



Photo of the Week : Jess O'Shea from Batemans Bay Providores 'Edible Bouquets Bring Beauty and Flavour to the Kitchen' Story p2

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narooma
Oyster
festival

1-3 MAY, 2026

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APRIL 26 - MAY 4

AN EVENT BY
Narooma ROCKS

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Edible Bouquets Bring Beauty and Flavour to the Kitchen

From page one

A new local creation is redefining the traditional bouquet by blending beauty with practicality. Jess O'Shea, the mind behind Edible Bouquets, has transformed her love of food, colour and fresh herbs into a product designed to be both decorative and delicious.

Jess says the idea grew from her long-standing habit of keeping fresh herbs within arm's reach in the kitchen. "I love adding colour to food and having herbs on the bench ready to add to meals," she said. "I've always liked the concept of edible flowers, and the idea just came to me that it would be nice to have a beautiful arrangement you could pick from as needed."

The result is an edible bouquet made entirely from usable ingredients, including herbs such as thyme, parsley and oregano, alongside seasonal edible flowers and other fragrant, flavourful additions. Each bouquet is grown on her farm and harvested fresh, ensuring both quality and sustainability.

Perfect for food lovers, home cooks, or anyone looking for a unique gift, Edible Bouquets are designed to be admired before being enjoyed in the kitchen. Jess describes them simply as "beautiful, useful and delicious."

When Jess is not working on her farm you can find her at Batemans Bay Providore, Shop 2/2 Edward Road, Batehaven.

Edible Bouquets are available to order now at Batemans Bay Providore, with prices starting at \$15.

Councils feel the heat on Extreme Heat Awareness Day

ALGA

As councils around the country grapple with the human and financial costs of extreme heat, the Australian Local Government Association (ALGA) is working with the Australian Red Cross and Sweltering Cities to promote today's second Extreme Heat Awareness Day.

ALGA President, Mayor Matt Burnett said "Local governments are feeling the heat - literally, and in terms of the pressure on their budgets.

"Many like Darwin City are researching and planting climate resilient vegetation. Others, like Moonee Valley, are monitoring and reaching out to members of the community that are most at risk from heatwaves. Wagga Wagga council is incorporating heat considerations into their planning schemes. Others are piloting future solutions - like the Western Sydney councils experimenting with reflective roads.

"Councils are on the front foot of protecting communities and reducing heat impacts. They know what is needed in their areas. ALGA is calling for a dedicated local government adaptation fund so councils can manage intensifying climate impacts like heat."

Extreme heat is marked as Australia's deadliest disaster, with more than 1,000 deaths in the past four years alone. Australian Red Cross Urban Climate Resilience Program (UCRP) Program Lead Eilish Maguire says heatwaves should not be seen as "just a harmless part of life" in Australia.

"What we normalise today becomes tomorrow's risk. Extreme heat events are becoming longer, more intense and more disruptive, and without preparation they can have serious and lasting impacts on health, wellbeing and livelihoods," Ms Maguire said "We saw this with the recent heatwaves across Australia: everyone is at risk during extreme heat, but some people face far greater danger. Checking in on neighbours, making a plan and knowing when and where to cool down can save lives."

Slope repairs to start on the Kings Highway on Clyde Mountain

Repair work will soon start on two landslip sites on Clyde Mountain at Murrumbidgee to provide a stronger and more resilient road.

Both sites, located around one kilometre east of Government Bend on the Kings Highway, were damaged during flood events in March 2021.

Repairs will be carried out to the downhill slopes of the eastbound lane on weekdays and Saturdays from Monday 9 February between 7am and 6pm for six months, weather permitting.

Transport for NSW has appointed PCA Ground Engineering to carry out the work. The work will involve installing long steel rods, known as soil nails, to add strength to the slope before steel mesh and spray-on concrete are applied to help prevent erosion and address cracking in the embankment close to the road shoulder. Changed traffic conditions will be in place until the repair work is complete. The eastbound lane will be closed, with traffic moving into the two westbound lanes to maintain one lane of traffic in each direction for the duration of the project. A reduced speed limit of 40 km/h will also be in place.

These traffic changes are necessary to keep motorists and workers safe while work is being carried out because there will be large machinery operating in narrow and steep terrain.

Member for Bega, Dr. Michael Holland said "This \$4 million investment by the Minns Labor Government is about making sure the Kings Highway remains safe and reliable for everyone who relies on it. "Clyde Mountain is a critical connection for our region, and these repairs will deliver a stronger and more resilient road following the significant damage caused by the 2021 flood events.

"These works are not cosmetic fixes. They are long term safety upgrades designed to stabilise the slope, protect the road and reduce the risk of future damage during extreme weather.

"I know traffic changes can be frustrating, but they are necessary to keep motorists and workers safe while this complex work is carried out in steep and challenging terrain.

"The Minns Labor Government is continuing to prioritise disaster recovery, repairing damaged roads and supporting communities as they recover and rebuild. I thank local motorists for their patience and understanding while this important work is completed."

Motorists are advised to drive to the conditions, follow the directions of signs and traffic control, and allow an additional five minutes travel time.

For more information, go to the project website at nswroads.work/clydemountain.

mm MORUYA MAIL

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Funding now available for regional and remote airports impacted by Rex voluntary administration

Regional and remote airports impacted by Rex's voluntary administration can now apply for a share in \$5 million of funding under the Federal Regional and Remote Airport Support Program.

With many of these airports being run by local councils this program will help address the financial impact of unpaid claims. The support program will also reduce the likelihood of airport services suffering and ensure residents and ratepayers are not impacted.

Eurobodalla Council has incurred around \$55,000 in unpaid fees.

This program follows the conclusion of the successful purchase of Rex (Regional Express Airlines) by Air T, with the government providing a new commercial loan of \$60 million and the restructuring of \$108 million in existing debt. Air T has agreed to a range of commitments aimed at preserving essential regional aviation connectivity, including returning more aircraft to service and increasing the frequency of profitable flights across the Rex network.

The Australian Local Government Association welcomes the news of a government lifeline.

ALGA President, Mayor Matt Burnett, said the announcement of \$5 million in grants would come as a relief to the many councils impacted by the airline's 2024 financial collapse.

"We're grateful that Minister King and the Federal Government have listened to the councils around Australia who were left with unpaid bills after Rex's voluntary administration," Mayor Burnett said.

"Regional and remote communities rely on those council-owned and operated aviation services: those airports and aerodromes are critical to local economies, and to ensure connections to friends and family, and access to services."

Mayor Burnett said increased funding to councils through federal Financial Assistance Grants was a further crucial step in ensuring they could invest in and support local aviation infrastructure.

ALGA's 2024 National State of the Assets report showed aviation facilities operated by councils are worth \$3.6 billion, and around 12 percent of these facilities were in poor condition. With limited rate bases, councils are feeling the pressure of trying to maintain and modernise their airports."

"Restoring Financial Assistance Grants to at least one percent of Commonwealth taxation revenue would support councils to invest in sustainable upkeep of critical regional aviation facilities."

Proud Yuin man brings culture and fresh flavour to Eurobodalla



Caine Brierley and the Haddigaddi Seafood Trailer.

By John Longhurst

Proud Yuin Walbunga man Caine Brierley has made his mark on the Eurobodalla Shire's culinary scene over the past eight months, bringing quality food, culture and community together through his growing food van business.

Known for serving great coffee, burgers, egg and bacon rolls, and classic fish and chips, it's Caine's fish tacos that have quickly become a local favourite. All ingredients are fresh and seasonal, with a strong focus on quality.

Caine said future plans include working closely with his extended family, who are successful commercial fishers, and incorporating more traditional First Nations flavours such as bush peppers and lemon myrtle.

The distinctive black food van features artwork designed by Caine's father, Frank Carberry, representing the Yuin Nation and its 13 tribes across the NSW South Coast. The artwork includes the black swan (Gunyu) and black duck (Umbarra); Moruya totems symbolising protection, respect and care. The van has been a highlight at local NAIDOC events and travelled as far as Tamworth for the Koori Knockout last October.

Living in the Eurobodalla Shire his whole life, Caine is widely respected across the Aboriginal and broader community. Haddigaddi Seafood, named after a place north of Batemans Bay and inspired by his grandmother's tribal name, Caine is building a legacy for his three children while proudly sharing Yuin culture across the region.



DR MICHAEL HOLLAND MP
MEMBER FOR BEGA



Listening and working for you

For State Government matters please contact my office
bega@parliament.nsw.gov.au | PO Box 37 BEGA NSW 2550
(02) 6492 2056 or visit 122 Carp Street Bega NSW 2550

Destination NSW Southern Yarns

Thursday 5 February 2026

Adelaide Hotel, Moruya
Calling all tourism and hospitality operators, industry association members, local council representatives and anyone wanting to venture into the tourism industry space. Please join the Destination Southern NSW board and team for our next Southern Yarns event, which will be held at The Adelaide Hotel, Moruya. These popular drop-in networking events provide a great opportunity for operators to share the industry challenges they are experiencing and discuss opportunities. We welcome everyone who has an interest in growing the visitor economy and keen to meet anyone thinking about venturing into tourism.

Event Details

Thursday, 5 February 2026 |
Drop in anytime between 4:30 pm and 6:30 pm
The Adelaide Hotel, 36/38 Vulcan St, Moruya NSW.
What happens at Southern Yarns?
· Enjoy a casual event with light refreshments and canapes
· Meet our Directors and team
· Get a quick overview of what we do at Destination Southern
· Find out about the latest opportunities on offer for operators (e.g. training, resources, grants, collaboration opportunities)
· Digital Skills Future Ready Program - find out how to access this free program designed to meet the specific needs of tourism operators, includes an opportunity to access a one-on-one consultation with a tech specialist
· Q&A
There is no need to RSVP.

Red Door Company ready to Escalate Chaos on stage



Antics of the Waiting Room in 'The Thief of Time'

As part of their 10th anniversary celebrations, The Red Door Theatre Company's next production opens on Friday, 13th February at 7:30pm at the Moruya RSL Hall.

'Escalating Chaos' a double bill with 'Thief of time' and 'An Innocent Little Murder'

'The Thief of Time' ~ A trilogy of short plays where Dementia, Procrastination & Disorder are all Thieves of Time.

Written by our very own local playwright Camilla Barr, who's play Shades of Loss was shortlisted & performed in 2025 at the Short+Sweet Sydney Festival, which is the world's largest festival for short-form theatre (10-minute plays).

Thief of Time weaves together lived experiences shaped by internal, self-inflicted, and external forces, each contributing to the universal human experience of time lost.

Dementia is a devastating thief, gradually erasing memory as the disease progresses, disrupting one's sense of self and continuity, and ultimately stealing identity and presence from loved ones. Procrastination, by contrast, is a self-imposed loss of time, quietly robbing individuals of productivity, purpose, and opportunity. And then there is the waiting room. How many of us have been there, wondering if there's a doctor in the house?

Through confusion, humour, and moments of calamity, this trilogy brings into sharp focus time lost to idleness, anxiety, and the long waits that exist both within and beyond our control.

'An Innocent Little Murder' by Jean Pierre Martinez ~ Involuntary adultery can easily lead to involuntary manslaughter, but getting rid of the body of evidence is a whole different matter! Anthony Mayne says "So, something for everyone in our next production. Five shows only. Including of course Victoria Nicolls debut with us as a very new resident of the Eurobodalla in our 10th year anniversary."

Tickets on sale this weekend
moruyareddoortheatrecompany.com.au



Phillip Barr & Michelle Patterson in 'Shades of Loss' (part 1 of Thief of Time) by Camilla Barr.
This play was shortlisted and performed at for the Short+Sweet Sydney Festival.

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Tickets on sale for Narooma Oyster Festival



Narooma Oyster Festival 2025_ Credit David Rogers Photography.

Merroir, exceptional local and regional oysters, culinary excellence and good times are on the menu this May 1–3, when the Narooma Oyster Festival returns for its 19th celebration of the Rock Oyster. Tickets are on sale now, revealing new opportunities for festivalgoers to deepen their love of oysters alongside all the much-loved favourites. This year's program includes headline performances by Sarah McLeod, hands-on shucking classes with local oyster farmers, curated cruises on Wagonga Inlet, and premium viewing options for Friday night's Warm-Up and Saturday's Cooking Demonstrations. All weekend, children under 17 enter free with an adult, and a free shuttle bus will operate around Narooma and Dalmeny on Friday and Saturday. Ticketed coaches will travel from Batemans Bay, Bermagui and Merimbula on Saturday, May 2, with stops along the way. World-class chefs are already preparing their recipes for the Betta Cooking Demonstrations, including Courtney Roulston (Farm to Fork), Adi De Jesus-Davo (@theflipchef), Brendan Boothroyd (Duxton Pubs SA), Jeff Razon (The Oyster Cove, Batemans Bay) and Matteo Ponti of the hatted Mimosa Wines. They'll be joined by celebrated NSW brewers, distillers and winemakers, alongside a live music program headlined by Superjesus frontwoman Sarah McLeod. At the heart of the Festival are the growers themselves. Oyster Farmers Alley, the Australian Oyster Shucking Championships and Australia's Biggest Oyster bring farmers from across NSW's estuaries to the foreshore of Wagonga Inlet, showcasing their harvest and their skill with the blade. Oysters feature throughout the culinary program, from cooking demonstrations and Sparkling Oyster Cruises to Oyster Bars, Liquor Bars, artisan producers and the Narooma High School's Bushtucker program.

Festivalgoers can elevate their experience through a range of masterclasses and premium offerings, including the Festival's signature Ultimate Oyster Experiences, led by seafood authority John Susman AM, and the new Master the Shuck classes hosted by local farmers. Daily cruises on Wagonga Inlet offer a chance to taste Rock Oysters at their source, while new reserved spaces such as Friday's Sipper Club and Saturday's Cook's Corner provide prime viewing and a more intimate way to enjoy the action.

Friday night's Warm-Up begins from 4pm, inviting visitors to roll out a picnic blanket on the foreshore, enjoy oysters and drinks, and soak up live music before Sarah McLeod takes the stage and fireworks light up the Inlet.

Saturday delivers a full day of flavour, culture and competition, from the Welcome to Country and Smoking Ceremony with Yuin man Brock Tutt to the hunt for Australia's Biggest Oyster and the high-energy Australian Oyster Shucking Championships. The day concludes with an extended music program until 6pm, closing with a special set by Sarah McLeod.

Sunday brings everyone together for Narooma's Biggest Breakfast, hosted by local community groups, with oysters, live entertainment and the draw of the festival raffle for a new MG ZS Vibe. Early risers can also add a yoga session or a new sunrise breakfast cruise on the Inlet.

Tickets and full program details are available now at www.naroomaoysterfestival.com

Working together for a cleaner, smarter future for the Eurobodalla



New EV loans help at the dealership but families are still paying too much at home

Rewiring Australia

Discounted loans for electric vehicles (EVs) will help Australians ditch petrol cars sooner, but Rewiring Australia says the government must go further if low-income households and pensioners are to share in the savings from lower power bills.

The Federal Government has announced \$60 million in discounted EV loans through its Clean Energy Finance Corporation, aimed at reducing upfront costs for popular EV models and accelerating the shift away from petrol-powered transport.

Rewiring Australia has welcomed the move as good news for Australians in the market for a new car, but says money could still be better spent investing in policies which benefit everyone.

"These discounts are about helping Australians switch to cars that are cheaper to run, better to drive, powered by Australian-made energy, and ultimately better for planet Earth," Rewiring Australia CEO Francis Vierboom said.

"Every new petrol car sold today is effectively a 20-year subscription to imported fossil fuels, locking households into higher costs for decades.

"Transport is on track to become Australia's biggest source of carbon pollution and the solution is a relatively straightforward one in that we just need to make EVs the more favourable option to consumers, which this announcement helps do.

"But we still need to do more for lower-income homes. These kinds of loans work well for upper-middle income folks who can easily make regular repayments but leave behind Australians who need help the most."

Mr Vierboom said without affordable finance to upgrade to fully electric, energy-efficient homes, most Australians will continue to miss out on the full savings of the clean energy transition.

"Rewiring Australia's proposed Electrify Everything Loan Scheme (EELS) has been designed for Australians irrespective of income and would offer government finance secured on the property which doesn't need to be repaid until the upgraded house is sold," Mr Vierboom said.

"This would remove the up-front cost barrier to electrification for all homes, regardless of the owner's income, and arm them with cash up-front to install solar, batteries, smart EV charging, water heating, induction cooking, split system air-con, and other efficiency upgrades.

"We know that once a home is fully electric with solar and a battery, households can save more than \$4,000 per year if they also have an EV - a significant win for families during a cost-of-living crisis, and for our climate."

Hospitals and patients face more pain unless governments get next NHRA right - AMA

The Australian Medical Association

says the federal government's public commitment to inject extra funds for struggling public hospitals is welcome but warned the commitment must translate to a real funding increase that does more than leave hospitals 'treading water'.

National Cabinet is expected to meet tomorrow to discuss the next National Health Reform Agreement, with the federal government offering additional funding — including some targeted funding to deal with long-stay older patients — and describing its offer as "generous".

AMA President Dr Danielle McMullen said there had been too much political points scoring and conflict between governments on hospital funding in the lead up to the next National Health Reform Agreement.

"It's time for governments to get a deal done, one that ensures our hospitals have the right level of funding and reforms are implemented to help deal with issues like exit block," Dr McMullen said.

"The AMA has been campaigning for years now on public hospitals, sounding the alarm year after year on declining performance. We've seen announcements of record funding, which make for nice spin, but ignore the fact that funding should be increasing because every year the cost of delivering care increases as does the population. "Comparing how much you are paying for the next five years compared to the last five years is not fair or honest because the fact is, costs are rising, our population is increasing, and care is getting more complex."

Dr McMullen said Australia's ageing population was well and truly accelerating demand for hospital care and it was time for all governments to meet this challenge, which was first highlighted in the intergenerational report of 2002.

"We knew this was coming. We can't leave the system on 'auto-pilot'.

More funding to 'just keep pace' will not lessen wait lists, will not stem the bleeding of our public hospitals. What matters with hospital funding is the fine print. The funding above and beyond just 'treading water'."

The AMA has examined the fine print and has been clear on what's needed, calling for extra funding beyond the additional funding announcement to cope with inflation.

"By our estimates, based on the government's own hospital authority inflation figures, we need an additional \$9.6 billion in federal government funding to just break even with today's level of services. Put another way, that \$9.6 billion does not provide anything 'extra' for hospitals to admit additional patients or services.

"That's not 'extra' money in the way you, me, or any other patient expects. To be crystal clear we are calling for a real funding boost to allow hospitals to expand their services, improve their performance and increase capacity in the future.

"The AMA is calling for two real funding increases. The first is an extra \$25 billion to \$40 billion (depending on inflation) to bring the federal government's contribution to 45 per cent of hospital funding, by 2030.

"This extra funding should provide states and territories with freed up funds to inject into our hospitals where it is needed. They should not reduce their own funding contributions, when federal government funding flows.

"Our second ask is for real funding reform. All ministers have had an extra year, on top of the five years of the current agreement, to develop a better way forward. We used to fund performance improvement and to no-one's surprise, performance improved. Then it was scrapped, and performance got worse.

Dr McMullen said the next funding agreement was an opportunity to get it right and learn from the past and from the independent reviews commissioned by the federal government that had highlighted what was needed.

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Wrapped with Love

'Wrap with Love' is a not for profit organisation, based in Alexandria, Sydney, which is a network of individuals and groups around Australia who knit or crochet blankets (wraps) for people in need within Australia and around the world who have suffered the trauma of natural or man-made disasters, or who are living in tough circumstances. This volunteer project has been going for over thirty years.

'Wrapped with Love' use donated 8 ply wool or acrylic yarn to create wraps that are 1 metre wide and 1.75 metres long, about the size of a single bed and large enough to wrap around an adult or child to give comfort and warmth in times of need. Some volunteers prefer to knit or crochet a number of 25cm x 25cm squares which may be incorporated into a wrap sewn together by another volunteer. A completed wrap requires 28 squares, four across x seven down. Other people like to make the whole wrap themselves and use a variety of designs.

Local Contact for WWL Jenny says "We have a number of groups who meet regularly in Batemans Bay, Broulee, and Narooma, but also many individuals, often elderly and housebound, who love creating wraps for the pleasure of making them, and in the knowledge that their work goes to help a stranger in need.

"Anyone interested in seeing some wraps on display and learning more about Wrap with Love is welcome to visit the Batemans Bay Library on Tuesday 10th February, 10am-12noon. Enjoy a cuppa and nibbles and a chat. Perhaps stay a while to knit or crochet.

We meet at the library every second Tuesday of the month, February to November at 10am and every last Wednesday afternoon of the month, 1pm-3pm in the meeting room at St Bernard's Church, David Street Batehaven."



Information about Wrap with Love is available online:

Email Info@wrapwithlove.org

Website www.wrapwithlove.org

or Phone: 02 8399 3000 on Wednesday or Friday only, 9:30am-2:30pm

Locally, information is available at the local libraries, or by contacting Jenny by text message or voicemail on 0414 664 077



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Narooma Rotary Youth Night celebrates local students



At Narooma Rotary's recent Youth Night – Narooma High Principal Tracy Scobie, front, left, Alex Warild of Narooma Motorcycles, Narooma President Julie Hartley; visiting Rotary Youth Exchange students Aaro Nonsiainen of Finland and Calix Tiberghien of France, back left, 2026 Narooma Rotary Tertiary Scholar Lachlan Druhan, aspiring engineers Jack Klose and Finn Efraemson, 2024 Scholar [a1] [a2] Nico Van Delft-Twyford, Jennarae Jewell Harkness.

Narooma Rotary's annual Youth Night is always inspiring, and last Thursday's was no exception.

The night celebrated Rotary's wonderful Youth programs and the amazing students the Club helps to pursue their dreams. Youth Night MC David McInnes' passion for the opportunities the Club provides to Narooma High students was evident throughout the evening, opportunities Narooma High Executive Principal Tracy Scobie described as 'invaluable'. A major Narooma Youth program is the three-year Tertiary Scholarship awarded each year, valued at \$6,000 a year. The Club's 2026 Narooma Rotary Tertiary Scholar Lachlan Druhan spoke about his planned studies of Economics and Finance at Wollongong University. The Club also heard from 2024 Scholar [a1] [a2] Nico Van Delft-Twyford; he is studying cyber security at Wollongong University while also working part time in the industry.

Narooma Motorcycles apprentice Alex Warild has also been assisted by Narooma Rotary with an external scholarship on Alex' behalf to assist with the cost of attending TAFE. Year 12 students Finn Efraemson and Jack Klose spoke of the huge benefits they gained by attending the week-long Engineers Australia Engineering Summer School. Meeting so many engineers from all branches of engineering opened their eyes as to the choices and opportunities ahead of them, as well as gaining insights into the offerings of several universities.

Jennarae Jewell Harkness attended the Rotary Youth Program of Enrichment last year which she described as 'challenging', 'a whole bunch of fun'. and it gave her more confidence. Narooma Rotarians also heard from visiting Rotary Youth Exchange students Aaro Nonsiainen of Finland and Calix Tiberghien of France, hosted by two other clubs but holidaying with a Narooma Rotarian at Dalmeny. More information on Narooma Rotary's Youth programs are on the Club's website www.naroomarotary.org.au

Discover the stories that shaped the South Coast
This February, join Eurobodalla Libraries for a fascinating journey through our region's history with Peter Lacey from the South Coast History Society. From Kiama to Kiah and everywhere in between, uncover the connections and themes that have influenced our communities and made the South Coast what it is today. "What IS the history of the NSW South Coast?". This fascinating session uncovers 10 key forces behind the region's story. Discover how these influences connect and define the South Coast in an easy-to-follow, captivating way.

Copies of the South Coast History Society's booklet will be available at each session.

Book early, these sessions are very popular.

Peter will appear at:

Batemans Bay Library - Tuesday 17 February 10:30 am

Moruya Library - Thursday 19 February at 10.30am

Narooma Library - Thursday 19 February at 2.30pm

Cost: free. Bookings are essential and can be made using the link.



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NEW LOCAL RESOURCE: Charlie's Birthday Adventure

A children's book on feeling safe in emergencies

By Michelle Hamrosi

In June 2024, with our house packed up and the car pointed west, I was halfway across the Nullarbor on a family adventure when an idea I couldn't shake finally took shape.

For the previous two years, I'd been working on the Australian Breastfeeding Association Bushfire Project — listening to families describe evacuations and helping develop resources to improve preparation, planning, evacuation and recovery for families during disasters.

But something felt missing. There was no specific resource for children. What kept returning to me was the idea of writing a book designed to help young children understand emergencies in an age-appropriate, non-frightening way, and to support the calm, honest conversations families often need, but don't always know how to start.

Somewhere along the Nullarbor, Charlie's Birthday Adventure was born.

Created with the guidance of parents, educators, psychologists, librarians and community members, and brought to life through the illustrations of Courtenay Tooth, a Moruya-based artist and local mother of two, this book exists because of community support.

Thanks to the generous backing of Rotary Batemans Bay, SHASA, and CWA Moruya and Narooma, 1,000 copies have been printed for free distribution to families across the Eurobodalla, beginning at the Moruya Agricultural Show over the January long weekend. Feedback from families has been overwhelmingly positive, with parents highlighting both the emotional reassurance and the practical value of the book.

One parent shared:

"My daughter loved the illustrations, and the story naturally opened up conversations on almost every page, especially around why families need to evacuate. I appreciated how gently this was handled, giving space for discussion rather than spelling it out. The questions at the end were a real highlight, and the links to emergency resources were valuable from both a parent and professional perspective. Most importantly, it's been a wonderful conversation starter."

This project is a small but meaningful example of how lived experience, research and community generosity can come together to create practical resources that support preparedness, emotional wellbeing and resilience in an increasingly disaster-prone world.

Community members are warmly invited to attend the book launch at Moruya Library on Friday 27 February at 10.30am.

Free copies will be available through Eurobodalla Libraries and local preschools/schools, or you can email

Michelle.hamrosi@gmail.com for more information.

OFFICIAL BOOK LAUNCH

Michelle Hamrosi and Courtenay Tooth

CHARLIE'S BIRTHDAY ADVENTURE

A children's story
about staying
safe in bushfires



MORUYA PUBLIC LIBRARY

Friday 27th February 10:30am

Food & Knowledge Share

Sunday 8th February

The guest speaker is Bel Stafford, a community backyard gardener.

10am at Riverside Park on Sunday alongside the Nourished Sovereign coffee van.

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AUTHORISED BY FIONA PHILLIPS MP, ALP, 3/59 JUNCTION ST, NOWRA NSW 2541



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Hearings commence for local government funding inquiry

House of Representatives

The Department of Infrastructure, Transport, Regional Development, Communications, Sport and the Arts will explain its key financial role at the opening public hearing for the House of Representatives Standing Committee on Regional Development, Infrastructure and Transport's inquiry into local government funding.

In 2023-24 the Department was responsible for administering more than \$5 billion or 94 per cent of the Commonwealth's total commitment to local governments. The Committee wants to better understand how the Department manages its important role in the funding and financial sustainability of local governments in Australia. Of this funding for local governments, more than \$3 billion in 2023-24 was provided under the untied Financial Assistance Grants. Another \$500 million was for Roads to Recovery (RTR) and also \$730 million for Local Roads and Community Infrastructure (LRCI) programs.

Chair of the Committee, Mrs Fiona Phillips, said 'the Committee will be considering whether existing funding mechanisms are addressing the evolving responsibilities of local governments and identify how funding arrangements affect local government's ability to deliver services and invest in local infrastructure'.

Further information on the inquiry, including the terms of reference and how to contribute, is available on the Committee's website.

Evidence provided to the House of Representatives Standing Committee on Regional Development, Infrastructure and Transport inquiry into Local Government Sustainability of the 47th Parliament will also be considered as part of this new inquiry. The Committee will schedule further public hearings in 2026.

Public hearing

Date: Thursday, 5 February 2026 Time: 11.00 am – 12.00 pm

Location: Committee Room 1R3, Parliament House, Canberra

A program for the public hearing is available on the inquiry website. A live broadcast of the hearing will also be available on the APH website.

Sunset on solar waste: Have your say on solar panel reuse and recycling

House of Representatives

The House of Representatives Standing Committee on Climate Change, Energy, Environment and Water has commenced an inquiry into solar panel reuse and recycling, and is seeking written submissions to guide the inquiry's findings.

Ensuring that renewable technologies, such as solar panels, are responsibly managed at the end of their life is essential to protecting our environment. This inquiry will take a close look at how Australia currently handles ageing and decommissioned solar panels, examining the scale of today's waste challenge and what's expected in the years ahead. It will assess existing disposal practices, comparing the economic and environmental impacts of reuse, versus recycling, and landfill.

The inquiry will explore the environmental, economic, and energy-security opportunities that could come from recovering valuable materials from end-of-life panels. It will also consider how developed Australia's reuse and recycling capabilities are, and what more may be needed to support a sustainable and circular solar industry.

The Committee invites written submissions addressing the terms of reference by 27 March, 2026. Further information, including the terms of reference and details on how to make a submission, can be found on the Committee's website.

https://www.aph.gov.au/Parliamentary_Business/Committees/House/Climate_Change_Energy_Environment_and_Water

Justice for victims seeking access to offender's Super

Member for Eden-Monaro Kristy McBain has welcomed the release of draft legislation designed to prevent convicted child sexual abusers from hiding their assets in superannuation to avoid paying compensation to their victims. The draft legislation will enable victims and survivors of child sexual abuse to seek access, via a court order, to additional personal or salary sacrifice superannuation contributions made by the offender where a related court order for compensation remains unpaid after 12 months.

These reforms will be complemented by amendments to the Bankruptcy Act 1966 to allow compensation debts to survive an offenders' bankruptcy.

The legislation is now open for consultation until 20 February 2026 and will be introduced into parliament as soon as possible.

Kristy McBain said it was a big day for victims, survivors and their supporters who had been advocating for the changes.

"This legislation has been carefully drafted and will soon go before parliament, creating new laws to prevent some of the worst offenders from hiding their assets in superannuation.

"I want to acknowledge everyone who has been campaigning for this change, particularly Eden Van Haren and his supporters. This is a momentous day all thanks to your advocacy.

"Thank you to the Attorney-General Michelle Rowland and Assistant Treasurer Dan Mulino for their tireless work to get this done.

"I'll continue to advocate on behalf of our community so these laws come into effect as soon as possible."

For more information on the public consultation process, and to make a submission visit: [Access to super for victims of child sexual abuse – draft legislation – Consult hub](#)



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National Parks expand in Southern NSW to protect quolls and koalas



Merriangaah Nature Reserve addition - MacLaughlin River
Credit NPWS Michael Pennay

The NSW Government has acquired more than 2,000 hectares of biodiverse land in Southern NSW to better protect threatened species including koalas, spotted-tailed quolls, and hooded robins. Merriangaah Nature Reserve, just outside Bombala, will be expanded by more than 1,000 hectares, adding the missing link to create a continuous wildlife reserve of nearly 6,700 hectares by connecting its northern and southern sections. This is great news for the reserve's most iconic residents, spotted tailed quolls, who home ranges can extend up to 4,000 hectares. Their habitat will now be protected in perpetuity.

The area also supports threatened woodland birds like the hooded robin and flame robin, as well as the critically endangered Monaro Tableland Cool Temperate Grassy Woodland and the vulnerable silver leafed gum (*Eucalyptus pulverulenta*).

The acquisition will enable more holistic landscape management, improving bushfire resilience and the effectiveness of strategic pest and weed control. The Macanally State Conservation Area, east of Cooma, will grow by 30 per cent thanks to another addition of 1,031 hectares.

The property lies within the Southern Tablelands Koala Priority Population Area and is estimated to provide habitat for at least 121 koalas, enhancing connectivity across the landscape for koalas and other threatened species.

The expanded Macanally State Conservation Area will now also protect two Threatened Ecological Communities, the Monaro Tableland Cool Temperate Grassy Woodland, and the Natural Temperate Grassland.

The NSW Government continues to expand the National Parks estate by prioritising the acquisition of landscapes that are underrepresented in the reserve system.

The NSW national parks system totals almost 7.67 million hectares, or 9.57 per cent of NSW
MEMBER FOR MONARO Member for Monaro, Steve Whan MP said: "By expanding these south-east national parks estate we are strengthening protection for species and complex ecosystems found nowhere else on earth.

"Not only do these national parks provide enjoyment for visitors, but they also safeguard endangered eucalyptus, native mammals and woodland birds. "These areas will be managed for their biodiversity forever, for future generations, and I am proud that the decisions we make today will have such a lasting impact on NSW's environment."

NSW News in Brief

More doctors join rural generalist program in 2026

The NSW Government's Rural Generalist Single Employer Pathway is continuing to boost the regional health workforce, with another 24 doctors joining the program this week as part of the 2026 intake.

These doctors will work across smaller regional hospitals, regional and rural GP practices and Aboriginal Community Controlled Health Organisations, and some regional centres.

Seventy-four rural generalist trainees, including this year's intake, have been employed across eight regional Local Health Districts since the program began in 2024.

Rural generalists are General Practitioners who have an extended skill in a specialty area such as anaesthetics, obstetrics, paediatrics, emergency medicine, mental health or palliative care.

The program is an employment pathway for doctors seeking a career as a rural generalist who work across both primary care and hospital settings.

The program offers a length-of-training contract with a Local Health District in regional NSW, allowing trainees to retain and use their NSW Health Award entitlements during GP training.

Rural generalist trainees also receive the same pay and conditions as their hospital-trained counterparts.

The Minns Labor Government is building an engaged, capable and supported workforce, by:

- Abolishing the wages cap and delivering the largest wage increase to healthcare workers in a decade;
- Implementing ratios in our emergency departments;
- Saving 1,112 nurses which the Liberal Government planned to sack;
- Supporting our future health workforce through providing them with study subsidies; and
- Investing \$274 million to deliver an additional 250 healthcare workers at upgraded hospitals left with inadequate staff by the previous government.

Stronger conduct rules for NSW schools, with explicit ban on hate speech

All NSW school staff, including principals and school leaders, will be subject to strengthened conduct requirements that explicitly prohibit hate speech, under reforms to be announced today by the Minns Labor Government.

The changes close a clear gap in existing guidance, which does not adequately address the incitement of hate speech, and make unequivocally clear that engaging in hate speech will not be tolerated by any NSW school.

The changes will come into effect immediately and will apply across more than 3,000 government, independent and Catholic schools and will tighten the rules governing the conduct of all school staff, including school leaders.

Hate speech will be explicitly prohibited in the Codes of Conduct set out by all school sectors and will now apply to all members of school staff.

These changes to the rules follow the new hate speech legislation passed by both the state and Commonwealth governments and build on the Minns Labor Government's recent legislation to strengthen laws against hate speech and hate crimes, making clear that there is no place for extremism or vilification in our classrooms or our state.

NSW to abolish 'good character' at sentencing

The NSW Government will legislate to stop convicted offenders relying on evidence of their 'good character' in sentencing proceedings.

The reform responds directly to recommendations from the NSW Sentencing Council's review of 'good character' as a mitigating factor at sentencing.

It will reduce trauma for victim survivors who will no longer have to hear their perpetrator described as someone of 'good character' in court.

It also responds to concerns that 'good character' evidence perpetuates social disadvantage at sentencing because its use is not equally available to all offenders.

Child sexual offenders are already restricted from relying on 'good character' or a lack of previous convictions if those factors assisted the perpetrator to commit the offence. This is known as the 'special rule'.

For all other crimes, someone's 'good character' is considered by the courts at sentencing if it is relevant.

NSW is failing on social housing

Homelessness NSW says : A damning new data shows the NSW government is spending less on social housing than in 2018, prompting calls for urgent investment as the housing crisis worsens.

A new report by the Productivity Commission finds NSW spent \$1.57 billion on social housing in 2025, down from \$1.69 billion in 2018.

Latest figures put the number of social homes in NSW at 159,598 in 2024, a tiny increase of only 9,490 since 2016 which falls well behind population growth.

The proportion of social housing in NSW has dropped from 4.9% in 2016, to 4.6% of total NSW housing stock in 2021.

Grant Opportunities

NAB grant opens from 16 February to 16 March, with funding awarded in June 2026.

Funding limit: <\$25,000 for local projects that help communities withstand and recover from natural disasters.

Categories:

- Training and planning - Educational workshops, practical and strategic planning that help communities prepare for a natural disaster.
- Community Recovery - Programs to enhance community connection, resilience and wellbeing post natural disaster.
- Environment and wildlife - Restoration of damaged vegetation and habitat, and rehabilitation of injured wildlife.
- Equipment and Infrastructure - Tools, equipment and infrastructure improvements that help communities withstand natural disasters or recover in their aftermath.

Eligibility:

- Charities that are registered with the Australian Charities and Not-for Profits Commission (ACNC).
- Social enterprises (not-for-profit and for-profit) or start-ups with social or environmental impact at the core of their business.
- Groups or organisations (not-for-profit and for-profit) that hold an Australian Business Number (ABN) and have a charitable purpose.
- Local government or government-funded facilities (such as a school or childcare centre) seeking funding for a program that furthers charitable purpose.

Essential Grants open for 2026

Grants of up to \$15,000 available for projects that drive sustainability and resilience across new south Wales

Essential Energy is calling on charities and not-for-profits within its network area to apply for the 2026 Essential Grants program, opening on 2 February.

Designed to spark change, Essential Grants fund community-led projects that make a real difference for people and the environment, with a strong focus on initiatives that give back and improve outcomes for vulnerable groups.

Essential Energy's Head of Sustainability Sophie Cruickshank says the program supports initiatives that create measurable social impact, promote sustainability and strengthen climate resilience in regional, rural and remote communities across New South Wales.

"We know that across the footprint, there are many community-led organisations leading the way in the sustainability space. These grants give local organisations the resources they need to turn great ideas into action, whether that's installing solar, improving energy efficiency or building resilience within their community against a changing climate," Sophie says.

With a total funding pool of \$150,000 and grants of up to \$15,000 available, the program is designed to help regional communities bring their ideas to life and create lasting benefits for people and the environment.

Projects funded through the Essential Grants program fall into two main themes that matter to communities; (1) energy transition and (2) sustainability and climate adaptation.

"These focus areas are about helping organisations use energy in smarter, cleaner ways and supporting initiatives that protect the environment and prepare for future challenges. From installing solar panels to reducing waste or improving resilience to extreme weather, the grants provide an opportunity to create lasting partnerships that deliver practical benefits for people and the environment," Sophie says.

Previous recipients include organisations that not only champion sustainability but also foster inclusion and create opportunities for people in regional communities.

Last year, Lismore-based organisation REDInc turned their dream of going solar into reality with an Essential Grant. The solar system helps REDInc reduce emissions and lower operating costs, meaning more resources can go into the programmes that support people with disability.

Marie Gale, CEO of REDInc, says the grant has helped them stay true to their mission while embracing sustainability.

"Our mission is very much about helping people realise their dreams - to achieve things that they're hoping to achieve in their life. We support people to do all sorts of things, with a strong focus on the arts, to get healthy, and to learn independent living skills," Marie says.

"We were so excited about the solar project. It's made a big difference to us on multiple levels. We're very conscious of the environmental issues facing the world and we wanted to do our little bit to reduce emissions," Marie says.

Applications open 2 February and close 31 March at 5pm AEDT. For more information and to apply, visit:

essentialenergy.com.au/EssentialGrants



Go Get Healthy

with Sofia



February is that time of year when the glitter from the festive season has finally settled, routines start creeping back in, and many of us think, "Right... time to be healthy again." Detoxes, resets and clean slates are back on the menu, and for some people that includes considering a parasite cleanse.

Well, I know, no one enjoys thinking about parasites. Just the word is enough to make most of us squirm. Yet parasites are very real. They are organisms that survive by feeding off a living host, and sometimes that host is us ⁽¹⁾. Parasitic worms that can affect humans include threadworms (pinworms), hookworms, whipworms and tapeworms. In Australia, the most commonly recognised parasite is the threadworm. These tiny white worms live in the lower intestine, and a tell-tale sign is intense itching around the anus, particularly at night. This happens when female worms migrate out to lay eggs, which can survive on bedding, towels and surfaces for up to two weeks, making reinfection frustratingly easy ⁽³⁾. Other worms, such as hookworms and tapeworms, may cause vague symptoms including bloating, fatigue, abdominal discomfort or unexplained weight loss or sometimes no symptoms at all ⁽¹⁾.

Natural parasite-support formulas often focus on traditional herbs that have been used for centuries. Wormwood (*Artemisia absinthium*) is one of the most well-known.

Traditionally, it has been used to help weaken or paralyse intestinal worms, allowing them to detach from the intestinal wall and be eliminated ⁽⁴⁾. Black Walnut hull has a long history in herbal medicine for digestive and parasite support, while clove is valued for its high eugenol content, which exhibits antimicrobial activity ⁽⁵⁾. Oregano oil, rich in carvacrol and thymol, is another popular inclusion due to its antiparasitic and antibacterial properties ⁽⁵⁾.

If you're considering a parasite cleanse, professional guidance is essential. A qualified Naturopath or Nutritionist can ensure the approach is appropriate, safe and part of a broader detox and gut-health strategy. For a gentler starting point, in-store advice can help you choose supportive herbal formulations with confidence.

For more information about parasite cleanse, drop into Go Vita, Your Health Shop at 5 North Street, Batemans Bay. You can also call us on (02) 4472 9737 or visit us online at www.govitabatemansbay.com.au. Don't miss our weekly segment on 2EC radio, where Marianne and I chat about health and wellness with Kimmi Saker every Wednesday after 12.30pm.

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Nutritionist- Go Vita Batemans Bay



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A Beer with Bazz #223

With
John
Longhurst

Mick's face reddened as he fielded ideas from the floor of the front bar.
"How about a nickname for Sussan Ley, Mick. It works well for Albo. It builds familiarity and makes him look matey. I just watched 'Song Sung Blue' at the movies and I reckon the Neil Diamond song title 'Soolaimon' would suit her ... do you get it ... Soo lai mon ... adds a bit of class."

Mick gritted his teeth and whispered into his iPad.
"Of course I bloody get it ... and according to Siri, 'Soolaimon' can mean 'hello', 'goodbye' or 'peace be with you'. Hardly fitting given the circumstances. Anyhow, a nickname is usually shorter than the original name and 'Soolaimon' has the same number of letters as Sussan Ley. Come on now ... more ideas."

A roar from the back of the bar.
"How about Susso? She is heading for the susso if these blokes have their way."
The odd laugh as Mick shook his head as the local rugby league team filed in for post pre-season training drinks and Mick sidled up to the coach.
"Now Benny ... you have a had a fair bit of success with the local footy team. I am after some ideas to get the Coalition back on track."

Benny put down his schooner and wrapped an arm around Mick. He shuffled sideways but Benny brought him in tight.
Benny used his other arm to point to the two groups of footballers.
"The blokes over there with the designer haircuts, wearing nail polish, drinking middies and taking selfies every couple of minutes are what we call 'backs'. On the field, they can run fast, sidestep, throw a flick pass and usually manage to finish the game without a stain on their jerseys or shorts."

Benny pulled Mick in close and lowered his voice, as he pointed to the second group.

"Now the other mob with missing teeth, broken noses, carrying weight and downing schooners are what we call 'forwards'. They provide the grunt to the team. Without them we go nowhere as they take the opposition head on. Now the key to a good set of 'forwards' is the front row ... we call it the engine room. A good front row softens up the opposition, secures the ball and gets it out to the show ponies in the 'backs' to score. So in summary, you want your leadership coming from the front row."

Benny paused for a sip and put Mick in an affectionate headlock.

"Now ... Mick, you do not have to be Einstein to work out that Sussan Ley really should be on the sidelines, but if she must be in the team, she belongs in the backs ... not the front row. I am telling you straight ... a good front row would have taken the National Party behind the sheds and sorted them out quick smart, before moving on to this government masquerading as a backline."

Mick beamed as he broke away from Benny's clutches.

"Thanks Benny. The way forward is to bring back Tony Abbott, ScoMo and maybe Joe Hockey for a bit of ballast. A front row to die for! Schooners all round!"

Have a beer with Bazza at
john.longhurst59@gmail.com

Join Council's Housing Improvement Advisory Committee

Applications are open to members of the community and industry to join Eurobodalla Council's Housing Improvement Advisory Committee.

People with experience in areas such as affordable or social housing, Aboriginal housing, disability or age-friendly housing, housing advocacy or planning are encouraged to apply.

The new advisory committee was established at Council's Tuesday 16 December meeting, with Councillor Colleen Turner elected as chair and Councillor Mick Johnson elected as alternate chair.

The committee will help guide the delivery of Council's Housing Strategy, providing advice to support more diverse, affordable and sustainable housing outcomes across the shire.

Mayor Mathew Hatcher said Council is keen to tap into local knowledge and experience.

"Eurobodalla is full of people with valuable skills and experience across housing and community services," Mayor Hatcher said.

"I encourage anyone with relevant experience to put their hand up and apply."

While Council does not build housing or set state policy, Mayor Hatcher said it plays an important role through planning, advocacy and partnerships to help support housing delivery and remove barriers where possible.

"The committee will bring together Council, housing providers, community organisations and industry to share insights and provide practical advice," Mayor Hatcher said. "It will also help make sure housing decisions reflect our community and industry perspectives."

The committee will meet at least four times a year at Council offices.

For more information, including the terms of reference and online application form, visit Council's website: Housing Improvement Advisory Committee.



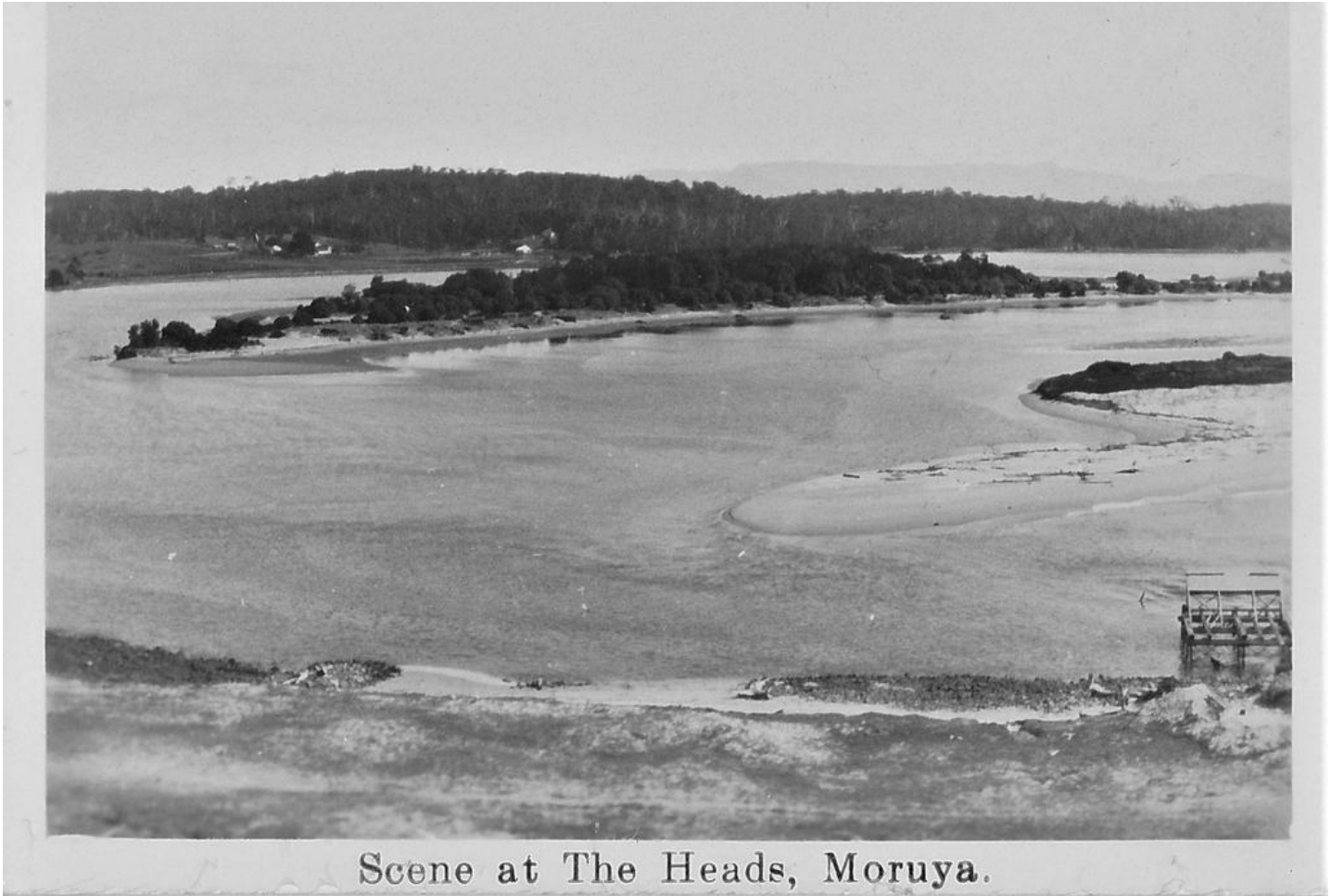
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100 years ago from the Moruya Examiner



Scene at The Heads, Moruya.

06-02-1926

Our Shire President, Mr. T. Flood, and party, had a splendid time among the finny tribe at Bingie last Friday. About 40 edible fish, including nine-pound schnappers, bream, trevally and flathead were landed in a few hours.

The Police Station at Nerrigundah has been removed to Bodalla, where all official business will be transacted in a rented building until an office is erected.

There was a big fall in bread on Tuesday, but unfortunately for the consumer it was not in the price. Finishing his delivery at the Quarry Works, Mr. Barty McMahon, of Lynch's Bakery, had his shoulder dislocated through the cart going into a deep rut and capsizing. The victim was admitted to the local hospital for repairs. Later on Mr. Bonser's delivery cart fell and injured himself.

Under the proprietorship of Mr. Claude Donnelly, with the assistance of his smart little wife (whose capabilities in the cuisine department, are so well-known) the Moruya Café, has been opened next door to Mr. C. Johnson's store, and Bartlett's and Balmain's booking office. Besides early morning tea and toast for the convenience of car passengers, afternoon tea, supper, meat, poultry, lobsters, oysters, fruit and lollies, etc., can be obtained at the new shop.

An 11-year-old son of Mr. H. Bettini, who injured his leg some months ago, went to Sydney for treatment, but we regret to say that it was necessary to amputate the poor child's limb.

On Wednesday night last after dark, Mr. J. Windley killed a black snake about four feet long crossing the street from the river side to the Bay View Hotel, Bateman's Bay. A strange kind of traveller sure. He evidently came from the prohibition area, and like old Frank, he was "droy."

Owing to ill-health, Mr. S. Louttit has decided to dispose of his property known as "Braemar." This is one of the most compact little dairy farms on the South Coast, situated on a pretty hill overlooking the town [Moruya] and a short distance from the factory, post office etc. During the past 12 months, Mr. Louttit has made extensive improvements to the property throughout. With this splendid little home is a 6½ years of lease of Mr. A. L. Jeffery's rich farming land on the bank of the river.

High School entrance examinations were held in October, 1925, but most of the candidates in Moruya-Bega district are still anxiously awaiting the results. At the time of going to Press the only local names published are those of Master Keith Parbery (Moruya), Elsie Rowland (Narooma), Linda Egan (Eurobodalla), Clarence Thomsen (Narooma), and Karl Latty (Bateman's Bay). Considering High Schools opened last Monday, it is very unfair for the Education Dept. to persist every year in leaving South Coast children to the last.

Extracted from the Moruya Examiner by the Moruya and District Historical Society Inc.
If you are interested in history why not join us and become a volunteer at the Museum or our library. Check us out at <https://www.mdhs.org.au>

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Let's do coffee with ... Father Josh Scott

If I was born in the same year as Sacred Heart (Moruya) Parish Priest Father Joshua Scott (FJS), there is a high possibility we would have crossed paths in Year 9, with me seeking ways to avoid going to Mass and him seeking answers from it. The Moruya Mail (MM) caught up with the new Parish Priest for a coffee.

MM: We shall get to Year 9 a bit later. Let's go to Young, NSW.

FJS: (Laughs ...) Thanks for the coffee! I was born in 1989 and am the sixth generation of my family to be born in the town of Young—so you could say we're almost locals. I grew up in a single-parent family with two half-sisters, in the housing commission area of town. Some might see that as a disadvantage, but I wear it as a badge of honour. My grandfather was a huge influence on me—his love for ultra-light aircraft rubbed off, and I even ended up getting my student pilot license. He also took me camping and fishing at North Head Breakwall, which gave me an early love for Moruya and the outdoors. School was a mix of cultures and experiences that shaped me. At Young North Public School and later Young High, we had a mix of people from the local Aboriginal kids to recently arrived Lebanese kids. It was definitely diverse. You should have seen the lunchboxes! Everything from vine leaves, salamis sandwiches, and French cheeses to Devon sandwiches and roll ups. I was the first in my family seeking to finish High School, so I worked hard even without many resources. My teachers were very supportive, and I found my confidence through debating, mock trials, public speaking, and being on the Student Representative Council. It taught me to speak up, advocate for others, and really listen to people's perspectives.

MM: At age 15, most of us would fit neatly into Australian playwright, Richard Tulloch's, aptly titled, play 'Year 9 Are Animals', but it is a pivotal time in your life.

FJS: (Smiles ...) I certainly got up to my fair share of Year 9 mischief, but everything changed when my youngest sister was diagnosed with leukaemia. Life was suddenly upside down, and coming from an atheist or agnostic family, faith had never been part of my world. Her illness made me ask the big questions—about life, goodness, beauty, and truth. By the time I was 16, I felt there had to be something beyond myself, something I could call God. I remember looking up at the bell tower of the Young Catholic Church and saying, "If you exist, help my sister." That was my very first prayer. Not long after, my mum's boss asked me to help teach the sacraments to young people. Even though I was always a lesson ahead, it was incredibly rewarding. It was there I reconnected with a religious sister who had known me since kindergarten—she had been quietly praying for me all along.

A local priest, a former navy chaplain, encouraged me to reach out and pray, which led to an encounter with God that completely shook me. Realising at 16 that I wasn't the centre of the universe—and that God was real, knowable and wanted to walk alongside me—was mind-blowingly profound. By Year 10, I was baptised, serving as an altar server, and fully involved in parish life, learning empathy and becoming more aware of the needs of others.

It definitely wasn't an easy path—I was the only practising Catholic at school and was ostracised for serving Mass—but it only strengthened my faith. I finished the HSC in 2006 and began working as a teacher's aide the following year, carrying with me the lessons of resilience, hope, and the power of knowing that God has always got your back.

I bought a 1972 VW Beetle and spent time zipping around the local roads with my girlfriend, someone I had hoped to marry. A little later, at age 20, I took a position with the Young Shire Council, working in tourism, PR, events, and marketing. During this time, my faith continued to grow—I was attending Mass regularly, going on retreats, and felt a call to the priesthood. It was a bit like falling in love, my heart drawn to the altar. My girlfriend saw it before I did, and after a heartfelt discussion, we separated amicably, both understanding the path I needed to follow.

In February 2010, I entered the Seminary of the Good Shepherd in Homebush, joining ten others from all kinds of backgrounds, from a courier to an experimental physicist. Over six and a half years, I earned degrees in philosophy and theology, and my time there was eye-opening—not just academically, but through pastoral work in schools, trips to Whyalla, Kings Cross, World Youth Day in Spain, and time in a remote First Nations community in Balgo, WA. It really showed me the incredible breadth of the Church. In 2017, I was ordained as a priest at 27 in St. Christopher's Cathedral in Canberra and began serving in schools and parishes across the ACT and NSW.

One of the most profound chapters of my ministry came during the COVID-19 pandemic, when I served as Senior Chaplain at Calvary Hospital in Canberra. As one of the few priests allowed in hospitals, I supported patients, families, and exhausted healthcare workers with prayer, a listening ear, and even packets of Mentos to share. It was incredibly challenging, but we found creative ways to connect, like introducing 'drive-through confessions.'

I also spent seven years as Archdiocesan Youth Chaplain, working closely with teens and young adults through retreats, events, and one-on-one ministry. Alongside this, I served in several ACT and NSW parishes, worked at ACU Canberra, and provided pastoral care at Parliament House.



In 2024, I contracted severe pneumonia and spent months recovering in a facility for retired priests. It was physically and emotionally draining, but it became a profound emotional and spiritual journey, connecting with older priests and humbling me deeply.

After my recovery, I served as Administrator (Interim) of St Christopher's Cathedral in Canberra. It was an intense period—managing the death of Pope Francis with nine days of mourning, the election of Pope Leo XIV, and the Ecumenical Prayer Service for the opening of the Australian Parliament. Then, on 4 July 2025, I started my post as the Parish Priest of Moruya, being installed by the Archbishop a month later. Besides parish duties, I also serve in our parish schools – St. Mary's Primary in Moruya and Carroll College in Broulee – providing pastoral care and stepping back into the classroom when needed. And so, that's me!

MM: What are your plans for the Parish?
FJS: (Smiles ...) High on my "to-do" list is fixing the front fence of the parish—but seriously, my real focus is helping people encounter God. I want to extend the reach of the Church and strengthen the bridges between the parish, our schools and our community.

We're seeing people, especially young men, returning to the Faith. I want to encourage people to see that the Catholic Church isn't a museum for saints—it's a field hospital for sinners. It's a place to quench the existential thirst we all carry, where the ordinary can encounter the extraordinary.

MM: Your advice to a younger self?
FJS: (Pause ...) Go Gently and keep gently going. Don't rush, don't stop. Simply, take it easy and keep on going.

MM: A very good yarn, Father Josh. Thank you.

LET'S DO COFFEE WITH ...' is a column exploring the interesting personalities of the Eurobodalla Shire. Feel free to nominate a personality by emailing [John Longhurst at john.longhurst59@gmail.com](mailto:John.Longhurst59@gmail.com)

Wildlife Rehabilitators to get \$9 million in funding

Nine million dollars from the Minns Labor Government will boost support for thousands of volunteers and veterinary professionals caring for injured, sick, and orphaned native animals.

Led by the Parliamentary Secretary for the Environment, Ms Trish Doyle MP, the NSW Wildlife Rehabilitation Sector Review commenced in July 2024 and involved extensive consultation across the state.

The review was undertaken to address funding, training, and logistical challenges for over 8,600 dedicated wildlife volunteers rescuing over 110,000 animals annually.

Recommendations from the review will be adopted in full. This includes reinstating the much-loved Wildlife Heroes initiative with a centralised resource hub that is proposed to support wellbeing and sector cohesion

Actions from the review include:

- Expanding training and upskilling carers for situations like fires and natural disasters.
- Grants to cover the cost of food, bandages, medication and vaccinations.
- Upgrading mental health support for volunteers, including access to counselling and peer support networks.
- Relaunching of the Wildlife Heroes initiative which will act as a centralised hub for information. The \$9 million package will include number of support programs to for small operational expenses and collaborative initiatives for rehabilitators, veterinarians, and researchers.

NSW Environment Minister Penny Sharpe said "We've known that our carers were under immense pressure and this review gives us a clear direction to support the work they do.

"The work our carers do to rehabilitate our native animals is irreplaceable.

"I'm thrilled to announce this funding, and I'm committed to working with the sector to implement these recommendations for our rehabilitators and our wildlife."

NSW Parliamentary Secretary Trish Doyle said "Its been a privilege to hear the stories of our wildlife rehabilitators. I've been moved by the dedication, resilience and passion for our native wildlife.

"I want to thank everyone who has worked with me to pull together this incredible piece of work to make a real difference in the sector."

The MUVE-ment!

Live Music on the South Coast

By Alex Clark, MUVE Management

If there's one thing that continues to stand out about the South Coast, it's the strength of our live music community. Through the busiest months of summer, our local venues have truly stepped up, delivering a standard of live music across pubs, clubs, breweries and bars. The atmosphere has been electric, and the quality of musicianship on offer has been outstanding.

Without venues that actively support live music, the arts would be deeply lacking in our community. These spaces don't just host gigs; they create opportunities, support careers, and help keep live music woven into the fabric of everyday life on the South Coast.

Each month in The MUVE-ment, I shine a spotlight on an artist or venue that helps keep this scene thriving, alongside a gig guide showcasing what's happening across the region. February's artist is someone locals will already know well, an iconic fixture of the South Coast live music circuit.

Artist Spotlight: Roddy Reason

Roddy Reason is a singer, songwriter and multi-instrumentalist who has spent decades sharing his music up and down the South Coast of NSW. Known for his effortless stage presence and ability to keep audiences engaged, Roddy's performances are a masterclass in connection, blending timeless songs, thoughtful originals and live looping into something that feels both polished and organic.



Roddy Reason

Roddy's musical journey began at the age of twelve, when he received his first guitar. Encouraged by a teacher who loved John Denver and other great songwriters, he learnt to strum, sing and tell stories through song. Early performances brought both nerves and laughter, but the spark was clearly there. After a brief pause during a teenage surfing obsession, Roddy returned to live performance in the early 2000s, forming cover bands and later original projects that toured the east coast and Tasmania. A move to the South Coast in 1999 saw him become part of various duo and trio projects before settling into the solo looping format he's become known for over the past 17 years.

Inspired by early looping pioneers, Roddy built his own live system, layering drums, guitar, bass, percussion and vocals in real time. His repertoire sits comfortably in the golden era of singer-songwriters, moving from Paul Kelly and Crowded House through to his own originals, drawing on Australian and Americana influences.

Be sure to check out this month's MUVE Gig Guide to see Roddy Reason and other musicians performing at venues right across the South Coast locally.

FEBRUARY GIG GUIDE MUVE-	THU	FRI	SAT	SUN
	5 	6	7	8
	12	13 	14 	15
	19 	20 	21	22
	26 	27	28 	1
@muveManagement alex.clarkmusic.com.au alex.clarkmusic				

Narooma School of Arts launches shares program



Narooma School of Arts Committee members Barb McConchie, left, President Jenni Bourke and Petti McInnes check out the exciting progress of Narooma Arts Centre ahead of the launch of the 1 in 100 Community Shares Program.

Narooma School of Arts is launching the 1 in 100 Community Shares Program to support the ongoing operation of the new Narooma Arts Centre (NAC). The NAC will open mid-year.

The official launch of this program for supporters is on Friday 27 February.

The program invites local residents and supporters to buy annual community shares to help fund essential operations, reduce reliance on grants and hire fees, and build lasting community connection with the NAC.

'How we fund the NAC matters as much as what happens inside it,' said Narooma School of Arts President Jenni Bourke.

'The 1 in 100 Community Shares Program puts our community at the heart of the NAC, helping to secure a vibrant locally governed arts facility for everyone.'

The 1 in 100 Program offers community shares at \$335 each on an annual cycle (1 April-31 March). Shareholders receive tangible benefits including voting rights as members of Narooma School of Arts and a meaningful role in sustaining public access to arts and cultural activities in Narooma.

Shares may be renewed or released each year, allowing ongoing community participation and new members to join the programme.

Join others in our community in helping to shape the Arts Centre made by our community for our community.

Visit Narooma School of Arts website

www.naroomaschoolofarts.com.au to learn more and sign up.

DEB JOHANSEN



Deb Johansen Wollumbin EVERMOST 86x115cm oil on paper on board

Deb Johansen Wollumbin ONE 86x115cm oil on paper on board

MELISSA SELBY-BROWN



Melissa Selby-Brown scribble oil on board 15x30cm

'Wollumbin to Wapengo'

thurs 12 feb to sun 8 mar 2026

please join us for opening drinks
with the artists | sat 14 february 3pm

gallery bodalla

open thurs to sun 11am - 4pm & by appointment | visit the exhibition online at www.gallerybodalla.com.au

post office 66a princes hwy bodalla | valerie faber ph 0421 238 174 | gallerybodalla@gmail.com



Wollumbin to Wapengo at Bodalla Gallery

Gallery Bodalla presents Wollumbin to Wapengo, featuring the beautiful and sensitive works of Deb Johansen and Melissa Selby-Brown. The exhibition commences Thursday 12 February and runs through to Sunday 8 March. Please join us for opening drinks and artist talks Saturday 14 February at 3pm with music by Julie Brooking (mandolin) and Lou Matheson (baritone ukulele).

Deb Johansen: 'Wollumbin, also known as Mount Warning, is a volcanic core located in the centre of the Tweed Valley in the far north east of NSW. Wollumbin, meaning 'cloud catcher', is central to the massive Tweed Caldera and also central to this series of paintings. This volcanic remnant wrapped in subtropical forest and capped with cloud remains significant to the Bundjalung peoples, and has always held a presence over all who have lived there. Like the cloud catcher, growing up in the valley I gathered the weather and forest in me. These works explore my internal landscape, they evolved from the memories of weather and adventures that formed my early experiences. From clouds to reflective cool pools, waterfalls to dripping mosses, enjoy the fall into this world.'

Melissa Selby-Brown: 'The Wapengo series of work is about discovering. As a recent arrival to this area the paintings investigate the elements of this littoral ecosystem: The estuarine waterways, serene and horizontal traversed by aging wooden bridges, the rhythmic trunks of the forests slowly returning to their pre-colonial glory with their dusty unsealed tracks. These contrasts reveal the uniqueness of this landscape and its story.'

Gallery Bodalla is open Thursday to Sunday 11am - 4pm & by appointment.

Visit the exhibition at www.gallerybodalla.com.au after 9/2/26

< Image: Deb Johansen Wollumbin ONE 86x31.5cm oil on paper on board

Discover our birds at the Eurobodalla Botanic Gardens



Botanic Gardens manager Michael Anlezark perches in the Garden's popular new bird hide

Opened to the public in 2025, the bird hide garden at Eurobodalla Regional Botanic Garden has helped Twitchers from around the world tick off their Aussie bird bucket lists.

Now, the popular attraction has a panoramic new interpretive sign featuring around 60 native birds, many of which are life-sized with fascinating facts to match.

The culmination of months of research and design, the look-and-learn display completes the vision of Garden manager Michael Anlezark.

"Our botanic garden is rich in birdlife with over 130 species recorded and many more found throughout the shire. The bird hide garden gives us the opportunity to highlight our amazing wildlife and the important role they play in the Garden's eco-system" said Mr Anlezark.

So, whether you're a novice watcher or veteran birdo, Mr. Anlezark is inviting you to come for a perch and discover the birds of Eurobodalla.

From Seeds to Trees: The Birth of a Botanic Garden



Exploring the Roots of a Garden by Friends of the Eurobodalla Regional Botanic Garden
Eurobodalla Regional Botanic Garden - **22nd Feb** Session 1 10:30am to 12pm. Session 2 1pm
Part of the From Seeds to Trees: The Birth of a Botanic Garden collection

This guided activity follows in the footsteps of the founders of the Eurobodalla Regional Botanic Garden (FERBG).

This year the Botanic Garden turns 40! Join a guided walk tracing its beginnings, starting in the Herbarium, exploring early plant collections and stock plants, and finishing with a relaxed stroll among heritage species still flourishing today — including the iconic Chef's Cap Correa. The original founders collected nearly 1,000 specimens representing around 500 species. Many were propagated as nursery stock, with descendants still growing in the Garden today. Presented by ERBG's Honorary Herbarium Curator, Tricia Kaye, and nursery volunteer Lesley Vincent, this activity celebrates the 40th anniversary of the Eurobodalla Regional Botanic Garden.

CAT Award for Best Set

Bay Theatre Players Inc. reports :
Winners -
Congratulations to Sam Aspinall and Candy Burgess for Best Set for a Musical for Ladies in Black, at the Canberra Area Theatre Awards last week!
We are proud and delighted to see you recognised for your hard work and creative talent!"



Free tech café drop-in sessions

Term 1 2026 – 2 February – 1 April

Narooma – Mondays 10.00am – 12.15pm - Narooma Golf Club

Moruya – Tuesdays 12.30pm – 2.30pm - Moruya Library

Batemans Bay – Wednesdays 10.00am – 12pm - Bay Pavilions

Need a helping hand with digital devices? Come and chat to experienced digital mentors for one-on-one support or join one of our group classes:

Wk 1 - smartphone features, functionality, maintenance and updates

Wk 2 - jargon, terminology and AI

Wk 3 - security settings

Wk 4 - The camera function

Wk 5 - how to avoid scams

Wk 6 - install, use and remove apps

Wk 7 - understand and use the internet

Wk 8 - how to fill out online forms

Wk 9 - emailing from your device

No bookings required

For more information contact Community Development Officer Michael Lawrence-Taylor on 4474 1276 or email michael.lawrence-taylor@esc.nsw.gov.au



The January meeting for the Eurobodalla photographic club started with a re cap of the winners from last year. Score board from 2025.



1st Place Jeanette Robben

2nd Place Brian O'Leary

3rd Lisbeth Westra

CONGRATULATIONS to Jeanette, Brian and Beth!!!

January 2026 Competition Results

COLOUR

Gold: Dave Kemp – Weevil Portrait

Brian O'Leary – Early Bird

Jeanette Robben – Seaside Colours

Silver: Merrick Bailey – Rainbow Lorikeets

Brian O'Leary – Dewy Moth

Jeanette Robben – Camel Love

Nandini Narayan – Variegated Fairy Wren

Peter Keogh – I'm the Boss

Highly commended: Merrick Bailey – Teddy Bear Bee

Beth Westra – I got a Dragon

Bruce McGee – South Broulee Beach

Shane Johnston – Long Beach

Gary Jones – Triangor Gorge

MONO

Gold: Jeanette Robben – Wild Water

Robert Bednarik – Twisted

Silver: Debbie Osiecki – Held by Air

Highly commended: Anne Brown –

Keepers Cottage Cataract Gorge

Nandini Narayan – Stacked

Image of the Night: Dave Kemp – Weevil Portrait

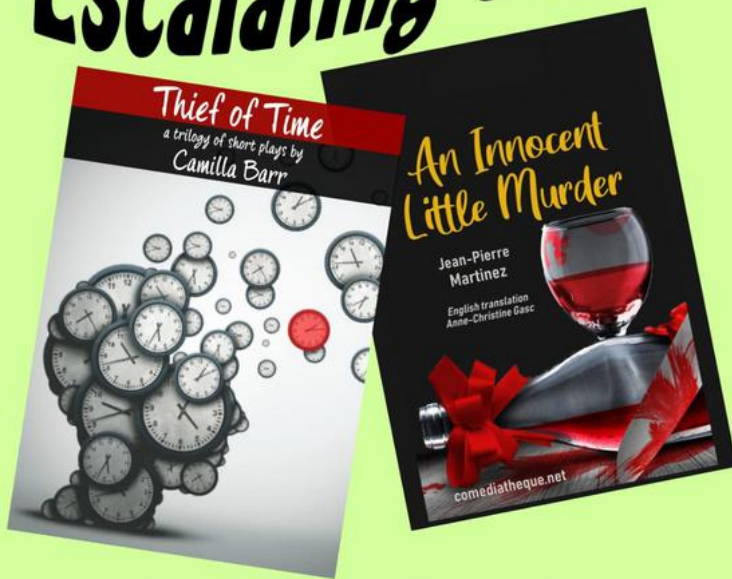


CONGRATULATIONS TO ALL WINNERS

To end the night Beth Westra gave a great presentation of images taken on 12 visits to Tasmania.

Moruya Red Door Theatre
presents

Escalating Chaos



A Program of 2 x One-Act Plays

Evening shows 7.30pm; 13th, 14th, 20th & 21st Feb 2026

Matinee 2.00pm; 14th Feb 2026

RSL Hall, Page St, Moruya

Tickets starting at \$20, from:-
moruyareddoortheatrecompany.com.au

or

ph 0490 805 389



Moruya Red Door Theatre Company Inc.
is a member of the
Coastal Area Theatre (CAT) Awards



BEGINNER ART CLASSES

Mondays 2-4pm or 5-7pm

Still life - Mixed media

Learn and discover new skills and tricks of the trade in a fun,
friendly and supportive environment

@ #Art Sanctuary Bodalla

ph 0413 428 599

Enjoy reading the Moruya Mail?

Just Click
on the cup



You can support this free
publication when you



Buy me a coffee



artcentral TERM 1 PROGRAM 2 FEB - 2 APRIL 2026

CLASSES

Price per class: \$25 members, \$30 non-members and \$15 concession to be paid by cash at the beginning of each class.
Materials included. Please contact the tutors directly to book.

CREATIVE TECHNIQUES

Learn the techniques and principles of drawing, painting, and mixed media.

Tuesdays 10am to 12pm

Nick Summers 0410 774 543

DRAWING EXPLORATIONS

Learn drawing and mark making techniques

Tuesdays fortnightly, 1pm to 3pm

February 10, 24, March 10, 24

Victoria Westwood 0418 488 501

EXPLORING SCREEN PRINTING

Learn screen printing while exploring different stencils and materials.

Wednesdays fortnightly 9am to 12pm

February 4, 18, March 4, 18, April 1

Sonja Skagen 0421 197 358

ANTI-METHOD ART SESSIONS

Use paint, collage, charcoal, pencil and more to follow guided prompts in the spirit of Dada and the surrealists.

Wednesdays monthly 1pm to 3pm

February 4, March 4 & April 1

Diana Keenan - [book online](#)

UNDERSTANDING ACRYLICS

Learn to use acrylic paint, mix colours, master composition, tone, and shade.

Thursdays 1.30pm to 3.30pm

February 5, 12, 26, March 5, 12, 26 & April 2

Lesley Whale 0421 331 002

WORKSHOPS

LIFE DRAWING

with Lesley Whale

Capture the form of the human body from a live model. No experience necessary. Materials supplied.

Thursday 1.30pm to 3.30pm, February 19

\$50 members/concession, \$65 non-members per session.

[Book online](#)

COURSES

CLAY TO CUP, BOWL, PLATE, PLATTER

with Sarah Ludowici

A six-week ceramics course where you'll learn hand-building and glazing techniques to create your own unique, handcrafted tableware. Perfect for beginners and beyond.

Saturdays 1.30pm to 3.30pm

February 7, 14, 21, 28, March 7 & 28

\$360 (includes all materials and firing).

[Book online](#)

WWW.ARTCENTRAL.ORG.AU

Tuross "Blue Door" Singers

Do you have a song in your heart?
Would you like to join our fun group of guys and gals for 90 minutes of well known songs and laughter? Sing along and let the music weave its magic. Happiness guaranteed!

St Andrew's Anglican Church,
Craddock Road
Tuross Head. (The little church with the blue door.)
Parking at rear.
\$10 per session, visitors free.

1.30 pm Wednesdays
Phone 4473.8703

2EARFM / Moruya Mail GIG GUIDE "Live & Local"

Friday 6th Feb
Live Music

Lynch's Hotel

Saturday, 7 Feb:

Blue Mallee
Jakob Poyner
Rock'n'Rob
Drive Time
Ricky Bloomfield
Will and Annie
Tijuana Cartel
Live Music

Broulee Brewhouse
Quantum Brewery 4.30
Club Narooma (6pm)
Club Catalina (7.30pm)
Soldiers Club (7.30pm)
Tilba Valley Winery 11am
Tilba Valley Winery 5pm
Lynch's Hotel

Sunday, 8 Feb:

Giaan Café
Jeff Ashman
Klaus Tietz

Broulee Brewhouse
Tilba Valley Winery
The Drom Tilba

For weekly listings email
tj@tonyjaggers.com
by 5pm Tuesday



Quantum Brewery

Saturday Live Music

4.30-7.30pm



24 Jan	LAZ N CAZ
31 Jan	Giann Cafe
7 Feb	Jakob Poyner
14 Feb	Richard Lawson
21 Feb	Steve Benic
28 Feb	Abby May
7 Mar	Steve Jackson
14 Mar	Mac n Glenda
21 Mar	Greg Byng
28 Mar	Tommy Steez
4 Apr	Avant Raag
11 Apr	From First Light

OPEN: Fri & Sat 12 - 9pm & Thu & Sun 12 - 6pm

Check Quantum Brewery Moruya website-Events

cabbi

CREATIVE ARTS BATEMANS BAY

'Mixed Media Landscape'



In the Bob Ross Style

Presented by:
Camelle Denny, CRI

Only 8 positions
available for
this workshop

Note:
NEW VENUE

Date: **Sunday 8th February, 2026**

Time: 11am to 4pm

Venue: **The Mogo Community Hub, Park Street, Mogo**

Cost: Members: **\$150**. Non Members: **\$175**

Bookings: email your name and phone number to
workshops@cabbi.com.au

Materials: Camelle will supply materials such as: Canvas, palette and solvent,
Oil Paint, and some Bob Ross brushes and knives.

You will need to supply the following: Bob Ross **2" and 1" brushes**. A number **6 fan brush**
and a number **2 script liner brush**. A Bob Ross knife. Also, your own cleaning up materials
including solvent, Baby wipes, paper towel and latex gloves.

There will be coffee or tea available at this workshop if required.

We will send you an online Invoice to be paid in full to secure your booking.

Workshop Overview:

This workshop is designed for beginners or those interested in painting landscape techniques.
Using oil paint mediums, you will be encouraged to explore techniques, methods and concepts
of making good landscape compositions.

Using this photo as inspiration we will explore how to paint a landscape. Please be aware there
is no food available at this location, however Mogo town is a couple of minutes away. All your
Art supplies can be obtained at **Amandas of Mogo**.

Please read the Cabbi Refund Policy before booking at <https://cabbi.com.au/cabbi-workshops>



FEATURING

REECE KAIRYS

**SUNDAY
22 FEBRUARY**

FREE ENTRY | FROM 2PM - 5PM
FAMILY FRIENDLY | FUN ACTIVITIES

WWW.MORUYAGOLFCLUB.COM.AU

THE GALLERY

*Featured
Craft Artisan*

February - March

**Christina
Allen**



52 Sydney St, Mogo

www.cabbi.com.au

Featured Artist



Tessa Muskett

February - March

52 Sydney St, Mogo

www.cabbi.com.au

Sailing

PLUS

MUSIC WORKSHOP WITH ADAM
ART SESSION WITH RUTH
BBQ + TREATS

SUNDAY | 8TH FEBRUARY
11AM-2PM

UNDER THE BRIDGE, CLYDE ST, BATEMANS BAY





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Centre Arcade Perry Street
Batemans Bay – 2536 –
PH: (02) 4472 6009



NOW SHOWING

FEBRUARY	THU 5	FRI 6	SAT 7	SUN 8	MON 9	TUE 10	WED 11
ANACONDA M 99 MIN	2:45 PM	2:45 PM	2:45 PM	2:00 PM	CLOSED	2:45 PM	2:45 PM
AVATAR: FIRE AND ASH M 197 MIN	2:25 PM 6:00 PM	2:25 PM 6:00 PM	2:25 PM 6:00 PM	2:25 PM		2:25 PM 6:00 PM	2:25 PM 6:00 PM
DAVID PG 115 MIN	11:45 AM	1:55 PM	11:45 AM	1:40 PM		1:55 PM	11:45 AM
MERCY M 100 MIN	4:45 PM 6:45 PM	4:45 PM 6:45 PM	4:45 PM 6:45 PM	4:00 PM		4:45 PM 6:45 PM	4:45 PM 6:45 PM
RENTAL FAMILY M 110 MIN	4:05 PM	11:45 AM	4:05 PM	11:30 AM		11:45 AM	4:05 PM
SONG SUNG BLUE M 132 MIN	11:55 AM 6:00 PM	11:55 AM 6:00 PM	11:55 AM 6:00 PM	11:55 AM		11:55 AM 6:00 PM	11:55 AM 6:00 PM
THE CHORAL M 113 MIN	1:55 PM	4:05 PM	1:55 PM	3:50 PM		4:05 PM	1:55 PM
THE HOUSEMAID MA15+ 131 MIN	12:15 PM 6:15 PM	12:15 PM 6:15 PM	12:15 PM 6:15 PM	11:30 AM		12:15 PM 6:15 PM	12:15 PM 6:15 PM
THE POUT-POUT FISH G 92 MIN	4:10 PM	4:10 PM	4:10 PM	3:30 PM		4:10 PM	4:10 PM
THE SPONGEBOB MOVIE: SEARCH FOR SQUAREPANTS PG 96 MIN	12:10 PM	12:10 PM	12:10 PM	11:30 AM		12:10 PM	12:10 PM
ZOOTOPIA 2 PG 108 MIN	2:05 PM	2:05 PM	2:05 PM	1:25 PM		2:05 PM	2:05 PM

AVATAR FIRE & AND ASH



M | 3hrs 17min
~ Action ~ Adventure ~
Jake and Neytiri's family grapples with grief after Neteyam's death, encountering a new, aggressive Na'vi tribe, the Ash People, who are led by the fiery Varang, as the conflict on Pandora escalates and a new moral focus emerges.

THE CHORAL



M | 1hr 53min
~ Drama ~ War ~
Ralph Fiennes
1916. As war rages on the Western Front, the Choral Society in Ramsden, Yorkshire has lost most of its men to the army. They must also engage a new chorus master, and suspect that he has something to hide.

ALSO SCREENING ANACONDA



M | 1hr 39min
~ Comedy ~

THE SPONGE-BOB MOVIE: SEARCH FOR SQUAREPANTS



PG | 1hr 36min
~ Family ~

THE HOUSEMAID



MA | 2hrs 11min
Sydney Sweeney
A wildly entertaining thriller.

MERCY



PG | 1hr 36min
~ Drama ~
~ Sci-Fi ~
Chris Pratt

SONG SUNG BLUE



M | 2hrs 12min ~ Drama ~
Based on a true story, two down-on-their-luck musicians (Hugh Jackman and Kate Hudson) form a joyous Neil Diamond tribute band, proving it's never too late to find love.

DAVID



PG | 1hr 55min
~ Family ~ Animation ~ Musical ~
Beyond the giant's shadow, the shepherd boy embarks on a journey to show his people that true power lies not in kingship, but in faith and freedom.

ZOOTOPIA 2



PG | 1hr 48min
~ Family ~ Animation ~ Comedy ~
Brave rabbit cop Judy Hopps and her friend, the fox Nick Wilde, team up again to crack a new case, the most perilous and intricate of their careers.

RENTAL FAMILY



M | 1hr 50min
~ Comedy ~ Drama ~
A down-and-out actor living in Tokyo is hired as a token American guy for a Japanese rental-family company, leading him on an unexpected journey of self-discovery.

ALSO SCREENING - POUT POUT FISH /NEXT WEEK - WUTHERING HEIGHTS



MORUYA MAIL

"Free local news for Moruya & the Eurobodalla"

Bay Theatre Players Inc
Theatre Workshops term 1

Youth Theatre Kids
 (8-12 years)
 SUNDAY 8TH Feb
 2pm - 4pm
 CWA Hall Sunshine Bay (\$10)

Youth Theatre Teens
 (13-18 years)
 WEDNESDAY 11th Feb
 5.30pm - 7.30pm
 CWA Hall Sunshine Bay (\$10)

Adults
 SUNDAY 29th March
 10am - 1pm
 Soldiers Club Batemans Bay (\$30)

Come along, have fun, work together, build confidence and explore your creativity.
 To book your place in any of the term 1 workshops please call Lyn on 0416181003 or email lsterling@bigpond.com

save the date!
entries open now!

CURRENTS BATTLE OF THE BANDS

sat 18 april

Youth 12+ RSL Hall Moruya
Entry info + free tix at link in bio

Eurobodalla Council's Youth Services team

Chamber Philharmonia returns to Moruya Chamber Philharmonia Cologne plays Vivaldi, Mozart & Handel, and classics from Germany presented by world class soloists Sergey Didorenko (violin), Jaime Roda (baritone) and Dmitriy Gornowskij (cello) When: Wednesday, 11th February 2026 at 7 pm in Where: St. John's Anglican Church in Moruya NSW

Seniors Week Luncheon
LIVE LIFE IN COLOUR 2026

HONOUR AND CELEBRATE THE CONTRIBUTIONS SENIORS MAKE TO OUR COMMUNITY.

WEDNESDAY 4 MARCH 2026 AT 11.30 A.M.
 AT ST JOHNS GREEK CHURCH HALL
 6 CLYDE ROAD, NORTH BATEMANS BAY

COME IN YOUR BEST ATTIRE TO ENJOY DELICIOUS MEALS, ENTERTAINMENT AND TO MEET NEW PEOPLE

LIMITED 150 SEATS
\$10 DOOR DONATION

RSVP IS ESSENTIAL BY SMS MESSAGE TO 0413 404156 (STRICTLY NO PHONE CALLS PLEASE)

THIS PROJECT IS SUPPORTED BY:
 BATEMANS BAY GREEK COMMUNITY

EUROBODALLA MULTICULTURAL GROUP

Quota Club Narooma Inc

Invite all Trivia lovers to come to the

Trivia Night

Supporting
Animal Welfare League NSW,
 Eurobodalla Branch

When: Thursday February 19th, 2026
 6.30 for 7pm start

Where: Club Narooma

Cost: \$10 per ticket.
 Cash or Card accepted at the door.

Tables of 2 to 8 players
 Light supper provided.

Call **Steph 0413 229 133**, to book a table.

Bay Theatre Players Inc.
 We are so excited to announce our first Play
Exploration for 2026
Tuesday 17th Feb 6pm
 At the Bay Playhouse Gregory Street Batemans Bay

THE BOYS ON THE BUS
 by Jamie Hornsby

The Boys on the bus examines class, identity, despair, masculinity, and the stuff that goes on at 2am in the carpark of the 24 hour bakery. In a town where everyone tells you the only way to succeed is to run far away, this play is about the ones who stay behind. "Does dreaming of "more" have to mean you think of where you are as less?"

Jamie Hornsby says
 "This is an unapologetically sweary play, filled with unapologetically sweary characters. They're sometimes brutish and badly behaved. They can be crude and cruel. But I hope despite that we can still empathise with them."

There are 12 characters (male and female) ranging in age from 16-25. Parental permission will be required for under 18's to join us. Supper will be provided. For further information or enquiries please call Lyn 0416181003

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BRAIDWOOD

Two children holding a small white dog.

mm

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Animal Welfare League News



AVA

Ava is a large crossbreed dog around two years old who came into care with AWL as a stray. She's a super-friendly girl with heaps of personality. Her good manners show that she has had training at some point, and she is keen to learn more. Ava is calm, friendly and well-behaved with other dogs, Ava would be suited to an active family who will continue her training and value her loving nature. Ava's microchip number is 982000405887554, and AWL's Rehoming Organisation Number is R251000222. To arrange a meeting with Ava, call AWL Eurobodalla on 0410016612 or complete the adoption form on the AWL NSW website: www.awlnsw.com.au. Get those brain cells ready for AWL's fundraising Trivia Night, coming up on 19 February at Club Narooma. Tables of 2 to 8 are available, and a light supper will be provided. Call 0413229133 to make a booking.

Animal Welfare League Eurobodalla is in urgent need of foster carers, particularly for adult cats. Please think about whether you, a friend, neighbour or relative can help us in this important work. Call us on 0410016612 to discuss, or complete the volunteer form on the AWL NSW website: www.awlnsw.com.au.

BECOME A FOSTER CARER TODAY

CALL ANIMAL WELFARE LEAGUE EUROBODALLA ON **0410 016 612**

Greyhound Adoption Day



Greyhound Adoption Event - 15 - 20 greyhounds will be looking for loving homes.

EVENT DETAILS: GREYHOUND ADOPTION DAY

PETSTOCK BATEMANS BAY

Saturday 7 February 2026 9:00am - 12:00pm

Petstock Batemans Bay, NSW

Why greyhounds appeal to local families

- Love kids and other pets
- Affordable Greyhounds: \$150 at events (otherwise \$250)
- Rarely bark (great for neighbours)
- Calm, gentle and affectionate
- Minimal shedding with low odour
- Suitable for families, singles, couples and apartment living
- Enjoy daily walks, then love to relax at home
- Special adoption rates on the day
- Greyhounds: \$150 (normally \$250)
- Senior greyhounds (7+ years): \$75 (normally \$150)

Event details & Dogalogue registration:

<https://www.gapnsw.com.au/events/adoption-day-petstock-batemans-bay-1?date=2026-02-07>

GREYHOUND ADOPTION DAY

Saturday
7th February
9am - 12pm
Petstock
Batemans Bay

GREYHOUNDS AS PETS petstock

SAGE Farmers Market
Tuesday 3pm Moruya

sagefarmersmarket.org.au

growing the community

Montague Visiting Artists 2026



Acacia Quartet

Music by Haydn, Ravel & Nick Wales
2:30 pm Saturday February 14
St Paul's Anglican Church, Narooma

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Southcoast Health and Sustainability Alliance

The Southcoast Health and Sustainability Alliance (SHASA)
is an alliance of Eurobodalla community members.
Formed in 2014 one of SHASA's key focuses is to deliver
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2026 Diary Dates

- 27 Feb – 1 Mar – **Cobargo Folk Festival**
- 13–15 February – **Cobargo Show**
- 27 Feb – 1 Mar – **Bega Show**
- 8 March – **Broulee Bay to Breakers Ocean Swim**
- 7 – 15 March – **Sculpture Bermagui**
- 1 – 3 May **19th Narooma Oyster Festival**
- May – June – **2026 Sculpture for Clyde**
- 5–12 July – **NAIDOC Week**
- 12 June to 12 July – **Fungi Festival**
- 21st–25th October – **Sea Otter Australia**
- 13 March 2027 – **NSW State Election**

Narooma VIEW Club welcomes new members

Narooma VIEW Club meets on the fourth Friday of each month at Narooma Golf Club Seahorse Room at 11.30 for lunch & a guest speaker. (Except October will be Friday 18th).

Moruya Community Workshed

New members are always welcome. We are located in the grounds of the Moruya High School operating two days per week. For inquiries please contact Wayne on 0488 743 788.

Tuross Community Markets

held every 2nd and 4th Sunday of each month.

Tuross Head Bowling Club Easter Market

Calling all Market Stall Operators. If you are planning your markets for 2026 don't forget to contact us at Tuross Head Bowling Club. With only a few months until our annual Easter Market fundraiser, we are seeking stall holders to come and share their wares. We have just under 20 stalls booked already but have plenty of space for more and only \$20 for a marked site (3m x 3m). Our Easter Market is on Sunday 5 April this year, from 9.00am – 1.00pm. It is a great community day – if anyone would like a stall, please contact the numbers on the flyer. Vickie Wheelahan Tuross Head Bowling Club Secretary
turossheadbowlingclub@clubtuross.com 0473 859 295

GOT AN EVENT COMING UP ?

Birthday, Garage sale, AGM?

You can't always rely on the socials...
Let the community know with the Moruya Mail
hello@moruyamail.com.au

Local bushwalks open the outdoors to women during NSW-wide Women's Week

DALMENY

From coastal tracks to local bush reserves, women across NSW will have the chance to explore their local environment during Bushwalking NSW Women's Week, held 2–8 March. With over 50 free entry-level walks hosted by local bushwalking clubs, the initiative aims to break down barriers to participation and help women feel confident getting outdoors. Dalmeny Narooma Bushwalkers Inc. Club is holding two walks in this period and are listed with our body bushwalking NSW. DNB Inc. are organising two easy walks:
1. Mummaga Lake south side on Tuesday 3 March and
2. Narooma Coast – Corunna Opening to Billy's Beach on Sunday 8 March
Go to Bushwalking NSW to register, where more details will be given. The main aim is to encourage women into bushwalking. Supported by Women NSW, the week focuses on connection – to nature, to community, and to local walking opportunities close to home. Bushwalking NSW encourages women who have ever thought "I'd like to try bushwalking, but I don't know where to start" to take part. Find a walk near you: www.bushwalkingnsw.org.au

South Coast & Country Community Law

coming to Moruya to provide in person legal appointments for clients.

Where: Moruya Medicare Mental Health Centre, Mirrabooka Avenue Moruya 2537 (Building address: 73 Vulcan Street, parking and entry at rear, off Mirrabooka Avenue).
When: **Thursday 12th February** 2026 10am to 2:30pm
Where: Mackillop Family Services, 5/1 Clyde Street Batemans Bay
When: **Tuesday 17th February** 2026 9:30am to 2pm
How: Appointments are required. Call us on 1800 229 529 to make an appointment

Song Connections is designed specifically for individuals living with dementia and memory issues, and their family members, friends and carers.

This singing group is led by Kim Edgar a trained music therapist and choir leader and proves that music remains for us all. We gather to sing familiar favorites, spark joy through rhythm, and build a supportive community where everyone belongs. Starting again on Monday 2 Feb 10–11am at the CWA Hall Moruya for 9 weeks this free hour of singing, clapping, rounds and the occasional dance is an hour of joy. Please come and say hello and give it a go! Drop in on Monday at 10am or call Katrina Scobie 0429 351 700

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Teensafe is a safe-driver program for L and P plate drivers – a skill for life.

Practical behind-the-wheel courses are provided in school holidays at Moruya Speedway. Cars and instructors provided. Fee \$100.

Teensafe is a community group operating for over 25 years supported by IMB Bank and partnered with Bay Beginners.

For info and forms go to TeenSafe link at – baybeginnersdrivingschool.com.au or phone Sean 0412446568

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Moruya District Hospital Auxiliary

If you would like to join the Hospital Auxiliary and help raise funds for your local Hospital, you would be most welcome. Meetings are held at the Moruya Golf Club on the 1st Monday of every month at 2pm. To find out more email mdha@y7mail.com or PO Box 469 Moruya 2537



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Tackle World Moruya Fishing report 30.1.26

Moruya River.

With a good flush out 2 weeks ago the river is starting to settle down nicely at the moment. There are good reports of big schools of both salmon and Trevally in the lower reaches of the river all the way up to the quarry wharf. The salmon have been reported up to 60cm, and on light tackle are a lot of fun to catch. Small metals, suited to the cast weight of your chosen rod, soft plastics and bait have all been accounting for fish the last few days. The run in tide seems to be the preferred time period for the fish to come into the system with the cleaner warm currents currently pushing down the coast. The rest of the system is also fishing well, with flathead and bream both being encountered through out the system.

Up in the fresh reaches of the system, the Bass are aggressively hunting with the cleaner freshened flows from last fortnight's rains. You can start exploring further upstream, as the flows are again allowing fish to move further upstream.

Tuross River.

Salmon seem to be the word on everyone's lips that have fished this system this week. Tonnes of fish are reported to be in the lower to middle reaches of the estuary this week. So thick you can walk across them was one report. They are no doubt chasing the whitebait that concentrates itself with in the system this time of year, and this amount fish allows for most anglers to get into some hard pulling fun.

The boss lost a nice sized bream two days ago, when a much larger flathead decided that she wanted it more than Graham. It took the whole fish from off his lure. It's a fish eat fish world down there.

The Potato point side of the river has been fishing well for flathead and bream, as well as salmon.

The upper reaches around Bumbo are starting to clear up and the fish activity is on the increase.

Further up, the Bass are also very active at the moment, just like Moruya, taking advantage of height river levels to move upstream and fatten up, before they move down to the salt to breed later in the year.

Rock and Beach.

Salmon, bream, whiting and the odd mulloway have been working the dirty water edges that the previous rains have created. Saturday is looking the best time to fish the beaches this weekend as the swell is forecast to hit 4m by Sunday evening. Along with an ENE wind as a posted to the southerly forecast for Sunday.

Offshore.

The Mahi Mahi have finally turned up this week, along with continued Marlin and Bonito action for those heading offshore this weekend. Get out early on Saturday and make the most of the weather window before it shuts on Sunday. There have also been a few reports of Yellow Fin tuna this past week.

For those not game oriented, the snapper and flathead have all been available also. Start checking the 30-40m mark.

The bait freezer has been restock with salted pilchards, mullet fillet and hawksbury prawns. So we have your weekend fishing covered, whether it be estuary, beach or offshore.

We still have 30% of all Joybee's foot wear, while stock last. So if you want a comfy pair of footwear, come in and check out the range. We have kids, ladies and men's styles available.

Stay safe everyone and remember, "Every day's a good day for fishing..."

Team Tackle World Moruya.



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CONTACT:
Teri Swanbury
teri.swanbury@hotmail.com
0410 584 196





Hotondo Homes Broulee Bay to Breakers Ocean Swim

Sunday 8 March 2026 from 9am

Our 15th Annual and most beautiful ocean swim from Broulee Island's Bay around the headland to Broulee Surf Beach. 1.4km for Open and Age divisions, an all age 1.4km flipper swim and a 500m swim for under 12s, under 14s and novice ocean swimmers.

The Broulee Brewhouse Dash for Cash over 200m in surf.

Why not swim all 3 swims (Open, Age and Dash)?



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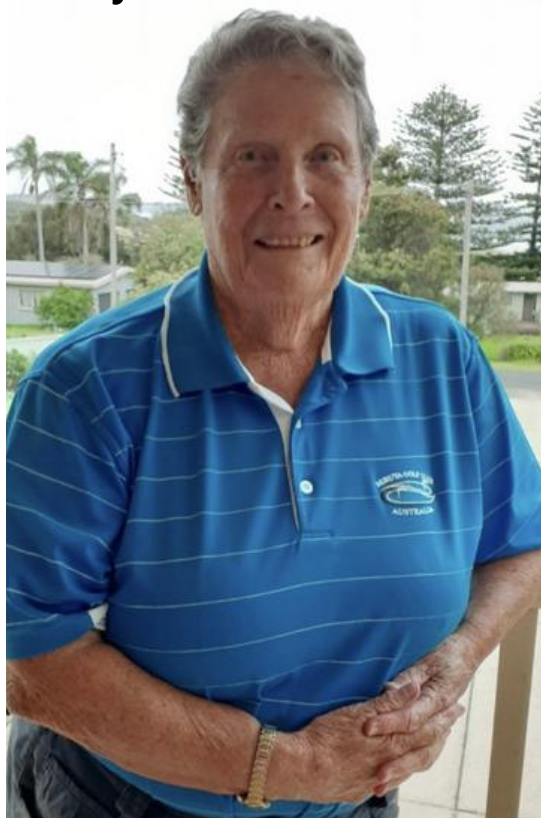
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Moruya Ladies Golf



Well the new year has gotten off to a great start for the ladies golf at Moruya Golf Club. Wednesday 28th January saw the ladies come together for the start of their yearly events with a Stableford. With the course in great condition, although a very humid day, Jan Lumsden managed a very credible score of 36 points followed by Ruth Snowball with 35 points (her very first win). Balls went to Jenny Ellis, Angie McMillan, Shirley Noy, Margaret Douglas, Robyn Hawkins, Margaret Flynn, Val Moore and Esther Lam."

Pic: Jan Lumsden

Road Closures Feb 7th

The fisiocrem Triathlon Batemans Bay is based in Tomakin — and it's built for speed. With a wind-protected swim in the Tomaga River, the fast straights of George Bass Drive, and a pancake-flat run through Tomakin, this course is made for fast times and big efforts. **On Saturday Morning from 9am to 1.30pm sections of George Bass Dive will be closed between Tomakin and Moruya Airport**

See
<https://www.eliteenergy.com.au/event/batemans-bay/>

Malua Bay Stingrays Women's Bowls

Robyn Butcher took over proceedings before cards were called by Bowls Organiser Jay Breust. Welcome back to Karen Signor and Nancy White good to see you both out on the Green. I meant to welcome new bowler Sarah Hillier last week but forgot lovely to have her bowl with us. Thinking of Carmel Price, get well soon. Birthday Greetings to Michelle Adler have a great day. Jay mentioned our team representing South East Region in Yamba this week in 2025/26 Finals Good bowling Sue Beavan, Adam Moffitt, Tim Kovacs & Peter Keatley. Winners Rink 6 'Tricia Wheeler, Gwen Ware & Pat Weekes. (Photo)

Runners-up Rink 1, Chrissie Keler, Colleen Ashby and Judy Davis. Lucky numbers, 12 Ruth Blake. 20 Judy Armstrong, 24 Lisa Grice. Money Club, 2 Margaret Bridges. 42 Judy Davis.



Tomakin Twist Tops Bowls Report

There were 22 Twisties on the Green on a very pleasant and much cooler morning until the rain came but most teams finished 16 Ends.

President Pedro welcomed everyone also visitors Sue and Terry Jarvie from Canberra. Robbo gave his welfare Report that bowling friend Noisy has some challenges ahead so all thinking of him, Hoges and Dick home from hospital and Kaz doing well.

Winners with Highest Winning Margin +13, Hot Lips and Spike with Scottie (photo) Runners-up +12, Sumpy and Terry. Scottie selected Rink 10 to try for Jackpot of \$218. Winning Skip Robbo cut cards but no Joker. High/Low Scores not won. Lucky numbers, 6 Chrissy, 17 Bert. Team scores, Sue & Smoothie 21/16. Mad Max & Robbo 13/12 Trish the Dish & Pattycake. 17/13

Tuross Head Golf



Winner: David Woolley with President Bruce Harding

Tuross Head Golf Results Thursday 29th January 2026

39 players competed in a Medley Stableford event today. It was a sunny day and there were some amazing scores achieved.

The Winners were:

- 1st: David Woolley (17) with 41 points (countback)
- 2nd: Ian McManus (15) with 41 points
- 3rd: Marilyn Bingham (36) with 38 points (countback)
- 4th: Bruce Lidbury (23) with 38 points (countback)

Nearest to the Pins

- 4th: Brad Doolan 2.40 A Grade
- 4th: Rex Wood 3.28 B Grade
- 4th: Bruce Martin 3.23 C Grade
- 6th: Michael Coloe 3.58 A Grade
- 6th: Ian Manton 1.13 B Grade
- 6th: Bruce Lidbury 1.22 C Grade
- 7th: Declan Cook 7.22 B Grade

Balls went to: Marie Muriwai 38, Wayne Fullerton 37, Allan Langford 37, Paul Scholze 37, Nick Brice 36, Lars Gaupset 36, Anthony Millick 35, Brad Doolan 35, Warren Hodder 34 and Maree Coffey 34.



Winner: Stephen Gardner with President Bruce Harding.

Tuross Head Golf Results Saturday 31st January 2026

A field of 65 players, registered for a Stableford Medley event today. The weather was hot, the course in great condition and some amazing scores were achieved.

The Winners were:

- 1st: Stephen Gardner (21) with 39 points (countback)
- 2nd: Malcolm Gilbertson (1) with 39 points (countback)
- 3rd: Peter Hogan (17) with 39 points
- 4th: Terry Milliken (23) with 37 points
- 5th: Mark Jackson (25) with 36 points (countback)

Nearest to the Pins

- 4th: Martin Booth 1.33 A Grade
- 4th: Ian Miller 6.06 B Grade
- 4th: Terry Milliken 6.76 C Grade
- 6th: Malcolm Gilbertson 0.52 A Grade
- 6th: Terry Milliken 4.21 C Grade
- 7th: Ian Lawson 1.93 A Grade
- 7th: Darrell Kildey 5.13 B Grade

Balls went to: Troy Kingdom 36, Brad Doolan 36, Darrell Kildey 35, Bruce Martin 35, Ruth Gschwend 35, Paul Pereira 35, Martin Booth 35, Paul Medwin 35, Peter Garn 34, Ken Hush 34, Anthony Lore 34, Michael Walsh 34, Colin Houghton 34, Ian Lawson 34 and Herb Muriwai 33.



Winner: Chris Wratten

Tuross Head Vets Golf Results Wednesday 4th February 2026

A field of 41 players signed up for a Par event today. The weather was perfect and some wonderful scores were achieved.

The Winners were:

- 1st: Chris Wratten +4
- 2nd: Mike Birks +2 (countback)
- 3rd: Steve Gardner +2

Balls or Chocolates went to:

Sandra Hanlon +1, Greg Smith +1, Bruce Martin +1, Mark Maher square, Bruce Harding square, Len Rogers square, Greg Bush square and Steve Swanbury -1 (countback).

Nearest to the Pins:

- 4th: Ross Hendy (2nd Shot) In the hole!
- 6th: Ken Hush (1st Shot)
- 7th: Ladies: Jeanette Miller (2nd Shot) In the hole!

Mens: Ian Miller (2nd Shot)

Accuracy: Neal Watson (5th hole)
Bradman: Shirley Quinlan

Volunteers Needed

Join us at Same Wave Moruya (formerly Special Nippers) to assist kids and young adults with diverse needs to enjoy and experience the beach. We need you! **Starting Saturday 31st January 2026**



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Merimbula's Eat Festival is back 5th - 8th March

In 2026, EAT Festival is the Sapphire Coast, distilled into four unforgettable days of food, flavour and connection. It's an opportunity for locals and for visitors to enjoy local flavours, talented chefs' creations and unique dining experiences, with the region's pristine surrounds a delightful bonus. Visitors from across the country are invited to plan a long weekend escape, while locals will be encouraged to "tag a mate from interstate" as part of the festival's marketing campaign, with delicious prizes up for grabs.

EAT Festival Merimbula

Date: Sunday 8 March 2026

Time: 10am - 2pm

Location: Fishpen, Merimbula
Events are ticketed and numbers are limited. Bookings and more information,

www.eatfestival.com.au

YOGA Pose of the Week



Hi, it's Clare from Soul Tribe Studio, your local yoga home in Batemans Bay since 2018.

My **Pose of the Week is Peaceful Warrior**, known in Sanskrit as Shānti Virabhadrasana. This graceful standing posture blends strength with softness, inviting both stability and spaciousness. It's a beautiful pose for cultivating resilience while staying connected to the breath. Peaceful Warrior is often practised as part of a flowing sequence, but it can also be held on its own to build awareness and presence.

How to practise Peaceful Warrior
Begin in a wide stance, facing the long edge of your mat. Turn your right foot out and bend your right knee so it stacks over your ankle. Your left leg stays strong and straight. Rest your right hand lightly on your back leg, thigh, or hip for support. On an inhale, sweep your left arm up and overhead. As you exhale, gently lean back, creating length through the left side of your body. Keep your chest open, your shoulders relaxed, and your breath steady. Avoid collapsing into the lower back, think of lifting up before arching back. Stay for three to five slow breaths, then return to centre and repeat on the other side.

Benefits of Peaceful Warrior

- Builds strength and stability in the legs
- Stretches the side body, hips, and spine
- Opens the chest and shoulders
- Supports balance and coordination
- Encourages focused, steady breathing
- Cultivates confidence and grounded energy

Helps release tension while maintaining strength
Peaceful Warrior reminds us that we can meet life with both courage and ease — steady in our feet, open in our hearts. Follow us on Instagram @soultribestudio and YouTube @soultribestudio, and come join us for classes. We're open every day with around forty classes a week.

To book classes and view the timetable, visit www.soultribestudio.com.au

Where: Moruya Basketball Stadium
When: Starting Thursday 5th Feb from 6pm
Cost: Free to try for 3 weeks
Who can join: Teens & Adults - Beginners to Experienced Players
What to Bring: Comfortable sports clothes, shin pads & mouth guard if you wish (We supply the sticks)
Questions or want to register interest:
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Australian Skater of the Year Wows at Skate Park

By John Longhurst
Slam Magazine's Australian Skater of the Year for 2026, Nixen Osborne, was 'hitting the hammers' to wild applause at Batemans Bay Skate Park last Friday. Nixen was the headline act in a 'Learn to Skate' mentoring workshop and jam day delivered by Totem Skate Company and funded by Eurobodalla Shire Council's (ESC) Youth Team. Michaela Burtenshaw, ESC Youth Development Officer, was instrumental in organising the event. Michaela said "The event supported beginner and intermediate skaters to build confidence and develop skills through hands-on mentoring from experienced Totem Skate coaches. The session included a structured workshop followed by an open skate jam, giving participants the chance to practice new tricks in a fun and supportive environment as well as win loads of awesome prizes. Such as skateboards and posters." With skateboards and safety gear provided, the day was accessible to all, encouraging connection, active recreation and positive youth engagement within the community. Michaela said "The day was made even more special with the attendance of Nixen, who coached alongside mentors, connected easily with participants and generously signed autographs for young skaters. Support services were also on site, with the ESC Youth Van running an art workshop, Headspace Batemans Bay offering mental health information and activities, and Red Frogs Australia kept everyone fueled with a hydration station and freshly made pancakes. You can follow Eurobodalla_youth on instagram to stay up to date with the huge amount of youth initiatives run by council throughout the year. Also head to the ESC website and click on the youth page.



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