



Daffodil Day is 20th August - Emily from The Wild Rose Florist shows off some of the bunches available with proceeds donated to Cancer Council.

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Council Agenda - Monthly Meeting

ORDINARY MEETING OF COUNCIL TO BE HELD IN THE COUNCIL CHAMBERS, MORUYA ON TUESDAY 25 AUGUST 2026 COMMENCING AT 12:30 PM AGENDA (Proceedings of this meeting will be recorded as per Eurobodalla Shire Council's Code of Meeting Practice)

1. WELCOME
2. ACKNOWLEDGEMENT OF COUNTRY
3. APOLOGIES Nil
4. CONFIRMATION OF MINUTES OF PREVIOUS MEETING
- 4.1 Ordinary Meeting held on 28 July 2026
5. DECLARATIONS OF INTEREST OF MATTERS ON THE AGENDA (Declarations also to be made prior to discussions on each item)
6. PUBLIC FORUM
7. MAYORAL MINUTES Nil
8. NOTICES OF MOTION Nil
9. QUESTIONS ON NOTICE FROM COUNCILLORS Nil
10. PETITIONS Nil
11. GENERAL MANAGER'S REPORTS
- GMR26/011 Investments made as at 31 July 2026
12. PLANNING, HOUSING AND ENVIRONMENT REPORTS
- PER26/022 Alcohol Restricted Zones
- PER26/023 DA0410/26 - Telecommunication Facility (20m) - Council reserve access off Negus Drive, Mystery Bay
- PER26/024 DA0435/26 - Telecommunication Facility (10m) - Road Reserve on the corner of Lamont Young Drive and Casey Crescent, Mystery Bay
13. INFRASTRUCTURE REPORTS
- IR26/010 Local Transport Forum No.1 for 2026-27
14. COMMUNITY, ARTS AND RECREATION REPORTS
- CAR26/013 Creative Arts Strategy 2026-2032
- CAR26/014 Draft Library Strategic Plan 2026-2032
- CAR26/015 Land acquisition for road widening - Part 119 Wagonga Street Narooma
15. DELEGATE REPORT Nil
16. URGENT BUSINESS
17. DEALING WITH MATTERS IN CLOSED SESSION
18. CONFIDENTIAL MATTERS

Help guide marine infrastructure improvements in Eurobodalla



Eurobodalla Council is inviting applications from community representatives to join its new Marine Infrastructure Advisory Committee.

Council agreed to form the committee at its meeting on Tuesday 28 July, with Councillor Amber Schutz elected as Chair and Councillor Mick Johnson elected as alternate Chair.

Council is now seeking up to 10 community representatives with relevant knowledge, skills or experience to join the committee. The committee will meet four times a year and provide advice to Council on Council-managed marine facilities across the Eurobodalla. This includes advice about priorities, funding, accessibility, maintenance and upgrades.

Eurobodalla Mayor Mathew Hatcher said Council wanted to hear from people who use, care for or understand the shire's marine facilities.

"If you're someone who uses our boat ramps, jetties or fish-cleaning tables, or you've got practical experience around the water, we'd like to hear from you," Mayor Hatcher said.

"The people who use these facilities know what's working, what's missing and what would make things better.

"This committee is a good way to bring that local knowledge into the room. We want people to put their hand up and help us make practical improvements to the marine facilities our community and visitors rely on."

Applications close at 5pm on Friday 11 September 2026.

Interested applicants can find out more and download an application form on [Council's website](#).



EDITOR Alex Rea

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'Bring Your Bills' Consumer

Energy Forum Moruya

SHASA in partnership with Dr Michael Holland MP are hosting a 'Bring Your Bills' consumer energy forum.

Friday 21 August at Moruya Surf Life Saving Club.

Come along to hear from a team of experts about how to lower your energy bills, invest in affordable saving upgrades and boost comfort to your home.

Here you will learn about installing solar panels and batteries, the options around electric vehicles and ways to reduce your energy bill and take control of your energy use.

There is NO COST to attend and refreshments will be provided.

<https://shasa.com.au/event/bring-your-bills/>



Want practical tips to reduce your power bills?

Come along to my
Bring Your Bills Forum



Friday 21st August
3pm-5pm

Moruya Surf Life Saving Club



Seasonal Bushfire Outlook Spring 2026

AUSTRALASIAN FIRE AUTHORITIES COUNCIL

AFAC has released Australia's national bushfire outlook for spring with fire authorities predicting a heightened risk of fire across northern and southeastern NSW, south-east Queensland, northeastern Tasmania, parts of WA, SA and Victoria, and large parts of the NT. AFAC has released Australia's national bushfire outlook for spring with fire authorities predicting a heightened risk of fire across northern and southeastern New South Wales, south-east Queensland, northeastern Tasmania, parts of Western Australia (WA), South Australia and Victoria, and large parts of the Northern Territory.

Below average rainfall has increased bushfire risk potential across northeast and eastern Tasmania, as well as parts of Victoria. In contrast, above average fuel loads and dry soil conditions are contributing to elevated fire risk across parts of WA.

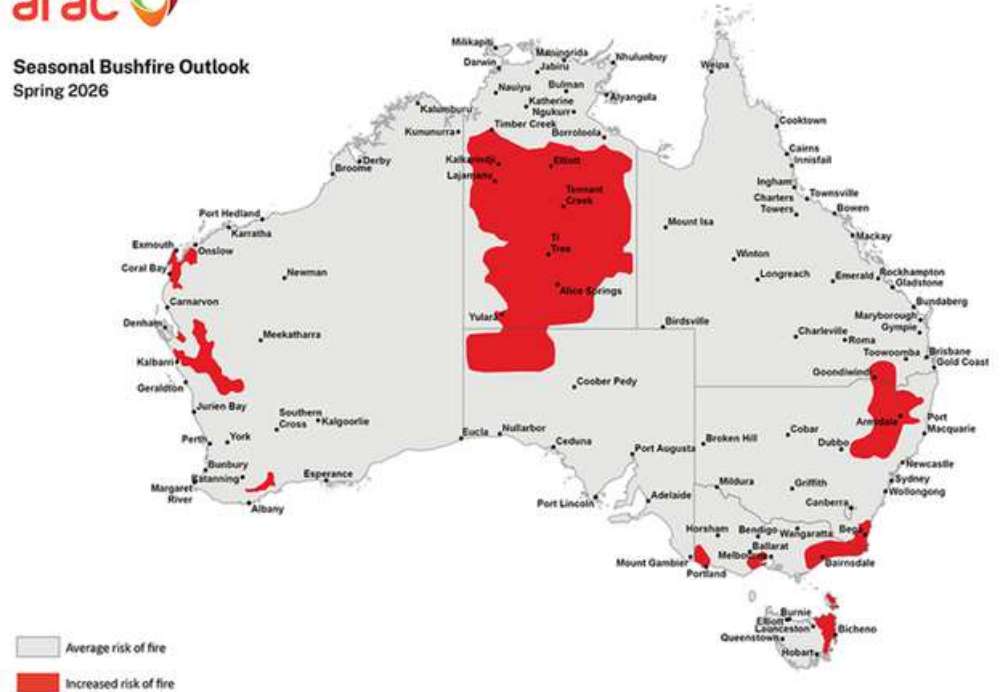
AFAC CEO Rob Webb said: "This outlook highlights a heightened risk of fire across several parts of the country, driven by a combination of dry conditions in the east and increased fuel loads through parts of central and northern Australia. The variety of risk factors across different regions reinforces the need for communities to understand their local conditions and prepare early."

"While some areas are facing an elevated risk of fire this spring, bushfires can still occur in regions with a normal seasonal outlook. Communities are encouraged to stay informed, monitor local conditions and follow advice from their fire and emergency services as the season unfolds."

The areas marked in red on the map represent an increased risk of fire, largely driven by below average rainfall and dry conditions.



Seasonal Bushfire Outlook
Spring 2026



Minister for Emergency Management and Member for Eden-Monaro, Kristy McBain MP said "As the Member for Eden-Monaro, I understand the concern that many families and communities will be feeling as we head into the warmer months.

"Communities along the South Coast know all too well the devastating impact of natural disasters, having experienced significant fires and floods in recent years.

"The Albanese Government stands ready to support the New South Wales Government and local communities as needed throughout the fire season.

"There are also practical steps that individuals and families can take now. Prepare your bushfire survival plan, understand local risks, and check in with friends, family and neighbours to make sure they have a plan in place as well.

"Being prepared before an emergency occurs can make a significant difference when conditions deteriorate.

"I'd also like to thank in advance our emergency services personnel, volunteers and support agencies for their professionalism and dedication, which will once again be critical in keeping communities safe."

The Seasonal Outlook is the culmination of a complex analysis by expert fire specialists across Australia, and climate prediction and fire weather experts from the Bureau of Meteorology.

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3RD OCTOBER - 2020'S

7TH NOVEMBER - 2010'S

5TH DECEMBER - 2000'S

NO COVERED AND BUSHY
THE THESE WINDS, WE CALL
A BUSHY OR WE UP A TALK

60th Anniversary - Battle of Long Tan - Batemans Bay



Photos: John Longhurst

Bu John Longhurst
Vietnam Veterans, spouses, community members, school students, parents and carers gathered at Rotary Park, Batemans Bay, for a moving service to commemorate the 60th Anniversary of the Battle of Long Tan on Tuesday, 18th August.

On 18 August 1966, about 108 Australian soldiers from D Company, 6th Battalion, Royal Australian Regiment (6 RAR) fought a much larger Viet Cong and North Vietnamese force in a rubber plantation near Long Tan.

The Australians faced a force estimated at several thousand troops. Despite being surrounded and under intense fire, D Company held its position until reinforcements arrived.

18 Australians were killed and 24 wounded. The opposing forces suffered substantially heavier casualties, although the exact number remains disputed.

The battle became an example of the professionalism, discipline and fighting ability of Australian soldiers operating in difficult conditions.

The Opening Prayer was followed by Peter Lachlan Cochran a former Australian Army officer and Vietnam Veteran, farmer and NSW National Party politician who was guest speaker and recounted details of the Battle and Australia's contribution to the Vietnam War.

The large crowd stood for the Mount the Catafalque Party as well as the laying of wreaths and tributes.

The hymn 'Abide With Me' captured the mood of the gathering.



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Vietnam Veterans Day

Communities across Australia gathered to commemorate Vietnam Veterans' Day on Tuesday 18th August marking 60 years since the Battle of Long Tan, where 18 Australians lost their lives and 24 more were wounded. Moruya RSL Sub-Branch and Eurobodalla Vietnam Veterans Peacekeepers commemorated the day with three days of events over the weekend including sharing stories, a visit from helicopter HARS UH-1B N9-3104 Navy Training Aircraft for Naval Flight Vietnam (Emu Flight) and a re-enactment at Moruya Airfield on Sunday. On Tuesday 18th August - The Eurobodalla Vietnam Veterans Peacekeepers and Peacemakers conducted the Vietnam Veterans Day Commemoration Service from 10:55am.

Followed by a get together at Quantum Brewery attended by the Mayor and Dr Michael Holland MP.

Fiona Phillips said "More than 60,000 Australians served with distinction in the Vietnam War over more than a decade. The Australian War Memorial Roll of Honour records the names of 524 service members who lost their lives due to their service in Vietnam, and two others who lost their lives in Thailand while supporting Vietnam operations. Others came home wounded, injured or ill.

Many local veterans and their families continue to carry the weight of their service.

While I'm in parliament, I will take time to commemorate all Australians who served, and I want to thank the local residents who will represent me at the many remembrance services being held across the region today."

At the Moruya RSL Sub-branch Battle of Long Tan Commemoration on Saturday Fiona was represented by Christine Lee. Applications for the Long Tan Bursary also open today, supporting eligible children and grandchildren of Vietnam veterans with up to \$12,000 over three years for tertiary education costs. Link here: <https://www.dva.gov.au/what-we-help-with/education-and-employment/support-for-students/long-tan-bursary>.



Local Veterans with the Helicopter at Gundary oval on Saturday Photo Maree Jackson



Local Veterans with Mayor Hatcher and Dr Michael Holland at Quantum Brewery



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Free mulch ready for spring gardens



Getting the garden ready for spring? Free mulch is available for residents to pick up from Eurobodalla's waste facilities. Council's waste services manager Nathan Ladmore said the free mulch program was a practical way to reuse garden waste collected across the shire.

"Around 3,100 cubic metres of mulch is produced every three months, which is a lot of garden waste being put to good use instead of going to landfill," Mr Ladmore said.

"The green waste is shredded and mulched, then regularly turned and watered until it reaches the temperature needed for pasteurisation. We also test the mulch for contaminants such as glass and plastic before it is made available to the community."

Mulch is currently available from Surf Beach, Brou and Moruya waste facilities.

Residents can collect mulch during normal opening hours. Make sure your loads are covered before you leave the site.

For those who need help loading, machinery-assisted loading is available at:

- Surf Beach: 9.30am - 11.30am and 1-3pm daily
- Brou: 10am-12pm and 1-3pm daily
- Moruya: weekends only

On arrival, check in with the weighbridge staff who will let you know where to go and provide any onsite safety instructions.

The mulch is suitable for topping up garden soil, spreading around trees and shrubs, or using on garden beds to help suppress weeds.

Mr Ladmore said Council staff and contractors remove contamination during processing, but keeping mulch clean starts at home.

"Most contamination found in the mulch comes from household green bins, so residents can help by making sure only accepted green waste goes in their green bin," he said.

Food scraps, soil, timber, household rubbish, plant pots, kitty litter, pet waste and noxious weeds should stay out of green bins. Noxious weeds, weed seeds and berries should be bagged and placed in the red-lid bin.

For waste facility locations, opening hours and contact details, [visit Council's website](#).

NSW first to get national gun buyback underway

The Albanese Government and Minns Government

have reached an agreement to deliver a NSW Gun Buyback Scheme to reduce the number of firearms and make communities safer. New South Wales will be the first state to commence the Commonwealth Government's National Gun Buyback Scheme, with both governments agreeing to share the costs of the buyback 50:50.

Following the deadly antisemitic terrorist attack at Bondi Beach on 14 December 2025, National Cabinet stood in solidarity and agreed to action to eradicate antisemitism and to strengthen gun laws across the nation.

In the days that followed, the NSW Government acted to significantly tighten the state's gun laws, including introducing new limits on the number of firearms a person can own, reclassifying some types of firearms, introducing stronger background and eligibility checks, and reducing firearms licence periods from five years to two.

The NSW Gun Buyback is the next step in those reforms and will commence on 2 November 2026, administered by NSW Police. It will provide compensation to individuals for firearms above the new ownership limits and newly reclassified firearms, plus a flat fee for associated ammunition.

The scheme will also provide financial assistance for businesses and industry to adjust to the reforms.

In addition, the Commonwealth will contribute 50 per cent for administration costs and fully fund the destruction costs for surrendered firearms and administration.

Importantly, the scheme will be administered in two phases:

Phase 1 of the NSW Buyback Scheme will include a fixed price schedule for individual licence holders, who are above the new legal limit for their licence, to return their firearms in exchange for fair compensation. It will also include an initial industry support package to help eligible local businesses and dealers adjust to the new laws, available from 2 November 2026.

Phase 2 of the NSW Buyback Scheme, commencing in early 2027, will provide a pathway to compensation, for a fee, for eligible higher-value firearms with an indicative market value above \$3,000, capped at \$10,000 per firearm.

The NSW Government estimates up to 274,000 registered firearms – approximately 24 per cent of the total number of registered firearms in New South Wales – and approximately 50,000 licence holders are affected by the new limits on gun ownership and reclassification of some types of firearms.



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Dig into the basics and grow your own kitchen garden



Eurobodalla Council's sustainability officer Debbi Long with some flowering peas.

"It's okay if plants die" wasn't the opening line a room of aspiring gardeners was expecting to hear. But Eurobodalla Council's Debbi Long reassured everyone it's part of the process.

"You'll be putting the same love and attention into your tomato bush, then the eggplant right next to it goes gangbusters," Debbi said.

"That's gardening. Sometimes one thing thrives and another doesn't. Sometimes you learn why and sometimes it's a mystery."

As a Council sustainability officer, Debbi is passionate about helping people build the skills and confidence to start their own kitchen garden. Council's free workshops cover the basics of setting up a kitchen garden that suits your space, budget, skill level and household eating habits. Debbi talks about store-bought produce being bred for shelf life and transport, with some food travelling long distances before it reaches the plate: "An interesting fact is that pretty much as soon as you pick something, it starts to lose nutritional value."

"While food grown at home might only stay fresh for a few days, it can be picked as you need it and eaten at its best."

Another thing Debbi loves to remind people is that you don't need to spend a lot of money to get started.

"What a lot of people don't realise is that bagged soil has often travelled a long way before it reaches the shop, using fuel and adding cost, when we have free materials right at our fingertips," Debbi said. "Think coffee grounds from a local coffee shop, ash from your fireplace, horse, cow or chook poo from a local farm, and of course, your own lawn clippings. There's plenty of ways to layer your very own veggie bed."

Whether you're renting, working with a concrete courtyard or starting from scratch, the workshop explores options like microgreens on the kitchen bench, lasagne and no-dig gardens, and low maintenance self-watering wicking beds.

The first workshop in Narooma was fully booked. Some asked how to keep veggies alive, others asked about cockatoos, pests and citrus trees, while newer residents who moved to the coast from Canberra were eager to understand Eurobodalla's coastal climate.

Debbi brings plenty of knowledge to the room, but also makes space for everyone's questions, ideas and gardening mishaps. Participants left the session feeling more informed, more confident and ready to have a go at growing their own food.

The Batemans Bay workshop has been rescheduled to Wednesday 26 August and another workshop is at Moruya Library on Thursday September 3. Bookings are essential and can be made online through [Council's website](#), or by contacting your local library for assistance.



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The Coffee Table, Narooma

By Waldemar Eliaschewsky

Not long after we arrived in back in Narooma in 2012, I began meeting a couple of close friends for coffee. At first there were only two of us, and then Tony Walker joined the group. Around that time, a new café called 'Bound to Earth' opened, owned by a young local woman. The café had a relaxed, slightly hippie atmosphere. She only remained there for a short time before handing the business over to Renee, who brought a much warmer attitude and a far more organised approach. Later, Haylee took over and has successfully run the café for the past four years. She brought the same warmth and friendliness that Renee had, ensuring customers continued to feel welcome and valued. Renée went on to own and operate a larger, expanded version of the coffee shop in Bermagui for approximately four years before recently selling it to take a well-earned break. She still occasionally helps out at BTE. As it turns out, Haylee is the granddaughter of a teenage friend of ours—it's a reminder of just how small the world can be.

Our little coffee group grew slowly. At first there were only three or four of us, meeting to chat about life, men's health, current events, and whatever else came to mind. One of the regular attendees had recently lost his wife, so I invited him to join us. He accepted, and his company added another valuable voice to our conversations. Over time, our numbers gradually increased. From those original few members, we eventually had around a dozen regulars. Not everyone attended every gathering. People drifted in and out depending on work, travel, family commitments, grandchildren, the weather, and whatever else life threw at them. Although we occasionally met at other cafés, Bound to Earth became our regular meeting place.

People would often joke, "You seem to be at every coffee shop!" I always found that amusing because the very people making the comment were usually sitting in those same coffee shops themselves. It became one of those running jokes that never seemed to grow old.

As the years passed, the core group remained fairly steady at around a dozen members. Later, a number of women began joining us, and the wider group eventually grew to somewhere between twenty and thirty people. Rarely was everyone there at the same time, but the faces around the table changed from week to week as people came and went. Sadly, in 2025, Tony passed away. His absence was deeply felt by everyone. To honour his friendship and the contribution he made to our gatherings, we placed a small plaque on our regular table in his memory.

Over the years, our gathering came to be known unofficially as "The Table of Knowledge." It was a name given by others rather than ourselves. While I was never particularly fond of the title, it stuck, and before long everyone seemed to know exactly which table people were talking about.

Our group has, tongue firmly in cheek, been gradually "infiltrated" by members of another swimming group known as the RAYS—Recreational All Year Swimmers. While the group is predominantly made up of women, there are also a handful of male members. Some of their partners also make an appearance at the monthly full moon swim, adding to the growing circle of familiar faces.

The group is a wonderfully diverse bunch. Among their ranks are, a university Dean, an architect, a truck driver, an oyster farmer, electricians, a prison councillor, a builder, an earthmoving machine operator, cheesemaker, National Parks employees, and Marine Rescue volunteers, to name just a few.

Over the years, our conversations have often reflected the gradual changes taking place in the township.

Some have been quite noticeable, while others have been more subtle but no less interesting. One of the most significant changes was the refurbishment of the old Whale Motel, giving new life to a familiar landmark.

Nearby, the small shopping strip has continued to evolve. Alongside the coffee shop are a real estate agency, the opportunity shop, and an accounting business, with several more shops leading towards the main street. Sadly, several years ago the dress shop, the hairdresser, and the hardware store were destroyed by a fire, believed to have been caused by an electrical fault. The site has remained largely vacant ever since, becoming something of an eyesore and a reminder that not every change in a small town is for the better.

Looking back, it is remarkable how a simple coffee gathering grew into something much more than a weekly catch-up. Friendships were formed, losses were shared, new faces became familiar, and conversations wandered across almost every subject imaginable. In many ways, the table became a small reflection of the community itself—constantly changing, welcoming, occasionally noisy, always interesting, and held together by the simple ritual of sharing a cup of coffee. Many members of the group have moved to the town more recently. However, a handful of us, myself included, grew up here and attended school together, giving us a long-standing connection to the community.

On more than one occasion, visitors to the town have stopped for a coffee after seeing our group enjoying the sunshine and conversation, assuming it was a welcoming place to sit and relax. This continues today and has become something of an attraction in itself. It also helps support the ongoing viability of the local shops and cafés, with tourists mixing naturally with locals. In many cases, visitors leave not only having enjoyed a coffee but also with valuable local knowledge and recommendations on places to visit and experiences to enjoy throughout the South Coast.



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Caseys Beach Seawall Rebuild

By K Dahlweiss

This week Eurobodalla Shire Council commenced the 9-month build of the upgrade to Caseys Beach seawall which is steadily degrading due to coastal erosion, storm damage and waves washing over the wall. It's going to mean temporary changes along Beach Road from the northside to the southside re cycling/driving/parking. It's best to be in the know. A restriction on speed will apply from this week with a 40kph limit along that beach stretch. It isn't so new for regular drivers near that part of Beach Rd. Just south of the beach is Sunshine Bay Primary School where speed limits are 40kph from 8-9.30am and 2.30-4.00pm Monday to Friday during school term. The bicycle lanes have been removed on the road and cyclists will need to merge onto the road with the car traffic. All parking on that area of Beach Road has been removed as well, and residents will be expected to park in their driveways.

The hardest hit will be the popular Caseys Beach veterinary surgery which has a steady stream of customers, Monday to Saturday. The vet does have parking available for customers behind their surgery. Customers and Beach Rd residents will be permitted to park their cars south of the construction work in a little dead-end cul-de-sac near the creek.

Paul Pomfret, a veteran project manager, heads the seawall upgrade crew. He oversaw the seawall builds at Long Beach and Surfside and managed to complete them earlier than anticipated.

The good news is that the beach will still be open to the public either end of the construction of the seawall and that work will be done on weekdays only, unless emergency work is required on a Saturday morning. Two-way traffic will continue on Beach Rd throughout the period so cars will be able to traverse it northward and southward. Paul is keen to assure readers that 'driving through is not going to be an issue. The only time it is expected that there will be some holdup of traffic is when there will be council deliveries related to the build. There will be just noise and a bit of an eyesore.' Rocks supplied by local quarries will be delivered throughout the project. Trucks will move them from the southside where there will be the stockpile area to the active work zone, further north on the beach.

The total cost will be \$7 million. The ESC has contributed \$1million. Most of the money used for the rebuild is grant funded.. There are many costs and Paul explains that 'I don't want to waste money. If I can save 10 bucks, I will.' He is proud of the fact that he 'managed Surfside and Long Beach under budget.'



Paul is enthusiastic about the seawall reconstruction but is also the first person to admit that locals 'will lose a bit of beach.'

The Eurobodalla Shire Council (ESC) Infrastructure 'Media Update' explains it: 'The new wall will be wider, taller and stronger to better absorb wave energy and protect Beach Road. It will slope up from the beach, with its base buried below beach level and its top about one metre higher than the road.'

There have been many requirements of Paul behind the scenes regarding what restrictions will apply and how residents could be inconvenienced. Some of them are as follows but it's not an exhaustive list:

- The rubbish bins will be emptied earlier than the usual 7am schedule so that stretch of Casey's Beach would be the first place in the shire to have their weekly rubbish removed.
- The bus stop moved closer to the toilets on the southside of Caseys Beach.
- Concrete barriers erected on the beach side of the road.
- Regular meetings with NSW state officials.
- Internal resourcing to keep the construction work as local as possible.

The biggest problem will be working with the tide. Paul explains 'the biggest focus during construction is managing the tides, swell and weather, and prioritising safety of the public and workers.' As well there are environmental concerns. The sea water can't just be pumped back into the ocean and must be filtered.

Paul doesn't want inquisitive passers-by to get too close to the machinery. He wants people to 'use their common sense and walk around it.'

Answers to questions about how the work will be managed are on the ESC website: <https://www.esc.nsw.gov.au/council/major-projects/infrastructure/batemans-bay-coastal-protection-works/caseys-beach-seawall-upgrade-frequently-asked-questions>.

It is possible to sign-up for updates about the Caseys Beach seawall upgrade; contact council@esc.gov.au

For many it will be a once-in-a-lifetime inconvenience for a better outcome.

Paul, a local resident, feels proud that he is contributing to local essential work. 'It has really been about getting the funding and approval' and has been a long time in the pipeline. "If we let it go, you'll lose the road and possibly your houses in the future.' He says that 'it has been dangerous for motorists when there have been storms and high seas where water has washed up over the current wall and onto the road.'

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Census



A Day in the Life of ... a Baker

A weekly column exploring the occupations in the Eurobodalla Shire by John Longhurst.

Name: Eilish Wray

Wake up time: 6.30am

Market day output: Up to 75 loaves of sourdough loaves and 45+ cakes and treats

Magic tip: Patience

A day in the life of a local market baker begins at 3pm the day before. The much-loved sourdough loaf starts as nothing more than quality flour, water, salt and a well-loved recipe passed down through generations. From there comes the rhythm of the bake: mixing, whisking, combining and stretching, then letting each loaf rest overnight allowing it to slowly proof and develop its signature flavour and texture.

It is well after 10pm before our baker, Eilish Wray, turns in.

On market day, Eilish is up by 6.30am, fuelled by plenty of caffeine and ready to fire up the ovens. Our loaf of sourdough has now joined more than 75 other loaves, all baking away in the family-run Farmstead Bakery*. There is something for every table. Rustic White, Wholemeal, Soy & Linseed, 11 Seed and Dark Rye and the much in demand fruit loaf is also on the menu and remains to the side for special attention.

Eilish smiles "The fruit bread is a speciality and a big seller amongst our customers. We do not skimp on the ingredients, and the outside layer of fresh almonds or walnuts is a winner. It freezes really well as a bonus." It is then a buzz of activities as Scroll, Slices, Cookies and Biscuits are prepared and laced with fresh ingredients and South Coast dairy products. A calorie counter does not take pride of place in the kitchen. How such sweet temptations align with Eilish's other employment as a dental nurse is a question well worth asking.

Eilish is unapologetic. "What can I say? I just love baking, and I have from a very young age." That passion has seen her recognised at the Canberra, Goulburn and Milton Shows, where she has won numerous awards for her cake decorating and cooking.



For the Moruya Mail (MM) the winner is the vanilla slice. The layers of pastry are tissue thin and the custard smooth and ... well ... voluptuous and is dusted enthusiastically with icing sugar. It is big hearted and nostalgic and had the MM lined up in yesterdecade's canteen queue at school when the same were made by the tuck shop staff. Best of all, it is served in generous Fred Flintstone like slabs that truly err on the side of excess.

It is then a case of packing all into the vehicle for transportation to Moruya, setting up the marquee in readiness for the 3pm bell for market opening. 5pm is pack up time.

Farmstead Bakery* is a mainstay of the Moruya Markets. They have been trading at the regular Sage Riverside Markets every Tuesday from 3pm since their inception. They can also be found at the same venue at the Moruya Country Market on Saturdays, continuing to share handcrafted sourdough, sweet treats and country baking with the local community.

* <https://www.facebook.com/share/1DEZmuw1qg/?mibextid=wwXlfr>

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



Scan the QR code to keep in touch



Time for a Cuppa and More at Bridge Plaza Cafe



Satya Chaudhary

Bu John Longhurst

Bridge Plaza Cafe has recently opened at Bridge Plaza in Batemans Bay, offering customers a convenient place to enjoy quality coffee, premium teas, breakfast, lunch and something a little different with freshly prepared açai bowls.

The cafe is serving Seven Miles Coffee, along with freshly prepared breakfast options such as bacon and egg rolls, pastries, cakes and other food options. One of our main highlights is our fresh açai, which has already become very popular with customers. Customers can customise their açai bowls with a range of toppings including fresh blueberries, banana, strawberries, kiwi fruit, muesli and other indulgent options such as pistachio and Nutella.

Local hospitality identity Satya Chaudhary is the new owner. Satya said "We are also looking to create a welcoming space for local residents, families, workers and visitors to Batemans Bay, whether they are stopping in for their morning coffee, grabbing breakfast, enjoying a healthy açai bowl or taking a break while shopping at Bridge Plaza."

The opening of Bridge Plaza Cafe is an extension of Satya's experience in the local hospitality industry through Espresso Garden and Foodmandu Restaurant & Bar. It brings another quality food and coffee option to the area while supporting the local Batemans Bay community and economy.

Satya said "Although we have only recently opened, the response from customers has been very encouraging. We are continuing to develop the menu and will be introducing combination deals and other promotions as we establish the cafe."

Elegant High Tea Fundraiser at Historic Henkley Farm - Central Tilba

The community is warmly invited to enjoy an afternoon of delicious homemade treats while supporting four worthy local causes at the CWA's annual High Tea fundraiser on Sunday, 25 October 2026 at 11.30am to 1.30pm.

Set against the picturesque backdrop of Historic Henkley Farm, 11 Sherringham Lane, Central Tilba, the event promises a delightful afternoon featuring French Champagne and an impressive selection of homemade sweet and savoury delicacies, including freshly baked scones with jam and cream, all lovingly prepared by CWA members.

Guests can also take part in raffles and other fundraising activities throughout the afternoon, with proceeds supporting the Rural Fire Service (RFS), Little Yin Pre-school, Central Tilba Public School and Bega Women's Resource Centre.

The High Tea has become a much-anticipated event on the local calendar, bringing together friends, families and visitors to celebrate community spirit while raising much-needed funds for important local organisations.

Tickets are \$75 per person, and bookings are essential as places are limited.

To reserve your place, email nola.ezzy@gmail.com.

Whether you're celebrating a special occasion or simply looking for a memorable afternoon in one of the district's most charming historic settings, the CWA High Tea offers the perfect opportunity to indulge in homemade hospitality while making a positive difference in the community.

Cost-of-living relief with \$250 washing machines back

The NSW Government is helping thousands more households lower their household bills, with another 6,000 discounted washing machines now available through its popular Washing Machine Exchange Program. The initiative allows eligible pensioners, veterans, social housing tenants, and low-income households to trade their top-loader for a brand new 8kg water and energy-efficient front-loader for just \$250.

This simple switch slashes household bills by an average of \$300 a year in reduced water, electricity and detergent usage. It's also expected each participating household will save around 20,000 litres of water per household annually – enough to fill a typical backyard swimming pool.

The subsidised package for eligible concession card holders includes delivery to anywhere in NSW, installation, two-year warranty and the removal of the old machine for recycling, facilitated by The Good Guys Commercial.

To check if you are eligible to apply, visit

<https://www.water.dcceew.nsw.gov.au/our-work/projects-and-programs/water-efficiency-program/washing-machine-exchange-program>.

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2026

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Tuross Head News

Congratulations to Dorothy Randall who celebrated her 90th birthday on Friday 14th August. A number of her friends helped her to mark the day and we wish her health and happiness for many more years to come.

Kirsty from Tuross Hair and Beauty has advised that the shop will be closing for 10 days starting Friday 21st August and reopening on 1st September with a new look.

A big 'shout out' to the helpful staff at Moruya Airport and the REX team who helped with mobility assistance to and from the aircraft. They even provided coffee/tea snacks for passengers caught up in the recent Sydney Controllers shortage. Without that assistance many would not be able to travel by air. Thank you all.

Did you know that Tuross Head Country Club was the first club from Catalina down the coast to provide a 'Courtesy Bus' for its members? At the time drink driving was a real concern for the Police and when news reached them about the courtesy bus Inspector Peter Thomas came down from Canberra and Channel 7 filmed the handing over of the keys to Rob McDonald who was the first bus driver. In 1990, this was a significant event and a proud moment for the town. (Thank you, Paul Rummery, for this information.)

The following is the last of the large plaques found around Tuross Head. There are others like the one on the Boulevard telling of the whale carcass.

PATRICK MYLOTT 1838 – 1889

Patrick Mylott arrived in Australia in 1861 later working on the Bodalla Estate for Thomas Sutcliffe Mort. In 1864 he married Mary Heffernan in the Moruya Roman Catholic Church. He purchased his Tuross Head land under the conditional purchase scheme and eventually acquired 875 acres bounded on the west by John Hawdon's Kyla Park land and to the east by the Pacific Ocean. Patrick Mylott built his family home known as 'Tuross House' on the ridge looking eastwards over his property to the Ocean and westwards to the mountains. He died in Tuross Head in 1889 leaving the house to his wife. Subsequently this pioneer homestead was purchased by Hector McWilliam in 1925 and still remains in use today in Coral Crescent. The surrounding land has been subdivided for housing.

To further his children's education and in particular the singing talent of his daughter Eva, the family moved to Sydney and leased the farm for a number of years. Eva was later encouraged in her singing by Nellie Melba and went on to pursue a successful singing career in America.

Patrick Mylott's son Patrick established Mylott's bakery on the western corner of Queen and Vulcan Street Moruya in 1914. This family bakery business was finally closed in 2006.

This plaque was donated to the Tuross Head Progress Association for the Tuross community by the Laing Estate. Our thanks to the Moruya and District Historical Society for their support.

Please send me your news to include in Moruya Mail.

Pat Anderson. Tuross Head Caring Group.

Mobile: 0497 315 534. Email: turossheadcaringgroup@gmail.com.



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100 years ago from the Moruya Examiner



Moruya River 1926

21-08-1926

Mr. A. L. Jeffery is now prepared to deliver stove wood for £1 per 2-horse load.

The local C.P.S. Office has been switched on to the telephone exchange, and if you ring No. 32 the obliging officer in charge, Mr. B. R. Trueman, will answer the call.

During the week Messrs. W. Johnson and J. Gibbons removed the battery (recently purchased by Mr. King, of Tumut, from Mr. Stubbs) from the Silver Mine to Belimbla field, near Nerrigundah.

Alice, second daughter of Mr. and Mrs. E. Heffernan, of Moggendoura, and who is an inmate of Berry Hospital, was again successfully operated on, her appendix on this occasion being removed. We are pleased to state that the young patient is progressing satisfactorily.

Mr. Arch Barclay has added his name to our list of advertisers by notifying the opening of his café on the Prince's Highway. The new business has been named the "Miss Australia," wherein one's appetite can be appeased by luscious oysters, lobsters, grills, fish, fruit, confectionery, cups of tea and cordials.

The Shire Council has nearly completed the contract of re-decking all the bridges and culverts on the Prince's Highway. A substantial culvert will shortly re-place the old one at Mullenderree.

Little Max, the five-year old son of Mr. and Mrs. O. Hunt, of Bateman's Bay, who was brought into the Moruya Hospital on Monday, died on Thursday. The cause of death was heart affection and bronchial pneumonia. The remains were taken to Bateman's Bay for internment in the Catholic portion of the cemetery.

Mr. Allen, son of Mr. and Mrs. D. A. McIntosh, of Mantle Hill, and who is engaged at Granitetown Quarry, was admitted to the local Hospital on Thursday, suffering severe pain through a small stone striking one of his eyes. Latest reports are that Dr. Street is very pleased with the progress made, but it is not known yet whether the patient's sight will be affected.

The Centennial Hall was a gay and festive scene on Friday night of last week, when on behalf of the Hospital Ball funds, the Caledonian Society held a grand concert and dance. The hall was uniquely adorned with Zamia palms, trailing Ivy and lucky black cats. The Hon. Secretary, Mr. W. Morrison, who is a pastmaster in the art of decorating, as well as in organizing public entertainments, had a particularly good program of musical items to present, the appreciation of which being demonstrated in the vociferous applause after each number.

AMUSU THEATRE. THE BANDOLERO, the idol of the Spanish Bull Ring, and **CANERO**, Spain's greatest Matador, will be seen in the greatest Bull Fight tonight. Also, **THE WHITE MONKEY**, a screen sensation, featuring Barbara Lamaar.

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>

 Connect Eurobodalla	www.ce.org.au Connect Eurobodalla is a comprehensive online platform that ensures nothing is missed in the Eurobodalla community - from events and marketing opportunities to funding prospects and emergency preparedness. We facilitate seamless communication and event coordination between organisations, enabling quick volunteer mobilisation and maintaining up-to-date community connections. Follow on Facebook @connecteurobodalla	Our Partnership & Support THE TREC EXEC Tec Exec Support Technical expertise and IT infrastructure support for platform development	Rotary Batemans Bay Rotary Providing partner providing vital skills, tools and ongoing maintenance funding. FRRR FRRR Grant Provision for Rural & Regional Renewal grant for platform planning and structure
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Let's do coffee with ... Anita Stevens

Warning: This interview discusses addiction, domestic abuse/violence, manipulation, and coercive control. (Call 1800 656 463 1800RESPECT for HELP)

The Moruya Mail's (MM) instinctively navigated Spotify for Suzanne Vega's 1987 album Solitude Standing after two coffee chats with Perfect Wave* Surf Beach owner, Anita Stevens (AS) last week. Similarly, self-reflection, compassion, suffering, love, longing, identity, communication, alienation, vulnerability, and melancholy were touched on in our chats, but hope remained the enduring theme. Just as critics have described Vega's album as intimate, reflective, bittersweet and deeply thoughtful, so too is Anita.

MM: Ok ... to the Snowy Mountains, stunning autumn foliage and — wait for it — home to Australia's last hand-made broom factory.

AS: (Laughs...) Wow! ... that is some introduction. Yes, I was born in Tumut in 1993. Mum was a cleaner and also worked in hospitality. Dad was a car detailer and also worked at Tumut Mill. They separated when I was one year old.

The early part of my life was ... trauma! My mother remarried and I ended up as the eldest of four children — two sisters and a brother.

Addiction ruled the household, whether it was alcohol, drugs or sex, and at such a young age I was witnessing ongoing adult behaviour which I thought was normal. It was an endless parade of people in all kinds of mind-altering states, way beyond the comprehension of my young mind. There are major gaps in my memory due to it. Domestic violence figured prominently and added another layer of anguish.

My name is Luka

**If you hear something late at night
Some kind of trouble, some kind of fight
Just don't ask me what it was****

I felt the responsibility of being the eldest child in all this mayhem. It was like a rotating disco ball and wherever you tried to hide, this surreal world would still splash you with colour. I kept my siblings close and as safe as possible.

My biological Dad still figured in my life but when I was 10 years of age he died by suicide. It shattered me. No one could explain my heartache. When I reflect, I simply did not know what love was — and, even scarier, I thought it was all normal. I actually had a premonition of my Dad's suicide which matched the police report and confirmed a psychic ability that I have become more aware of as I have grown older.

My schooling was not stable or memorable. We moved around to various schools from Tumut to Mansfield to Myrtleford and on to Wangaratta. I left one high school because a boy had become obsessive. I felt I just could not reciprocate, because I did not know what love looked like or what love was. My relationship with my mother deteriorated further because of what I saw. Her useless pieces of advice confused me and I felt used. At 15 years of age I was encouraged into a relationship with some random guy with a drug addiction.

There were parties all around me and conflicts with my mother escalated, so at the grand old age of 16, I moved in with Random Guy and his Mum! Needless to say, my relationship with my mother remains fractured.

I was now in Year 10. The relationship spiralled downwards into verbal abuse, coercive control, violence, bruising and choking.

I left school, secured my first job in a lingerie shop and tried to finish Year 11 at TAFE.

The expression 'from pillar to post' really did apply to me. I was now 18 years of age and pregnant to Random Guy. Unbeknown to me, he was also in a relationship with another woman who was also pregnant with his child.

My Nan, on my father's side, came to the rescue and I moved in with her in Tumut. I finally had some good adult advice — DON'T GO BACK! For something different, I got into Nutrimetics as a way of asserting some financial independence.

I decided on a nine-week abortion and stayed with my grandparents in Tumut throughout 2011–12. Life had stabilised. And she says, "I've come to set a twisted thing straight"

And she says, "I've come to lighten this dark heart"

And she takes my wrist, I feel her imprint of fear

And I said, "I never thought of finding you here"

**And I turn to the crowd as they're watching
they're sitting all together in the dark, in the warm**

**And I wanted to be in there among them
I see how their eyes are gathered into one****

MM: Anita... I have had a week off to process your story so far! Welcome back! Your candour is confronting, particularly the repeat behaviour. Can we touch on that before we get you down the South Coast?

AS: (Thoughtful pause...) It is called intergenerational trauma and is the passing of the emotional and physical effects of trauma from survivors to their children and future generations. In my case, I was surrounded by constant extreme adult behaviours. I thought they were normal. The clean break was the move to Moruya in 2012. After some time in a women's refuge, I found a house, started working at Perfect Wave* at Surf Beach, began an apprenticeship and enrolled in TAFE. My life was turning around at 19 years of age. By 23 years of age I had completed my apprenticeship, bought the business and had seven people working for me. I also met the Love of MyLife, whom I married in 2016.

I love family and being the Mother of five children is central to me. We work really well as a family and I was able to continue managing Perfect Wave with seven employees and then, of course, COVID hit. So, post-COVID, it is little old me. (Smiles...) My business is not just about giving a cool haircut for all ages! I offer a great scalp massage and am also a trained Reiki practitioner.



I like to pick up on people's energies and have dreams with clear human forms and hear messages, which I share with trusted clients. I have a very loyal clientele and welcome new ones.

MM: (Laughs ...) Now Anita ... an admission ... the original motivation for interviewing you was ... wait for it ... your other life as a bull rider. How does a 68-kilogram hairdresser end up on the back of a rampaging 1000-kilogram bull?

AS: (Laughs...) Ok... It started with some voluntary farm work in 2024. I went to bull-riding school as the only female and got serious. I ended up bull riding in various shows and rodeos around the state, often getting thrown, but I recorded my first eight-second ride at the Milton Show. An eight-second ride is the minimum time a rider must remain aboard a bucking bull for the ride to qualify for a score. I am pretty proud of that achievement.

Disaster struck earlier this year when I came off at Singleton Rodeo. The back legs of the bull landed on my backside and my gluteal muscle was torn away from the underlying tissue. After two surgeries and three and a half weeks off work, I am keen to go again. And she turns to me with her hand extended

Her palm is split with a flower, with a flame**

MM: Is it a happy ending, Anita?

AS: (Laughs...) Not quite! The Love of MyLife and I are not together, but we are a great team when it comes to co-parenting. (Smiles...) I am optimistic about the future and perhaps that will mean another 'Let's Do Coffee With ...' the Moruya Mail.

MM: (Smiles ...) Thank you, Anita, and thank you, Suzanne Vega. A heartfelt chat!

* Phone: 0244712122 Website: <https://www.perfectwavesalon.com.au/>
Instagram: https://www.instagram.com/theperfectwave_hairandhealing?igsh=cnVrdXlyMWhyMmtg
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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.Longhurst@gmail.com)



A Beer with Bazz # 249

With
John
Longhurst

Mick crossed his legs, ensuring his well-polished but very worn right-foot RM Williams riding boot was on prominent display. Bazza took a sip of the offered schooner and rubbed his chin. "Ahh ... very flash today, Mick You've got the dancing boots on ... RM Williams, no less. Where's the tweed jacket with leather elbow patches?"

Mick scanned Bazza's pub attire and stretched his leg, with the RM Williams boot now a pointer for emphasis. "It does not hurt to lift the dress standards, Bazza. You really are a walking advertisement for Lowes Menswear ... and I mean Lowes Menswear in the 1980s. Desert boots! ... now come on, Bazza ... and long corduroy pants ... thankfully, you spared us the body shirt." Bazza's face reddened and he shifted on his bar stool, as the RM Williams boot took a breather.

"OK ... let's move it along ... I think we need to talk about council pick-up ... it's out of control."

The RM Williams boot shot skywards at a right angle before the sole of the boot took a slow half rotation, seemingly panning the room. Mick lowered his voice.

"Well, if it's on or near the street ... it is there to be taken ... I reckon melon-gate is a better subject or how about a round of 'Shag, Marry, Date'?"

The RM Williams-clad foot temporarily relaxed as Bazza took a measured sip.

"Boring topics, Mick ... now, the house up the end of the street has a high-end, fully restored 19th-century nickel-plated cookstove ... a beautiful piece of work and professionally mounted ... and used as a letterbox for years. It is almost a tourist attraction. Even though it weighs more than 250 kilograms, they woke up yesterday morning and it was gone. Our street is not even due for council pick-up yet, and the house number was quite prominent on the stove! It's out of hand!"

The RM Williams boot began a furtive retreat to the rung of the bar stool, as Bazza took a decent sip.

"But you have got to feel for our fastidious gardener, Russell, at the other end of the street. He mows the lawns every Thursday, including the nature strip. He is very safety conscious and turns the mower off to empty the grass catcher onto his compost in his backyard. He returns and someone has walked off with his lawn mower ... in broad daylight. Well ... a week without a lawn mower is just too much for Russell, so he goes and buys a new, top-of-the-range model."

Bazza chuckles softly.

"Anyhow ... last night, a bloke knocks on his door and asks him if he is throwing out the grass catcher that goes with the mower he put out for council pick-up last week."

Mick blushed as Bazza shook his head.

"Now ... I won't even mention the lemonade stand the local kids were operating after school ...or Granny Jones' cake stall ... whist she was napping in the winter sun!"

The RM Williams boot was half hidden behind the leg of the stool when Timeless Tom shuffled into the bar. With his right foot ensconced in an old football sock and the left one boasting a shining RM Williams boot, Tom heaved himself up and sighed.

"Bloody council pick-up, Bazza. I was polishing my special-occasions RM Williams boots on the front lawn for my eldest brother's funeral ... no less. Now ... talk about a low act! My great-grandson was also readying himself and ironing his shirt when the old landline rang, well ... the commotion when he burnt his ear had me hobbling, single-booted, to the rescue. By the time I had returned to the front lawn, the boot was gone! I am keeping this left boot close to me in case they come back and I am changing the front fence to barbed wire for the next council pick-up."

They both stared at Tom's boot as it surveyed the bar like a periscope and froze when it spotted Mick's half-hidden right foot attempting further descent.

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

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NDIS Legislation passed by the Senate

The Government has secured the future of the National Disability Insurance Scheme (NDIS), with legislation to make the scheme safer, clearer and more sustainable for participants, passed by the Senate yesterday.

18 August 2026

The Government has secured the future of the National Disability Insurance Scheme (NDIS), with legislation to make the scheme safer, clearer and more sustainable for participants, passed by the Senate today.

The NDIS Amendment (Securing the NDIS for Future Generations) Bill 2026 delivers on key reforms to strengthen the scheme and ensure it can continue supporting people with permanent and significant disability.

This includes changes to clarify how support determinations work and who they apply to, as well as outlining safeguards for participants who require continuous 24-hour care. The changes also clarify eligibility requirements, improve how NDIS plans are managed and administered, provide clearer rules about how funding can be used, strengthen oversight of providers delivering NDIS-funded supports and strengthen fraud and integrity measures.

However, **People with Disability Australia (PWDA)**, the national cross-disability rights and advocacy organisation, has condemned the passage of the National Disability Insurance Scheme Amendment Bill 2026, condemning Parliament for proceeding despite the overwhelming evidence of the unacceptable and foreseeable harm these changes will cause people with disability, our families and carers, and the Australian economy.

PWDA Acting CEO Megan Spindler-Smith said today was a devastating day for the disability community.

"We are devastated. We are frightened. We are angry. Today, our community is grieving. We are grieving the lives we have had, the opportunities we will lose and the impossible choices we will now need to make.

"People with disability in their thousands provided evidence of what these changes would mean for our lives. We warned about the harm, the injuries, the lost opportunities and lives. Parliament chose to proceed anyway."

"The Government says it is working with states and territories to build supports for people who cannot access the NDIS. But those supports do not exist today and will take time to build, and states and territories have categorically said they will not be like-for-like supports. We need to know what will actually be there, when they'll be up and running and how they will replace the 94 million hours of paid care that are being taken away."

Carers Australia CEO Joanna Cave said "Australia's unpaid carers will be dismayed today following the passage of the Bill to reform the National Disability Insurance Scheme (NDIS), which will shift cost and responsibilities onto them."

Ms Cave says the NDIS Amendment (Securing the NDIS for Future Generations) Bill 2026 relies heavily on Australia's unpaid carers filling the gap by taking on additional care responsibilities as supports are stripped away.

"The Government has refused to guarantee NDIS supports won't be removed until other services are available, leaving carers to face some really tough decisions. Working carers may need to reduce their hours, and full-time carers are working through how they will cope without supports that help the person they care for maintain some independence.

"Carers tell us they are already at the end of their tether. Knowing the important supports the people they care for rely on will be reduced will only add to the strain, and risk accelerating carer burnout."



Go Get Healthy

with Sofia Keady

GO
VITA

The Many Health Benefits of Apple Cider Vinegar

Apple cider vinegar (ACV) starts as a simple brew of crushed apples, water, and yeast sitting at room temperature. Over 30 days, yeast transforms natural sugars into alcohol, and bacteria turns that alcohol into a sharp, sour, acidic powerhouse used for centuries to preserve food and boost flavour. With type 2 diabetes being called "the coming plague" and 1 in 3 adults walking around pre-diabetic, this cheap kitchen staple could make a difference, supported by surprisingly solid research.

Back in 2004, researchers at Arizona State University gave participants 20 mL of ACV in water right before a high-carbohydrate meal. For those with insulin resistance, post-meal blood sugar spiked 34% less than usual ⁽¹⁾. The acetic acid in vinegar acts like a natural speed bump for enzymes breaking down starch. A 2021 meta-analysis confirmed that ACV consistently brings down fasting blood sugar and long-term HbA1c levels in type 2 diabetics ⁽²⁾. Another study found taking 20 mL daily over eight weeks noticeably improved sugar and cholesterol levels ⁽³⁾ - matching the dosage championed by Dr. D.C. Jarvis in his 1958 folk medicine book ⁽⁴⁾.

While heart benefits in animal models reliably drop blood pressure and bad cholesterol while boosting HDL ⁽⁵⁾, trials on humans are closing the gap. A trial out of Babol University of Medical Sciences in Iran showed that people with high lipid levels taking 30 mL of ACV daily alongside a calorie-reduced diet saw significant drops in total cholesterol, LDL, and triglycerides over 12 weeks ⁽⁶⁾.

Taking a tablespoon of ACV in water 10-15 minutes before eating can also assist with reflux by rebooting low stomach acid instead of relying on proton pump inhibitors. The extra acidity assists in breaking down proteins and turning essential minerals like iron, calcium, and magnesium into a soluble, easily absorbable form. Plus, raw, unfiltered ACV contains "the mother"-beneficial Acetobacter bacteria that balance gut pH, crowd out pathogens, and produce short-chain fatty acids for a healthy gut lining. While ACV isn't Ozempic in a bottle, it does help curb the urge to graze. In a study by Japan's Mizkan Group, obese adults drinking 15-30 mL of ACV daily for 12 weeks lost significantly more body weight, BMI, serum triglycerides, and visceral fat than the placebo group ⁽⁷⁾.

Apple cider vinegar is not a magic potion, but it is cheap, simple, and one of the easiest daily habits to build for your health.

Curious about apple cider vinegar? 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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THIS MONTH'S FILM WAITING FOR GUFFMAN

SCREENING ON SATURDAY 29th AUGUST AT 6.30PM FOR A 7PM SHOWTIME
PLEASE NOTE NEW SCREENING TIME TO REFLECT THE SEASON

Synopsis: *Waiting for Guffman* is a 1996 American mockumentary comedy film written by Christopher Guest and Eugene Levy, and directed by Guest. The film's ensemble cast includes Guest, Levy, Catherine O'Hara, Fred Willard, Bob Balaban, and Parker Posey. While alluding to Samuel Beckett's play *Waiting for Godot*, the story follows a local community production of a stage musical, with original songs written by Guest, Michael McKean, and Harry Shearer. As with other Guest mockumentary films, most of the dialogue was improvised.

In the small city of Blaine, Missouri, a few residents prepare to put on a community theater production led by eccentric director Corky St. Clair. The show, a musical chronicling the town's history titled *Red, White and Blaine*, is to be performed as part of the town's 150th-anniversary celebration. Corky has used connections from his "off-off-off-off-Broadway" past to invite Mort Guffman, a Broadway producer, to critique *Red, White and Blaine*. Corky leads the cast to believe that a positive review from Guffman could mean their show might go all the way to Broadway.



Moruya Community Film Group is a social club for film lovers. We meet once a month to enjoy wine, nibbles, film quiz and of course, a great film! Join us at the RED DOOR, rear of St John's Anglican Church, Page Street, Moruya. Membership available at the door. Guests are welcome.

Follow us on Facebook at Moruya Community Film Group.

Quantum Brewery

Saturday Live Music
4.30-7.30pm
and

Fun-time Events – QB website for details

15 Aug	Laz n Caz
22 Aug	Jakob Poyner
28 Aug	Trivia Night
29 Aug	Moondog
5 Sep	Quantum Art Prize Deadline
5 Sep	Greg Byng
11 Sep	Murder Mystery Night
12 Sep	Mick Fernandez
19 Sep	Mac n Glenda
25 Sep	Trivia Night
26 Sep	Sarah Soukieh
3 Oct	Tony Jagers
10 Oct	Chris O'Connor

OPEN: Fri & Sat 12 – 9pm : Thu & Sun 12 – 6pm
Check Quantum Brewery Moruya website-Events

MORUYA MAIL Eurobodalla Gig Guide



August

Fri 21 Aug Mick Fernandez Bay Soldiers Club 7.30 – 10.30pm
Sat 22 Aug Howlin Mitch Bay Soldiers Club 7.30 – 10.30pm
Sat 22 Aug Jakob Poyner Quantum Brewery 4.30-7.30pm
Sat 22 Aug Casey Donovan 'THIS IS ME' Bay Pavilions 7:30pm
Sat 22 Aug Ash Bujeya Broulee Brewhouse 2-5pm
Sat 22 Aug Jamie Parkinson - Tomakin Club 7.30pm
Sat 22 Aug Davey Hilder - Club Malua 6pm
Sun 23 Aug Ron Callaghan & Band Broulee Brewhouse 2-5pm
Fri 28 Aug Liam Cooer's King of the Keys Bay Pavilions 7:30pm
Fri 28 Aug Backlash Bay Soldiers Club 7.30 – 10.30pm
Fri 28 Aug Liam Cooper's King of the Keys, Yuin Theatre, 7:30pm
Sat 29 Aug Backlash Bay Soldiers Club 7.30 – 10.30pm
Sat 29 Aug Mic McGrath Broulee Brewhouse 2-5pm
Sat 29 Aug Flavuh Starfish Deli
Sun 30 Aug Mac & Glenda Broulee Brewhouse 2-5pm
Sun 30 Aug Mick McGrath Foxdog Distillery 12.30–3.30pm
Sun 30 Aug, Joe Avati Good Old Days Yuin Theatre 7:00pm

September

Fri Sept 4 Driving Sideways Bay Soldiers Club 7.30 – 10.30pm
Sat 5 Sept MTV Unplugged Live Bay Pavilions 7:30pm
Sat Sept 5 Driving Sideways Bay Soldiers Club 7.30 – 10.30pm
Sat 5 Sept Greg Byng Quantum Brewery 4.30-7.30pm
Sat 5 Sept Dear Seattle at Smokey Dan's, 5pm – 10:30pm
Sat 5 Sept Dance Your Decade (1980s) Adelaide Hotel 8pm
Sat 5 Sept MTV Unplugged Live Yuin Theatre, 7:30pm
Tue 8 Sept A Taste of Ireland Yuin Theatre 7:30pm
Sat 5 Sept The Grunge Show, Bay Pavilions at Bay Pavilions
Sun 6 Sept Tony Jagers Waterfront Hotel (Fathers Day) 3pm
Sun 6 Sept Michael Bray Foxdog Distillery 12.30–3.30pm
Fri 11 Sept Riff Bay Soldiers Club 7.30 – 10.30pm
Sat 12 Sept Riff Bay Soldiers Club 7.30 – 10.30pm

Sat 12 Sept Mick Fernandez Quantum Brewery 4.30-7.30pm
Fri 18 Sept Tommy Novak's show Starfish
Fri 18 Sept DJ Matt Brown Bay Soldiers Club 7.30 – 10.30pm
Sat 19 Sept Edan Foxdog Distillery & Brewery 12.30–3.30pm
Sat 19 Sept Mick Fernandez Bay Soldiers Club 7.30 – 10.30pm
Sat 19 Sept Mac n Glenda Quantum Brewery 4.30-7.30pm
Sat 19 Sept Abba and The Bee Gees 'A Night to Remember' Yuin Theatre 8:00pm
Sun 20 Sept Dane Kennedy Foxdog Distillery 12.30–3.30pm
Fri 25 Sept One Louder Bay Soldiers Club 7.30 – 10.30pm
Sat 26 Sept Howlin Mitch Bay Soldiers Club 7.30 – 10.30pm

October

Sat 3 Oct Tony Jagers Quantum Brewery 4.30pm
Sat 3 Oct I Love Your Faces: The Don Lane Story Yuin Theatre 4pm
Mon 5 Oct The Snow Fairy Yuin Theatre 11:00am
Thu 15 Oct Sydney Comedy Festival Showcase Yuin Theatre 7:30pm
Sat 17 Oct Kyle Lionhart at Smokey Dan's, 5pm – 10pm
Sun 18 Oct Tony Jagers Waterfront Hotel (with Mark Easton)
Sat 3 Oct WAAX Smokey Dan's Tomakin
Sat 3 Oct Dean Abbott Foxdog Distillery 12.30–3.30pm
Sun 4 Oct Tony Jagers Foxdog Distillery 12.30–3.30pm
Fri 23 Oct Val Moogz with Blue Mallee & Benji Fowler Kinema 6.30pm
Sun 25 Oct Mick McGrath Foxdog Distillery 12.30–3.30pm
Fri 30 Oct Daniel Connell: Prairie Dog Yuin Theatre 7:30pm
Sat 31 Oct Totum Foxdog Distillery 12.30–3.30pm
Sat 31 Oct Last Stand - Chisel Barnes Show Moruya Golf Club

November

Sun 15 Nov KENNY ROGERS & Friends Bay Pavilions 2:00pm
Sun 22 Nov Tony Jagers Tilba Valley Winery 11am
Sat 19 Dec Tony Jagers Quantum 4.30pm

ONGOING

Every Friday Night Open Mic Broulee Brewhouse from 5.30pm
Every Thursday Night Open Mic Moruya Waterfront from 5.30pm

For weekly listings email by 5pm Tuesday to hello@moruyamail.com.au

When Stillness Dances - Lilaea van der See Exhibition

Art exhibition: 30 August - 13 September

Opening event: Saturday 29 August, 4 to 8pm

Where: Mechanics Institute, Page Street, Moruya
Opening hours: Tuesday to Thursday, 10am - 3pm.
Friday 10am to 5pm. Saturday 9am to 5pm. Sunday 9am to 3pm.

When Stillness Dances invites visitors into a contemplative space of connection, remembrance and becoming.

Through earth-infused fibres, imagery, sound, light and immersive installation, the exhibition unfolds as a sanctuary for wandering, reflection and deep listening. Ethereal lengths of cloth, imbued with the imprint and memory of Indigenous flora, drift gently through space, where stillness and movement meet in a quiet, ongoing dialogue.

The exhibition is grounded in a remembrance that we are held within, and woven through, the living presence of Country. The words 'Born of this land, we are this land' were shared with me by Minmia, a Wiradjuri Elder and teacher, who reminds us that we are one.

Working with reclaimed natural materials, I am drawn to the stories already held within each piece. Once worn, used, and forgotten, these textiles are transformed and given new presence. The artisanal art of botanical printing transfers the forms and pigments of flora directly onto the fabrics, creating layered surfaces that carry echoes of memory, landscape and time. Photography extends this visual language, capturing fleeting encounters with beauty, impermanence and wonder.

There are moments when something long forgotten gently returns to our awareness. Moments of recognition in which we find the timeless space to encounter ourselves. This stillness is not the destination, although perhaps it is the place from which the dance begins. Emergence sits at the heart of this exhibition. Like the imprint of a leaf slowly revealing itself upon cloth, the work speaks to an unfolding, a gentle awakening to what has always been present. Not something to be discovered, but something remembered, offering a place where mystery is welcomed and the threads that return us to ourselves may whisper themselves into being. This is When Stillness Dances...

Awarded through the 2025 River of Art Prize, this supported solo exhibition is presented with the support of the Basil Sellers Exhibition Centre.



'Watergirl' by Lilaea van der See

Avoid. Record. Report.

And help protect
our wildlife.

EMERGENCY ANIMAL
DISEASE HOTLINE

1800 675 888

Working together for a cleaner,
smarter future for the Eurobodalla



Batemans Bay Library is turning 50



LET'S Celebrate

You're invited to our
50th Birthday Celebration!

Join us for a birthday party Storytime, a sausage sizzle lunch, speeches and a photo exhibition to celebrate.

Where: Batemans Bay Library
When: Monday 24 August
10.30am - 1pm

Bookings essential for catering

Eurobodalla Libraries
Batemans Bay | Moruya | Narooma



FREEDAWG PROMOTIONS & STARFISH DELI PRESENTS:

FLAVOUR

DOORS - 6:30
MUSIC - 7:30

WITH EXIT SMILING +
RUSTY AND THE BUCKET HEADS

SATURDAY 29TH AUGUST

UPSTAIRS @ THE STARFISH DELI
BATEMANS BAY

ALL ATTENDEES AGED 12+ REQUIRE A VALID TICKET. GUESTS AGED 12-17 YEARS MUST BE ACCOMPANIED BY AN ADULT (18+) WHO HOLDS A VALID TICKET.



Bay Theatre Players Inc
Youth Theatre Workshops
Continuing each week in Term 3-4



Every Sunday afternoon during school term

SEPT 6/13/20 OCT 11/18/25 NOV 1/8/15/22/29 DEC 6	Kids 8-12 years 1.30 - 3.30 PM
TEENS 13-18 years 4PM - 6PM	

Workshop cost \$5 each (12 workshops for \$60)

All workshops will be held at the CWA Hall
(Edward Rd Sunshine Bay.)

Everyone Welcome

Call Lyn to book your spot. 0416181003

BASIL SELLERS

ART PRIZE

CALL FOR ENTRIES
\$55,000 TOTAL
PRIZE POOL

2024 Winner - Lexie Watt, Bombo Headland

ENTRIES CLOSE
11 SEPTEMBER
2026

river^{of} art

ARTS FESTIVAL

25 Sept-5 Oct 2026
EUROBODALLA | SOUTH COAST NSW

Collage

WORKSHOP

CREATE A COLLAGE ON A SOLAR PANEL

WITH HAZEL HORMANN

BOOKINGS

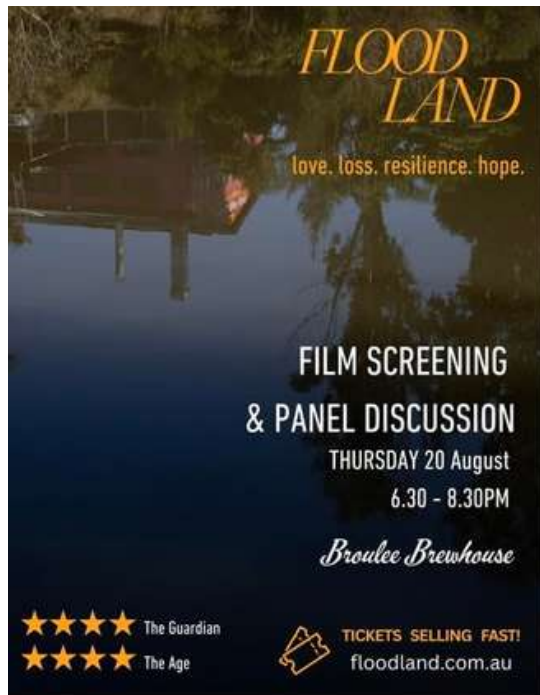
\$60 NON MEMBERS - \$55 MEMBERS
+ Community Ticket

Purchase Ticket Via Trybooking
Link Below

AUGUST 29TH
10am - 2pm

REPURPOSING for RESILIENCE



FLOOD LAND
love. loss. resilience. hope.

**FILM SCREENING
& PANEL DISCUSSION**
THURSDAY 20 August
6.30 - 8.30PM

Broulee Brewhouse

★★★★★ The Guardian
★★★★★ The Age

TICKETS SELLING FAST!
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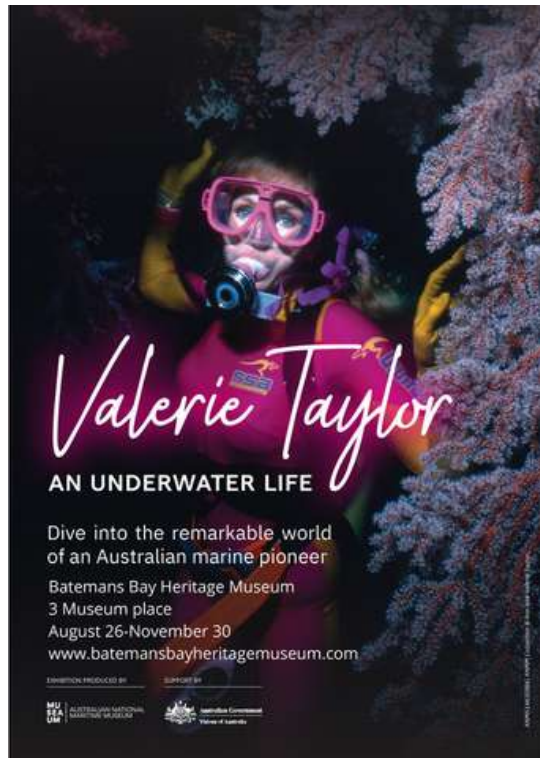
By Graeme Kennedy,

Sing Australia Batemans Bay will celebrate 23 years of singing for fun and friendship with a lunch, presentation and singalong (of course) on the 25th of August. If you have been associated with us before or wonder if it would interest you, plan to come along and enjoy yourself with us.

The South Coast is fortunate to host a variety of choirs. Our local group belongs to Sing Australia, which was founded over forty years ago by Colin Slater OAM to encourage Aussies to become a nation of singing people. Inspired by his study in Italy and experience of the Welsh men's choirs, Colin established a nationwide network of groups to encourage ordinary people to sing together. We accept new members without audition and you sing as you can, without judgement, because we all know how much better we feel after a Tuesday afternoon of singing.

Singing together is one of the cheaper ways to contribute to our good health. According to ReachOut Australia music helps us with our mental health, improving emotional regulation and mood. We just do it because we have a good time and make new friends. This year Sing Australia is staging a spectacular National Gathering in Sydney, at which members from all over Australia will sing together at some of the most exciting venues in the city. So if you want to tell your grandchildren that you have sung at the Sydney Opera House, now is your chance! It is still not too late to jump on the bandwagon.

If your interest is piqued, message or ring Graeme on 0427 385 040 for details.



Valerie Taylor
AN UNDERWATER LIFE

Dive into the remarkable world of an Australian marine pioneer
Batemans Bay Heritage Museum
3 Museum place
August 26-November 30
www.batemansbayheritagemuseum.com

EXHIBITION PRODUCED BY: SUPPORT BY:

MU SEA UAM AUSTRALIAN NATIONAL MARITIME MUSEUM AUSTRALIAN GOVERNMENT

Inaugural Quantum Art Prize for Eurobodalla Artists

Celebrating Creativity Across the Eurobodalla - The inaugural Quantum Art Prize is a new opportunity for local artists to showcase their work, connect with the community, and compete for cash prizes in a professionally curated exhibition.

Entries: close 5pm Monday 7 September 2026 Cost: \$20 per entry

Where: The Cool Room at the Quantum Brewery, 57 Hawdon St, Moruya

Exhibition dates: Friday 25/9 - Sunday 4/10

Cash Prizes + the winner will also receive a free 2-week exhibition space in The Cool Room. Entries submitted through the online form on Quantum Brewery website



Montague Visiting Artists 2026

Apeiron Baroque: Treasure Hunt
A Magical Mystery Tour of Baroque Marvels with John Ma, violin & Marie Searles, harpsichord
2:30 pm Saturday September 12
St Paul's Anglican Church, Narooma



88 8X8 ARTWORKS EXHIBITION & ART SALE
CALLING ALL ARTISTS!

Cost: \$5/canvas | Limit: 4 per artist | Art sells for \$88, you keep \$50!
Canvas Pick-up: Art Room, Narooma or Bodalla Arts Factory
Artwork Due: 2 Nov 2026 | Opening Night: 6 Nov 2026
Exhibition: 6 Nov - 23 Dec 2026 at Bodalla Arts Factory

Brought to you by Bodalla Arts Factory & Art Room
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Plus People's Choice Award \$100




Bay Theatre Players Inc Presents
THE BLEEDING TREE
By Angus Cerini
Australian Gothic Tale of Revenge
Fierce, poetic, heartbreaking and Irreverently funny.

Tickets at
www.trybooking.com
Directed by Lyn Sterling
19th - 30th August 2026
Coarse Language and Adult themes



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2026 Diary Dates

- 26 September – **Tilba Festival**
- 21st–25th October – **Sea Otter Australia**
- 2–3 Oct – **MDHA Annual Book Fair**
- 31st Oct – **Eurobodalla Health & Community Expo**
- 22 Nov – **Tomakin Community Day 12–4pm**
- 5 Dec –30 Jan – **Basil Sellers Art Prize 2026**
- 6–20 Dec – **Congo Crafts 41st Exhibition.**
- 19th Dec – **Carols By Candlelight**
- 13 March 2027 – **NSW State Election**
- 7–9 May – 2027 **Narooma Oyster Festival**

NEXT ESC Council Meeting 25 August

Free Legal Advice

South Coast & Country Community Law is coming to Batemans Bay to provide in person legal appointments for clients.

When: Thursday 27th August 2026 10am to 1:30pm

Where: Moruya Medicare Mental Health Centre, Mirrabooka Avenue Moruya 2537 (Building address: 73 Vulcan Street, parking and entry at rear, off Mirrabooka Avenue).

When: Tuesday 1st September 2026 10:00am to 1:30pm

Where: Mackillop Family Services, 5/1 Clyde Street Batemans Bay

How: Appointments are required. Call us on 1800 229 529 to make an appointment

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.

Southern Mobile Service NSW Centre visits -

Tuross Head Tuesday 15 September Club Tuross,
Wallaga Lake Tuesday 15 September Basketball car park, 13 Umbarra Rd

Batemans Bay Reunion "Yesterday Today and Tomorrow"

A Batemans Bay reunion will be held at the Batemans Bay Soldiers club on the 7 Nov. 2026. A chance to catch up with those old friends we love but rarely see. Have a chat about the Bay that was. Share your memories of our town and our area. Our school days, workdays and sports days. Enjoy a popular Chinese Banquet. Doors will open a 4pm. Tickets \$44 per person will be available online. Just search STICKY TICKETS and Batemans Bay Reunion. here you can choose your table and seats. If your not able to access the internet the Soldiers Club will take bookings at the desk workdays Mon-Fri between 10.00am to 4pm.

Gala Cancer Fundraiser - Raising Money for Breast & Prostate Cancer

Saturday 24 October 2026 Bay Soldiers Club

Please join us in raising money for Breast and Prostate Cancer Saturday the 24th of October at the Batemans Bay Soldiers Club While enjoying a delicious two course meal, there will be South Coast DJs, Lucky Door Prizes and more

[Link](#)



NEDERLANDERS IN MORUYA (NSW South Coast)

Heeft u zin in een gezellig babbeltje onder het genot van

Een kopje Koffie? Kom dan aanstaande Donderdag

(03 September 2026) om 12.00uur naar de Farmer's Wife Cafe

op Vulcan Street, Moruya. Iedereen is van harte welkom.

Dutch – Australian Social Coffee Catchup – Everyone Welcome!



CWA Batemans Bay

Showing 'MAMMA MIA' 20 August 10 am at our Hall, Edward Rd. Batehaven. Entrance: A small plate to share. Prizes for best ABBA/Greek Island costumes. Book by text to 0422227437 with names & numbers.

Can Assist Eurobodalla

Support country cancer patients and enjoy tax benefits while you do it. Set up a regular donation and help ensure those in rural NSW get the support they need, when they need it, to get to their cancer treatment. 100% tax deductible - No need to remember - it's automatic - Every dollar makes a real difference. Click the link to learn more and start giving today. <https://canassist.org.au/ways-to-give/donate/>



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



Rally for Recovery

Ainslie Parade Tomakin

CHEAP!

Mega Garage Sale

Every Wed and Sat
8.30 - 12.00

CHEAP!

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Plants and garden tools
.....the list is endless.

rallyforrecovery.au 0406 363 166

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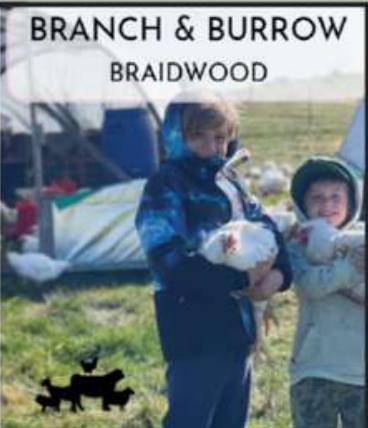


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Cars and instructors provided. Fee \$100.

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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on the cup*





 Buy me a coffee

MORUYA DOG CLUB

Structured social play for dogs of all ages :)

Saturdays 9.30 - 11.00am

248 Meadows Rd Mogendoura

\$20 entry. \$5 coffee. No booking necessary.

bigheaddogtraining.com



CELEBRATE SPRING
AT THE NIGHT OWL QUILTERS
SPRING FAIR

Tuesday 8 September 2026
9.30am - 12 noon

Malua Bay Community Hall
George Bass Drive, Malua Bay

\$5.00 entry

(Cash only please - there are no EFTPOS facilities)

We invite you to come along and enjoy:

- Yummy morning tea
- Trading table
- Quilt display
- Lucky door prize
- Raffle quilt



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ASK BIG HEAD

G'day mates! It's your bow-wow buddy here to answer another Eurobodalla dog dilemma. This cracker of a canine question comes from Tanya in Rosedale worries about fiery first impressions.

Q. I brought a rescue pup to my daughter's house and her dog snapped at him! How can I help them become friends?

Front-door intros are a recipe for disaster. Us dogs view our home as a sanctuary which holds all of our pack's valuable resources. And without clear signals from you humans, we will feel the need to guard our den.

To turn this territorial tension into a furry friendship, let your dogs meet on a walk that starts about 100 metres down the street - on neutral ground. As you walk together, let your dogs enjoy brief three second interactions before continuing with your pack walk. Once us dogs trade rear-end sniffs, we've got all the info we need to carry on!

Stroll together for 5 to 10 minutes, giving the dogs the opportunity to sniff the ground and do their thing without pulling on the lead. Moving forward together signals to our doggy brains that we're in the same pack, with you humans leading the parade.

When you return, pause at the door for a quick "sit and wait" to chill their energy and get all dogs to ask permission to enter. This way you're removing the pressure on the resident dog to guard it, or the new dog to take charge. Just remember to stash away bones and high-value toys first to prevent any unnecessary resource squabbles. Keep the energy cool, calm and collected and everyone will be fast friends in no time!

Got a curly one for Big Head? Drop me a line at bigheaddogtraining@gmail.com

2026 hard waste collection schedule

- Monday 24 August: Malua Bay, Lilli Pilli, Surf Beach including The Ridge Road, Kauzal Crescent and Towrang Avenue, and Denhams Beach including Burkes Way
- Monday 31 August: Denhams Beach from Burkes Way, Sunshine Bay and Batehaven
- Monday 7 September: Catalina, Silverdell Place through to Batemans Bay including Crosby Drive and Glenella Road
- Monday 14 September: North Batemans Bay including Peninsula Drive, Nelligen, Surfside, Bay Ridge, Clyde Road and Cors Parade
- Monday 21 September: Long Beach, Maloneys Beach and South Durras

Avoid. Record. Report.

And help protect
our wildlife.

EMERGENCY ANIMAL
DISEASE HOTLINE

1800 675 888



TAILWAGGERS

Doggy Walk for Charity

20 September 2026

Nata Oval Narooma

REGISTER FOR DOG WALK AT 9.00AM
\$5.00 PER DOG

- FUN DOG WALK
- PET GAMES AND COMPETITIONS
- BEST DRESSED DOG
- VET CHECKS FOR REGISTERED DOGS
- LOTS MORE FUN AND GAMES



CALL 0410 016 612 DURING OFFICE
HOURS FOR ALL ENQUIRIES



Car Boot Sale



Sunday 20 September 2026
NATA Oval Narooma

CARS - \$20
UTES/TRUCKS - \$30

SELLERS - ARRIVE FROM 7AM FOR 8.30 START
BUYERS - ARRIVE FROM 8.30

CALL 0410 016 612
FOR MORE INFO



SAGE Farmers Market

Tuesday 3pm Moruya

sagefarmersmarket.org.au

growing the community



Carers Accommodation Eurobodalla Regional Hospital Inc.

NEW CAR RAFFLE

TICKETS ONLY \$10.00

FIRST PRIZE: Supplied by Coastal Auto Group:

Winner can choose one car from these three to the value of \$30,000



Hyundai Venue



MG ZS Hybrid



GWM Haval Jolion Lux

SECOND PRIZE: Mastercard to the value of \$2,000
Donated by Moruya Golf Club

THIRD PRIZE: \$1,000 Store Credit at Batemans Bay Betta
Donated by Batemans Bay Home Living

Monies raised will assist in funding the construction of accommodation for close relatives and primary carers of patients receiving treatment in the new hospital. The facility will be located on site at the new Eurobodalla Regional Hospital.

Tickets can be purchased at local markets or by contacting:
Secretary@caerh.org Telephone: 0412 699 535

Or any CAERH Member please refer to www.caerh.org for information



MORUYA DISTRICT HOSPITAL AUXILIARY

STREET STALL

FATHER'S DAY RAFFLE

TICKETS \$2 each - OR 3 FOR \$5

SATURDAY 5TH SEPTEMBER 2026

Where: Outside Harris Scarfe
Vulcan Street Moruya

Time: 8.30am - 1.00pm

Cakes, Slices, Jams, Craft, Books

Eftpos Available

Raising funds to purchase Hospital Equipment for Moruya Hospital CFN 11058



Did you know that Eurobodalla Libraries has subscription to the library edition of family history site Ancestry?

Available for in library access only, visit us at Batemans Bay, Moruya or Narooma for more information.

Eurobodalla Health & Community EXPO
10th Anniversary Celebration!
Saturday 31st October 2020
10:00 AM - 2:00 PM
Batemans Bay Settlers Hilt Nutrium
Spald Bir Jamess Fer 700 200
FREE ADMISSION!

Don't Bin Batteries
It only takes one battery to spark a fire
Drop off at Community Recycling Centres or major retailers
NSW GOVERNMENT

PRACTISING OR RETIRED Tradies!
WE WANT YOU!
RfR Community Reuse Solar Centre
Come Say Hello!
Volunteer your Advice & Skills
REPURPOSING for RESILIENCE

120W to 350W Panels
We've Gotcha Covered!
SOLAR PANELS FOR SALE
Tested and Sold With Warranty
REPURPOSING for RESILIENCE

ISORE RIVER
South Coast Community Kitchen
CATALINA CLUB
Veteran Golfers Section
Community Meal
SUNDAY 30TH AUGUST
12-1:30 PM RUSS MARTIN PARK
MORUYA (NEXT TO THE BRIDGE)

Eurobodalla Orchid Club
Spring Orchid Show
Saturday September 19th
9am to 4pm
Sunday September 20th
9am to 2pm
Free Entry
Narooma Leisure Centre
100 Bluewater Drive
Narooma
Plants for sale,
Raffle and posies for sale

that little yoga place
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0474 659 792
that little yoga place

QUANTUM Trivia Night
BREWERY
LAST FRIDAY
OF THE MONTH
6 PM



Yoga pose of the week

with Christina Carroll



Bow & Arrow Pose - Akarna dhanurasana

A great yoga pose to improve the posture. Using the power of the mind to engage the muscles, it helps to relive shoulder and arm stiffness and strengthens the deep muscles of the neck and shoulder blades.

To practice - Stand with the feet shoulder width apart and the arms beside the body. Take a small step forward with the right leg. Make a fist with the right hand and raise the arm in front of the body slightly above eye level, inline with the right foot. Make a fist with the left hand and bring it behind the right fist. Imagine the hands are holding a bow and arrow. Direct the gaze beyond the right fist and visualize a target ahead. Slowly pull the left fist back to the left ear, tensing both arms as if drawing a bow. Allow the head to move slightly back with this motion, engaging the neck muscles. Keep the left elbow at shoulder height then release the imaginary arrow. Relax the neck and take the left fist back to the right fist. Practice up to 10 times on this side, then repeat on the other side.



Seedlings
Herbs
Salvias
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Sat 17th OCTOBER 9-5 PM & Sun 18th 9-1 PM
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MORUYA



Tackle World Moruya Fishing Report 7.8.26

Moruya River.

Yet again, there isn't much to write home about this week, the river has been as quiet as the shop has been this week. The best chance at success will be to try the shallow sand flats at the top of the tide, if they have had the sun on them for an extended period of time. The local fish population will be looking for all the warmth they can find up in these areas. If they are not there, they will be locked down in the deeper holes, in which case try using soft or metal vibes hopped slowly to illicit a response.

Tuross River.

There have been a few nice mulloway taken from the system over the last few weeks, with the more well known spots producing some nice fish around the 1.2m mark. Baits, big soft plastics or hardbodies with the right amount of wobble and vibration are required to get the silver ghost interested enough to bite your presentation. This can be a deep rabbit hole to jump down, but when a solid slab of silver comes to the surface, the time spent unlocking the code, will be worth it.

Rock and Beach.

Salmon to 70cm have been pretty common along the beaches this week, and are the main stay of all the activity along the coast this time of year. Drummer off the rock ledges are also on the increase, with good solid fish taken. Once the salmon schools are found, pilchards on gang hooks or metals cast and retrieved are the two best techniques.

Mulloway on hardbody lures has always been a popular way to target them, and one that has been taking a fish from the suds lately. Getting the bite time right, is the big part of the puzzle, and one that can take time to work out.

Offshore.

Snapper, flathead and tuna have all been on the cards for boat crews set up for chasing these species. The snapper have been as little as 10m of water, while the tuna have been inside the shelf. Making trips a little easier on those that wish to chase the speedsters.

The bait freezer is well stocked for the weekend, with everything you will need at your disposal.

We still have plenty of items on special at the moment, Nomad plastics, Joybees footwear, Shimano T-Shirts, and a range of reduced rods to make room for new 2026/7 release gear that is about to Belau chef at the Tackle Show in the next few weeks.

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

Team Tackle World Moruya



Saturday 26th September 2026

Spring Horse Show

Moruya Showground

ASH, Hacks, Breeds, Riding Classes and Versatility Course

• Entries open on 26/8/26

• Entries close on 24/9/26

- Entries will be taken on Global Online
- Classes start at 8:30am
- Canteen open

Versatility Course

- Limited spots
- \$5 entry fee on Global Online

Hobby horse events

- BYO hobby horse
- Entries on the day



Hobby Horse Events



Save the Date!

TOMAKIN COMMUNITY DAY

SUNDAY 22 NOVEMBER
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LIVE MUSIC | FOOD & COFFEE | MARKET STALLS | KIDS ACTIVITIES

Come along, bring the family and enjoy an afternoon with your community.




MORUYA GOLF CLUB

SUMMER CLASSIC 2026

SATURDAY 5TH & SUNDAY 6TH DECEMBER

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\$250 PER TEAM
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DEUA RIVER STOCKMAN'S CHALLENGE CLINIC

4TH, 5TH & 6TH SEPTEMBER 2026

Moruya Showgrounds

2 & 1/2 Day Clinic \$330 (Start Time: Friday 2pm)

Optional: Packsaddle Clinic Additional: \$50 (Start Time: Friday 9am)

Friday: 2pm start Horsemanship/ Ground work session

Saturday & Sunday

Obstacles course Training
Bareback Riding Skills
Whip Cracking Techniques
Drywork & Horsemanship Exercises
Shoeing Demonstration
Packsaddle Demonstration

We encourage riders of all levels & abilities for this event. It will be a great opportunity to come and try something new in a supportive environment.

Canteen & Licenced Bar Open All Weekend

This event is a fundraiser for the NEWLY formed DRSC and for next year's Agshow Moruya





Tuross Head Golf



Captain Lars Gaupset with Winner Nick Brice

Tuross Head Golf Results Thursday 13th August 2026

A field of 48 players competed in a Medley Stableford event today. The day was sunny and some excellent and close scores were achieved.

The Winners were:

- 1st: Nick Brice (10) with 40 points
- 2nd: Dianne Brown (33) with 39 points
- 3rd: Linda Puglisi (45) with 37 points (countback)
- 4th: Ian Kingston (26) with 37 points (countback)
- 5th: Ian McManus (12) with 37 points

Nearest to the Pins

- 4th: Lars Gaupset 5.86 A Grade
- 4th: Kevin Reilly 11.0 B Grade
- 4th: Terry Milliken 8.27 C Grade
- 6th: Colin Houghton 4.99 A Grade
- 6th: Peter McRae 2.30 B Grade
- 6th: Mark Jackson 2.38 C Grade
- 7th: Ken Hush 7.20 A Grade
- 7th: Mark Forrest 3.73 B Grade
- 7th: Mark Jackson 9.84 C Grade

Balls went to: Paul Scholze 36, Mark Jackson 36, Colin Houghton 35, Sandra D'Onofrio 35, Wayne Burgess 35, Peter McRae 34, Anthony Mellick 34, John Harb 34, Michael Coloe 33, Jenny Reilly 33, Ken Hush 33, Tory Puglisi 33, Nigel Barling 33, Lars Gaupset 33 and Peter Coffey 32.



Winner: Wayne Lilley with President Bruce Harding

Tuross Head Golf Results Saturday 15th August 2026

A field of 62 players took to the course to compete in a Medley Stableford event. The weather was sunny and there were some fantastic and close scores.

The Winners were:

- 1st: Wayne Lilley (16) with 36 points (countback)
- 2nd: John Phylard (17) with 36 points
- 3rd: Brad Reid (36) with 35 points (countback)
- 4th: Nick Brice (10) with 35 points
- 5th: Ian Kingston (25) with 34 points (countback)

Nearest to the Pins

- | | | |
|----------------------|------|---------|
| 4th: Michael Walsh | 3.04 | A Grade |
| 4th: David Gray | 4.09 | B Grade |
| 6th: Ray Bollard | 1.94 | A Grade |
| 6th: Ian Lawson | 12.0 | B Grade |
| 6th: Terry Milliken | 4.05 | C Grade |
| 7th: Nick Brice | 2.20 | A Grade |
| 7th: Robert McDonell | 10.9 | C Grade |

Place Getters: Ray Bollard 34, Bruce Harding 33, Ian Manton 33, Michael Walsh 33, Peter Hogan 33, Greg Smith 32, Gavan Wheelahan 32, Teri Swanbury 32, Terry Milliken 32, Michael Elfar 31, Paul Ferguson 31, Chelsea Mayes 31, John Harb 31, Herb Muriwai 30 and Jim Wade 30.



Winners: Pam Alexander, Jenny Reilly and Dorothy Madden

Tuross Head Ladies Golf Results Tuesday 18th August 2026

A field of 23 ladies competed in a Stableford event. The event was sponsored by Tuross Hair and Beauty and some amazing scores were achieved.

The Winners were:

A Grade:

- 1st: Dorothy Madden (23) with 42 points
- 2nd: Annette Manton (26) with 38 points

B Grade:

- 1st: Pam Alexander (35) with 38 points
- 2nd: Cate O'Brien (34) with 32 points

C Grade:

- 1st: Jenny Reilly (41) with 34 points
- 2nd: Jennifer Gray (45) with 29 points

Hole Prize:

- 7th: Maree Coffey Golden Shot A 0.49
- 7th: Jeanette Miller Golden Shot B 3.60

Nearest to the Pins: 2nd Shot

- 6th Samantha Dryden Distance 2.55
- 15th Sandra D'Onofrio Distance 0.33

Place Getters: Leonie Doolan 35, Chelsea Mayes 33, Leonie Snodgrass 32, Pauline Nash 32, Jeanette Miller 31, Sandra D'Onofrio 30 and Marie Muriwai 29.

Tuross Head Vets Golf Results Wednesday 19th August 2026

35 players, including a visitor, competed in a Par event today and some wonderful scores were achieved.

The Winners today were:

- 1st: Rob McKirdy with +7
- 2nd: Steve Lymbery with +5
- 3rd: Stacey Davidson with +4

Balls or Chocolates: Ian Manton +2, Herb Muriwai +2, Tory Puglisi +2, Greg Smith +2 and Jeanette Miller +2.

Nearest to the Pins:

- 4th: Greg Geelan (2nd Shot)
- 7th: Ladies: Chris Wratten (2nd Shot)
- Mens: Ian Manton (2nd Shot)

Accuracy: Ian Manton (5th hole)
Bradman's: Peter McRae



Winner: Rob McKirdy



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Club Malua Stingrays Women's Bowls



Teams were selected by Robyn Butcher and Pat Bill for 32 social bowlers on a day of sunshine.
Mac took over proceedings with the mention of the Special Pairs day held yesterday.
Birthday greetings to Pat Bill on her 85th and doing very well.
Thanks to Lou Butcher who selected cards for winning teams.
Winners Rink 3, Lynda Franks, Judy Davis and Olga Geshwend.
(photo)
Runners-up Rink 7, Chrissy Keler and Wendy Geary.
3rd Place Rink 5, Robyn Butcher, Rajia Johnston and Yvonne Huddleston.
Money Club, 7 Lynda Franks 35 Julie Knorpp.

Special Club Pairs Day



Thanks to Jay Breust for the great organisation of this special day on his last day as our Bowls Organiser.

The format was 3 bowl Pairs + 3 games of 10 Ends.

Jay selected teams so they were evenly matched as much as possible. Jay also provided our luncheon sausage sizzle which we all shared together.

The Semi-final consisted of a 2 bowl 1 End shoot out between the four winning teams. The Final was then bowled.

Winners, Ron Ison and Noel Neilson. Runners-up, Robyn Butcher and Sue Morgan. 3rd Place, Tony Head and Peter Hutchinson. 4th Sue Beavan and Jean Head.

After Final all proceeded into Club for presentation to winning teams.

Money Club winner, 35 Julie Knorpp. Only 2 numbers were called for Jackpot of \$1,238 which had to be won. Bill Grice found the Joker, as he was unable to play his winnings were shared with a random Rink Draw which was Rink 9, Julie Knorpp, Peter Keatley, Tony Head and Noel Neilson.

Thank you to everyone who took part in this special day, it was an enjoyable and friendly day between our members.

Sue Beavan thanked Jay for the great job he has done as Bowls Organiser and wished him well.

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28-30 AUGUST 2026



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Driving Change

Surfing Gets its Big Bash moment



Australia gave the world some of surfing's greatest champions, its beach culture and much of the sport's identity. Yet despite shaping modern surfing, it has never had a professional domestic league of its own.

That changes today.

The **Surfing Super League** (SSL) has officially launched, unveiling Australia's first national professional surfing competition. The eight-team franchise league has been designed to transform surfing into a fast-paced, broadcast-ready team sport while creating new commercial opportunities for athletes, partners and coastal communities.

Launching in Summer 2028, the league will feature eight foundation teams representing some of Australia's most iconic surfing regions, competing across an eight-week home-and-away season before culminating in the inaugural Surfing Super League Grand Final.

Designed specifically for modern audiences, every SSL match will be played within a fixed 90-minute broadcast window. Four surfers compete as a team in a relay format, with every wave contributing to the overall score before each half concludes with a high-pressure Power Surfer finale, ensuring every match builds to a dramatic finish.

Rather than reinventing surfing, the league builds on Australia's deeply rooted boardriders culture, elevating the team format that generations of Australian surfers have grown up competing in.

Founder and CEO Chris Mater said the vision was to create a professional competition that remains true to surfing while making it easier to follow, easier to broadcast and more engaging for fans.

"The Surfing Super League celebrates everything people already love about the sport while introducing the structure, rivalries and consistency that define the world's great professional competitions."

"Surfing is one of the country's most powerful untapped commercial opportunities. Millions of passionate participants, a fanbase that spans every major market, and participation growth that is outpacing all mainstream sports. This is a sport deeply embedded in the Australian identity, yet it has never had a format worthy of its scale. That is exactly what we are building."

The league also introduces one of the most progressive athlete models in Australian sport, with every contracted surfer receiving equal pay regardless of gender or playing tier. With an \$89,000 player salary for the 8-week season. Team lists will combine Australian surfing legends, current professionals, international & out-of-market Australian marquee athletes and emerging talent, creating a new domestic professional pathway while giving fans the opportunity to support their favourite surfers week after week.

Olympic medallist and former World Tour star Owen Wright will make his return to competitive surfing as part of the Surfing Super League, drawn back by the opportunity to compete at home and help shape the next era of Australian surfing.

"I genuinely thought that chapter of competitive surfing was finished for me. But when I heard what the Surfing Super League was building, it felt different. The chance to compete at home, as part of a team and for something bigger than your own result got me excited to put the jersey back on. I still love competing, and this feels like a really special reason to do it again and to help build a new era for Australian surfing, give back to the sport that's given me so much, and create something meaningful for the next generation."

For decades Australia produced incredible surfers, but never had a national professional competition that showcases the depth of Australian talent. The SSL creates new opportunities for athletes while giving fans something they've never had before: A team to follow and rivalries to get behind. Each home round will transform one of Australia's iconic beaches & cities into a purpose-built beach stadium, complete with grandstands, hospitality, entertainment and fan experiences, creating a festival atmosphere that celebrates Australia's unique beach lifestyle.

The foundation teams will represent Sydney's Northern Beaches, Sydney's South, Newcastle, Northern Rivers, 2x Gold Coast teams, the Sunshine Coast and Melbourne, establishing the first national franchise competition in Australian surfing history. For more than half a century Australia has helped shape surfing around the world. Now, for the first time, it has a professional league to call its own. The Surfing Super League will launch in January in the Summer 2028.

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The perfect get away!

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15 minutes from Mogo Trails



60 years of surf life saving service

Moruya Surf Life Saving Club reports: "Bert Hunt, who, after recently stepping down as President of Moruya SLSC, has now stepped up as the newest Life Member of Surf Life Saving Far South Coast; an incredibly well-deserved honour.

We often find ourselves singing Bert's praises because he certainly isn't one to brag about his own achievements. But more than 60 years of service to Surf Life Saving deserves to be celebrated.

Bert joined Moruya SLSC and gained his Bronze Medallion in 1963. Since then, his contribution has stretched well beyond our club, with decades of service to Moruya, Broulee and Batemans Bay, as well as Surf Life Saving Far South Coast, the Australian Surf Rowers League and Surf Life Saving NSW and Surf Life Saving Australia.

Just some of Bert's incredible contribution includes:

- Moruya delegate to Far South Coast Branch from the late 1960s into the 1970s
 - Far South Coast Branch delegate to Surf Life Saving NSW during the 1970s
 - Moruya SLSC President from 1975-1979, and again from 2023-2026
 - Long-serving member of the Branch Board of Examiners
 - Member of the Branch committee involved in the inaugural George Bass Surf Marathon discussions in 1974/75 rowing the first bass himself and still involved to this day.
 - * George Bass Marathon Branch Race Organiser on numerous occasions between 1988 and 2014
 - * President of the Australian Surf Rowers League from 2006-2018
 - * National Surfboat Adviser to Surf Life Saving Australia as part of the National Surf Sports Committee from 2009-2018
- From patrols and surf boats to administration, competition and leadership at club, branch, state and national level, Bert's contribution to Surf Life Saving has been extraordinary.
- We already knew we was a member of surf life saving for life as he's been involved since a school student himself; now Far South Coast Branch has made it official.
- Congratulations Bert Hunt; Far South Coast Branch Life Member. An honour more than 60 years in the making, joining many other incredible members celebrating service and support for our community. "



Aboriginal-led organisations encouraged to apply for funding to deliver primary prevention initiatives through sport

Aboriginal-led organisations in the Bega Electorate can apply for a share of \$625,000 for primary prevention initiatives that use sport and active recreation to address the drivers of domestic, family and sexual violence (DfSV).

The Aboriginal Sport for Respect Grant Program empowers Aboriginal-led organisations and communities to deliver culturally grounded programs to address the drivers of DfSV and effect positive behaviour change through sport.

The Program is open to Aboriginal-led organisations and eligible sport, recreation and local government organisations that demonstrate strong partnerships to deliver primary prevention messaging and activities within Aboriginal communities.

The Program is part of the NSW Government's \$38 million strategy for the Prevention of Domestic, Family and Sexual Violence 2024-2028, which will provide up to \$1 million funding over two years to establish, scale up and strengthen Aboriginal-led primary prevention activities in sport and active recreation particularly at a local grassroots level.

Grants from \$3,000 - \$25,000 are available with organisations able to submit multiple applications and funding capped at \$25,000 per organisation. The Office of Sport has partnered with Aboriginal-owned cultural awareness agency, YarnnUp, to provide culturally safe support to funding applicants. Applications close Tuesday, 6 October 2026. For further information and to apply visit:

<https://www.nsw.gov.au/grants-and-funding?keyword=aboriginal+sport+as+prevention&status%5B%5D=Open>

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TICKETS ON SALE FROM 6:30PM

RAFFLES DRAWN - 7:00PM
BUDGE DRAW - 6:30 PM & 8PM
SECOND CHANCE DRAW - 8:30PM

Moruya Golf Club Presents

Sunday Trivia Night

Bring your friends, test your knowledge, and win fun prizes! Don't miss out on a great night of laughs and friendly competition.

FIRST SUNDAY OF EACH MONTH | 6 PM