sport with their kids or friends. Run purely on a volunteer basis, with Jacqui and Mariella as President and Vice President respectively, other volunteers include Melita Hindman (Secretary) and Alyson Bryant (Treasurer). All help run an exciting and popular social league.

If you would like to contribute as a volunteer or participate please contact Mariella on 0422 825 730 or Jacqui Szymoniczek on 0428 999 426.

Sally Wallace

VIEW Club
It is always good to meet new members of our community and Judy Oliver, our guest speaker this month, has been living in the Valley for less than a year. Judy and her husband Michael are running a B&B just out of the village, after having operated a similar establishment at Bilpin for 15 years. Both English, Judy grew up in Yorkshire tramping the moors with the neighbourhood dogs, before moving to London where she started a modelling career. Here she met Michael, an actor, and they struggled to combine both careers and a new baby, before deciding they would leave behind the grey tenements for the fun and sun of Australia. Judy continued her modelling career in Sydney with June Dally-Watkins, before eventually becoming a tour operator with Viva Holidays. Through the ‘80s and ‘90s she escorted groups, mainly Australians, all over the world, especially through countries that were just opening up to the world of tourism. She has a wealth of stories about her adventures and the people with whom she shared mostly good times, but some sad and troubled ones as well. Judy is a very entertaining speaker, as is Michael, who rounded off the afternoon by sharing his skills as a joke teller. Thank you both, Judy and Michael, for your interesting and amusing talks, which we all found very enjoyable.

Our guest speaker next month will be Chris Pryor, President of the Friends of the Brush-Tailed Rock-Wallaby, who will be telling us about the work of this special group.

Don’t forget to let Sue Pfafflin know by lunchtime on the Monday before the meeting if you will be unable to attend: 4465 1136 or email suebarrypfaf@bigpond.com.

Everyone is welcome at VIEW. To find out more please contact me on 4465 1955.

Jenelle Brangwin

ANZAC service
Information on pages 32 & 33
Off-leash areas for dogs
According to Shoalhaven City Council, “Dogs are only permitted to be “off-leash” in designated Council-managed areas. They must be under the control of a competent handler at all times.”
Details of “off-leash” areas in the Shoalhaven are located online at: http://www.shoalhaven.nsw.gov.au/My-Property/Pet-ownership/Off-leash-areas.
There are no designated “off leash” zones for dogs in Kangaroo Valley, which means dogs should be on a leash in public areas. Do think there should be a designated off-leash area for dogs in Kangaroo Valley? If so, where would it be located? Should there be set times for such an area? What other conditions might apply? If you have any thoughts on this issue, please email them to: kangaroo.valley.environment@gmail.com
Dog owners should also be aware of some general prohibited areas in the Shoalhaven:
Children’s play areas
Recreation areas where dogs are prohibited - these areas must be clearly signposted to specify that dogs are prohibited
Public bathing areas where dogs are prohibited - these areas must be clearly signposted to specify that dogs are prohibited
School grounds
Childcare centres - unless the property is also used as a residence
Wildlife protection areas, specifically defined for the purposes of protecting wildlife - these areas must be clearly signposted to specify that dogs are prohibited.

Rosie Johnson

Some more interesting and often unknown facts about ANZACS and ANZAC Day …

More facts on pages 36 and 48

ANZAC Facts
Did you know…
April 25, Anzac Day, was the day the Australian and New Zealand Army Corps landed on the Gallipoli Peninsula in 1915

ANZAC Facts
Did you know…
ANZAC Day was not a public holiday in Australia until 1921. However, it was not observed uniformly in all the states.

ANZAC Facts
Did you know…
The ‘Last Post’ is incorporated into funeral and memorial services as a final farewell and symbolizes that the duty of the dead is over and that they can rest in peace.

ANZAC Facts
Did you know…
Services are held at dawn because in battle, dawn was the best time to attack the enemy. Soldiers would wake in the dark so at the first signs of light they were alert and awake.

ANZAC Facts
Did you know…
Anzac biscuits were created by wives of soldier’s who wanted to bake healthy goodies for their men. They lacked egg and milk, so kept for a long time and didn’t spoil during transport.
Family osteopathy
with Sally Wallace

Ankle sprain
An ankle sprain involves damage to the ankle ligaments, typically sustained during simple, sudden traumatic incidents, such as rolling or twisting the ankle. The ligaments on the outside (lateral aspect) of the ankle are much more susceptible to injury than the inside (medial aspect), and can produce pain, swelling, bruising and a sense of instability. Prompt assessment and management is essential in the first 24 to 48 hours, namely following the RICER regime and precautionary X-ray to rule out bone fracture, if indicated.

Your osteopath may assist in the rehabilitation of an ankle sprain with the following treatment options*:
- Soft tissue treatment of the ligament scar tissue to promote optimal stability and range of motion.
- Active and passive mobility exercises to restore normal range of motion to the foot and ankle complex.
- Balancing exercises to re-strengthen the receptors housed in the ligament that provide stability and improve position sense (proprioception).

Your osteopath can organise and assist with braces/strapping products if required for more vigorous exercise.

Active and passive mobility exercises to increase the joint range of motion and flexibility of muscles in the foot and lower leg will work to increase the joint range of motion. For treatment of subacute/chronic lateral ankle sprains, these techniques improved ankle range-of-motion, decreased pain and improved function.

Heel/arch pain
Painful feet are very debilitating. Pain in the heel area is especially common and may be associated with a heel (calcaneal) spur. Our feet are made up of a series of small bones, known as the tarsal bones. These tarsal bones, starting from the heel (calcaneus), form an arch, which is supported by a strong band of sinew (plantar fascia) stretching across the sole of the foot below the surface of the skin.

We use our feet all the time and this fascia causes constant tugging on the attachment point into the bone, and inflammation and pain may develop at this site. This painful condition is known as plantar fasciitis. Sometimes this pain resolves but it may develop at the site of this traction on the bone and protrudes into the surrounding tissue. But the pain is usually due to the plantar fascia, rather than the heel spur itself.

Inadequate arch support from poor footwear is the most common cause of plantar fasciitis. Sometimes this pain resolves but it may develop at the site of this traction on the bone and protrudes into the surrounding tissue. Adequate arch support from proper footwear is required for more vigorous exercise.

Osteopaths will not only advise you on appropriate footwear and exercises but will work to increase the joint range of motion and flexibility of muscles in the feet and lower leg. In some situations use of heel cups and arch supports may be beneficial.

*Research and evidence

Loudon JK, Reiman MP, Sylvain J. Published in British Journal of Sports Medicine.

For acute ankle sprains, manual joint mobilisation diminished pain and increased dorsiflexion range of motion. For treatment of subacute/chronic lateral ankle sprains, these techniques improved ankle range-of-motion, decreased pain and improved function.

Church of the Good Shepherd
On March 20 it was a privilege to hear new KV local Mandy Miles speak at both services about her life story and work as founder of the charity ‘Make a Difference’, which is based up at Jacks Corner Road.

The aim of ‘Make a Difference’ is to help children and young people in severe disadvantage create a dream for themselves and fulfill it. Its intensive program supports a small number of young people in a big way to help them navigate the challenges of their lives so that they may develop into beautiful adults. If you’d like to see more about ‘Make a Difference’, go their website at http://www.makeadifference.com.au/.

Mandy would love to speak with you. This month we hosted a ‘Retired KVers’ activity, a showcase of KV history by Garth Chittick and Peter Dumbrell (see article in this month’s Voice). The Retired Kvers is open for anyone over 55 (you may well not be retired!) just to catch up and make friends over enjoyable and hopefully useful activities. If you want to know more give Andrew a call on 0410 760 271.

On Sunday April 3 from 4.30pm to about 8pm we are having a young adults/high school youth/primary schoolkids fun activity and pizza-making afternoon. It will be held at Gary and Katrina Thomas’ house at 2054 Moss Vale Road. It’s open for anyone aged 9 to 29 to come along. If...
It's official, I'm not insta-famous. In fact, I'm not even normal famous. I have a whopping 63 followers on Instagram. To put this in perspective, Pope Francis opened an account this week and has 1.2 million followers after three posts. Also Dora the Explorer has more followers than I.

For those of you who don't know, Instagram is a mobile photo and video sharing site and social networking platform. In 2012 it was bought by Facebook for a cool one billion dollars and is now used by over 300 million people worldwide.

Instagram gives users the ability to curate the content they see to cater to their interests. So if you're a fan of cars, for example, you can choose to follow other car enthusiasts and share photos of the hottest cars on the planet.

Personally I was a latecomer to the social media giant. Although I've been on Facebook for years, I'm not a fan of Twitter (unless there's a leadership spill), I don't have time for Tumblr, and I avoided Instagram for years, knowing that it would suck all of my spare time into a black hole of sunsets, green smoothies and toned body photos.

But I gave in a few months ago and set up a profile to display my visual art. I think that as an artist it's important to stay connected with other artists, not just for inspiration and motivational purposes, but also to build a sense of community. I now follow lots of galleries, artists and illustrators and am blown away daily by the talent out there. It is interesting to note which artists embrace social media and which do not. I'm unsure how or if this affects their professional reputation, but in a world where the digital space presents us with more and more opportunities, I can't help thinking they're missing out on reaching many potential online markets. It's my ambition to set up a website for my painting and drawings, in the next few years, to grow my audience. Instagram, as a very visual medium, is definitely the first step towards achieving this.

Have you used social media to expand your business?

In March this year, 1st Kangaroo Valley Cub Scouts welcomed the District Commissioner of the South Coast and Southern Tablelands Scouting, Jenny Pavey. The occasion was the presentation of the Grey Wolf badge to Brynn Carlile, aged 10.

The Grey Wolf is the highest award badge possible for a Cub Scout. Few cubs have achieved this distinction in Kangaroo Valley, the last being Jacob Radic and Danny Thomas in 2010. Brynn has been active in Cubs, working on a range of badges and other activities to satisfy the considerable requirements of the Grey Wolf - just in time, with only weeks before his 11th birthday and the cut-off age for the badge.

Cubs is available to girls and boys from 7½ years old, and any youth in the Valley between 10½ and 15 years is welcome to join Scouts. Meetings are at the Kangaroo Valley Public School: for Scouts on Monday nights from 7pm and for Cubs on Tuesday nights from 6.30pm.

If you are interested in joining or assisting as an adult helper please contact Nicholas Carlile on 4446 0591.

Lisa O'Neill

Rare Grey Wolf seen in Kangaroo Valley again!

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In March this year, 1st Kangaroo Valley Cub Scouts welcomed the District Commissioner of the South Coast and Southern Tablelands Scouting, Jenny Pavey. The occasion was the presentation of the Grey Wolf badge to Brynn Carlile, aged 10.

The Grey Wolf is the highest award badge possible for a Cub Scout. Few cubs have achieved this distinction in Kangaroo Valley, the last being Jacob Radic and Danny Thomas in 2010. Brynn has been active in Cubs, working on a range of badges and other activities to satisfy the considerable requirements of the Grey Wolf - just in time, with only weeks before his 11th birthday and the cut-off age for the badge.

Cubs is available to girls and boys from 7½ years old, and any youth in the Valley between 10½ and 15 years is welcome to join Scouts. Meetings are at the Kangaroo Valley Public School: for Scouts on Monday nights from 7pm and for Cubs on Tuesday nights from 6.30pm.

If you are interested in joining or assisting as an adult helper please contact Nicholas Carlile on 4446 0591.

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Lisa O'Neill
Growing interest in small scale farms

The Friendly Inn Garden (FIG) has had a wonderful month of abundance in produce, weeds and good times! As summer slowly begins to wind down, the last little late bloomers are being picked, and the garden is starting to ready itself for a new season of crops. Despite the heat staying with us right through February and into March, the garden still manages to look green and lush.

A recent highlight for FIG members was a tour of beautiful Buena Vista Farm in Gerringong. This farm (http://buenavistafarm.com.au/) is inspirational, and aspirational, for all keen gardeners and small-scale farmers. Its unique location, one of few remaining farms right on the cliffs of Gerringong, offers the most breath-taking views of the ocean while one is knee high in kale, corn or chickens! Almost three years ago Fiona and Adam moved to the farm with the intention of building a small, sustainable operation which would support a young family. They started with laying hens and meat chickens and have gradually added bees, a small number of grass-fed beef, a market garden, a kitchen garden, free range pigs, geese and ducks and a commercial kitchen in which they make a range of fermented foods for sale at the local weekly farmer’s market in Kiama or via Greenbox. They also run cooking
workshops, based around their passion for from-scratch food and wholefood cooking. Adam and Fiona very graciously led us down the garden path and into their wonderful world. They follow the philosophy of well-known small-scale farmer Joel Salatin, owner of Polyface Farm, which is a diversified, grass-based, beyond organic, direct marketing farm. Salatin’s mission is “to develop emotionally, economically, environmentally enhancing agricultural enterprises and facilitate their duplication throughout the world.” Buena Vista Farm has certainly managed to duplicate this mission, and has grown into an incredible self-sustaining paradise. It is a grass based farm where pastured livestock and poultry move frequently to new ‘salad bars’, which offer landscape healing and nutritional superiority. Using nature’s template and mimicking natural patterns is a key principle. Adam and Fiona experiment often with new varieties of vegetables and herbs. Apparently, Adam is better known as the ‘Google Farmer’ as he claims to turn to Google for advice more than any other source. Small-scale farms such as Buena Vista play an increasingly important role in the future sustainability of our planet by contributing to the local food movement (and therefore helping also to fight climate change), maintaining biodiversity and traditional methods. Modern industrial agricultural methods can no longer feed the world, due to the impacts of overlapping environmental and ecological crises linked to land, water and resource availability. In this regard, two of the United Nations’ Millennium Development Goals stand out - namely the first one: “Eradicate extreme poverty and hunger” and the seventh: “Ensure environmental sustainability”. Small-scale farms contribute greatly to food production and also help to preserve local (agro-)biodiversity as well as landscape and cultural heritage.

In Kangaroo Valley there are a number of small scale farms such as Kirsty and Andrew Hambrook’s “Terrewah” that work on similar principles to Buena Vista Farm. We are very lucky to have Kirsty and Andrew as part of FIG, as they share their knowledge, learnings, passion and produce. They play an important role in the local food movement of our beautiful valley. “Terrewah” is also a shining example of the abundance which a small scale farm can produce.

Sara Castillo
Whilst belated, we would like to thank Alison Baker and Paul Williams for organising yet another great Kangaroo Valley Cup at the end of February. It was patronised well and clicked along like clockwork - a result of the great work that Alison and Paul and their helper do each year.

Your club has signed up for the Lions Centenary Program. This provides grants and opportunities to our local projects to be promoted in mainstream media. Your local club needs to identify three projects for consideration which to promote as the best of the three. Your local club would like your feedback about projects that you would like us to continue.

At the recent Regional Youth of the Year Quest, hosted by Tahmoor Lions Club, Daisy Oke-Turner performed well but was not selected to continue to the next level of the quest. As a participant at this level Daisy was a star and made us proud that she was our representative.

Lions foundation ALDAF maintains a growing series of 3D health videos, using beautiful 3D animations and digital storytelling to visually communicate complex information about drugs and alcohol. If anyone in the community wants access to these videos, please let one of us know.

This is a foundation of your local club supports regularly.

At the last meeting of your club we held our elections, and the results are: President - Helen Mairinger; Vice Presidents - Allyssa Smith and Sam Rodden; Treasurer - Jill Turnbull; Secretary and Tail Twister - Jason Horton; Lion Tamer - Howard Carter; Newsletter - Marjorie Wilkie; Youth of the Year - Rob Griffiths; and Medical Centre Manager - Graham Smith.

The club is planning for a busy month with the Pioneer Days and of course Anzac Day, when we are sure that Joan Bray will have some surprises. We would also like to congratulate Joan and the team for their recent wins in some additional grants to make Anzac Day bigger and better each year. Until next time.

Jason Horton

Are you wondering what to read next? There are so many books out there, but often it is hard to know what to choose, so we are often looking for recommendations.

There are at least four book clubs in our valley, and they are now working together to recommend to you some of the titles they have recently enjoyed. Each month one book club will review one or two books their members have liked, and I’m sure over the time we will be able to introduce an interesting variety of titles. Coming up will also be an article telling a little about how book clubs operate.

A First Place, David Malouf 2014

A collection of very readable essays by the man whom many of us recognise more as a poet, this beautifully written books deals with our identity: where we have come from, what makes us the people we are, and most importantly, our relationship with place and the land. He talks of the power of place, of the changes since our early history in the way we regard and respond to this pull, changes that have evolved with the waves of migration and the way we see our place in the wider world. Those changes have been mirrored in our literature, where the early story telling tradition of Patterson and Lawson has moved to poetry that looks inward, that asks questions and stretches our imagination. Malouf makes the country, particularly Brisbane, come alive. This is a book to be savoured.

Those who enjoy this would also like Island Home by Tim Winton. Winton at

his lyrical best!

The Invention of Wings, Sue Monk Kidd 2015

It seems remarkable that the subjects of this historical novel, Sarah and Angelina Grimke, are virtually unheard of today, even in America. This noteworthy novel tells the story of these two sisters, who became infamous in the mid-1800s, not only as leaders of the abolitionist movement in America, but as two of the earliest feminists fighting for the equality of women. Born into a wealthy plantation family in Charleston, both showed a strong sense of justice from an early age, with Sarah refusing the present of a slave, Handful, for her 11th birthday. The story is told from both Sarah and Handful’s point of view, with alternate chapters each providing a different voice for the horrors of slavery in the Deep South at that time. It is Handful’s story that evokes the deeper emotion, but they both are both embroiled in an amazing struggle to flee from their bonds. Handful’s were literal, but Sarah’s societal bonds were equally enslaving. This historical novel deeply probes a most unwelcome chapter in history, and brings to life two remarkable women. Enjoy, and...

Happy reading!

Tales from the bookshelf

My oh my what a whirlwind February was.

School is back, swimming lessons for the children, preschool and playgroup swimming carnivals and the Kangaroo Valley Show, just to name a few activities of the month.

And now its almost Easter! No time to stop and smell the roses for this cat.

But it sure is lovely to hear the voices of the children again as they pass by on their busy way.

So its got me thinking... 2017 Valley Show... hmm...most photographed cat? most patted cat? most relaxed cat? most talked about cat?

Always available for a pat

Skeeter
Is it just me, or do those who are perceived as younger than you automatically become the most annoying people in the world? I’ve just started my second year at university and that means there’s an influx of fresh meat stinking up the walkways. Everything about the first years is coming off as utterly unbearable, and I just want to know: does this happen to everyone or am I just irritable at the moment? The fact of the matter is that this opinion I have of the incoming students at Sydney University is completely unreasonable. First, because I’m the same age as everyone fresh out of high school due to my being a year young for my grade. I was always in the age group below all my friends at sports carnivals and I would always have to compete against the year below. The second reason that my opinion is unjustified is that I chose to be put straight in the middle of this first year manifestation by changing courses and having to do first year subjects, so really I should be stop complaining and just deal with it. But hear me out, everything these tiny people do is annoying. Like someone actually sat next to me the other day in a lecture. There was no seating etiquette that would be acquired over a year of hard yacka at uni. Some little first year thought that it would be ok to sit right beside me, rather than leave at least a one seat space. It’s very frustrating when people don’t know the same thing as you, like when you’re stopped at a traffic light on a steep hill in a manual, and someone (who is obviously unaware of the role gravity plays in cars that aren’t automatic) stops as close as possible behind you thinking it will get them somewhere faster or something! On another note, I somehow found myself in the middle of disease central the other day. Every way I turned there was another first year coughing, sneezing or sniffling; I understand that people get sick, but they need to learn to do it in their own time, and not hinder my attempt at learning. I mean, come on people, it’s common decency! My fellow second year transfer friends are also finding being in first year subjects again a difficult concept. But they’re a bit more mature and actually have legitimate reasons rather than my petty ones. A few of my friends have moved into a 95 ATAR course, which means those who are fresh out of high school are smart cookies. My friends’ negative opinion of first years has been gained from the assumption from lecturers and faculty members that they are now apart of an elite group of students distinguishing themselves above everyone else. Elements of the course are being skipped over due to the perspective “but you already know that”, and while my friends are smart cookies and do understand what’s going on, there’s the common consensus that everyone just needs to take a chill pill and stop being so into themselves. Despite this rant, I’m in love with my new course, and I truly think I’ve found my calling!
The Valley Bushwalkers went away for a few days in March, for the fifth year in a row. This allows us to travel further for our walks and enjoy the social aspects of a great community group.

This year we stayed in four Jenolan bush cottages, just 8km from the caves on top of Five Mile Hill. While the drive down to most of the walks was along a narrow, winding road, we were able to live in the 2,146ha reserve, where birds sang and kangaroos gathered ever hopeful for food—rather like the Valley! The other four cottages were taken by the friendly Sydney Bushwalking Group and they were a mine of information, offering suggestions for the best places to see and suspicions about the government’s plan to sell off Jenolan Caves to foreign buyers. There is quite a lot to do at Jenolan Caves: adventure caving, abseiling, children’s activities, but we chose to complete all the walks available except the Six Foot Track which takes three days. We did do a short section of it, just so that we could say that we had “done it”. Some of the walks are quite short: the Blue Lake Loop, where some of us saw a platypus in the middle of the day, Carlotta Arch Walk and Jenolan River Walk can all be completed in just a couple of hours.

Perhaps our favourite walk was McKeowns Valley Track, named after the escaped convict turned bushranger whose capture led to the discovery of the caves by the early white settlers in the 1830s. This walk began at the Devil’s Coach House and led us to the old playing fields, where a century ago people gathered from the
surrounding area to play cricket. This is the walk as written in the guide books; however, we had the information from the Sydney bushwalkers and so we soldiered on to find the ruins of an old farm house, wondering as we went at the great courage it must have taken for these people to live so far from the ‘civilisation’ of even a village or other settlers; the fact that their solid stone fireplace and chimney remain, with even pieces of their iron bed head and base, show that they took pride in their work and had every intention to make a success of their farming.

On our last night it rained and, as the morning was misty, we gave up the idea of visiting Kanangra Walls on our way home, and so those who could stay went on a tour of the Imperial and Diamond Caves: the number of steps in some of the caves would equal a strenuous bushwalk! The local indigenous people, the Gundungurra, had known about the caves, they called them Bin-ooy-mur, for tens of thousands of years and in fact had carried their ill members to the underground stream as they believed that it had healing powers. I would believe that it does even today, as the subterranean water is clear, quite swiftly flowing and so reflective that what seems to be just three centimetres below the surface is actually a metre. The caves are 340 million years old, and some early sea creature fossils found in the rock suggest that they may be even 430 million years old, thus making them the oldest caves in the world - a great reason to visit.

Lee Sharam

News from CMRI

The Children’s Medical Research Institute has been granted $10 million by the Australian Cancer Research Foundation, to begin an ambitious new Research Project predicted to be a “game changer” for the treatment and diagnosis of cancer patients.

Known as ProCan, the project will analyse the proteins in “all types of cancers” to create a globally available data base akin to the Human Genome Project of the 1990s. Using new technologies known as mass spectrometers, researchers will quantify the different proteins in the tiny samples and map the results against drugs that have proved effective and ineffective for each case. Over the next seven years, 70,000 cancer samples will be analysed, starting with childhood leukaemia.

This study will further the field of Proteomics, or the study of proteins - the structural and functional base of all living cells. In cancer cells, faulty proteins are produced by mutations in the cell’s DNA, allowing the cell to divide and multiply uncontrollably. Many existing cancer drugs can target and break down specific proteins, but the new research will make it possible to predict with increased accuracy the best drug combination for any individual patient. It will personalise the treatment choices. The Kangaroo Valley branch of CMRI is proud to be associated with this innovative program. Our annual fundraiser - we have been hosting it for 30 years - will be the Melbourne Cup Luncheon on 1st November. Thank you to all our dedicated supporters.

Joan Bray
The Galapagos Islands should be a must on everyone’s ‘bucket list’ and, even though we have ticked it off, we would love to return sometime in the next ten years - dare I take life for granted for so long? We arrived in Quito (2850m altitude), the zero degree latitude equatorial capital city of ancient Ecuador, South America. Their famous volcano, Cotopaxi, is the highest active equatorial volcano in the world (4850m asl) and was living up to its reputation, following several recent eruptions and was currently off-limits to tourists until Mother Earth finished expressing herself.

I, my wife Gina and great friends Deb and Rob thought we would holiday together for a second time. Seeing that our friendships survived our last Asian holiday, what better place where we would experience survival and adapting to the environment - maybe we were testing the friendship, too? Now to reach Charles Darwin’s famed islands we flew to the coastal city of Guayaquil (400km) then proceeded to the Galapagos Islands by Baltra (1,400kms). On the mainland fleyer we were in awe at the sight of the smoking Cotopaxi volcano.

Galapagos is the name given to the Ecuadorian islands in reference to the giant tortoises discovered centuries ago - their numbers were cruelly decimated without consideration for their future - but thanks to a remarkable breeding program at Charles Darwin Research Centre there is new hope. ‘Lonesome George’, the famous 150-year-old giant ‘saddle-back’ tortoise, who died in 2012, is the major symbol of the islands. Approaching the Galapagos Islands from the air we spied a canvas of sparkling blue sea which was pock-marked by many extinct volcano craters. There was definitely an absence of green on the Galapagos Islands - their barren wasteland was a little bit different. Our tour guide directed us to a bus, then a boat, to the islands.

Approaching the Galapagos Islands, the reddish-brown grounds give way to the crystal clear shallows amongst the ocean blues with black, red or white sand and volcanic rocks. The spiny cactus, the leafless shrubs and low-level trees looked like the aftermath of a nuclear holocaust but, as barren as it appeared, it provided a sanctuary for the hundreds of thousands of creatures which have evolved to survive on each specific island.

To detail everything we saw would be way too long, so I shall just provide a snapshot.

One of our first islands hosted the famous ‘Magnificent’ and ‘Beautiful’ Frigates. These jet black birds have a wingspan of over a metre, and we experienced them in all their glory, vying for female attention with their enormously overinflated bright red throats puffed up to win a mate. The baby Frigate chicks were also nestled quietly amongst the showy adult males. Blue-Footed Boobies were the other dominant bird species on this island, and quietly strutted their turquoise feet in dances of courtship. This was a rare opportunity to be only a few of metres or so from the fauna, which appeared totally unperturbed by our respectful presence.

Every island also hosts the Galapagos Sea Lion, which is different to a seal in that it has external ears and can also survive on each specific island. On sighting the Land and Marine Iguanas, we felt like we had been time-travelled to a pre-historic era millions of years ago. These docile reptiles bask in the Sun’s rays, sometimes in tight groups, sharing their body heat as they re-charge before feeding or mating - not a bad life if you like very leathery skin. Giant grey pelicans would be seen bombarding the sparkling blue ocean and then resurfacing in triumph with seafood in their bill.

One morning our group arose early for a quick coffee before a volcanic island walk. As we huddled at the rear of the boat we were mesmerised by a dazzling three metre circle of silver, whirling just two metres below us in the water between our zodiac dinghies. It was a frenzied whirlpool of sardines. Suddenly large tuna pounced on the herded sardines for their breakfast and quickly decimated their numbers. The next scene was a perfect example of the survival of the species as the tuna were then ravaged by a pack of Galapagos sharks. Fish heads, scales and blood filled the surface of the churning waters as we looked on in stunned silence, knowing that later in the morning we were to snorkel in the same waters.

Other highlights included snorkelling in the crystal clear shallows amongst the giant green sea turtles. Our experienced tour guide, Mauricio, with his local knowledge, had us plunge into their feeding grounds to witness their beauty and grace. Floating and diving for over an hour, photographing and observing these magnificent ancient creatures peacefully gliding around us as they fed on their favourite sea mosses - what a day!

Finally I must tell you about another snorkel. We jumped into the zodiacs which always took us about 300 metres...
to our spot. That day, within 50 metres of leaving the catamaran, two hammerhead sharks decided to escort us. The eight of us in each dinghy were all thinking the same - no way we’re diving today!

The two hammerheads disappeared about 50 metres from our drop-off point. At the dive spot our tour leader gave us the thumbs-up to back-flip into the clear waters that were brimming with life - too much life! I trusted our guide and so I did as he called, and I was to experience some amazing scenes. The shallows, up to three metres in depth, offered lots of sunlit views of myriads of tropical fish life and plants. In some areas we would literally part the colourful schools of fish with our hands to see further ahead.

Our guide later signalled us to gather above a rock ledge and suggested that those of us who could dive down about three metres should follow him. As I had previous snorkelling experience, I and about two others dived to look under the rock ledge. There we witnessed about 15 two and a half metre white-tipped reef sharks sleeping peacefully on the sandy sea floor. After a short while we re-surfaced and told all the other watching from the surface. Our guide then said now let’s make it interesting and have the cameras ready!

We dived again and watched our guide gently awaken two sharks with the caress of his hands on their tails. This then created a chain reaction awakening all of the sharks, which then gracefully swam out towards us only a metre or so away. The surface snorkelers were in awe, as we were at this unforgettable moment - I have a new respect for the grace and beauty of sharks.

As the sun was setting on another incredible day in the Galapagos, during cocktail hour I quizzed our guide about the ‘friendly’ sharks from our morning dive. Mauricio assured me that he would never dive like that at night as they are nocturnal feeders and may not be so friendly.

I have many more stories of South America which I hope to share in future editions of the Voice - seize the day!

Lance Brown
Gather the family and come along to the open day with live demonstrations at Kangaroo Valley Pioneer Village Museum. This is a great opportunity to see really how the pioneers lived, worked and played in the late 1800s.

The Pioneer Village Museum is a significant resource for all Australians, particularly those in our local region. Through all stages of schooling, the curriculum progressively builds knowledge of built and natural environments, both past and present. An experience at the museum is informative and Pioneer Days is a unique way to learn about and appreciate the lifestyles of days gone by.

Kangaroo Valley is a thriving small community now, but has less than 70% of the population that inhabited this scenic, but hard, land at the turn of the previous century. With dozens of dairies and several butter factories, the strong dairy farming community supported over 11 schools across the greater valley. See first-hand how the milk was milked and the butter was churned and the school lessons were taught at the ‘Pioneer Days’ event. The log cutting demonstration will enable you to reminisce how hard the cedar loggers worked to fell the majestic trees that spotted the valley. See live the massive bulls that make a bullock team and how they were harnessed in the days when they had to drag the cedar logs up the track now known as McPhail’s trail. You can see it all at ‘Pioneer Days’.

For a whole weekend in the middle of the April school holidays, volunteers from near and far will be taking you back in time to experience pioneering Australian lifestyles. Traditional methods of sheep shearing, cow milking, butter churning, wood cutting, leather work, metal forging, candle making and other skills will be demonstrated. The family can all get involved with traditional games for the kids to play - hoopla, hoopla!

Make a day of it with a BBQ lunch, drinks and coffee available, supporting the Kangaroo Valley Lions Club. The picturesque grounds of the museum offer a relaxing and inviting setting to learn about the people who established the village and built Australia that we know today.

Come along on Saturday 16th or Sunday 17th April from 10am to 4pm at Pioneer Village Museum, beside Hampden Bridge in Kangaroo Valley. Entry $5 per adult, children (<12yo) free.

Nicole Poetzl

Above: butter churning
Below right: milking a cow, old school style

petite marie
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The busy start to the year for the Brigade has continued with a total of six call outs since the last issue, though most of them did not require any action by the brigade after investigation.

1st call: structure fire at Irvinies Road, Bellawongarah which prompted a response from three RFS brigades and NSW Fire Rescue. Beaumont brigade was first on scene and able to stand other units down as the small fire was contained to a mattress in a bedroom with minimal damage; however several people were treated for smoke inhalation.

2nd call: fire alarm at Tourist Road Bellawongarah which proved to be a false alarm after investigation of the property. We have had several false alarm call-outs as a result of “cheap over the counter” fire alarms connected to remotely monitored security systems, and this is an issue that will be further investigated by the RFS if it continues.

3rd call: smoke sighting in Bendeela Road; this was also another false alarm as smoke was the result of large paddock burn for which a permit was issued.

4th call: reported MVA on Wattamolla Road with persons trapped proved to be another false alarm after a thorough search of the area by two RFS brigades, two NSW Ambulance units and two NSW Police units. This was due to a mix-up in address location with Wattamolla in Sydney by a 000 operator.

5th call: MVA on Cambewarra Mountain with a rental minivan colliding with the side of the mountain and ending up on its roof. The three occupants were all uninjured, and after clean-up of fuel oil spills we were able to return to station.

6th call: reported oil spill at Barrengarry with nothing found apart from a greasy road after light rain.

Members have also been involved in several large hazard reductions carried out at Yaliwal and Gypsy Point Road, Illaroo assisting other local brigades. These hazard reductions not only do a valuable job of fuel reduction under a controlled low intensity fire, but also provide a valuable learning experience for newer members.

Did you know?
We are still in permit season until 31st March. Please don’t forget to get your permit before you light, with at least 24 hours’ notice given to Shoalhaven Fire Control and neighbours.

Contact one of our Permit Officers with at least 48 hours’ notice for further details if you require a permit:
Neil Breeze (captain): 0427 651 718
Mike Gorman (senior deputy captain): 0447 651 540
Dave Smart: 0467 812 190

After 1st April permits will no longer be required, but you are still requested to contact Shoalhaven Fire Control and neighbours with at least 24 hours’ notice prior to burning.

Guide to action
Autumn is a good opportunity to clean up after the Summer months:
* Cut back trees and shrubs overhanging buildings
* Clean up fallen leaves, twigs and debris around the property
* Ensure that your driveway and access road is accessible for a large fire truck, particularly overhanging branches.

Training and operations
We are back into the regular Wednesday night training sessions now and would like to extend a welcome to Jaxon Boyle who has commenced his Basic Fire-Fighter training this month. Jaxon is only 16, and we would like to encourage any other young interested people to come along also. Alternatively, a number of schools run a cadets program: you can complete your basic fire training there over a week and then can join your local KV brigade to further enhance your skills and be able to attend fires and training.

Dusty Smart

Below left: Training session for new members
Above: Jamie and Mick happy with their work.
I have been persuaded to write something for the Voice on a regular basis. My understanding of my remit is that it’s pretty wide, with the main requirement being that it is interesting to the Voice’s readers, and that what I write will encourage a bit of debate.

The subject matter of this and any future contributions are of my own choosing, although I am always open to any suggestions on what would make an interesting contribution. I will attempt to be as even-handed as possible, but like everyone I have my own biases, so I thought I would get the ball rolling by briefly exploring the concept of truth and reality – something that many philosophers spend their whole life contemplating.

As I move towards the latter years of my life I am finding how elusive it can be to grasp what exactly truth and reality are, and that absolute truth is much less common than might usually be accepted. Science seems to be pointing us in this direction. For example, while I don’t pretend to understand the theories fully, scientists now say that at the quantum level there is a duality between waves and particles, and that Newton’s Laws of Motion do not always apply, and that observation can affect the result of an experiment. The elusiveness of truth and reality probably applies even more in everyday life. Two people can observe exactly the same event and come away with quite a different view of what happened. I have attended many a meeting or lecture and asked another participant what they thought were the key points, and their response has been quite different to what I would have given if I had been asked the same question. We had each acquired our own view on what had been said, what were the critical points being made, and what has taken place. What each of us has perceived in turn becomes our own ‘truth’ so to speak.

It’s easy enough to test this with a couple of friends by asking them what they observed on some particular occasion. They will have quite a different recollection of the event, sometimes almost contradictory. It’s not that either is wrong, or has been dishonest in their description of what has taken place, it’s just that we all see things differently and each of their minds has processed the event in its own way, highlighting different aspects. This is something that the police and courts deal with on a daily basis when eyewitnesses are interviewed or give evidence. This tendency to see things differently is part of the human condition, and it doesn’t really matter in most situations. It is part of the beauty of life and it can even lead to vibrant and entertaining debate on what did and didn’t happen, or what actually is the case. It’s very unfortunate that the increasing pervasiveness of Google, Wikipedia, smart phones and the like is killing far too many of these potentially enjoyable and thought-provoking interactions. I’ve even seen people attempt to use smart phones at trivia nights! We all learn from each other and, as long as we’re willing to listen to each other and present our own views and perceptions in a manner that invites an exchange of ideas, we stand a chance of being far better informed.

All too often conversations now degenerate into “What I say is true and therefore, by definition, what you say is untrue if it differs from my point of view”, and for people to pull out their smart phones to find something on the web to support their position. And we all know how inaccurate the web can be. More often than not there will be some element of truth in what each person puts forward and what can be found on the web. A mutually respectful discourse is far more likely to result in all participants coming away better informed.

I despair that this is sort of thing is occurring far too often in many institutions that are critical to our successful functioning as a society. Politicians seem all too ready to disparage their opponents’ views on how best to move forward, rather than to acknowledge any merit in what the opposition is promoting. I’m aware of universities banning certain people from speaking due to their holding views that don’t accord with those of student representatives, and that this appears to be becoming more common. It almost
happened to Germaine Greer at Cardiff University recently. Some purportedly religious leaders are all too ready to claim they have found the one and only true path to righteousness. Political correctness has become so accepted that it is becoming very difficult to express alternate views.

We seem to have forgotten that there is true joy in learning, and that we do so by listening and thinking rather than by rejecting anything that doesn’t accord with our current perception of truth and reality. And this applies as much to institutions as it does to individuals. But rarely do we witness a public debate that goes beyond “I’m right, therefore you’re wrong”, and quickly degenerates into personal abuse. Maybe this has always been the case. The likes of Galileo and Darwin certainly didn’t have an easy time when they turned the contemporary perception of truth and reality on its head.

However, I wouldn’t be surprised if the lack of real public debate is worse now than it was a few decades ago, let alone centuries ago. I think this tendency towards a winner takes all approach is part of the reason that we are so beset by extremism right around the world.

Indeed I think that a very good definition for an extremist would be “someone who is absolutely convinced they have all the right answers to a particular issue and who refuses to accept there may be alternative viewpoints”, rather than the Macquarie’s very bland definition, which is “someone with a tendency or disposition to go to extremes, especially in political matters”.

We should all be extremely suspicious of anyone who claims to have all the right answers and has nothing more to learn.

What’s your view?
Write to the Voice.
Here is a story of Australian innovation. No it is not about the latest electronics but something much closer to ourselves. It is about our skin. The skin does an amazing job for us, protecting our other organs from damage. In this process it becomes injured and damaged. It has wonderful self-healing properties. As we age it loses its moisturising capacity and elasticity. Our skin also reacts to environmental effects, e.g. sunburn. Medications can also cause skin reactions such as rashes or dryness. Each individual’s skin is different, ranging from oily to dry. It is important to keep it clean. But too many showers a day washes away the body’s natural skin protection, and overuse of soap can lead to excessive dryness and itchiness. There are many skin care creams and lotions available. This is a story of two Australian innovators in the skin care field.

Helen Rubinstein arrived in Australia in 1902. Her milky complexion was much complimented on, and she had no trouble selling the jars of face cream she had brought with her from Poland. She was living in rural Victoria surrounded by sheep. These sheep provided one of the main ingredients for her face cream—lanolin. Lanoline is made from wool fat (from sheep’s wool) and water. Wool fat itself is a very sticky substance which the water addition transforms into a protective and skin softening and moisturising ointment. This is by itself still quite sticky, but when mixed with other ingredients made a face cream which turned Rubinstein into one of the richest women in the world.

We go forward 100 years to meet another innovator in the skin moisturiser field. MooGoo company founder Craig Jones adapted a skin cream used in dairy farms to help a family member with a skin problem. The dairy version of “udder cream”, designed to heal the cow’s udders and keep them in good condition for milking, was full of skin repair ingredients and no unnecessary fillers. Many skin cream products contain paraffin oil, Vaseline (petroleum jelly) and other ingredients which are by-products of the petroleum industry. These can sometimes cause more skin problems. Jones has kept his products fragrance free, pH balanced to match the natural skin pH and paraffin oil free. He found the original udder cream was unpleasantly greasy for human use. So he made a new formula which is light and easily penetrates the skin with healing ingredients and is non-greasy. When he formulated this cream for his mother he had no idea that he was embarking on a very successful business venture.

Skin care creams are viscous semi-solid emulsions (mixtures of water and oils) mixed with active ingredients to apply to the skin for protective, therapeutic and preventative effects. If the balance of water and oil is wrong the product fails. The oil in the cream will deliver oil-soluble ingredients to the skin and the water will deliver water-soluble ingredients to the skin. Making good skin care products is a skill to get the balance of ingredients correct, mixing good quality and non-skin damaging ingredients with purified water and other ingredients to keep the product preserved from contamination. Another important aspect is the ‘feel’ of the final product on the skin.

Craig Jones uses sweet almond oil as a base and other natural ingredients such as olive oil, rice bran oil, aloe vera and milk protein which restores skin elasticity. To keep the product pH correct he uses apple cider vinegar. Sweet almond oil is high in the types of fatty acids needed to soothe the troubled skin. Also, when choosing ingredients he keeps in mind whether they are friendly to the environment. He does not include palm oil in his products which would be a cheaper alternative.

If people have chronic skin problems, steroid creams are used to treat a flare-up. MooGoo have developed another treatment option. They have formulated a cream that is both anti-inflammatory, anti-fungal and wound healing. The product range has been expanded to make a range of skin care products for people of all ages with many different skin problems. All the products are made to use during pregnancy and are safe to use on babies.

Ask Kangaroo Valley Pharmacy for more information.

Jeannette Dumbrell B.Pharm.
Rain, then long periods of heat, plus the skill of the currawongs in breaking through the nets, resulted in a smaller harvest than usual this year, so the picking at Sue and Mark Foster’s Yarrawa Estate was very much a neighbourly affair. Even so, 17 enthusiastic pickers managed to gather two tonnes of the Chambourcin grapes, a French hybrid chosen by Mark for its ability to withstand mildew and which provides an extremely pleasant light red. Although the grapes were fewer in volume, they were probably the sweetest and highest quality the vines have produced. Calls of “more buckets” gathered momentum as the strength of the sun took its toll on the pickers as well as the vines, so we were pleased to finish in record time. The truck rolled up and took the grapes to the Crooked River Winery in the early afternoon, and the very hot and weary pickers were able to relax over a welcome lunch provided by the Fosters.

The harvest at Yarrawa is always a very satisfying day, seeing all those huge bins filling to overflowing with purple abundance. It is always a good time to catch up with old friends, and the chatter and banter amongst the vines is a lot of fun. Yet there is always time to admire the spectacular setting, the green vines stretching down the sloping hills, all in an amphitheatre of craggy escarpments.

Sue and Mark would like to thank everyone who helped pick this year; they are very grateful.
Hot is an understatement - how does the garden cope? As I write this article the BOM is predicting a week of rain and continued unstable weather, but it has been a long time since it feels like we had any significant rain. Certainly a lot of the plants, including the grass, show signs of heat stress in those long dry periods. Well, some of you long-term readers will know what I am about to say about the solution: mulch, and lots of it. Give the garden a good soak then make a mulch layer as thick as your doona. I use reasonably decomposed wood chips. The final goal you are trying to achieve is soil that is high in organic matter, like compost really. This has the benefit of insulation and water carrying capacity. A very familiar trap I see often is people lightly sprinkling sugar cane mulch. This is ineffective and quickly gets blown away in a stiff breeze. Don’t underestimate the importance of mulch in your garden.

Permaculture Principles
#1 Observe and interact
#2 Catch and store energy
#3 Obtain a yield
#4 Apply self-regulation and accept feedback
#5 Use and value renewable resources and values
#6 Produce no waste
#7 Design from patterns to details, and now…
#8 Integrate rather than segregate

Still banging on that drum! Folks, these are practical ways you can run your life, not simple gardening techniques. It’s revolutionary stuff! Integration has been around in the corporate sector for some time, but I will choose to focus on the family structure as an example of our principle. Often individuals fall into specific roles and/or responsibilities in the family unit. This is a form of segregation, and as a consequence tasks and outcomes don’t have a shared meaning. For example, meal times. Children (and adults) who are integrated in the preparing, cooking, dishwashing and cleaning have far greater connection with the task and family unit than those who just sit at the table and wait. In animal systems, how can more animals use the same space? Joel Salatin (YouTube him) does this very effectively with chickens running behind cows. In plant systems this means not just using beds for one crop or one part of the garden for the veg patch - integrate it in all the garden spaces, and let there be space for flowers and foliage, within an integrated garden. Strength comes from diversity. From a design point of view, open living spaces demonstrate how integrating spaces together again allows for greater connectivity. See - integrate, don’t segregate!

In the garden
Well it’s sad to say it, but it is shoulder season, somewhere between a dwindling summer crop and the early stages of a winter crop. Don’t let that hot weather fool you; the plants know we are heading towards a cold winter, they can tell by the fading daylight. So be proactive, get stuck into planting seeds and seedlings. But don’t go overboard, try and space plantings two weeks apart. If you plant the brassicas two weeks apart into May you will have a long productive harvest of good reliable food. The same for the green feast and snow peas, three seeds of each every two weeks and a long lasting crop will follow. As I said at the beginning, plants love organic rich soils, and almost every vegetable grows best in organic, free draining, well aerated soil. So work hard on either building a compost pile or building a compost ecosystem in your garden beds.

Oyster plant
A plant that heralds from ancient Rome, it is a very underutilised attractive plant. It will grow in full sun to part shade and does seem to like being under deciduous trees. I really like the contrast of the dark green glossy sort of spiked soft leaves with the impressive flowered spike. Acanthus Mollis does very well in Kangaroo Valley and grows in one metre clumps; it does prefer moist free draining soil, but I have seen it grow in some pretty bad spots. Snails seem to like attacking the leaves and the seed heads do tend to explode everywhere, so best to dead-head early. It grows easily from any piece of root, and in this manner it can take over the garden if not treated properly. Any shady area in a garden that is harbouring weeds is a good place to put an oyster plant. No more weeds and a lovely plant. Janet and Darren at the nursery stock several types: pop in and have a go.
Ninety per cent of us have social media accounts such as Facebook, but how many of us have planned for what should happen to them after we die? When it comes to shutting down your digital life, it’s important to plan ahead.

What is a digital asset?
A digital asset can be defined as digitally stored content or an online account owned by an individual. This includes files on your computer, email, blogs, photographs stored online, frequent flyer points, online businesses and social media accounts like Twitter and Instagram. For some ‘well connected’ folk the list could be quite a long one.

What is the problem?
If you do not make plans for your online life the consequences could be significant. It might lead to assets of sizeable financial or sentimental value being lost, or handled in an inappropriate way. For example, if loved ones do not know of the existence of an online account it will be lost. If the password is unknown that account could be inaccessible regardless. There is also potential for social media accounts to be treated in a way you would not have wanted. A LinkedIn account left ‘live’ can send updates of your work anniversary to your colleagues after your death.

What is the solution?
Planning ahead and including instructions for digital assets in your Will means you make the decision about what will happen to them after your death. Your assets can be properly distributed and looked after, saving loved ones unnecessary stress. You might have a blog that generates income or an online business that you would like to pass on to a relative or friend; with a good plan in place this is possible. You can make sure treasured family photographs are accessible and available for generations to come.

How do I do it?
A professional Will maker such as NSW Trustee & Guardian can ensure your Will is legally valid and guide you through the process of planning for your digital assets. There is a lot to consider, different online accounts contain various terms and conditions about what happens to the account when you die for example, with Facebook you can have your profile turned into a memorial, deleted, or have the contents downloaded and then deleted. Some platforms allow you to set up a delegated user or legacy contact prior to your death (as is the case for Facebook).

There are risks in simply handing over your passwords. This is not recommended. If you would like your social media accounts deleted after death you need to make sure your executor is given the right information to make this happen. Do they know all the accounts you have? Do they know how to contact the relevant social media platform and what that platform’s policy for account deletion or access is? It is an area that relies on the terms and conditions of the company involved – there is no uniformity, little legislation and it is not an area that has been widely tested in court at this stage, so it is worth talking to legal experts.

You can order your free copy of Guide to a social media afterlife from NSW Trustee & Guardian by emailing tagenquiries@tag.nsw.gov.au or call 02 9240 0775.

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**FRI 29TH**
**KARAOKE**

**SAT 30TH**
**The Lazy Men**
This year at our astronomy group meetings we are studying the solar system in greater detail, so this month I will continue the theme with Venus.

Well known to us as either the Morning Star or the Evening Star, at its greatest elongation from the Sun of 45°, Venus can be visible up to three hours before dawn or three hours after sunset. By far the brightest of the planets, Venus can sometimes be picked up with the unaided eye before sunset, but in full darkness it shines brilliantly at magnitude -3.8. The brightest star Sirius only achieves mag. -1.4. After dark it is possible for Venus to cast a shadow. As it follows an inferior orbit Venus exhibits phases as the Earth-Sun-Venus angles change. These were first discovered telescopically by Galileo Galilei. Venus, the second planet from the Sun, is in many ways similar to the Earth. At a diameter of 12,104 km compared to Earth’s 12,756 km, Venus has been called Earth’s sister planet and Venus looks like the Earth’s twin. The two planets have almost the same mass, diameter, average density and surface gravity. There are also some similarities in geological formation, but here the comparisons fall away. Venus is closer to the Sun than the Earth and is exposed to more intense sunlight. This has helped turn this potentially Earth-like planet into a world that is utterly hostile to living organisms, with a constant surface temperature of 480°C, an almost complete lack of water, and a crushing thick atmosphere reaching a pressure at ground level that is 90 times that of the Earth at sea level. Venus is covered in a perpetual blanket of cloud, yet some of the visible sunlight penetrates and heats the surface, which emits radiation. This radiation is absorbed by the CO2 in the atmosphere, which in turn reheat the surface of the planet. At this distance from the Sun, without the runaway greenhouse effect, Venus’ surface temperature should be around 100°C, the boiling point of water. In actuality Venus has reached atmospheric equilibrium with the amount of solar energy penetrating to the planet balanced by any leaking from the upper atmosphere. The cloud blanket is so effective that the ‘daytime’ temperature of 480°C shows no variation through the long 112 (Earth days) of Venus’ night.

Venus is often described as being shrouded in clouds of sulphuric acid, but the actual proportion is probably about 1% of the atmosphere. Spacecraft measurements show that sulphur, which is not found in any appreciable amount in our atmosphere, plays an important role in the Venusian atmosphere. While the Earth’s clouds are composed of water droplets, Venusian clouds contain almost no water. Thanks to the high temperatures these droplets never rain down on the planet’s surface; they mostly evaporate at high altitude. Sulphur combines with other elements to form gases such as such as sulphur dioxide and hydrogen sulphide, along with sulphuric acid. The sulphuric acid in Venus’ atmosphere makes the clouds a cauldron of chemical reactions hostile to metals and other solids, consisting of CO2 94% and nitrogen 4%.

Illuminated by sunlight which reflects off the high clouds into space, Venus’ nature eluded scientific analysis of any type until the 1960s. The cloud cover itself has an albedo, or reflectivity, of 72%, (compared to Mercury at 7% which is about the same as our Moon). Unknown until technology allowed for ground-based radar measurements were its true rotation period, its terrain, or the presence of any water etc. As with Mercury, advances in radio wave detection and radar techniques during this decade allowed us to penetrate the clouds and reveal some of what lay beneath. With modern radar technology, carried by spacecraft in orbit around Venus, scientists have mapped the surface to a high degree of accuracy. Venus has mountains, craters, valleys and plains on one solid crust unlike the Earth. Venus may have had global lava flows as recently as half a billion years ago, and there may still be a few somewhat active volcanoes emitting sulphur dioxide fumes.

Venus orbits around the Sun once in 224.7 days at a speed of 35 km/sec. Orbiting at a distance of 108,290,000 km from the Sun, the elliptical eccentricity of its orbit is negligible at 0.007 (71/1,000ths)! Another interesting fact is that it rotates backward! Seen from well above, the planets appear to orbit the Sun as well as rotate counter-clockwise. There are one or two exceptions, notably Venus

Gemma Preston
Gemma grew up in the Valley, the second daughter of Mary and Bruce, and sister to Simone and Richard. She has been a registered paediatric nurse for 13 years and currently works in the area of adolescents, but often team-leads a 40 bed paediatric unit at Canberra Hospital. Gemma says she loves her job and the children she cares for.

“I am the mother of two awesome girls, five and three years. I was lucky enough to meet their wonderful dad 14 years ago in England while I was travelling. Gemma hopes to move from Canberra to a small town “much like the sleepy town of Kangaroo Valley to raise our children”.

Freya Bundy
Freya grew up in the upper reaches of Gerringong Creek, a most beautiful part of the Valley, and is the daughter of Janet Bundey and Les Mitchell. Her parents are committed and engaged in the community so it is no surprise that she has followed their example.

Freya wrote to me from Darwin:

“Right now, I run the SHAK youth centre, a free sport and rec centre for teenagers in Darwin. I fell into the job by accident, having moved to the NT with a degree in politics and history and with work experience made up almost entirely of student activism... but I love it! I get to work with incredibly resilient young people from across the NT, as well as a great community of youth and community workers, teachers, artists, musos, circus trainers, carpenters... I really miss the inner west and the swimmable beaches of Sydney, I miss the Valley, and I look forward to moving back with my partner in the not too distant future. But I’m glad I made the move. I’m loving the Darwin people, our lovely tropo elevated share-house, the off track hikes through Kakadu, the daily sunsets over the ocean and even the crazy weather (the amazing storms make up for the unbearable heat). The poverty and racism in the NT can make Darwin a really hard place to live, but it’s a reality that I’m glad I’ve seen. It’s also a reality that’s not limited to the NT and it’s one that all of us can be a part of changing.”

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Chilean jasmine (*Mandevilla laxa*)
This attractive vigorous climber is a garden escapee and environmental weed. It has established in some forest areas of the Upper Kangaroo River and can smother the native hosts. Adventitious trailing ancillary stems spread through the forest in search of new hosts. New roots appear at the nodes of these stems whenever there is contact with the soil.
Chilean Jasmine has opposite leaves and a milky sap. The stems are woody towards the base and established vines have a lignotuber just at or below the soil. During summer the vine has showy terminal white flowers and the seeds are in long pendulous bean-like pods, as shown in the photograph. When the pods open, the dried seeds with a fluffy appendage are spread by wind. New plants germinate in favourable light and moist areas generally on the margins of the forest. The plants can defoliate during heavy frosts, but survive and thrive with new foliage in Spring. There are many hybrids of this climber available in nurseries, and the reproductive potential of these is unknown at this stage. The red flowering variety has not been seen colonising locally.

**Eradication**
It is best to dig up new plants, making sure to remove the lignotuber and any trailing stems with roots. The ‘cut and paint’ method of herbicide (approx 50% glyphosate) application can also be used, making sure to cut into the lignotuber to apply the herbicide. All rooted ancillary stems need to be removed or treated. For well established infestations, an integrated program combining the above methods with follow-up spot spraying of a selective brush killer may be required to eradicate the infestation.

The Upper Kangaroo Valley Landcare Group has been active in the control of Chilean jasmine infestations in the Upper River area. During 2014 we applied to Local Land Services for funding to control this newly recognised environmental weed in our area. In February 2015 we were allocated a grant of $5390 to employ a contractor to do the primary target weeding of the dense infestation covering approx 1ha of rainforest. Our group is committed to a $1000 in-kind contribution towards this work. Our volunteers have been involved in removing seedlings and treating the woody lignotubers, which in many places have regenerated new shoots. The extensive work is ongoing, and we hope you will find a substitute plant if you want a flowering vine for your garden.

Our weed control list is expanding and we welcome any volunteers who would like to assist a happy bunch of ‘local biodiversity protectors’. Please phone me on 0466 065 768 if you can join us.

Belinda Stewart
The year of the pulse

by Dr Rosemary Stanton, OAM

The United Nations has declared 2016 as ‘The Year of the Pulse’. They’re not referring to hearbeats here but to the pulses that are often called legumes - dried beans and peas.

The UN is promoting legumes partly because they’re so nutritious. They’re also fairly easy and economical to grow in many areas of the world. They don’t need refrigeration and they’re cheap. With the exception of breast milk, I don’t like to give any single food a prize for its nutritional virtues because a varied diet is ideal. But if I had to award a prize for the second most perfect human food, the chick pea would certainly make my short list. Chickpeas are easily made into hummus (to cooked or drained canned chickpeas, add garlic, lemon juice, a little tahini and olive oil). Cooked chickpeas are also great tossed with spices and roasted to make ‘chick nuts’. Or pop them into soups, salads or casseroles.

There is no doubt about the nutritional superiority of all legumes. They’re excellent sources of protein, dietary fibre, iron, zinc, many vitamins of the B complex and vitamin E. If you were stuck on a desert island with some chickpeas, sprout them for vitamin C. Leave the sprouts to grow and you’d have beta carotene which your body could convert into vitamin A. The only nutrient missing is B12. Useful forms of it come only in animal foods.

To add to their virtues, legumes are excellent sources of energy-rich complex carbohydrates. These are absorbed slowly and help even out fluctuations in blood sugar levels, making legumes particularly useful for people with diabetes.

With the exception of soy beans, most legumes have little fat, but what they do have is the ‘good’ unsaturated kind. The only disadvantage is that many legumes can’t be prepared quickly, but even that disappears if you use canned legumes.

Some people reject them because they cause ‘wind’ - a view I hope people reject after my column last month. That’s a social problem, not a medical one. While we’re on the topic of wind, it’s worth noting that some of these comes from the dietary fibre and some because legumes contain some complex sugars that aren’t digested by the usual enzymes in the small intestine. Instead they pass to the large intestine where they are broken down by ‘good’ bacteria.

These complex sugars therefore serve a worthy purpose but if you want to reduce them, simply soak dry legumes and some of the sugars will dissolve into the soaking water. Discard that and cook them in fresh water.

Which legume?

Aduki beans - reddish coloured beans. Popular in China and Japan.
Black beans - small kidney shaped. Popular in South America.
Black-eyed beans - small white kidney shaped with a black spot and a thin skin so they cook quickly without soaking. Popular in Greece, India and the Middle East.
Borlotti beans (also called Roman, cranberry, saluggia, roseococ) – plump beige or brown and speckled. Popular in Italy.

Butter beans - a large white bean from Peru or a smaller one from Mexico. Popular with corn in South America.
Cannellini beans - oval, white bans of the haricot family, first cultivated in Argentina. Popular in Mediterranean countries.
Chickpeas - also known as garbanzos, light brown, nutty flavoured. Popular in Middle Eastern countries, Spain, Greece, Italy, Asia, India, North Africa.
Fava beans - the term used for dried broad beans. Popular in Europe, the Middle East, Egypt and India.
Ful medames - small round brown beans. Popular in Egypt.
Haricot - the bean used for canned baked beans, also called navy beans. Popular in Middle Eastern and Mediterranean when cooked from their dry state.
Kidney beans - usually red, but may be brown, black or white. Originally from the West Indies and popular in South America.
Lentils - dried peas, originated in Syria. Popular in India the Middle East and Eastern Europe. Delicious green/blue lentils now grown in Australia.
Lima beans - larger variety of the butter bean, originally from Peru.
Lupins - large bean now specially bred to have low quantities of dangerous alkaloids. Grown in Western Australia and can be made into a gluten-free flour.
Marrow beans - large white beans, cooked and pureed and widely used in Greece.
Mung beans - tiny green beans often ground into flour or sprouted. Popular throughout Asia.
Peas, dried - available as blue peas or split green or yellow varieties. Popular in Middle Eastern countries, India, China and Europe.
Pigeon peas - usually grey and native to Africa, they’re also known as red gram, congo peas or arhar. Can be eaten raw but are mostly dried and split and used in many parts of Africa.
Pinto beans - deep pink, kidney shaped beans, popular in the Southern United States.

Soy beans - small light brown bean from China now used to make tofu, soy protein, milk, sauce, flour and oil or fermented to tempeh.

For any food to get my approval, it must meet three criteria: it must taste good; be good for you; and create minimal environmental damage in its growth and preparation. Legumes get a tick, especially chickpeas.
ANZAC Day this year is Monday 25th April. We are hoping most families will be able to attend and be part of the march and service, and the family day and award ceremony afterwards.

The posters and essays for the competition will be collected from the school before break-up day and judged by various people in the community. The Ode and ‘Sir’ poem will be recited by sixth class pupils; three school leaders will be flag bearers, while others will assist with the distribution of hand waver flags, programs and rosemary, and also the wreath laying ceremony. The school students play an important role in ANZAC Day and the choir is always a moving highlight.

The march commences at 10am from Osborne Park, and if you are planning to be part of that please arrive 30 minutes beforehand. Capt. Ken Macaulay-Black will lead the march, and we shall be joined by a small contingent from HMAS Albatross and their catafalque party. Tim Stapleton looks after the flag at the Memorial, and sprigs of rosemary and programs will be available at the Memorial and Osborne Park. The march and service duration is one hour and the road will be closed either end from 9.50 to 11.10am. The parade will march back to Osborne Park after the service.

Shop owners always observe this period and do not officially open until after the ceremony, though some will set up beforehand.

The Lions Club will be organising their usual sausage sizzle and children will receive free drinks.

The service will be compered by Derek Lucas and the ministers of religion will be part of the special prayers. Lance Brown and Nigel Anderson ensure the music is on cue and Gayle and Allan Harvey take care of the wreaths. The bugler will be Mike Hammond, the vocalists Vicki Barger and Paul Smith and the guest speaker Capt. Macaulay-Black.

We are hoping the weather will be kind so the flyover will be possible. It’s always an impressive display of airmanship.

If you would like to lay a wreath as part of the ceremony, you are very welcome to do so. Please have these booked in with Gayle and Alan, by 9.30am Monday: then they can be called in order and that part of the program will run smoothly.

The Rural Fire Service, Police and Ambulance will be attendance, and there will be a VMS set up at the Bomaderry turn-off and also one at Fitzroy Falls, to advise motorists of the short road closure.

Jacqui Lenz will arrange for the Hall to stay open so parents and friends can admire the children’s creative work, and of course there will be great excitement to see who has won the prizes. All of these have been donated by various tourist venues so they are usually something that all the family can share with the lucky winners.

The annual award of the James Bray Memorial Shield will be made at the end of the service.

Thanks to the Valley Voice for the unfailing support in the promotion of ANZAC Day in the Valley. I do hope you will attend. If you have any questions, please contact me on 4465 1851, 0401 211 595 or joanbray@bigpond.com.

Joan Bray

Planning on attending the ANZAC Day Service?
Please send your photos and stories to The Voice at thevoice@kangaroovalley.nsw.au
## Kangaroo Valley ANZAC Order of the Day

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>0800</td>
<td>Australian Flag raised and then lowered to HALF MAST</td>
</tr>
<tr>
<td>0900</td>
<td>Parking restrictions enforced</td>
</tr>
<tr>
<td>0900</td>
<td>Barriers picked up from Showground and placed in position ready to erect</td>
</tr>
<tr>
<td>0900</td>
<td>Chairs to Cenotaph and PO veranda</td>
</tr>
<tr>
<td>0900</td>
<td>PA system erected</td>
</tr>
<tr>
<td>0930</td>
<td>Wreaths booked in at the Memorial and placed in same order as the list for MC</td>
</tr>
<tr>
<td>0930</td>
<td>PA system tested</td>
</tr>
<tr>
<td>0930</td>
<td>Rosemary, programs, hand waver, flags handed out at Memorial and park</td>
</tr>
<tr>
<td>0940</td>
<td>Traffic slowed</td>
</tr>
<tr>
<td>0950</td>
<td>Barriers erected at school entrance and eastern gate of show ground</td>
</tr>
<tr>
<td>0950</td>
<td>Chairs out</td>
</tr>
<tr>
<td>0951</td>
<td>Parade Commander forms up march Incidental music played</td>
</tr>
<tr>
<td>0958</td>
<td>List of wreaths handed to MC</td>
</tr>
<tr>
<td>1000</td>
<td>‘Parade quick march’ – “Colonel Bogey” - “Waltzing Matilda”</td>
</tr>
<tr>
<td>1005</td>
<td>‘Parade halt. Left turn’</td>
</tr>
<tr>
<td>1015</td>
<td>Commemorative address</td>
</tr>
<tr>
<td>1015</td>
<td>Appropriate music</td>
</tr>
<tr>
<td>1015</td>
<td>Prayer: Commemoration of the Fallen</td>
</tr>
<tr>
<td>1015</td>
<td>Wreath laying ‘Parade right turn’ – ‘Catafalque party present arms’</td>
</tr>
<tr>
<td>1015</td>
<td>Trumpet sound of Last Post --Flag</td>
</tr>
<tr>
<td>1015</td>
<td></td>
</tr>
<tr>
<td>1030</td>
<td></td>
</tr>
<tr>
<td>1110</td>
<td></td>
</tr>
</tbody>
</table>

**Music and Ceremonies**

- **Catafalque party shoulder arms**
- **The Ode**
- **One minute’s silence**
- **‘Parade about turn’ - ‘Catafalque party present arms’**
- **Trumpet sounds Reveille---Flag raised**
- **‘Catafalque party shoulder arms’**
- **‘Parade right turn’**
- **Hymn: “Abide with me”**
- **Poem: “Sir”**
- **Song by school children” Lest We Forget and ‘In Flanders Field’**
- **Poem by Olivia Mairinger**
- **‘Catafalque party present arms’**
- **Anthem, “Advance Australia Fair”**
- **Flag lowered to half mast**
- **Catafalque party lead march back to Osborne Park—“Waltzing Matilda”**
- **Barriers removed and traffic flow resumed.**
- **Fly over - either at end of proceedings or at end of wreath laying and before the Ode and minute’s silence.**

---

NEW VOICE PHONE NUMBER 0429 594 659
Kangaroo Valley Golf Club

It was a great morning for golf on Saturday 20\textsuperscript{th} February, but only four people turned up to play as we had been previously informed that virtually all the carts had been booked by a large social group. Needless to say we did not run a comp. due to shortage of carts. On Saturday 27\textsuperscript{th} February we had enough starters for our monthly Stroke and Medal Competitions despite the threatening rain. By the time we were ready to tee off light rain had started, but we decided to tough it out. As the rain got heavier our grips, gloves and clothing, as well as the course, became wet. Our scores reflected the very difficult playing conditions. Allan Harvey won the Medal and Stroke comp with a net 76. Gordon Thomson was second with a net 77 and Michael Oliver third with a net 80. We had a good roll-up for the Stableford comp. on Saturday 5\textsuperscript{th} March and the weather was much better. Chris Gane won with 35 points and Allan was in the placings again, beating Gordon Thomson, on a countback, to take second spot. Both had 34 points.

It was another good day for golf on Saturday 12\textsuperscript{th} March, and due to the numbers we were able to hold both a Ladies’ and Men’s Par competition. Suzanne Greer had a comfortable win in the Ladies’ comp with a score of +1. Rachel Underdown finished second, beating Joan Edwards on a countback as they both had a score of -2. Michael Oliver had a good win in the Men’s comp with a score of +1. Gordon Thomson was second with -1 and a visitor, Sandy Sterrantino, third with -2.

I hope you all had a good Easter.

Until next time,

\textit{Seventy Plus}
The Sports Report

Bowls
The period covered by this report is from 15 February 2016 to 18 March 2016.

Pennants.
Berry is represented in Grade 2 and Grade 6 in the district competition.
Kangaroo Valley is represented by Adam Rigney in the twos, Bob Holdaway, Bob Dunn, Barry Dunn, Phil Chittick, Geoff Liddbetter and Rob Folkard in the sixes.
At the end of Round 3 the twos were in second place and the sixes in third.
The Grade 2 side has two victories, and in the match against Milton Ulladulla gained an eight-pin lead on one of the ends contested.
The Grade 6 A side, whilst having keenly contested with somewhat close scores, have only recorded the one win to this date.

Social play.
During the reporting period the social games deserving mention were:
Lindsay McNamara, Brian Povey and Barry Dunn being tied with Keith Davidson, Marlon Rea and Bob Holdaway at end 14, found their opponents in a scoring frenzy from that point until end of game.
John Payne and Peter Delamont had a hard fought victory over Bob Dunn and Terry Hayes.
Bob Holdaway and Barry Dunn found themselves equal with David Armstrong and Nick Nicholls at end 18, but good bowling by Bob and Barry saw them take the match out.
In the evening play on Thursday 18th, Irene Dunn, David Lambert and Barry Dunn were the victors.

The predicted and resulting temperature, there was a good attendance on Wednesday 24th.
On margin the best match saw Nathan Bezant and Bob Holdaway overpowered by John Payne and Phil Chittick.
Mick Vassallo and Barry Dunn could not handle the bowling of David Lambert and Derek Raymond.
It would be interesting to know how many kilos were lost by those who stuck the heat out on Wednesday 2nd March.
Very competitive games saw Brian Povey and Terry Hayes against Harry Harrop and David Badger, who lasted to win by one shot.
Brian and Terry restricted their scoring to eight ends but, as the final result shows, they had some high-counting ends.
Peter Haddon and David Armstrong jumped away to an 11 shot lead by end four but then found themselves stuck on this score for nine ends, and despite a small revival could not overtake Bob Dunn and Tony Pye.
The triples match of the day saw Marlon Rea, Ken Stephens and Laurie Watson unable to catch David Lambert, Rob Folkard and Derek Raymond despite a late game revival by them.
In the other pairs matches Lindsay McNamara and Russell Tulloch could not hold back Barry Dunn and Tony Pye.
The triples match of the day saw Marlon Rea, Ken Stephens and Laurie Watson unable to catch David Lambert, Rob Folkard and Derek Raymond despite a late game revival by them.
In the other pairs matches Lindsay McNamara and Russell Tulloch could not hold back Barry Dunn and Tony Pye.

Bookings for social bowls for Wednesday and Saturday play should be made by noon on day of play on telephone 0488 729 229.
Enjoy your bowls,
The Bias One
Funding secured for War Memorial refurbishment

Continued from page 3

He advised it should include cleaning the points on the eight pillars that border the centre column, re-grout the gaps in the memorial, cut and remove the existing concrete floor, and replace it to the current standard.

It was known that grants for the upkeep of memorials were available from both the Federal Government under the Saluting Their Service Program, and from the NSW Government’s Community War Memorials Fund. Applications to both governments were submitted in September last year, and advice was received in early March this year that both applications had been successful. A total of $9,500 has been granted - the maximum amount of $4,000 from the Federal Government, and $5,500 from the State Government, and this should meet the cost of the refurbishment.

As Anzac Day is rapidly approaching, it has been decided not to commence the work until after that date, so as to avoid any risk of the memorial being under repair on such a significant day.

The committee would like to thank Nowra Memorials for holding open their quote during the lengthy period it has taken to secure the funding. We would also like to acknowledge all those organisations that supported the applications as well as the State and Federal Governments for their grant.

Simon Harrington

ANZAC Facts
Did you know...
25 April, was officially named ANZAC Day in 1916

ANZAC Facts
Did you know...
The term ANZAC is protected under Australian law.

ANZAC Facts
Did you know...
The first dawn service on an ANZAC Day was in 1923.

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Principal
Patrick Tyman
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Jacqui Crapp
Assistant Manager/Sales
Sandra Knight

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Ph: 0429 104 011
Ph: 0412 698 135
Is now a good time to sell your property?
There are pros and cons to selling in the current market. Choosing a good time to sell needs to be based on the right data.

News of a slower Sydney market has made a lot of people cautious about selling their home. Despite the softer Sydney market, demand for properties here in the Valley remains very strong. Strong demand from local and Sydney buyers, combined with fewer properties on the market at the moment, is achieving fantastic results for vendors.

The median price for houses in the Valley has increased around 11% this year. However, I expect price growth to start to slow later in the year as the impact of lower Sydney prices flows through.

Because everyone is cautious, there are fewer houses for sale in the area. The advantage of selling your home when there are fewer properties on offer is that, with the right pricing strategy, you often get two or more buyers interested. The competition between buyers generally gets a higher price.

Last week, for example, I sold a 102 acre property on Mt Scanzi Road for very close to its listed price. The reason? The price was right and, with a competitively priced property, I was able to get a number of buyers interested and a great result.

In past years, Autumn has been one of the strongest selling periods in the Valley. If you want to beat the inevitable slowing of the market later in the year, I believe that now is a good time to sell.

Graeme Smith

The ninth annual KV swim night was as warm a night as we would ever hope to have, with 27 teams ranging in age from seven to 78 years, and a fabulous turn out from the whole KV community. Whether your team just came together on the night, or you have been together for some time, many of the same names keep appearing year after year.

The enthusiasm of KV school kids is always a thrill, and this year I was also impressed with the large numbers of high school and uni swimmers. I think they have it on their radars that this is what you do on the last Tuesday night of February. When I look back on previous years, I notice that this year’s nearly fastest team of the Rubber Duckies (Rueben, Oliver, Charlie and Zane) have been competitors most years, and I’m picking them for fastest team next year. Another highlight is the number of more senior swimmers. The oldest team prize going to Grey Matter (Ron, Garth, Peter and Neville) who tell me they are looking forward to their age totalling 300 in a few more years. The Domestic Goddesses in their ninth appearance are another constant. The Roaring 40s (Frank, Ian, Mark and Robert), taking out fastest time, are also no youngsters. Last year we had to keep Ian involved and up to speed with FB postings, so this year he has paid us back with the most fabulous YouTube video of the night which says it all: https://www.facebook.com/Kangaroo-Valley-Swimming-Cup-1539528126377068/?ref=hl.

The pool is now managed by Shoalhaven Council, so thanks to their Aquatics Manager for assistance in running this annual event. Thanks also to the ever-present Lions Club for their support and sausage sizzle, raising a total of $500 on the night.

First prize went to Pirate Pete and his Pretty Posse - Pete, Janelle, Ali and Jeff. Second to Budgie Smugglers - Bob, Ian Jeremy and John. Third to Blue Phoenix - Paige, Emily, Olivia and Mayan. This year we ran this event without a major sponsor, but the businesses who happily help us with money and prizes every year have done so yet again.

Thanks to:

The Heavens Mountain escape
KV Electrical
AquaService
KV Pharmacy
Homelea Cottage
Banksia Park

Our helpers were superb again this year: Sharon, Fi, Vicki, Serge, Cooch, Wendy, Trish, Dave, Sharon, Chris, Jim and Andrew.

See you all again next year when we’ll celebrate 1ten years of fun, friendship and fitness in an attempt to win the fabulous KV Swim cup.

Alison Baker and Paul Williams

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(*Subscription to the Voice is available at a cost of $25 per year)
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On Thursday March 10 the Retired KVers group (for anyone over 55) met at the Church of the Good Shepherd hall for a free light lunch and an enjoyable showcase of Kangaroo Valley history.

The presentation was given by the charismatic Garth Chittick, along with thorough researcher Peter Dumbrell. About 40 people were in attendance to see pictures and video of past KV events such as Valley Shows from the 1950s, open days at the school from the '70s, fascinating footage of the main street in KV in the mid-20th century, and past KV personalities.

It was also a welcome opportunity to catch up and enjoy each other’s company. We will be holding another ‘Retired Kvers’ activity in a couple of months’ time - details will be in upcoming editions of the Voice. All are welcome! Please speak to Christine Windfield on 0402 902 068 or Andrew Paterson on 0410 760 271 for more information.

Andrew Paterson

Retired KVers listening to KV’s past

The charismatic Garth Chittick presenting KV history

Peter Dumbrell giving presentation of KV history

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Chris Pryor
Many know Chris through her involvement with the Friends of the Brush-Tailed Rock-Wallaby, and more recently as the writer of “Vox Pop” in the Voice, but Chris has been involved in many other activities in the almost 20 years she has been here.

Born in working class London, with its cobbles and washing strung across the streets, in scenes straight out of the early series of “Call the Midwife”, Chris discovered a different world when she moved with her family to Bermuda at the age of 15. “The sun shone on me and I never wanted to live in the UK again.” She did, however, go back for training, fell into IT and became a programmer and project manager. But the smog, rain and dust became too much so she moved to Wellington, NZ, where she found space and clean air but not the ideal climate.

That she found in Sydney, where she married Mike. Eventually Mike’s job with British Airways did take them back to the UK for a few years, but when that job ended they decided to get out of their not very warm winter and move back to Australia. They were familiar with the South Coast, having owned a block in Tomerong previously, so when they found an ideal property in Kangaroo Valley they fell in love with it. “Coming from working class London to Kangaroo Valley is a bit of a miracle really.” Paradise actually, as the property was named Paradise Gully, but that name didn’t appeal, even though it is the name of the gully that runs up Nugents Creek, so after much research Chris renamed it Alcheringa, which in the Aranda language means ‘place of dreaming’.

“For us, dropping out of big cities, it really was a place of dreaming.” For about five years they ran a B&B. “We were giving people a wonderful weekend away and doing weddings, which are happy times, so we were surrounded by happy people and that made a big difference from working in offices, where at least half the people are not happy.” They never had time to sit and enjoy the amazing view, as they were also busy looking after their “lovely” belted Galloways.

They finally sold Alcheringa and eventually bought a property on Tallowa Dam Road, with 300 acres next door they could lease for their cattle. Chris is now on her own and, having sold the cattle, happily working part-time.

“WIERs, the Environment Group, working for Responsible Pet Ownership, yoga and “an amazing book club, a monthly get together of minds” keep her really busy, but she still has time for her main passion, Friends of the Brush-Tailed Rock Wallaby, of which she is currently President. “This is a new passion, but not a new interest, being a biologist and always interested in animals and animal behaviour, even as a kid when watching ants and grasshoppers. I would watch a trail of ants for hours. Coming to Kangaroo Valley has somehow pulled all this together.

“Here we are so fortunate to have an iconic animal living amongst us. They aren’t hopping down our main street, which is one of our challenges, because it’s hard for people to experience them. You don’t see them, as they are very small and live on the edge of the escarpment, on cliff faces and rock piles; not like the larger red-necked wallabies and swampies which people often mistake for rock wallabies, but which prefer the gullies and forests. Sadly, we haven’t yet come to grips with the identification issue. So people don’t really see the problem.

What is the problem? In NSW they are endangered; the numbers were sent crashing about 100 years ago when they were thought, like kangaroos, to be a pest and the government put a bounty on them. When Friends was formed 21 years ago there were only about ten animals in the Valley; now there are 30 or so, so it is a very slow recovery.

“We have the southernmost population in NSW, which is why our BRWs are important, because they have different genetics. We feel it is very important to keep them going to preserve that genetic diversity. It is the vision for the Friends that the rock wallaby will thrive in a healthy, bio-diverse Australia. This country currently has the worst extinction rate of species in the world. That is a real challenge. I’d like the community to pick up the idea that everyone here somehow needs to help save these animals. They really are on the brink of extinction. It wouldn’t take much for their key predator, the fox, to wipe them out.”

Friends, by fundraising and community awareness programs, works closely with National Parks, who do all the on ground work, and with very supportive landholders. They have a strong fox control program, with baiting and shooting. It is clear that without this program these animals would not be here today. “I can’t say that at any point the work is done because foxes breed up just like rock wallabies. The time they are vulnerable is when they are first out of the pouch, when Mum has to hide them to go and forage. It only needs one fox or wild dog, or even a cat, to mean a colony loses all its joeys. That is our battle.”

Friends is hoping for a biological solution to the control of foxes to be found, as “We can’t keep doing this work forever. My appeal to everyone who is reading this article is please find a way you can help us. There’s already an amazing amount of support, but I’d like everyone to pick up the idea that they can help ensure the wallabies are still around in ten years. To think, yes, I can join the Friends, I can adopt a wallaby. Who hasn’t got an overseas friend they could send an adoption to who would be just delighted to have a rock wallaby, with information about the rock wallaby over the years. If they were an ex-pat, it would give them a link back to Australia. People can help with ideas, with media, with marketing, in so many different ways and by informing Friends if they see a fox. If everyone could take on ownership of the challenge it would make a huge difference.”

Chris’ latest project is penning the Vox Pop column for the Voice, enjoying talking to a mix of locals and visitors, and has had some positive feedback. It is all part of her enjoyment of the Valley. “I can’t see myself ever living outside the Valley. When I came here I felt I was coming home and I quickly felt the embrace of the community. I can’t imagine I’d live anywhere else.”

 Jenelle Brangwin
Birthday celebrations for Derek ‘The Great’ Lucas

Derek ‘The Great’ Lucas celebrated an ‘almost’ surprise 80th birthday party at ‘Sennen’ on his property. Irene had secretly organised about 150 guests to arrive in a 1920s theme to enjoy a deluxe feast catered by Trish and Guy. Derek did have an idea that something was brewing but didn’t actually know who were coming. Many faces from Derek’s history appeared to wish him a grand time. Even two of his great friends from his time as a British Green Beret from 55 years ago gave a comical tribute to their mate. Under the marquee the night swung to the sounds of a hot jazz/blues band, which by the end of the night had the dancers raising lots of dust on the earthen dance floor.

Derek has given so much to the community of Kangaroo Valley. His former ‘Chakola’ venture was about educating people in discovering oneself and how to appreciate others in producing the best possible outcomes in all situations. The fun filled night allowed many to thank Derek for sharing part of his life and positive energy which has changed their lives forever. Even Winnie the Pooh smiled all through the night from the rafters.

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Environmental Field Day
An invitation to a special Landcare walk and talk

Sunday 8 May, from 1pm at 1386 Kangaroo Valley Rd
(property of Kathy and Simon Harrington)

This Field Day gives you an opportunity to appreciate and enjoy what can be achieved through consistent work and a good strategy in tackling some of our worst weeds and restoring some good bushland.

The Harrington property had both Madeira vine along the creek and lantana across the whole hillside. Over the past five plus years, with help from contractors and with plenty of follow-up, they have brought these under control to reveal the beauty of this wet eucalypt forest. Local native species are now thriving in their place.

Please join us in a walk over their property, and appreciate the changes they have generated, followed by afternoon tea. Les Mitchell and Greg Thompson will be on hand to help identify plants and talk about the ecological value of this forest.

Weed control work was done by Dave Robertson of Shoalhaven Council and by Simon. The work was funded by the NSW Government Environmental Trust, and managed by the Kangaroo Valley Environment Group.

Please RSVP to Simon and Kathy at simon@perfectlatitude.com.au.
Use of Glyphosate in Bush Regeneration

Glyphosate is the most widely used herbicide in the world today. It is a non-selective herbicide, meaning it will kill most plants. It prevents plants from making certain proteins needed for plant growth by stopping a specific enzyme pathway necessary for the growth of plants and some microorganisms. Glyphosate binds tightly to soil but can persist in soil up to 6 months depending on the climate and the type of soil it is in. It is believed to be eventually broken down by bacteria in the soil, but studies in Denmark have found it accumulated and didn’t readily break down when applied frequently over many years on the same poorly drained sites. There is no doubt that the method of spraying diluted forms of glyphosate in public places, apparently without consideration of proximity to people is a probable health hazard and alternative treatments are available. The steam method to kill weeds as seen in a recent ABC 7.30 Report is a valid alternative. In 2015 the International Agency for Research on Cancer, an arm of the World Health Organization, issued a report that classified glyphosate, the active ingredient in ‘Roundup’, as a “probable” cause of cancer. Several countries including Sri Lanka have banned its use while California is in the process of listing it as a carcinogen but not restricting the sale of the products containing the herbicide.

Glyphosate was developed and manufactured by the much-maligned (with justification!) giant corporation Monsanto, which claims the product is completely safe if appropriately applied and disputes WHO’s findings. Monsanto’s patent expired some time ago and other companies now manufacture and sell glyphosate-based products as well. However the maxim “the dose makes the poison” is perhaps important to consider with glyphosate as with all ‘probable’ carcinogens. And perhaps the words “the method and frequency of application” are also important when considering the health risks associated with glyphosate. Certain application methods widely used in Bush Regeneration are very different from spraying. They are direct methods, do not create airborne particles, are used as a one-off or twice at most application, only affect target species and are an integral part of revegetation of native species.

There are instances where a project will require spraying as a first line of attack, but this is generally not repeated and not near areas where the public are present and where there are already many native species. Major projects in the Shoalhaven area have been very successful as a result of the cautious and carefully considered application of glyphosate. Many of these areas where the authors have worked, have not required replanting as the seed bank of native species is activated amazingly quickly. The healthy regeneration of native species on sites where there was once a monoculture of woody weeds, indicates to us that there is little if any residual glyphosate remaining in surrounding soil. In many cases opportunistic annual weed species become active, so follow-up hand removal of these weeds is often essential.

Acknowledgement: Illustrations from City of Canada Bay, Drummoyne NSW, ‘Weed Removal Techniques fact sheet’ Les Mitchell and Maria Duvollet

Site once dominated by large-leaf privet. Now showing healthy regeneration of native species after direct application of glyphosate (Photo: Maria Duvollet)

Site in Upper Kangaroo Valley showing healthy regeneration of native species after frill and paint application of glyphosate to several large coral trees once dominating the site (Photo: Les Mitchell)

The particular methods used in Bush Regeneration are:

- **Cut and Paint:** for shrub size plants, such as lantana and small privet
- **Drill or Frill and apply:** for large weed trees such as, mature large and small leaf privet, coral trees, camphor laurel etc
- **Scrape and Paint:** for Vines

...and the winners are

Winners from the Kangaroo Valley Public School brush tailed rock wallabies competition are Jalna, Georgia Szymonizcek, Amelia Sim, Macyla Paddock,
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See page 45

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POND & DAM CARE

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- Pumps & filtration
- Maintenance & repairs
- Fish & plants

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**Kangaroo Valley Electrical**

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- Pumps & filtration
- Maintenance & repairs
- Fish & plants

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ANZAC Facts
Did you know...
ANZAC Day is commemorated in the village of Harefield in Middlesex just outside of London because of a quirk in history. In 1914, millionaire Sydney expat Charles Billyard-Leake offered his manor home and 250 acres of parkland for injured Australian troops to recoup. It was imagined 50 soldiers in winter, 150 in summer would be catered for. But by the following year and post Gallipoli, it had become a fully-fledged hospital with 1000 beds just for Australian soldiers. More than 50,000 wounded Diggers passed through the home, which became known as Number 1 Australian Auxiliary Hospital.

.. and the ANZACs were all volunteers
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(See rate table at right)

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Large $42 per issue for 6 month sub

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It can be a daunting prospect building a new home from scratch, you will need detailed drawings, Council approval, a Basix report probably a Geotechnical report, an Engineers report the list is endless and expensive. Would you like someone to do all this for you? Well we at Preston & Sons offer a full-blown service, which in the first instance informs you of the steps to take and the costs involved. We give you a free first consultation with our designer. We can also give you a 3D simulated example of your home on your land to see how it will look in real life. We then set up a building program to match your budget and designed to be as stress free as possible. "To give you peace of mind we also offer a 25-year structural guarantee"

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**SCHOOLS and CHURCHES**
- Preschool  Jacinta Powell 4465 1327
- P and C  Bianca Murphy 4465 1182
- Public School John Bond 4465 1182
- Scots College Mike Pitman 4465 1089
- Anglican Church  Andrew Patterson 4465 1585
- Sunday School  Jeanette Dumbrille 4465 2708
- Catholic Church Parish Office 4423 1712

**CHARITIES and SERVICE GROUPS**
- Wires  Wildlife Rescue South Coast 0418 427 214
- Lions Club  Jason Horton
- Catholic Church Parish Office Sunday School
- Scots College Public School
- Preschool

**AGES and STAGES**
- Cubs/Scouting  Nicholas Carlile 4446 0591
- Cuppa and kids  Cecily Paterson 4465 1585

**WHAT'S ON THIS MONTH**
- Carp Off at The Friendly Inn
- Kangaroo Valley Village Market 8.30am - 2.30pm
- Kangaroo Valley Farmers Market 8.30am - 1pm
- Pioneer Days at the Pioneer Museum
- Environmental Field Day (see info page 44)

**MONTHLY EVENTS**

<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Mon (1st)</td>
<td>KV Rural Fire Service meeting – 7.30 pm – Fire Shed</td>
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<td>Mon (2nd)</td>
<td>Environment Group – 6 pm – The Gallery Peter Stanton 4465 1688</td>
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<td>Mon (3rd)</td>
<td>Mon 2pm – H Meeting – 7.30 pm – K.V. Hall Suzanne Greer 0414084606</td>
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<td>Upper Kangaroo Valley Landcare Working bee.</td>
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<td>Contact                   Tess Heighe 4422 7147</td>
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<td>for confirmation and location of meeting.</td>
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<td>Tues (4th)</td>
<td>Lions Club. Jason Horton 4465 2222</td>
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<tr>
<td>Tues (2nd)</td>
<td>Pre School Meeting</td>
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<tr>
<td>Tues (2nd)</td>
<td>Trivia at The Friendly Inn 7-30 pm Proceeds to Alzheimer's Australia</td>
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<td>KV 4465 2001</td>
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<tr>
<td>Tues (2nd)</td>
<td>KV Historical Society 10-30 am to noon Garth Chittick 4465 1367</td>
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<tr>
<td>Tues (2nd)</td>
<td>KV Pioneer Settlement Trust meeting 9 am to 10.30 am Elaine Appleper 4465 2026</td>
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<tr>
<td>Thurs (2nd)</td>
<td>P. and C. Meeting – KV School</td>
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<tr>
<td>Fri (2nd)</td>
<td>View Club General Meeting and Luncheon – 12 pm – locations as advised</td>
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<tr>
<td>Sat (last)</td>
<td>Broggers Creek Landcare Andrew or Liz 4465 1482</td>
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<tr>
<td>Sun (2nd)</td>
<td>Kangaroo Valley Farmers Markets</td>
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<td>Sun (last)</td>
<td>Fishing Club Competition day Harold Sharman 4465 1140</td>
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<tr>
<td>Sun (varies)</td>
<td>KV Pony Club (in Osborne Park) contact Victoria Salkeld 4465 2520</td>
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**Bi-weekly events**
- Wednesdays: Guided meditation 6-15 pm to 7-45pm (daytime twice monthly and nights once monthly)  Patsy Robb 44 651 626  Mobile 0432 522 030
- Thursday: (1st and 3rd) Men’s Group - 7.30 pm - Bob Dunn 4465 1056

**Weekly Events**
- Mon – Fri  Bus Service to Nowra and Highlands 4423 5990
- Mon –Tues-Thurs Mass St. Joseph’s 9 am
- Mon 1-3 pm Women’s Bible Study
- Anglican Hall 44651585
- Tues 10-12 and 6-8 Iyenga Yoga 44 651 364
- Tues Cuppa and kids
- Sunday School Hall from 9-30 am
- Tues Yoga at KV Hall 9.30-10.45am and 6-7.15pm call Vasudha 4465 1093
- Wed KVRFS Training at Shed 6pm and meetings
- 1st Monday of each month at 7:30 pm
- Wed Mass St Joseph’s 7 am
- (NB No Mass on Fridays)
- Wed Pioneer Museum Park Conservation
- Group from 9am finish about 4pm
- Ph: Werner Bayer 4465-1058
- Wed Kangaroo Valley Poker Group
- The Friendly Inn 7pm
- Wed 6-8 pm Iyenga yoga contact 44 65 1364
- Wed Drama Classes for teenagers at The KV Hall
- Wednesday 5pm-6.30pm.
- Contact Jillian O’Dowd 0408 309 530
- Thurs Yoga at KV Hall 1.30 - 2.45pm
call Vasudha 4465 1093
- Thurs 1-3 pm Women’s Care and share - Anglican Hall 44 651 585
- Thurs children’s drama classes 3.30pm – 4.30pm.
- Thurs Friendly Inn Garden from 9am (10am winter) 0409 661 534
- Sat Mass - St. Joseph’s Church, 9 am
- Sun Anglican Church 4465 1585
- 8.30am Traditional service
- 10 am Contemporary service and
- Sunday School
- Mass - St. Joseph’s Church, 11 am

**Other Organisations**
- Budgong Community Group  Alex Cooke 4418 440526
- Historical Society  Garth Chittick 4465 1367
- FYRE Karen Harrison 4465 1699
- KV Arts Festival  Nick Minogue 0414 732 514
- K.V.C.A.  Barbara Woodney 4465 1117
- KV Garden Group 4465 1756
- K. V. Sustainable Land Management Group 4465 1593
- Jan Johnson 4465 1593
- KVRFS Captain  Neil Breeze 0458 453 546
- 4465 1005
- K. V. Show  Suzanne Greer 0414 084 606
- Osborne Park Hall
- Jacqui. Lenz 4465 1272
- Pioneer Museum  Tony Barnett 4465 1800
- Rock-Wallaby Melinda Norton 4887 8256
- Seniors Support  Tony Barnett 4465 1800
- Tourist Assn Brenda Sambrook 0407 466 890
- Upper River Progress Assn
- David Loneragan 4465 1364
Will you be there?? Come along to

PIONEER DAYS

16 & 17 April 2016 10 am-4 pm

A fun holiday activity with a weekend of traditions, demonstrations and activities to experience life in the 1800s.

Come see demonstrations of:
~ sheep shearing
~ butter making
~ cow milking
~ blacksmith
~ leather work
~ and more

PLUS
BBQ sausage sizzle & traditional games to play!!!