

THE TRIANGLE

COMMUNITY NEWS

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QUAAMA COBARGO BERMAGUI TILBA & LOCALITIES

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Surf's up for 'Same Wave' kids

Bermagui Surf Lifesaving Club was a hive of activity when I turned up to find out about the weekly 'Same Wave' program the club is running. There was a stiff nor'easter blowing and then a cry of 'bluebottles!' No swimming in Horseshoe Bay today! So off everyone went, surfboards and equipment in hand, to the Bruce Steer Pool for the morning's activities.

A very special group of extra-needs children from all over the district participate in the Same Waves program, piloted in 2017 and now with 13 children attending. Children come mainly from Bermagui and surrounding areas to participate in activities on the beach, both in the water and on the sand.

Each child has two volunteers assigned to them for the morning, who guide them through either a planned activity, or whatever that particular child wants to do on the day.

Special items of equipment, including a floating, beach-accessible wheelchair and special surfboards, are available for the children to explore the water. It's all about inclusion and breaking down barriers to participation amongst children with special needs, as many have never had the

opportunity to experience the surf and the ocean before.

Club President Bruce McAslan and Club Secretary Cheryl McCarthy told me that the program is all about the kids having fun, learning about the surf, improving health and fitness and just generally having a great time. 'The beach is for everyone,' Bruce said, and this program is all about accessibility, equality and sharing the beautiful beach we have here in Bermagui.

The Same Wave kids are assisted by a whole team of volunteers, ranging from Surf Club members, Nippers, students from the local school and members of the community. One volunteer told me he didn't know who had more fun ... the kids or him!

The success of any program supporting others can often be judged by the enjoyment of its participants. And, certainly, all I saw were lots of smiling faces, squeals of sheer pleasure and laughter amongst both participants and volunteers. One young participant, Aiden, told me, 'We love it. It's a great opportunity to get in the water with friends.'

I then met up with a group of mums



'Oh I do like to be beside the seaside ...'

who all said that they were thrilled their children were part of this program. They explained that their special needs children often did not fit into mainstream activities. This program made the kids feel they were a part of the community, and doing things that other kids did. Although parents are not involved in the activities, they remain close by but are able to sit and relax, maybe read a book, chat to friends, enjoy a coffee without interruption and generally take a short break from the job of parenting special needs children.

This is a fabulous program. New volunteers are always welcome, so, if you are interested why not call in on any Saturday morning during March, 9.30 am to 11.00 am, to see what is happening on the beach.

To become a volunteer, you don't need any particular experience. Some volunteers don't even go in the water. You just need a desire to work with kids and give some of your time to others in the community.

If you would like more information on the Same Wave Program, please contact Secretary Cheryl McCarthy on 0459 238 442 or email bermisurfclub@gmail.com.

Carolyn Banados



The floating wheelchair is a real hit with the kids

While averting our gaze from chaos in Canberra it is easy to rest assured about the future when you look at kids in our area.

Out of an initial pool of over 13,000, four Bermagui Public School students successfully competed to be among 30 to participate in an innovative education revolution through Virtual Aurora College; it's a credit to them and their teachers.

Virtual Aurora College facilitates online access with expert teachers in science, maths and English, and direct contact with specialists such as an astrophysicist at the Swiss CERN nuclear accelerator and a published British writer.

And environmental awareness met economics when the 1st Cobargo Scout Group sorted rubbish at the Cobargo Show,

reducing landfill by 80% and producing compost and recyclable materials. Good for the environment, good for funds to attend the Australian Jamboree in South Australia in January 2019, and good for fostering active, responsible, publicly-minded citizens.

Letters to the editors

What's with the signs?

How many more signs are going to appear at the entrance to Bermagui?

Come on ReBoot – it was still nine months away when your sign went up. May as well start advertising Christmas. Also the Brewery sign at the Cobargo turn off.

Does this mean every business in Bermi and surrounding areas can start putting up an advert with directions?

What's next—opening hours and a menu?

*Barry Allen
Coolagolite*

Thoughts on the Bermagui Town Plan

I have recently come across a flyer from a C. Carmody of Bermagui. I have some opinions on her assumptions. Firstly, I don't think trees planted on the verges of Bunga and Lamont streets will create 'dangerous restrictions on traffic flow'. Something is wrong if said traffic is driving on the verge or footpath. Impeding view of water should not be a concern for 'large vehicles' as they should be watching the road.

I am pleased C. Carmody mentioned pedestrian access as it is a pet of mine. There is not one pedestrian crossing in Bermagui. I would like to see proper pedestrian crossings opposite the Co-op, a three way one at the intersection of Lamont and Bunga streets and another opposite the newsagency... that's five! Failing that, make all of Lamont St from Bunga to Montague 30 kph so it's safe for pedestrians, and have vehicle speed indicators at each end of the road through Bermagui.

Pedestrians come first then vehicles, whether large or small. I suggest C. Carmody look at the grass growing under

the coral trees in the grassed area near the new bike path before claiming grass does not grow under trees. Trees are more important than roads.

All in all I am in favour of the Bermagui Town Plan.

*Charles Osgood
Bermagui*

The problems with fluoride are many

We know we're consuming way too much sugar, and this harms our health and teeth. Decades ago dentists persuaded governments that adding fluoride to town water supplies would prevent tooth decay.

There's been a lot of science done since then to show that fluoride is toxic. Apart from the fact that it comes from gold mine wastes (so has lead and arsenic in it), it has neurotoxins.

Neurotoxins (nerve poisons) are also part of the problem with the pesticide, neonicotinoids. So here we are, with neurotoxins in our fruit and vegetables and soon BVSC plans to put it in the eastern water supply.

If we aren't eating organic vegetables watered by fluoride-free water, we are subjecting ourselves to neurotoxins big-time.

The human body has no way of handling neurotoxins. It means we will see a significant increase in Parkinson's disease and an increase in reproductive difficulties (*The Science Show* on Radio National, in mid-February, reported this is already happening throughout Australia). There are many other disorders of the nervous system, like behavioural and bowel problems, and MS.

Fluoride also damages bones. The reason the British removed fluoride from their water supplies, after thorough

scientific investigation, was the huge bill from wrist and leg fractures that the government medical system was paying.

Fluoride is being removed from water systems world-wide in the interest of health. How can BVSC think of adding it?

*Maggie Camfield
Bermagui*

PUBLIC MEETING

Called by the
Independent Liquor
& Gaming Authority
into the transfer of a
**PACKAGED LIQUOR
LICENCE**

from Tilba Tilba to Bermagui
BWS (Woolworths)

ILGA has decided to hold a public meeting to facilitate further consultation with the local community. The meeting is an opportunity for you to share your views as to the benefits or negative impacts that are likely to arise as the result of the granting of the Application.

To confirm your attendance, or if you wish to make a verbal submission at the meeting, please RSVP before 5.00 pm on Monday 19 March 2018 by email to ilga.secretariat@liquorandgaming.nsw.gov.au, or call 9995 0615.

**6.30 pm - 8.30 pm
Wednesday 21 March
Bermagui Community Hall
Have your say!**

DISCLAIMER

The opinions expressed by contributors to the newspaper are their own, to a greater or lesser degree, and do not necessarily reflect those of the editorial team. Whilst striving to accurately report the news and views of the readers, this newspaper accepts no responsibility or liability for statements made or opinions expressed. All letters to the editor must be signed and include the writer's full name and address if they are to be considered for publication.

Thumbs Up

To our wonderful Bowerbird Op Shop, about to open yet another round of grant applications that benefit our community.



To the kind and generous-spirited man with a torch who, from about 10.30 pm to 11 pm on Friday 9 February, on Princes Hwy just south of Warrigal Range Road, Brogo, stopped traffic in danger of colliding with a low-lying tree right across the highway, until the police and emergency services arrived (about 40 mins after 000 was called). Surely he prevented accidents (wish he'd been there when I almost hit it earlier).

Thumbs Down



To the owners of the cats seen lurking near wildlife: a ginger one at North

Bermagui Lagoon, and a grey striped tabby at Beares Beach, during the day. Native fauna is protected, so if you live near protected flora reserves, please keep your cat inside at all times or in an enclosure. Safer for the cats too if they don't cross the road.

To the businesses polluting our beautiful environment with jarring signs along the roads to Bermagui. Is this a precedent for yet more businesses to advertise in this way? Please have some respect - it's not all about making money.

**Calling all poets,
artists, storytellers,
photographers!**
**The Eco-Edge page is
now all yours.**
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thetriangle.org.au**



... at *The Triangle* ... if you're well-organised and have good basic computer skills, and are keen to fill a vital role in a dynamic, fun team. Here are the basics:

You'll need:

- a reliable internet connection.
- a spare 10-15 hours a month, most of them between the 19th and 24th
- to attend two meetings every month, each about 60-90 minutes, one on the second Monday, the other on the 23rd (unless that falls on a weekend, in which case it would be the Monday). Always 5pm, always at Well Thumbed Books. (Of course, there may be times you just can't be there. We all have lives)

Call Jen on 0417 251 101 if you want to know more!

Sharpen your pencils and start applying! Up to \$5000 available for small community projects

The FRRR (Foundation for Rural and Regional Renewal) offers small communities, particularly those with population bases less than 10,000 people, small grants for community projects. The current grant application process closes 28 March. The FRRR is a not-for-profit organisation which has funds provided to them by private donors and various sponsors including the Commonwealth Government, since 1999. The grants are known as the Small Grants for Rural Community (SGRC) and applicants can be granted up to \$5000.

The applications have to be from not-for-profit community organisations such as preschools and kindergartens, or for arts and theatre initiatives to name just a few. The aim is to support the renewal and reinvigoration of small rural communities by funding projects to give benefit to the people living in our towns.

As they say, 'you'll never ever know if you don't give it a go'. Get your thinking hats on and make an application. For further information: www.frrr.org.au.

Ann Maree Menager

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Central Tilba: The Cheese Shop, Tilba Winery, Post Office, ABC Cheese Factory
Cobargo: Post Office, United Petrol, Newsagent, Sweet Home Cobargo, Well Thumbed Books, Black Wattle Gallery
Narooma: Information Centre, Library
Quaama: General Store
Tilba Tilba: Pam's Store,
Wallaga Lake: Merrimans Land Council, Montreal Store

Deadlines

Advertising: 12pm, 19th of each month
Editorial: 12pm, 22nd of each month
Advertisers please note that an extra fee may be charged for initial ad layout.

Letters to the editor

All communications should be forwarded to:
Email: contributions@thetriangle.org.au
Postal address:

The Editors,
The Triangle
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ABN: 75 182 655 270

The Triangle is a community newspaper. Its aim is to provide information and news to the people in the Triangle area - the area bounded by the three mountains (Gulaga, Mumbulla and Peak Alone). The committee comprises volunteers who donate their time and expertise for the benefit of our readers. *The Triangle* is financially self-sufficient through advertising income. This is a tight budget and prompt payment of accounts is appreciated. *The Triangle* is published every month except January and has a circulation of 1800, boosted to 2300 in December so there's enough for visitors.

Bermagui Banter

Carolyn Banados and Ann Maree Menager

Summer moves into autumn, and the best time of the year on the coast. Our busy events season is in full swing, bringing lots of visitors to Bermagui. Many locals are busy getting ready for the Seaside Fair, with groups well into planning their street parade costumes and floats.

Bermagui Banter is also about to undergo some changes too. I would like to introduce Ann Maree Menager, who will be co-writing Bermagui Banter with me, as well as writing other interesting articles.

Ann Maree knows Bermagui well, and has been holidaying here for over 15 years. She and her husband finally bit the bullet and moved here three years ago, and have been busy renovating their home. It is great to have someone else on board, and I hope that, between us, we can keep the community informed about all the interesting things happening in our little piece of paradise.

Our budding authors

'The Lost Joey', a book written by students from Bermagui Public School, was launched recently. The book is a result of a project involving the Montreal Goldfield, Bermagui Public School and the Mumbulla Foundation, which funded the project.

During 2017, a group of children from years 3 and 4 visited Montreal Goldfield to take a walk back in time. They dressed up in 1880s style clothing, attended an 1880s classroom and took part in crafts and games of the era. They were then encouraged to write and illustrate stories about their experience of living in the past and how different things were then.

The finished product, 'The Lost Joey', is an imaginative compilation of all their work. The book will be on sale and proceeds will help other students to produce similar works in the future.

Come roll with us

If you want to try something different and fun and get a bit of gentle exercise at the same time, look no further than the Bermagui Country Club, and more specifically, having a go at Indoor Bowls.

Bermagui Indoor Bowls club is a sporting sub-club of the Bermagui Country Club and offers members a social afternoon of Indoor Bowls in a supportive environment. If you have never played before, why not come along and 'Have a Go!' The club meets Monday afternoons in the downstairs auditorium of the Country Club from 2.00 pm till about 5.00 pm. You will know you are in the right place when you hear the laughter and chatter in the room. New members will be introduced to the game and supported by members. An average level of fitness is required as there is bending, stretching and walking involved, and a sense of humour is mandatory! Of course, a cuppa and a biscuit are always offered and from time to time the group holds informal BBQs at the club. Just come along on a Monday afternoon to either see what we are up to or



Going back in time ... Bermagui Public School children attend an 1880s school (photo courtesy Montreal Goldfields)

get in there and have a roll with us!

Missing!

In February 2017, the South Coast branch of the National Trust, in collaboration with the Merriman's Land Council, created a series of colourful signs depicting significant places of indigenous heritage in the Bermagui area. One such sign was a Welcome to Country, a bright black and yellow sign featuring the black duck, a significant symbol to the Yuin people.

When motorists turned from the Princes Highway onto Wallaga Lake Road, they were greeted by this beautiful sign.

Sadly, they will be greeted no more as the sign has been stolen and only the poles that supported it are left. It is probably adorning a 'man cave' back in some city location, with those responsible for this theft gloating at such a find. If you have it ... bring it back! If you have any information on its whereabouts, please contact the local police.

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Missing: one Welcome to Country sign

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School holidays – extended opening hours
(Tea and coffee available)
Contacts: Nancy 6493 3136 Kath: 6493 5887

Plenty to celebrate for the CWA

Bermagui and District CWA had plenty to celebrate at their first meeting for 2018. Three members were awarded Life Membership at a special luncheon attended by members, friends and family of the recipients—Del Gray, Shirley Carter and Michelle Craig.

President Paula Rumble spoke passionately about the contributions each of the ladies have made to the community through their work in the Country Women's Association for more than 30 years. Paula presented certificates, badges and flowers to these exceptional women.

Del Gray has served as President, Vice President, Secretary and Treasurer. She has participated in Music and Drama, and the Land Cookery competitions. Del is a valued member and her knowledge and wisdom are treasured by members.

Shirley Carter has been a Councillor and Handicrafts Officer for many years.



(L to R) Bermagui President Paula Rumble with new life members Shirley Carter, Del Gray and Michelle Craig

She has been a delegate to the State Conference on numerous occasions. Shirley conducts monthly craft mornings for members and friends. She has also participated in Music and Drama, Land Cookery and Handicraft competitions.

Michelle Craig has been a member of

both Tarcutta and Bermagui Branches of the CWA. She has served as President, Vice President, Secretary, Cultural Officer, Councillor, and Accommodation and Maintenance Officer (of rental properties in Bermagui). Michelle has also attended the State Conference as a Delegate and has participated in Land Handicraft and Cookery competitions.

March promises to be a very busy month. The March meeting will be held on Friday 2 March at 1 pm. Preparations are under way for members to participate in the Seaside Fair Parade; please give us a cheer as we 'bounce' our way down the main

street. The Handicraft and Land Cookery competitions will be held at the Bermagui Country Club on Tuesday 13 March. The public are most welcome to come along—doors open at approximately 1 pm after judging is complete.

Chris Richard-Preston



On the Australia Day long weekend, the Bermagui Surf Club was able to give visitor David Savage the opportunity to get back in the water. Dave was a keen scuba diver before receiving critical injuries in a suicide bombing while working with AusAID in Afghanistan. He never imagined he would get back in the surf again, but with the help of a few willing volunteers, and the beach accessible, floating wheelchair, Dave was back in the water and having a ball. The floating wheelchair, funded by the Mumbulla Foundation, is a valuable resource for the Surf Club to ensure the beach is accessible to everyone. Well done, Bermi Surf Club!

yoga in yuin country

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Deli ... cious!

Foodies of Bermagui take note! Eastwood's Deli and Cooking school is now open for business.

Kelly Eastwood is the proud owner/operator of our newest gem on the food scene in Bermagui, bringing a charcuterie-style delicatessen supplying all sorts of cured meats and cheeses, barista-made coffee, a range of fresh salads and, soon to come, take-home meals.

The deli will operate Monday to Saturday from 8 am to 4 pm. Kelly plans to start operating the cooking school around Easter and will offer classes in the evenings and some Sundays.

Kelly has impressive credentials within the food industry, having trained initially in Ireland and later working in Rick Stein's restaurants in England. However, she says her cooking skills were honed in the galleys of private 'superyachts', sailing all over the world and serving an ever-changing menu to the rich and famous. It was during these 14 years of visiting exotic countries that she had the



Kelly Eastwood, bringing new food ideas to Bermagui

opportunity to shop in local markets in port cities where the yachts docked, developing an appreciation of fresh regional produce.

Returning to Australia, she then completed a course at Le Cordon Bleu cooking school and worked in a two-hatted restaurant owned by Neil Perry.

Although cooking to a client's repetitive palette on the yachts may have perfected certain dishes, the need to be back on land is what led her to

a career change. Kelly's next move was into food media. Her assignments took her behind the scenes of *Masterchef*, *My Kitchen Rules*, *Great Australian Bake Off*, *Destination Flavour* - to name just a few, and finally led to River Cottage Australia, where she later set up the successful River Cottage Cooking School in Central Tilba.

It was during this stint at River Cottage that Kelly fell in love with the region and decided this was going to be her home. The dream of setting up her own cooking school started to look more and more like a reality.

She searched the area for just the right place ... and lucky Bermagui was the winner! Kelly is now a resident here in Bermagui and has set up her wonderful business right on our doorstep.

Let's all give Kelly a big, warm Bermi welcome by dropping into her store at 26 Bunga Street (right next to the Medical Centre), and see what delights she has in store for us.

Carolyn Banados

BCF meeting to consider Council process for CBD plan

The Bermagui Community Forum (BCF) met with Mayor Kristy McBain, Cr Tony Allen, Council GM Leanne Barnes, senior Council staff and the Chamber of Commerce in Bermagui on 5 February. The purpose of the meeting was to work towards a solution where a new CBD plan can be developed for the future.

The BCF noted that they had developed some high level concept town plans for which there had been an overwhelming vote of support at a public meeting on 20 November 2017. Council advised that these plans would not be

progressed.

The Chamber suggested that a charrette (workshop) process should be followed in the town planning for Bermagui. All interested parties would be included in a series of meetings to thrash out the best way forward, including the BCF, Chamber, Council, sporting clubs, RMS and RFS. There was general agreement in the meeting that if this process was well managed a good result could be achieved.

Council would manage this charrette process, using an independent consultant to

facilitate this process, and would consider funding it in their 2018/19 budget.

Given its mandate from the community to move forward with the CBD plan and the lack of recent infrastructure spending in Bermagui, the BCF will seek the community's views on the proposed charrette process at the next Forum meeting, to be held at 5.30 pm on 9 April.

Geoff Steel
Coordinator,

Bermagui Community Forum



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Heart to Heart Meditation Group

Join us each fortnight on a Saturday afternoon 12.00 to 3.00 pm in Beauty Point to read and discuss the Ageless Wisdom teachings of Alice A Bailey. This perennial knowledge is available to all people at whatever level of understanding thus far on their soul's evolution.

These fascinating and fundamental ideas help us look at the deeper expression of our thoughts that guide us on our life's journey.

We hold monthly full moon meditations based on the esoteric teachings.

Contact: Lorraine van der Linden, 6493 3061

A happy renewal

Lorraine Naylor, a local Indigenous woman, devoted many years of her life to co-managing the Umbarra Cultural Centre with her husband Eric. I came to know her while I was working for the Aboriginal Tutorial Assistance Scheme in the late 1990s. Some days were good and some were 'crook', she would say, but she was always there. As the Centre depended on volunteers it was eventually closed, due to the cessation of the much-needed 'work for the dole' scheme. It was then that we all went our separate ways.

Recently, though, Lorraine and I renewed our association and went for a coffee, which turned out to be a scrumptious Devonshire tea. She was the same as I'd remembered her—gentle yet forthright. For instance, she didn't hesitate to give me some driving hints!

She shared that she has raised two

children of her own and two not her own. 'That's what we do,' she explained. I smiled and said, 'I know.'

Today Lorraine volunteers in a number of ways within the wider Yuin community. We exchanged philosophies of life and a few stories. 'I've got a lot more,' she laughed, leaving me hankering for more coffee!

When we got back to her place I felt that a meaningful bond had begun between us. Something she once said has stayed



Lorraine and Jeanne, renewing friendship over Devonshire tea

with me all these years: 'The Mountain always calls you back.' And, for me, it has.

Jeanne Klovdahl

Canberra excursion for U3A members

U3A Term 1 is well and truly under way with a variety of different classes. The highlight, so far, has been an excursion to the National Museum of Australia in Canberra to the *Songlines* exhibition.

One of the first notices in the exhibition is 'Our Songlines are broken,

please help us.' This was an emotive plea from a Western Desert Indigenous elder who was concerned that the traditional stories handed down from past generations over thousands of years were being lost.

The exhibition is an emotional, collaborative collection of knowledge and includes artworks, fabulous videos and holograms, workshops, displays and weavings.

A full bus load of Bermagui U3A members left very early on what

would be a very big day, leaving lasting impressions on everyone who attended. Kerry Davies, who encouraged U3A to offer the excursion, said, 'It was the best exhibition I have ever seen.' Other participants left comments such as, '...impressed with the presentation ...', '...changed my mind and attitude about many of my concepts of Indigenous history, knowledge and culture'.

A very tired, but fully satisfied group of travellers returned to Bermagui at the end of a full day, but agreed they had a wonderful time and encourage everyone to visit the National Museum to see the *Songlines* exhibition.

Kerry Davies



U3A members at the *Songlines* exhibition in Canberra.

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Bermagui's own brightest to study with the NSW Virtual Aurora College

Four bright Year Seven Bermagui students have been accepted into the NSW Virtual Aurora College for 2018. The Aurora College is one of the selective high schools available to primary school children who apply for entry based on their scores on the Selective Schools Entry Test. This innovative College is a part of the education revolution which allows students in rural and remote areas to access specialist teachers and follow their special interests, without having to go to boarding school or leave the communities they live in.

In 2016, 13,451 children from across NSW sat these entry tests. Over 4000 were successful in scoring high enough to be placed in a selective school and there were 30 children from NSW placed into the Virtual Aurora College. The fact that four of those 30 children came from Bermagui Public School speaks volumes about the quality of the education and learning experiences our children receive here. A huge congratulations to Bermagui Public School for the excellent results. These bright local students are now at Narooma High and Bega High enjoying the local campus life with some classes online as part of the Aurora College group. It is also a credit to the local high schools to be facilitating this innovative learning from their facilities.

Aurora College has been running for three years and has a strong focus on



Selected local children will have online access to expert international teachers at Aurora College.

providing education opportunities to more than 260 students from 75 rural and remote NSW public schools. It runs from Year Seven through to Year Twelve. The first Year Twelve students graduated in 2017. The College's principal, Chris Robinson, heads up a new educational initiative in Australia and indeed possibly the world. It is hoped the College will grow in numbers and more and more children who reach the entry scores will be given this exceptional opportunity for learning into the future.

There is a focus on STEM (Science, Technology, Engineering and Mathematics) subjects which goes well beyond just teaching coding and advanced mathematics. Australian education has been benchmarked poorly against other countries in recent years and the need to lift our children's learning was identified as needing more innovative and creative problem solvers with digital skills to be

competitive in the future.

According to current research, more than 50% of the schools in Australia do not have fully qualified or specifically trained mathematics or science teachers on staff. Initiatives such as the Aurora College in NSW give our children in rural and remote areas access to the best STEM teachers available, not only in Australia but the world. There are classes in science, for example, in direct contact with an astrophysicist based in Switzerland who works in the

CERN nuclear accelerator. In English, students may meet a published author in the UK who talks to the class about how to write a book. The virtual classroom truly does open access to the wider world for children in local classrooms right here in our local high schools.

There are also online masterclasses offered to the parents of the students in Aurora College to help them with their children's study and assessments.

It is exciting to have four of our local children given the opportunities on offer by Aurora College. For further information, talk to your local school principal and keep an eye out for the Selective Schools Entry Test application forms to give more local children the chance to join in on this education revolution. For further information take a look at www.aurora.nsw.edu.au.

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There's lots of fresh energy in Quaama town these days.

After having replaced the internal stairs that lead from the main hall to the supper room, the Hall Committee moved outdoors where new timbers now grace the old veranda and a new set of steps leading up from the garden are now safely in place.

Community members are in the process of restoring the dressing rooms on either side of the stage, applying paint and fixing a couple of salvaged mirrors from Cobargo. The Committee extends a big thank you to those who are lending a hand in this effort. You know who you are!

The community BBQ and auction held by the Hall Committee went well

with a lot of items sold and many ideas floated for the future. From ceiling fans to stage lighting, garden suggestions and painting projects, lots of possibilities were thrown around.

In addition to hall maintenance, a new approach to community consultation and engagement was a part of the discussion.

Hats off to our Hall Committee volunteers. And as for the rest of us, you can easily lend a hand on whatever project takes your fancy and then go back into the shadows when it's done. Fear not! You will not be expected to show up at meetings!

The QPA has fresh energy too, surprising us with a Valentine's Day dinner dance. Everyone had a great time and the food on offer made quite a spread. Folks enjoyed dressing up and stepping out. Couples came of course but the singles table was very well attended too. Perhaps this is the start of a new tradition!

Our school is expanding with eight new kindergarteners enrolled this year as well as eight new families that have joined the Quaama Public School



Sisters doin' it for themselves, 50s-style!



Quaama's Kindergarten and Year 1 students lining up shortest to tallest.

community. There are now a total of 70 students at our school!

Our kids did well at the recent Regional Swimming Carnival with Heather Muirhead, Amber and Faith Mathews and Kya Rixon all qualifying to represent Quaama at the upcoming Candelo Carnival. Good luck to our team!

A great turnout at the RFS 'meet and greet'

We're well into summer with drying conditions. A fall of 50mm of rain was a great blessing for gardeners, farmers and water tanks and of course, the Fire Brigade. Thanks to whoever ordered that for Quaama.

The 'meet and greet' Quaama Brigade BBQ was a fabulous day with many new residents turning up to meet the crew. A great gourmet BBQ, local garden salads and a giant fresh watermelon was enjoyed by all. The Brigade thanks all those who

attended and would like to welcome to the community Peter and Jennise, Kelly and Andrew, Uschi and Joe, Veronica and Ben, Peter, Ben and Nina, Sam, Karen and Sienna. Thank you for your support and interest.

Thanks also to Byron and Volker for the mowing and tidying up of the outstation beforehand. We certainly appreciate the help. Also, thanks for the mowing around the Quaama station. These kinds of things lessen the brigade's workload so we can use our time for training and callouts. All help is much appreciated.

We'd also like to thank the vigilance of the community as our fire callouts have been minimal. This shows signs that due care is being taken.

We always need more members and thrive upon community support so come to training every second Saturday at 1.30 pm at Quaama station and join our crew. Remember that there are many jobs that don't involve firefighting, as, after all, we're all volunteers.

Stay cool, keep your garden watered and be happy. Until next time ...

Graeme Spicer



The 'meet and greet' saw new community members come forward.

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As we move into autumn we are able to celebrate a good summer—rain throughout to keep the valleys and hills green and the dams and tanks full, some good hot days to enjoy the coast, some cooler days to catch up and do other things, and a steady number of visitors to the area to keep money in the till. In our diverse communities there are many things to appreciate and celebrate, so here's a few from the Tilba area.

Celebrating NAIDOC week

Last year a small group of local and Yuin people got together to organise a few community activities in celebration of NAIDOC week. From this there was a lot of interest in hearing local Dreamtime stories as a way of developing and strengthening the connection between Indigenous and non-Indigenous people locally. A readymade opportunity presented itself through local Yuin artist Cheryl Davison and Cobargo singer/songwriter Annie Bryant, meeting during the NAIDOC activities. Keen to see storytelling happen and seeing the possibilities of collaboration between Cheryl and Annie, local Central Tilba resident Cathie Muller got together with them both. From this, *Gulaga—then, now and forever* became a reality with two afternoon presentations at the Small Hall, Central Tilba, in February. The afternoon of Dreamtime through stories, song and sharing was so popular that a third presentation had to be scheduled. Cheryl says, 'It is our own version of reconciliation. The more storytelling there is, the more enriched the community is. It is important to me and my family to talk about and share our ongoing connection to country.'

All three shows reached capacity. It was very special to hear Cheryl tell her family stories, with her mother Deanna and sister Iris—sometimes sad, sometimes funny, always showing much humanity, love and respect—the real art of

storytelling. Interspersed with Cheryl's art and Annie's guitar playing and story through song it was altogether a privilege. Both Cheryl and Annie donated their time and the money raised will go towards equipment to use in future cultural enrichment for the whole community.

Cathie, Cheryl and Annie would also like to thank everyone who helped with the three events—in setting up, being on the door, helping with catering and pack up.

Royal Easter Show Awards

These are announced every year around this time. Nic and Erica Dibden, ABC Cheese Factory and Tilba Real Milk have been successful in other years in gaining awards for their products. This year they are feeling particularly proud—of their products, their whole team and their cows! How's this for a list of awards:

- Grand Champion Cream for Double Jersey Cream
- Gold for Full Cream Milk, Double Cream and Haloumi
- Silver for Low Fat Milk and Mountain Ash
- Bronze for Persian Fetta.

We are so lucky to have this enterprising family business at Central Tilba—a modern business that makes products for today yet showcases its links to the history of the area through the tradition of cheesemaking and dairying. Our congratulations to Nic and Erica, their family, their whole team and their cows.



Carolyn Elliot and Jann Baker enjoying a cuppa next to the abundant homegrown produce at the recent Tilba Food Share. The Food Share is, as always, on the first Sunday of the month from 10 am to 12 noon. This month: 4 March at 239 Ridge Road Central Tilba.

Tilba and District Chamber of Commerce

C of C will this year continue to lobby for a new public toilet block in the Central Tilba village, as its major project. This has been an issue for many years particularly in peak tourist times as the existing toilets struggle to cope. It was certainly an issue raised with the Mayor of Eurobodalla, when she was available to meet individual community members in Central Tilba during February. Hopefully there will be some good news about this during the year.

Enjoy March, the first month of autumn, and Easter. Next month there will

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be some more news about the ABC Cheese Factory, and hopefully information about a new business in Tilba Tilba—watch this space!

Tilba Easter festivities

No doubt you have heard that the Tilba Easter Festival will be taking a break this year. Peter Lonergan, President of the Tilba and District Chamber of Commerce, wants everyone to know that the Easter Festival is on again in 2019 with an enthusiastic committee already making plans.

While there may not be a Tilba Easter Festival, Tilba Easter festivities continue for visitors and locals to enjoy.

On Easter Saturday 31 March and Sunday 1 April, Tilba Market will be held over two days from 8 am till late. On Easter Saturday the Market will run in both Halls in Central Tilba. If you're hungry on Saturday there will be a sausage sizzle fundraiser for the School of Arts Halls between the two Halls from 9 am till late.

Easter Sunday there will be a CWA Café in the Tilba Small Hall with delicious cakes and treats from 9.30 am till late. The School of Arts Halls committee have also arranged Trash 'n' Treasure alongside the CWA Café in the Small Hall. So in addition to having a CWA cuppa and cake, visitors and locals can browse for a bargain.

Easter Saturday, 31 March, at Apma Creations Gallery, Central Tilba: *Ear to the Ground*, a yarnning circle celebrating and honouring our connection to Mother Earth, hosted by award winning singer Karen Knowles, from 2.30 to 4.00 pm.

Then later that evening, a Twilight Concert, featuring the exceptional talents of Dale Huddleston, Robbie Bundle,

Julianne Jessop, Jodi-Lee Jessop and Maurice J Walker, from 8.00 pm to midnight. Tickets for both events available at Apma Creations Gallery. Enquiries: 0437 617 390.

Easter Sunday, 1 April Mountain View Farm, Tilba Tilba is hosting Songwriting for Kids, 8 to 16 years old, featuring Karen Knowles. From 3.00 to 5.00 pm. For tickets go to trybooking.com/UHNG

Participants will learn how to grow gourmet oyster mushrooms using waste products. The workshop will cover mushroom production from making cultures to creating spawn and fruiting substrates. As well as learning the techniques for growing mushrooms, participants will take home mushroom spawn and two fruiting kits.

Tilba CWA celebrates Women's Day with Mayor Liz Inness

Tilba CWA members are hosting a special meeting on Monday 12 March to celebrate International Women's Day in the Small Hall in Central Tilba. This year the theme of International Women's Day is #PressforProgress gender parity. It's a strong call to motivate and unite communities to think, act and be gender inclusive.

Eurobodalla Mayor Liz Inness will speak on women's issues from 10.30 am. CWA members will be serving morning tea from 9.30 am. All Tilba community members and visitors are welcome to attend with a gold coin donation.



Grow your own!!

Tilba Mushroom Workshop

Aaron Boyer of Urban Culture is visiting Tilba to present a Mushroom Workshop on Saturday morning 3 March.

Tilba RFS report

Tilba Fire Brigade are pleased to report a period of low activity so far in 2018. This is particularly encouraging considering this is the time of year when highest risk can be expected. We responded to two calls, but both were false alarms, so well done, Tilba.

Residents are reminded that while pastures are fairly green in our part of the State, we are in the period of no fires

without a permit, and there continues to be a moratorium on the issuing of permits – so no fires, please.

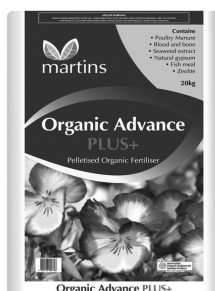
We are pleased to advise that our four new members are keenly engaging in their training, and before long will attend Mogo RFS Training Centre for assessment. We wish them well, and applaud them for their support.

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So, Cobargo, another month has passed, another season. And it's not just on the calendar, there are clues in the slightly cooler evenings and the ripe hazelnuts falling over the Post Office fence. You can taste it in the sweet blackberry stains on your fingers and see it in the weary bronzed faces in the street. The high mania of summer is over and autumn is sweeping in with her heavy dewy skirts.

We had our show, and like Sunday's best hat held high in the sweaty hand of a rollicking bull rider, it rode like a champion. Cheddars raced cheddars; pickles met marmalades; crochet and handcrafts rallied around show girls and pony boys. Shining horses gleamed in the sun and a plethora of animals got petted and praised. Chainsaws raved, bulls bucked and the loudspeaker roared excitement all day. It was a wonderful couple of days showcasing the biggest, the best and the bravest for all to see.

And we passed Chinese New Year, not that you could smell the fireworks or hear the clash of cymbals from here ... But the dogs knew, and I swear they barked even longer and louder than usual around Cobargo that night. And as the coloured smoke settled down around the globe, SOAHhh... Saturday, just a little behind, celebrated the year of the dog with the clatter of pots and a heavy dose of five spice. A feast of longevity noodles and togetherness dumplings, so loaded with lucky charms and slippery wishes for the New Year that the SOAHhh table cloths will never be the same again.

And so summer has come to an end, the sun has shed time from its climb in the sky and things are winding down, pulling in



Cobargo Show 'rode like a champion'. Photo courtesy Aurelia Montfort, Cobargo's Village Artist

... BUT WAIT, hold up, don't go shuffling off to snuggle town for the winter just yet.

Can I just say, 'Folk Festival!?' Well you're probably there now! You can see the colours and hear the sounds bouncing from marquee to mountain top. People are dancing, smiling, queueing for coffee, chatting ... Ah, the festival life, the one that only goes for the weekend but we all wish would somehow last forever. A land where dinner comes like magic from a small opening in a caravan, children busk for pizza money, and musicians from all over play and then play again for those who missed them because they were queueing for coffee ... And so quickly it's over, and it's back to normality, but not yet, not yet, not yet.

The ladies down at the Bowerbird op shop are in no doubt about what month it is. March is here and they're ready for it. Ready to start receiving another round of grant applications from the community. And ready for you to start volunteering, and

who wouldn't want to be a part of such a brilliant community venture? Drop by the shop and find out how you can help.

The village artist, Aurelia, has been here a whole month, meeting people, making plans, and performing in the street. And now with February over she is about to launch a bunch of free workshops all through March at the School of Arts Hall in Cobargo. There are Saturday workshops for peeps aged 16 to 25 and Wednesday evening workshops for everyone else. There are objects of significance being selected and collected by the community for an up-and-coming installation. SO if your interests lie in the creative arts, theatre and film, you should get involved! Be a part of the creation of a portrait of Cobargo! Email Suzy McKinnon at suzymc@ozemail.com.au for more info and check out posters around the town.

Enjoy the autumnal feels and catch you next month. X



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Australia Day honours for fire Carolyn Cole

Longstanding Cobargo Rural Fire Brigade member Carolyn Cole was honoured with the 2018 Community Citizen award at Cobargo's Australia Day celebrations held on 26 January.

Carolyn has been a member of the Brigade since 2002, and in addition to responding over the years to numerous callouts for fires and motor vehicle accidents as a trained 'fire', she has made a major contribution as Secretary and Treasurer for 13 years (2003 – 2016).

These were busy roles which saw not only all of the normal administrative work, but also all the historic 'catch up' of recognition of other members' service records and ensuring that many members of the Brigade receive long service medals which had been long overlooked.

Carolyn has over the years initiated and managed many fund-raising events for the Brigade, which have enabled improvements in equipment and resources including the construction of the new fire shed in Cobargo, a water tank on the fire shed in Dignams Creek, and new radios and equipment for the fire trucks.

Carolyn has also played significant roles in the Cobargo Show Society, the Red Cross and the Anglican Church, and continues to be the Fund-raising coordinator and an active member of the Brigade.

A big thank you to local business owners

The Brigade wishes to pass on a big thank you to all the local business owners of Cobargo who so generously contributed prizes and vouchers for the Brigade's Christmas Eve 'Raffles in the Park', and our New Year street raffle.

Contributing businesses this year include Sapphire Nu-Pulse, South Coast Leather, Cobargo Auto & Tyre, Twig & Feather, Cobargo Pharmacy, The Dispensary, TC's Bistro, Cobargo Co-op, Little Birdie Vintage, Well Thumbed Books, The Train Café, Cobargo Creators, Chalk & Cheese, Country K9 Parlour, Sweet Home Cobargo, Benny's Butchery, Kinetix, Bangles Gallery, Holey Glass Beadery and Cobargo Post Office.

A reminder that currently no fires

may be lit without a permit from the RFS. Issuing of permits is currently restricted to genuine agricultural purposes.

For assistance regarding information regarding Fire Permits in the Cobargo area please contact Cobargo Brigade Captain Mark Ayliffe on 0427 936 476, or Bega Fire Control on 6494 7400.

John Walters



Carolyn Cole is presented with her Cobargo Citizen of the Year award by Bega Valley Shire Mayor Kristy McBain

A graphic for Free Spirit Airlines featuring a city skyline at night. The text reads: 'Free Spirit Airlines', 'The New Horizon', 'freespiritairlines.com.au', 'THE BEST MERIMBULA to MELBOURNE AIRFARES', and 'Guaranteed' in a script font.

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Cobargo Conversations

Norma Allen 1.12.1927 – 21.1.2018

Last October, Norma spent her last HOORAY for CWA with her beloved Cobargo branch as their Land Cookery judge. She had not lost her touch. After cutting a member's Steamed Pudding, she held it up and said, 'Oh my goodness, what has happened with this pudding?' Of

course she could not bring herself to give the cook a score, nothing had changed.

When she became too ill to stay in her home she was eventually moved to Pambula Hospital. Her 90th birthday was approaching so CWA ladies could not let her celebrate quietly. The hospital staff decorated their gazebo, and we cheered her with a delicious morning tea, along with her daughter Mary and friends.

Our last event for Norma was helping Mary sort out her treasures and holding a garage sale at her home. This was Norma's wish and request to her CWA friends, to help her family after she was gone. Those in the community who had a special moment with Norma will hold her dear in their memory; she was an amazing woman and so well-known and respected in CWA. Farewell Norma.

Lynne Jones



Norma Allen will be missed by the CWA and the wider community. Here with Lynne Jones, Trish McDonald, Joan O'Halloran and Debbie Fisher on her 90th birthday in December

Kids' space

The Anglican Parish of Cobargo, Bermagui and Quaama provided a children's craft tent, called 'Kids' Space', at the Cobargo Show. Activities were very messy and focused on the wonderful harvest of produce we are blessed with in the Bega Valley.

The favourite activity was hard-boiled egg-rolling. Eggs were dipped in paint and created fantastic patterns. The challenge was for someone to catch the eggs at the other end!

The Parish will provide the Kids' Space tent at the Bermagui Seaside Fair (Saturday 10 March). We look forward to another fun day. Please come along and meet our new minister the Reverend Tim Narraway. Rev'd Tim will also be taking the 'Blessing of the Fleet' service at the Bermagui Wharf at 8 am.

Chris Richard-Preston

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Sisters In Crime author returns for launch

Well Thumbed Books is delighted to announce that L.J.M. Owen, one of the guest authors from our 2016 Sisters in Crime Convention was so delighted with Cobargo and environs that she has offered to return to launch her latest novel, *Egyptian Enigma*, on Saturday 17 March at 10.30 am at the bookshop. *Egyptian Enigma* is the third adventure in the charming crime series, Dr Pimms, Intermillennial Sleuth.

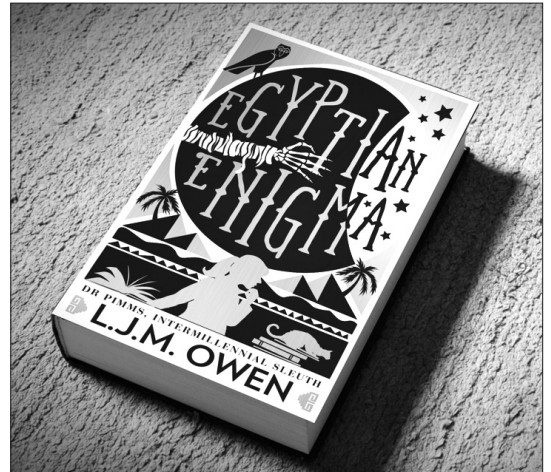
Dr Elizabeth Pimms, enthusiastic archaeologist and reluctant librarian, has returned to Egypt. Among the treasures of the Cairo museum she spies cryptic symbols in the corner of an ancient papyrus. Curiosity leads Elizabeth and her gang of sleuths to investigate a cache of mummies hidden in the Golden Tomb.

What is the connection between the Tomb and Tausret, female Pharaoh and last ruler of Egypt's Nineteenth Dynasty? How did the mummies end up scattered across the globe? And is Elizabeth's investigation related to attacks on her family and friends?

Between grave robbers, modern cannibals, misinformed historians and jealous Pharaohs, can Dr Pimms solve her new archaeological mystery?

Filled with ancient murder, family secrets and really good food.

Louise Brown



Third in the Dr Pimms, Intermillennial Sleuth series, *Egyptian Enigma* will be launched at Well Thumbed Books this month.

Scouts clean up—in more ways than one!

For a number of years one of the main annual fundraising activities for the 1st Cobargo Scout Group has been rubbish-sorting at the Cobargo Folk

Festival. It is certainly not the most pleasant fundraising job in the world but it is definitely worthwhile. This year for the first time we also sorted rubbish at the Cobargo Show.

In 2017 the Cobargo Show generated about 15 cubic metres of waste which went to landfill. However the outcome was very different in 2018 after the Cobargo Scouts sorted the waste. A total of 113 volunteer hours by Scouts, family and leaders resulted in:

- six cubic metres of biodegradable material sent for composting locally;
- 4.5 cubic metres of refundable

drink containers processed for refund;

- two cubic metres of other recyclable waste collected; and
- only three cubic metres of waste sent to landfill.

Not only is this a great outcome for the environment but it was a great fundraiser to help get our Scouts to the Australian Jamboree in South Australia in January 2019.

And we get to do it all again at the Cobargo Folk Festival this month!

In case you were wondering what happens to those old pizza boxes, biodegradable coffee cups and food scraps, see the photo of the chopping and mixing of the compost, courtesy Graham Parr.

This was done over three days and Graham reports it is already cooking nicely!

Louise Allery
Assistant Scout Leader



Compost was chopped and mixed over three days and it's already cooking nicely! Photo: Graham Parr.

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Cobargo Conversations (cont'd)

CWA News

As always we extend a warm welcome to women of the district to come along and join us for a cuppa and cake at our meetings, held on the second Tuesday of the month at 10.00 for 10.30 am at our cottage on the Bermagui Road, next to the playground. We are not just about cooking and handicraft, we also lobby governments to improve conditions in this state. At the next State Conference we will be debating such diverse items as the need to recognise deer as a pest species, the problem of flying foxes, raising awareness of elder abuse and the need to ensure equity in the distribution of My Aged Care packages. We are a very effective lobby group with access to both State and Federal Government ministers.

But in the meantime we are very busy at Cobargo CWA with cooking, naturally, and catering. We began with the Yuin Folk Festival Volunteer Orientation Day where volunteers were fed delicious food to keep up their necessary energy levels. Next is the Far South Coast Group council meeting for

the CWA where we will be providing lunch for about 30 women who have travelled from as far as Eden and Batemans Bay.

On 13 March the CWA Far South Coast Group Handicraft and Land Cookery Day will be held at the Bermagui Country Club. This is where we choose the best in all categories to be entered at the State Conference in May at Armidale. We are very proud that almost all of the available categories in the Cookery have entries from Cobargo.

On 14 April we are having an official opening of our brand new commercial kitchen and we aim to celebrate with – what else? – Tea and Scones! This wonderful new facility is available for hire (very cheaply) for all who need a commercial kitchen to prepare their food to sell to the public.

*Mary Williams,
Publicity Officer, CWA Cobargo Branch*

Happily Ever After ... or something ...

Wanting, needing all budding thespians! Don't be shy, it will be great fun and you'll get that added bonus—feel good for helping to raise money for the Cobargo School of Arts Hall.

The setting is a wedding, so we need a bride and groom, bridesmaids and groomsmen, family—from mothers and fathers of the principals to grumpy old men, angelic flower girls and naughty page boys—previous experience unnecessary.

Contact Robyn Freedman on 0410 525 968, Louise Brown on 0416 039 895, or call in and leave your details at Well Thumbed Books.

The auditions will be friendly and informal.

Interest closes on Friday 23 March. After that the fun begins.

Louise Brown

Cobargo Show: something for everyone!



Watermelon-eating competition? Better than pies or hotdogs!



Wife-carrying race, Cobargo style.



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Cobargo Conversations

This month's doco: women working for social and environmental change

The next monthly community documentary will be screened at 3.30 pm on Sunday 18 March at the Old Cobargo Butter Factory. It is *Arise*, a film by Lori Joyce and Candice Orlando. This award-winning film documents women working for social and environmental change.

Arise takes a less dogmatic, more compassionate route than many of its environmental activist counterparts, despite their shared message of the necessity for urgent change. By celebrating the women of this movement, their cultures, and the already thriving and significant work being accomplished toward goals of Earth democracy, biodiversity, and gender equality, *Arise* is an important film for its promotion of global unity and progress through the support of women and girls, and specifically, Mother Nature.

The film introduces several women

from around the globe who are doing everything from establishing restorative seed banks to transforming dumps to city parks to building strong communities. The film roams the planet with stories of Judy Nyguthi Kimamo, Majora Carter, Winona LaDuke, Monica Chuji, Starhawk, Theo Colborn, Aida Shibli and Vandana Shiva.

Both Orlando and Joyce expressed a sense of gratitude for the opportunity to create *Arise*. 'The women in the film made choices, even through many hardships, to respect and fight for human and environmental rights. We each have our own roles we can play when we make the choice to do things differently.'



Majora Carter's South Bronx project

Coffee and tea provided—bring your own mug. To cover the costs a \$5 donation is much appreciated. Please come in big numbers to keep more documentary screenings possible!

See you there!

Lena

Cobargo Creators third annual Trivia and Music Night!

Cobargo Creators invites you to our third annual fundraiser. Join us at the Cobargo School of Arts Hall on 17 March 2018 from 7 pm for a night of 1970s-themed disco dancing, light hearted quizzing and lots of fun with music and light show provided by the South Coast DJs. As always, there will be prizes for best costumes, best table decorations and the quiz winners. BYO alcohol, food and dancing legs! – tea, coffee, substitutes and water will be provided.

Tickets are \$25 each and we encourage businesses, organisations and friends, families and neighbours to form teams and book a table of eight. Bookings and payments can be made

through the Cobargo Creators Centre where we have EFTPOS available.



We are seeking donations or offers of themed items we can purchase that

can be part of the prize basket or used for decorations. If you have anything that will suit please email cobargocreators@gmail.com or call into the Centre at 60 Princes Highway, Cobargo, during opening hours.

Funds raised will help Cobargo Creators continue our work to develop Cobargo and the communities around us through creativity by: keeping the Cobargo Creators Centre open; providing a varied workshop program to develop skills; supporting the artistic development of our young people; and working with other community groups to enrich opportunities to promote and enjoy our villages.

Veronica Abbott



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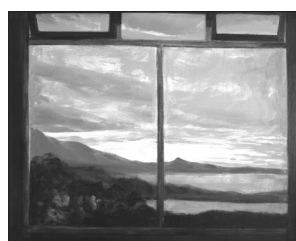
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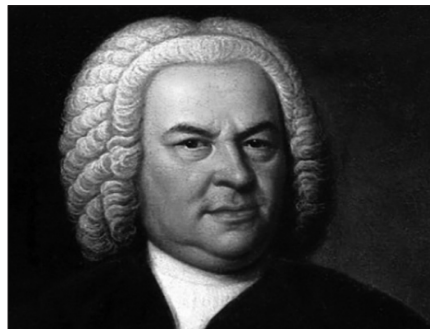
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Lyndal Jenkins

Bach Open House Play-In at Cobargo Hall

The power and beauty of Johann Sebastian Bach's music consistently transcends social and musical boundaries and inspires deep appreciation and strong emotion. Yet sadly, in many countries audiences for Bach's music, and classical music in general, continue to shrink.

On 21 March 2018 it is JS Bach's



Local recorder ensemble Lumiere are hosting a Bach Open House Play-in at Cobargo Hall on 24 March

333rd birthday, and around the world musicians and audiences will celebrate his music with free spontaneous performances under the banner of *Bach in the Subways*. *Bach in the Subways* is a grass-roots movement to bring public attention to classical music. First performed as solo concerts on the New York City Subway in 2010 by cellist Dale Henderson, by 2017 events were performed by thousands of musicians in 150 cities in more than 40 countries, in subway stations, in train stations, on moving trains, on street corners, in cafés, malls, restaurants, zoos, and concerts open to all. More Bach was played and heard in a single day than ever before in history. *Bach in the Subways* has been extended over multiple days to again allow musicians to participate on a weekend, and now every year for Bach's birthday musicians around the world unite to connect countless multitudes with this

incredible music.

On Saturday 24 March local recorder ensemble Lumiere are hosting a Bach Open House Play-in from 9 am to 12 noon at the Cobargo Community Hall. We will be playing some Bach favourites that we have been working on and we are inviting other musicians (instrumentalists/singers) of all ages and abilities to bring along and play/sing some Bach pieces that they love. Listeners are also very welcome. You can also play along with us—we will be playing some well known chorales and the Orchestral Suite No 3—just contact me (katejorgenson1@gmail.com or 0428 135 052) and I will send you some music (all 440 pitch and in SATB). This will be a friendly, non-judgemental space focused on celebrating Bach and his beautiful music.

Do drop in!

Kate Jorgenson

Beginners' art classes in Cobargo to start soon

A new series of art classes for beginners is set to start at the Cobargo School of Arts Hall, starting on Wednesday 4 April.

The classes are designed to cater for those in the community that have always wanted to learn how to paint with watercolour or acrylic or for those that have had limited experience and wish to further their skills. There will be a choice of a day class from 2 pm till 4 pm or an evening class from 6.30 pm till 8.30 pm. Cost will be \$10 per class. Students are expected to provide their own materials.

An ongoing Advanced Watercolour

and Acrylic class will continue on Mondays from 2 pm till 4 pm for those who have had previous experience.

Martin has recently returned from Northern Ireland where he was conducting

watercolour classes on the Antrim Coast for six weeks.

For further information call Martin on 0448 036 584, or email martin.gash@yahoo.com.



Martin recently taught watercolour classes in Ballygally, County Antrim, Northern Ireland

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(sponsored page)

The Triangle's Eco Edge Page

This year the Eco-Edge page will have a different flavour. The page's sponsor is calling it 'open page, open heart' which we're interpreting as meaning, 'express yourself and send it in!'. It might be a poem or short story, or a piece of creative prose,

or a profile of someone in our community. It might not even be writing! A drawing, painting or photo might be your mode of expression.

This is your page, no age limits, and each month we'll publish our favourite(s).

Send your stuff to contributions@thetriangle.org.au. We're really looking forward to seeing what turns up.

This month's piece is by Ian McFarlane of Beauty Point, an award-winning author, essayist and critic.

A Perception of Eagles

*He watches from his mountain walls,
And like a thunderbolt he falls.*

Alfred, Lord Tennyson (1809 – 1892)

A poem of mine contains the lines: *An eagle on the updraft from Wallaga's sandy mouth/ mocks the law of gravity with breezes from the south.* One

evening, not so long ago, burnt out by free floating anxiety, depression and an increasing sense of global despair, I watch a pair of sea eagles circling lazily in the same place that offered up my poem. Montague Island is a grey shadow on a darkening sea, and the smoothly gliding eagles seem to possess a calmly poetic resonance, steeped in the beauty of its own making. My eyes fill with surprisingly sudden tears, and I glance around, as if embarrassed or ashamed,

but the lonely headland embraces only me: a failed humanist, hoping for redemption, and the pair of eagles; magnificent creatures from a different species.

Of course, the eagles are simply hunting for food, but I can't help wondering if my perception of their effortless flight as a metaphor for existential harmony is just a romantic human construct, or something more valuable. Oscar Wilde once remarked that the wrong kind of wallpaper could

make him cry faster than a death in the family, and it's easy to slip across the surface of this as an example of intellectually cynical wit, but Oscar was an aesthete; someone who lived for beauty, in much the same way as a drug-addict might live for cocaine.

I grew up in a classically beautiful

possibly dangerous - presumptions of perception. Pre-Christian wisdom summarised the problem well: We don't see things as they are; we see them as we are.

To gain access to the motivation of our own perception is to increase the likelihood of understanding how

other people motivate theirs, and regardless of whether we see existence based on faith or reason, achieving a sense of collective meaning is never going to work without first discovering a sense of personal meaning. It isn't just the beauty of the way those eagles defy gravity that makes me weep; it's the terrifying possibility that they are unaware of the joy to be harvested from such an experience.

Arriving home from my walk, I ask my

wife if she thinks my eagles draw any sense of pleasure from their effortless flight. Like me, she's a lapsed believer, but quickly replies, 'of course they do.' I'm not convinced, but hope she's right; because if she isn't, the world would be an even darker place. And that's something I definitely don't wish to know.

Ian McFarlane

This essay is from Ian's collection of essays, stories and poems Murunna Point Revisited (2017).



landscape, on the western corner of the Isle of Wight, near the south coast of England, and now, as an adult, well past his Biblical use-by date, I sustain my existence by living in a place haunted by echoes of that childhood serenity; near Wallaga Lake, a few kilometres north of Bermagui, on the far south coast of NSW. However, as a writer with a stubbornly life-time cradled passion for social justice, I'm often paralysed by doubt and can understand something of the idiosyncratic - and



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Art in the Triangle

Mixed Bag—paintings by Martin Gash at the Lazy Lizard Gallery

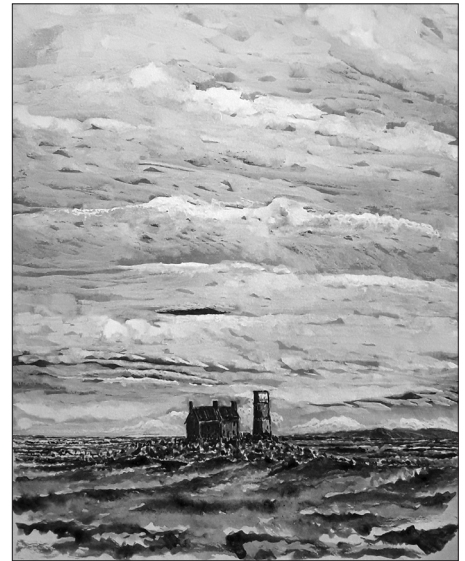
Strictly speaking, I guess we should be calling Martin and his wife, Sarah Breakey, 'blow-ins', as they only turned up in the Cobargo area about a year ago, but their genuine friendliness and enthusiasm for the arts has so endeared them to the local creative community that we're granting them honorary 'local' status.

Martin has a very impressive art pedigree ... he is well-educated and well-qualified in the arts. He is also well-travelled and has paintings in public and

private collections all over the world. He was born in India and spent his early life in the East, and later in the UK, where he studied art extensively. In 1977 he moved to Australia, where he lectured in Fine Arts. He also worked on arts projects in Aboriginal communities in outback NSW. Returning to the UK, he set up and worked in numerous studios, mainly in Scotland.

Now he has become a valued part of the Triangle community, but the travel bug has not deserted him ... he's just returned from a trip to Scotland. He also spent six weeks conducting painting and drawing workshops in Ireland, based on the stunningly beautiful Antrim coast. His exhibition will be a 'mixed bag', and will include a small series of watercolours that he painted on that coast, along with some acrylics and watercolours of the Sapphire Coast, and also a selection of paintings from the You Yangs range in Victoria.

Last year, at his very successful exhibition at the Ivy Hill Gallery, we had a chance to admire his distinctive talent as a landscape painter. He managed to capture the essence and atmosphere of scenes that were familiar and dear to us, but in a style



Detail from *Antrim coast, Ireland* by Martin Gash



Antrim Coast, Ireland by Martin Gash

that was so uniquely his own ... so we are very much looking forward to this latest exhibition.

Mixed Bag will run from Thursday 1 till Saturday 31 March. There will be an opening with morning tea on Saturday 3 March, between 10 am and 12 noon.

Naomi Lewis



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Four Winds Sound Shell, Easter weekend

The Four Winds 2018 Easter Festival is centered around two amazing days on the Four Winds site. The Saturday and Sunday Sound Shell programs are packed with stunning performances throughout both days.

Many of the single ticketed events are selling fast, with some already sold out, so if you are hoping to experience the Festival this year, the Saturday and Sunday Sound Shell will be your best bet.

The program in the Sound Shell features Jack Liebeck (violin) who is returning by popular demand after a stunning performance of Mendelsohn's Violin Concerto at the 2016 Festival. That performance was only possible because Magpie Music in Bega were able to supply Jack with a tool to reinstate his rare violin's sound-post, which had come adrift just the day before. This year Jack is playing in a number of collaborations, one of which is in the Saturday Sound Shell program, when he is playing a beautiful work for violin and piano called *Spiegel Im Spiegel* (Mirror in Mirror) which was the subject of a 2016 BBC documentary as part of their series Soul Music (still available to download). The series explored music which has a profound emotional impact on listeners so the opportunity to hear this highly emotive work performed in the exceptional setting



Jack Liebeck. Photo: Kaupo Kikkas

of the Sound Shell is certainly one not to be missed.

Jack will be accompanied by Tamara-Anna Cislovska (piano) who last performed at Four Winds in June 2017 as part of Chris Latham's 'Race against Time' project, presented in the Windsong Pavilion. On that occasion Tamara-Anna was playing an equally emotional work which stopped mid-way because the composer was killed in action and never completed the work.

Four Winds is also welcoming back The Song Company, who were last in Bermagui at Christmas and gave a stunning performance of music for the festive season. The Song Company—Australia's only full-time professional choir—will be

opening the Sunday morning Sound Shell program with music by the composer William Byrd, who was composing in 16th Century England—particularly for the Court of Queen Elizabeth I. So, Sunday morning in the Sound Shell will transport the audience to a world of sublime Renaissance choral music performed by one of Australia's finest group of singers.

Sunday also features work by Bach and Haydn—both famous composers and firm favorites with classical music lovers because of the beautiful melodies and almost architectural structure to their

music.

There is no doubt that Easter Saturday and Easter Sunday are going to be a stunning couple of days in the Sound Shell and the perfect place to relax, listen to great music by wonderful performers and enjoy excellent food and drink in beautiful surroundings. One recent attendee at Four Winds said ... *A great afternoon of music. Food, wine, coffee all good quality and reasonably priced. I've posted a rave review on Facebook so all my friends know how good it was.*

The 2018 Easter Festival is promising to surround us all with music, brilliance and beauty—looks like it will deliver too!

Tickets are available at www.fourwinds.com.au.

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More info: 6493 3054
Entry is by guided tour only

Murrah Hall Music Variety Night

Presenting one of the most significant local musical events to have occurred at the Hall in the past decade ... Martin Fowler, Katy Callaghan and Jacqui Holmes! Their refined artistry, exceptional technique and professional artistic gestures simply state: *Local is now world class.*

Martin Fowler (Marto) is a unique, creative and accomplished artist. He has made fleeting Murrah fundraiser appearances over the last decade but late last year he decided to, finally, assemble a band—most of whom played on the locally produced albums he will share with us: *Between Two Worlds* and *Within*.

What makes Marto's music special? Its essential timelessness. Its resonant truth. Its ability to move our collective heart. For those who arrived here in the 70s and beyond his tunes have etched

themselves into the collective memory. Songs from his latest album performed on the night will demonstrate a consistent

Leigh Wright, Brian Boulton and Ken Vatcher.

Katy Callaghan received an Australian Songwriters Association Award in 2015. Her melodically fragile, poignant moments of truth have left more and more speechless, in wonder. If you've never heard early Joni Mitchell—don't. Listen to Katy first.

Jacqui Holmes will open the evening, her fantastical desires and infused reggae soul sound as unique and compelling as her voice.

Three hours of wholly original material created by gifted local artists, every moment a memory.

Saturday 17 March.

Murrah curries from 6.30 pm. Music from 7 - 10.30 pm. Entry \$20/\$15 HCC, kids free.



Finally, Martin Fowler has assembled a band. Photo: Sats Kramer

passion and craftsmanship.

This is the first time in a decade we will see Martin Fowler's music, live, with a full band: Louise Hankinson and Jacqui Howarth, Pol O'Shea and Tom Wright,

'.. the perfect summer record ...' The Vampires play the Murrah this month

ARIA & Australian Music Prize short-listed jazz-world-roots quartet The Vampires are playing the Murrah Hall on Sunday 4 March—Sydney based saxophonist Jeremy Rose, trumpeter Nick Garbett, drummer Alex Masso, and Ben Hauptmann on guitar.

The Vampires' music draws effortlessly from influences from all corners of the world, best described by *The Guardian* (UK) as 'seductive, genre-hopping creativity'. With its roots in the

jazz tradition, the band combines virtuosic risk-taking improvisation, sophisticated compositions and an uncanny sense of dialogue between the sax-trumpet frontline to create a style of their own.

Drummer Alex Masso said, 'There's nothing we love more than touring around Australia. We can't wait to get back on the road because the best thing you can do for this music is to play it every night, it's always different.'

'This was the

perfect summer record that pulled off the trick of being both an ambient soundtrack to life on the move while remaining capable of standing up to concentrated home listening.' Phil Barnes, *All About Jazz* (US)

Sunday 4 March, 3pm, Murrah Hall, tickets \$20 online or \$25 at the door. Go to www.southcoasttickets.com.au and search for 'Vampires'.



The Vampires (L-R) Jeremy Rose (saxophone), Nick Garbett (trumpet), Alex Masso (drums), Alex Boneham (bass, replaced by Ben Hauptman for this gig). Photo: Arthur Wollenweber.

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Art in the Triangle

Narek Gallery is now in Bermagui!

Yes, we've moved to 5/3 Wapengo Street, looking out over the Bermagui River.

Narek has re-opened with a group exhibition of new works in textiles, ceramics and wood. Featured gallery artists are Gail Nichols, Sharon Peoples, Jennifer Robertson (textiles), Ros Auld, Marianne Huhn, Shannon Garson, Moraig McKenna, Ian Jones, Sophie Xarhakos (ceramics) and Peter Carrigy (wood). This exhibition continues to 24 March.

'Being Here', a solo show of new works by Annie Franklin, will be exhibited from 31 March to 5 May.

Director Karen O'Clery is delighted

to be in her newly renovated space in Wapengo Street, next to Carl the Vet and just down from the River Rock Café, keeping an eye out over the sandbank for the endangered Eastern Curlew while watching the ever-changing tides and weather patterns.

She's enjoying catching up with the regular visitors who came to Narek when in Tanja and meeting new people finding the gallery for the first time.

Open Wednesday to Saturday, 10 am to 1 pm and 2 to 5 pm.
www.narekgalleries.com.



The new Narek Gallery overlooks the Bermagui River on Wapengo Street

MACS Easter Art Exhibition, 30 March – 1 April



Winner of the 'Narooma' theme, Foam Dancing at Australia Rock by Russell Gotsalks, with an admiring visitor at last year's exhibition

The Montague Art & Craft Society Art Exhibition, now in its 37th year, is an annual event eagerly looked forward to by locals and visitors. The standard of works is impressive and encompasses seven different and divergent categories ranging from paintings to mosaics.

This year the range will be wider than ever and will include stunning displays of works by local artists and artisans. Narooma's got talent and it's on show this Easter.

This is an opportunity for artists to showcase their skills and compete for some of the \$6000 in prize money.

The categories are: Oil; Acrylic; Works on Paper; Photography and Digital; Mixed Media; Textile; and Ceramics, Mosaic and Sculpture.

The Exhibition, at Narooma Leisure Centre, will open at 6 pm on Thursday 29 March, when the prize winners will be announced.

You are invited to come along and join in the celebration and see the winning art works.

The exhibition is open from 9 am until 5 pm on Easter Friday, Saturday, and Sunday.

emailemailemailemail

The Triangle's email address is
contributions@thetriangle.org.au

Markets On Lamont

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Featuring Local Artists, Creators &
Boutique Businesses.



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A Very Wednesday Night Special at the Murrah

Scottish five-piece Breabach's thrilling contemporary folk music has earned them international recognition.

In a world captivated by the romantic 'Outlander' saga, they'll play the mists and the moors of the Highlands into The Murrah as part of a four state, city, festival and small hall tour.

They'll hit Murrah Hall on Wednesday 28 March at the request of the Committee, who reached out to tour presenters Woodfordia Inc (of Woodford Folk Festival) to flag their interest in hosting world quality music for community edification and dance.

Breabach won the Scots Trad Music Awards 'Folk Band of the Year' for the second time and 'Album of the Year' for Astar (2018).

Songs in Gaelic, two pipers, guitar, stepdancing, fiddle and double bass are all featured in their live shows.

'As polished as it was passionate, matching fiery intensity with exquisite finesse, this was a magnificent set.' The Scotsman (5 stars)

Wednesday 28 March, 7.00 - 9.30 pm. Entry \$25 (kids free)

Book online: go to www.iwannaticket.com.au and search for 'Breabach'. Or get a ticket at the door.

Visions: Wild Remote Intimate. Until 25 March, Ivy Hill Gallery

Veronica O'Leary's paintings in this exhibition focus on the dramatic moods of sea and sky. Many of the paintings are the result of two residencies living and working on King Island, Tasmania.

The specifics of particular landscapes are ignored in an attempt to characterise the dramatic and moody, the transient moods of changing sea and sky, and the brooding colours of wild storms in remote coastal places.

Lyndal Jenkins' home is Bermagui where the mountains meet the sea. Here, in the presence of Mother Mountain, she connects with the spirit of nature, observing the ever changing colours and atmosphere of the skyscape. In this series she applies many layers of waxy oil paint to create paintings that express her intimate connection with home and this sacred country.

Anne Masters' recent work has been the exploration of the birds in our backyards, particularly those of the Far South Coast. She works in Southern Ice porcelain for its vivid white colour and translucent qualities. Her small hand-held birds are slip-cast with a pierced pattern.



Anne Masters, *Birds*

Magic of the Murrah, 29 March to 29 April

Taking place over Easter and beyond is a blockbuster exhibition of paintings and sculpture by seven leading contemporary artists, Senden Blackwood, Philip Cox, Jon and Tanya Crothers, Michael Johnson, his son Matthew, and Garry Shead. All have spent time on the Cox family property, Thubbul, at the mouth of the Murrah River. Inspiration for these works has come from this area.

Opening drinks with the artists on Thursday 29 March from 6 pm.

You will find Ivy Hill Gallery at 1795 Tathra to Bermagui Road, Wapengo. Gallery hours are Thursday to Sunday from 10 am to 5 pm. Catalogues at www.ivyhill.com.au.



Lyndal Jenkins, *Daybreak*

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you found 'em
in the Triangle!*

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FOGO What's that?

FOGO is coming to the Bega Valley and we will all be a part of it! FOGO (Food Organics and Garden Organics), is about the collection and composting of everything organic that now goes into landfill. It is estimated that, on average, 53% of what we put in our red bins can be composted. Organic waste in landfill creates a lot of methane, a known greenhouse gas. By recycling our organic waste into usable compost, we will all be a part of helping our environment.

So how will things change? Basically, your current green bin (for garden organics) will become a weekly FOGO collection. When the scheme starts, householders will be encouraged to put everything organic, including all food scraps, vegetable peelings, meat and dairy, seafood, egg shells as well as garden clippings, prunings ... in fact anything that once lived can go into the green bin. Even kitty litter, paper towels, shredded paper and animal droppings can be composted as well!

Your current red bin will go onto a

fortnightly service and the yellow recycle bin will continue as a fortnightly service.

The scheme is scheduled to commence later in 2018, and Bega Valley Shire Council will provide more information to the community. But it is worth thinking about now so you can be ready to participate.

I have heard some people worrying that their red bin will smell if left for two weeks. But, if you start to use the scheme properly, there should be no organic matter whatsoever in the red bin, so it shouldn't smell at all. Tin cans, like pet food cans, can be simply rinsed out and put in the yellow recycling bin. You can recycle a lot more in your yellow bin if you just have a think about what is going into your garbage. It's all about reducing our impact on landfill and recycling as much as possible.

Change is sometimes difficult to manage, but this is something that is going to help our environment and create a better world for future generations. It may take a few more minutes a day to think about your waste, but it will be worthwhile. So,



Costa Georgiadis (right) from the ABC's *Gardening Australia*, talks FOGO with Bega Valley Shire Council's Mick Jarochowicz during a visit to the Merimbula Waste and Recycling Depot (Photo: BVSC)

let's all get behind FOGO!

Current information is available on Bega Valley Shire Council website (look for FOGO) or ring Council on 6499 2222.

Carolynne Banados

The Great South Coast Walk – leading advocate talking in Bermagui

Imagine walking for 660 kilometres along some of the most beautiful coastline in Australia. Walking on pale golden sand as the waves of the blue Pacific crash in, across rocky headlands and alongside sheer sandstone cliffs, through pristine coastal forests and heath, around tranquil inlets and lakes, traversing national parks and coastal villages. You have imagined the

Great South Coast Walk.

David Briese, who has walked and mapped this potentially iconic trek, set up a beautiful website that maps and describes it in detail and is leading groups to promote it. David will address the National Trust Far South Coast Branch's Annual General Meeting at 5 pm on 12 March at the Bermagui Community Centre.

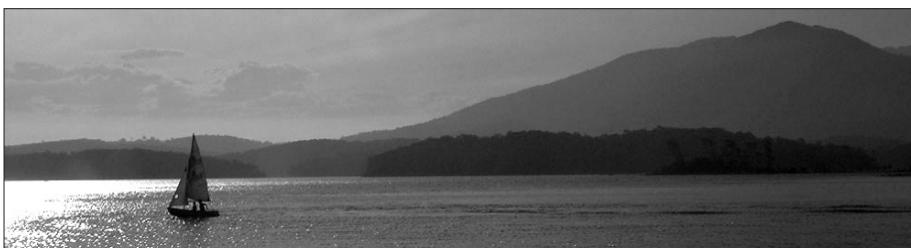
Everyone is welcome to attend.

David will give a photographic presentation of the walk and discuss what we can do to make it a reality. Many councils and walking groups along the far south coast are interested. He believes the track section from Wallaga Lake to Tathra is an excellent stretch to develop early on and to seek funding for.


If there's enough interest at the meeting, the National Trust will establish a small action group to progress the proposal, particularly the local stretch.

You can visit the Great South Coast Walk website at www.greatsouthcoastwalk.net.

Frances Perkins



Wallaga Lake, just one feature along 660 kilometres of the most beautiful coastline in Australia



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Gardens for the cool amongst us

With the cooler months of the year fast approaching, our gardens can become somewhat drab. Consider adding some colour to the garden—this not only makes the garden look great but also encourages us to get outside, now the heat of summer is over.

There are many plants that can brighten up any garden and warm our hearts with their beauty, and good nurseries will be full of colourful plants just waiting to get out there.

You can add colour in two ways: with flowering plants, and with plants that retain their leaves and are coloured other than green.

I'll start with annuals that can be planted in pots or in the ground. These give instant colour and will last until the warmer weather arrives. Pansies, viola, primula, snapdragons and poppies are but a few that come to mind. You can plant them as immature seedlings or as plants already in flower and these give an instant effect. Planted in a full-sun position with a compost-enriched soil or a premium potting mix, and fed with a liquid fertiliser, they are a simple and inexpensive way to brighten up your day.

For a more permanent display try using perennials, but be aware that even though they do well in the full sun during winter, you might need to plant some under deciduous trees to give them protection from summer sun.

Many perennials add colour with either flower or foliage, and the foliage forms can vary from deep purple to



yellow and various shades of variegation. One of my favourites is the amazing Hellebore. These beautiful plants range in colour from white to pink and purple with varieties being single or double. Nurseries specialising in this type of plant will have them in stock now. Other plants to be considered are Polemoniums for their variegated foliage, Penstemon Huskers Red for its scarlet foliage and Heuchera for their interesting range of colours.

An amazing genus of plants is the Salvias. Many are winter-flowering and, with many new varieties appearing on the market, there will certainly be one or more of these that will brighten up your autumn/winter garden.

If annuals and perennials don't take your fancy, then consider shrubs that have either a variegated or coloured foliage. Variegated foliage plants add another interesting dimension to your garden as in winter many other plants nearby have lost their leaves.

Abelia, a small shrub suited to hedging or as a single specimen plant, can add around-year interest. Two lovely forms are available at the moment, one with a green and silver variegation and the other green and gold. Both will take part shade or full sun. Other variegated plants include Euonymus, Aucuba and Metrosideros (NZ Christmas bush for the coastal garden).

Single-coloured foliage plants that have standout beauty in their foliage but also the added bonus of flowers are also a great addition for the autumn/winter garden. Loropetalum with its burgundy foliage and pink flowers is a beauty. This can be hedged or used as a single specimen. Teucrium with its silver foliage and purple flowers is a good one for a coastal garden.

One shouldn't forget the amazing selection of Australian natives that flower in the winter and these beauties add colour and also supply food for nectar-feeding birds during the colder months.

The plants that I have mentioned above are but a miniscule selection of what is available to brighten up the garden and your pots so the rest is up to you. Don't be afraid to use combinations of plants as many annuals, perennials and shrubs work very well together.

Finally, remember that plants still need water even as the days start to cool off—not as much as in the warmer months but it still must happen, particularly pots.

Until next time.

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I eat to live and live to eat.

There is nothing better than to plant and grow your own fruit and vegetables at home then cook, eat and share your food with others.

Whether the recipe is simple or complex it's the challenge of preparing something delicious for your mind, body and soul.

Easy Beetroot Dip

2 to 3 fresh beetroots
Crushed garlic
Chopped onion or shallots
2 tbsp tahini
2 tbsp lemon juice
Chopped mint
1/2 cup Greek yoghurt or sour cream
Salt to taste

Cook the beetroot in boiling water,

then cool, peel and grate coarsely.

Add crushed garlic, chopped onions or shallots (to your taste), and salt.

Add tahini, lemon juice, heaps of chopped mint and either Greek yogurt or sour cream.

Blend well and check seasonings.

Easy Carrot Dip

500g fresh carrots
1/2 cup Greek yoghurt
2 teaspoons orange juice
1 teaspoon Moroccan spices
1 teaspoon raw sugar
Salt to taste

Peel and chop the carrots then cook in boiling water till tender.

Drain and cool.

Process then add Greek yogurt,

orange juice, Moroccan spices raw sugar and salt.

Mix well and check seasoning.

Serve dips with fresh bread, pita bread, rice crackers or as sides with your meal.

Roasted Stone Fruit (peaches, plums, nectarines) and Figs

Unsalted butter
8 pieces of selected fruit
4 tablespoons of brown sugar
8 star anise

Arrange cut fruit halves on a lightly buttered baking tray.

Sprinkle with brown sugar and add star anise to top of each half (if preferred use cinnamon).

Roast in 200C oven until sugar has melted and fruit warmed (15 to 20 mins).

Cool and serve with ice cream, cream, creme fraiche, ricotta or yoghurt.

Enjoy!



COBARGO PRESCHOOL

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Open Daily 10.00am- 5pm for wine tasting,
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March events:

Sunday live music: 4th and 18th from 1.00 pm

Social Bridge: Wednesday 7th from 2pm

'Winery Regatta': Good Friday 30th March, 9:30am from the Winery

'20s Night': Easter Saturday 31st March @ 7:30 pm, starring Richo's Ragtimers

**Signposted off the Princes Highway,
4 km north of Central Tilba. Tel: 4473 7308**

Anglican Easter services

Come and join us at one or more of our services over the Easter period and meet our new Youth and Family Services Minister, Rev Tim Narraway.

Maundy Thursday, 29 March - 7.00 pm service at All Saints, Bermagui preceded by simple meal at 6.00 pm in the rectory (next to church)

Good Friday, 30 March - 10.00 am at Christ Church, Cobargo

Lighting of the New Fire, Saturday 31 March - 5.00 pm at St Saviours, Quaama

Easter Day, 1 April - Sunrise service 6.00 am Blue Pool car park in Bermagui; 10.00 am All Saints, Bermagui – Holy Communion; 5.00 pm Christ Church, Cobargo - Holy Communion.

On April 8 regular service times will change. More next issue ...

Calling all Birds of a Feather!

Moruya Racing Pigeon Club is looking for new members. Are you interested in getting back into this sport? Or starting out in the wonderful world of racing pigeons? We have experts to help you to set up at home. This is a sport the whole family can get involved in. The members are spread out along the Far South Coast with active breeders in Tilba and Wallaga Lake. For enquiries please contact Mario (Wallaga Lake) on 0407 528 420. Come fly with us!

Guidelines for contributors

Thanks for your local stories and photos! We love them and they make the *Triangle* our very own. Just a few tips for submitting stories and photos...

1. Stories should be 300 words maximum except by prior arrangement.

2. Photos should be sent as **separate JPG attachments – not embedded into your story**. Please send the original digital photo, uncompressed, so we have as large an image as possible to work with. Please include a caption for your photo at the bottom of the article it accompanies.

3. Send all **articles** as WORD or other TEXT documents.

4. Please do not send posters or flyers! We cannot reproduce or insert them. Instead, write a few paragraphs about your event and include the date, time and venue in that. And attach a photo if you have one.

5. Have a think about a headline for your story. Believe us, we're usually quite braindead at the end of our editorial meeting and can only come up with lame puns and cliches. Don't leave it to us!

6. Deadline is **22nd of the month**. Any questions at all, please email us contributions@thetriangle.org.au

Book Review

Heather O'Connor

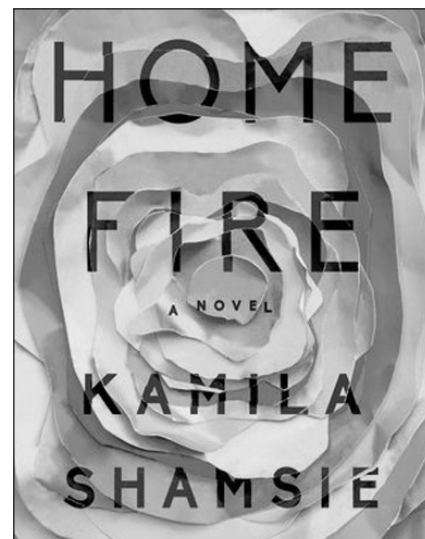
Kamila Shamsie *Home Fire*, \$24.99

In his endorsement of this book, the Australian author, Peter Carey, recommended that it be read by every Prime Minister and President. I whole-heartedly agree (bet they are really interested in my recommendations!).

Home Fire is a novel set in contemporary England, describing the lives of three young Muslim siblings: twin brother and sister, and an older sister who is left to raise the twins after the death of their parents. We find out that the father was a jihadist, and learn of the ongoing consequences of his activities abroad for his family living in London. Freed from some of the responsibilities as head of the family, the older sister heads for America to study, but the activities of the twins back home complicate her newfound freedom.

Adding to the complexity is the arrival in their lives of the son of the powerful UK Minister for Home Affairs, a Muslim of Pakistani descent, determined to prove his loyalty to the state (and advance his political career) before all else.

In a relatively short novel, Kamila Shamsie manages to convey all the issues



facing young, modern, educated Muslims living in the West, at the same time showing how a basically decent politician gets caught up in the tangle of world-wide politics and his own family's struggle to balance faith and modernity.

Even the politicians of whom we despair should be moved by this incredible story, and could be tempted to admit that the challenges facing multicultural countries go way beyond tweets and slogans. If you only read one book this year, make it this one.

Pet of the Month

Deb Cox

Ruby the 16 month old Sharpei x Staffy needs a new place to live. She is a loyal, quiet young lass: great on the lead and good in the car. Ruby would be best as an only dog or with a male dog of similar size or larger.

Jigsaw, a 4 year old black and tan Kelpie x, Indy the Great Dane x Bull Mastiff and her large litter of pups, Jindy a 2 year old female fawn staffy, Polly the 9 month old female Blue Cattle, Toby the 3 year old male cattle x, Bella the 7 year old female Terrier, Coco the female 3 year old staffy/ridgeback x and a male black Great Dane x are also waiting to be adopted through Animal Welfare League NSW Far South Coast branch.

All pups and dogs are de-sexed, microchipped, immunised and wormed and treated for fleas for an adoption fee of \$350-00 and pups are \$375 due to 2nd vaccination. Enquiries can be made by phoning 0400372609 or check our Facebook page (Animal Welfare League Far South Coast) for more details.

Do you need financial help to have your pet de-sexed? Please collect a subsidy application form from any Bega Valley

Shire vet before your animal reaches five months of age. Please note that Far South Coast Branch Animal Welfare League NSW volunteers raise the funds to support this de-sexing subsidy in the Bega Valley Shire and do not receive any government funding.



Ruby is as cute as a button

Helpful Hints: In a thunderstorm, in addition to keeping your own anxiety in check, it could be helpful to gently lead your pet to the bathroom and if possible into the bathtub as the porcelain may actually help block static electricity. Try not to give too much positive reinforcement as this may be perceived that you're telling your pet that freaking out is something you'd like to see them do again!



AL-ANON

Bega, Tuesdays 5pm, rear 7th Day Adventist Church, Upper St (opposite pool). Ph 6492 0314

ALCOHOLICS ANONYMOUS

Bermagui Saturday 2pm, Anglican Church Hall
Ph Dave on 6493 5014

ANIMAL WELFARE LEAGUE

Far South Coast Branch promotes the welfare of companion animals and responsible pet ownership. Meeting at Tathra Beach Bowling Club 11am, Sunday April 23rd, Sunday June 25th, Sunday August 27th. Call 0400 372 609

ANGLICAN PARISH OF COBARGO

Bermagui: All Saints- 1st, 2nd & 3rd Sundays 10.00am 4th Sunday 5.00pm. Cobargo: Christ Church - 1st, 2nd, 3rd Sundays 5.00pm. Quaama: St Saviours- 4th Sunday 10.00 am. 5th Sunday - One service in parish at 10 am rotation. Contact Alan Burdon 0409 189 659

BERMAGUI KNOW YOUR BIBLE

A non-denominational ladies' Bible study group meets at the Union Church, West Street, at 9.45am every Tuesday. All ladies welcome. Ph Maree Selby 6493 3057 or Lyn Gammage 6493 4960

BERMAGUI BADMINTON CLUB

Bermagui Sports Stadium. Social Badminton - Tuesdays 2 to 4pm, Sundays 10am to 12noon. Contact Heather on 6493 6310. Competition Badminton - Wednesdays 7pm to 9pm

BERMAGUI BAPTIST CHURCH

West Street, Bermagui.
Family Service 11.00 a.m. All Welcome.

BERMAGUI COUNTRY CLUB ARTS SOCIETY

Monday: Porcelain Art; Tuesday: Art, Needlework/ Quilting; Thurs: Leadlighting/mosaics Fri: Pottery, mosaics. Visitors, new members welcome. 6493 4340

THE BERMAGUI MARKET

Last Sunday of the month. Coordinated by the Bermagui Red Cross. Gary Stevens, 6493 6581

BERMAGUI & DISTRICT LIONS CLUB

Needs new members. Those interested please phone Ray Clements on 0477 017 443. Meet 1st Thurs each month at Cobargo Hotel & 3rd Thurs at Bermagui Hotel at 6.30 for 7.00pm

BERMAGUI INDOOR BOWLS CLUB

Friendly, social group meets for Indoor Bowls at Bermagui Country Club every Monday afternoon. Names to be on list by 2:00pm, games start at 2.30pm. No experience necessary. For information ring Bob Whackett on 6493 3136

BERMAGUI GARDEN GROUP

1st Tuesday every Month 10.00am until 12 noon, venues vary, phone Heather Sobey on 6493 5308

BERMAGUI CROQUET CLUB

Bermagui Country Club, Thursday 2 - 4pm. New players always welcome, tuition and friendly games always available, equipment provided. Call Dave, 6493 5014.

BERMAGUI TINY TEDDIES PLAYGROUP

Fridays 10-12 during school term. Newborn, toddlers, all welcome! CWA Hall, Corunna St, Bermagui. Gold coin donation. Lots of toys, other mums and bubs, great for meeting other mums in the area.

BERMAGUI DUNE CARE

Meets on the third Sunday morning of each month
Contact: bermaguidunecare@skymesh.com.au

BERMAGUI SES UNIT

No. 1 Bermagui-Tathra Rd. Bermagui.
Meetings every Tuesday 6pm. Ph. 6493 4199

BERMAGUI HISTORICAL SOCIETY

Meeting First Wednesday of Month, 2.00pm at Museum in Community Centre, Bunga Street. Researchers & helpers welcome. Ph Allan Douch 0428 427 873 or Marianne Hunter 0419 173 607.

BERMAGUI U3A

(University of the Third Age)
Lifelong Learning Opportunities
For a full list of courses and timetable visit:
www.bermagui.u3anet.org.au

BERMAGUI URBAN FOOD FARMERS (BUFF)

community gardening and growing activities - various times and sites. 'Grow to Eat and Eat to Grow'. Contact Paul on 0466 013 153 or visit www.facebook.com/BermaguiUrbanFoodFarmers

BERMAGUI WEIGHTLIFTING CLUB INC.

'Working with Weights'
Open Monday and Wednesday afternoons at the Bermagui Sports Stadium.
Contact: John Preston - accredited coach
Ph 02 6493 5887 mob 0429 179 184

CATHOLIC CHURCH

Weekend Mass times.
Bermagui- Sunday 7:30 am Cobargo -Saturday 5pm

COBARGO DISTRICT MUSEUM

Meeting 5 pm 2nd Wednesday of the month Cobargo
Newsagency : researchers, old photos, information and new members welcome. Contact
Vicky Hoyer 0422 377 278 or Ken Redman 6493 6406

COBARGO GARDENING & FRIENDSHIP CLUB

2nd Monday every month - 12 midday. Venues vary For info phone Robyn Herdegen 6493 8324 or Margaret Portbury 6493 6461.

COBARGO SHOW MEETING

2nd Wednesday every month, 7.30 pm - CWA Rooms. Contact Ros Mead 6493 6948

COBARGO PRE-SCHOOL

Child centred, play based preschool education for 3-5 year olds in a happy, creative & caring environment. Monday-Thursday. Ph 6493 6660

COBARGO PRESCHOOL PLAYGROUP

Families welcome every Thursday 9-10.30am. A good transition for children to become familiar with the surroundings & teachers. All ages welcome. Bring along a piece of fruit to share. A small donation would be greatly appreciated. 6493 6660

COBARGO SoA HALL COMMITTEE

Hall bookings and inquiries: Linda 0407 047 404
email: cobargohall@gmail.com

1ST COBARGO SCOUT GROUP

Children 6 - 15yrs wanting to learn new skills, enjoy outdoor activities, have fun. Meetings 6.30pm to 8pm in school term Cobargo Showground dining hall. Contact Graham Parr on 6493 6795

COBARGO TOURIST & BUSINESS ASSOC

Monthly meetings 2nd Tuesdays at Well Thumbed Books, 6pm. Contact: David Wilson on 0401 398 141

COBARGO CWA

CWA Rooms, 2nd Tues of the month, 10.30am.
cwa.cobargo@gmail.com. Cottage Hire 6493 6428

COBARGO & DISTRICT RED CROSS

For meeting dates or catering enquiries
phone 0488 048 701, 6493 6948 or 6493 6435

MOBILE TOY LIBRARY

& Parenting Resource Service. All parents of chn 0-6 welcome to join. Cobargo - once a month on a Wednesday 1.30pm- 2.30pm at CWA cottage, Bermagui - every 2nd Friday 10.30am - 12pm in the Ambulance Station. Quaama - Wed. by prior arrangement. Enquiries: 0428 667 924

TILBA MARKET

Home grown, Hand made, Grow it, Make it, Sew it, Bake it every Saturday 8am to 12, Central Tilba Hall
Stall booking essential, phone Kay on 4473 7231

TILBA VALLEY WINES BRIDGE CLUB

1st Wednesday every month from 2pm. All standards catered for - partners not necessary. Visitors to the area especially welcome. Further details: Peter 4473 7308

QUAAMA / COBARGO QUILTERS

Meets Mondays 10am - 3.30pm in the CWA Cottage, Bermagui Road, Cobargo, and welcomes anyone who does patchwork, quilting, or any other needlework. Lorraine James 6493 7175 or Mary Cooke 6493 7320.

MT DROMEDARY UNITING CHURCH

Bermagui: Sundays 9am at the Union Church, West St. Bermagui, Cobargo: 1st, 2nd & 3rd Sundays at 11am; 4th Sausage sizzla at 7pm & praise night at 6pm, Cobargo Bermagui Rd.
Minister Rev. D. Oliphant. Ring Col: 6493 6531
Churches also at Narooma and Bodalla

MYSTERY BAY COAST CARE

Contact: Richard Nipperess 4473 7769. Meet: 9.30 - 12.30 first Wednesday of the month at the swings.

LIFE DRAWING SESSIONS

Cobargo SofA Hall every second Sunday. Set up, 1.45pm. Drawing, 2-4pm. Naomi 6493 7307.

DIGNAMS CREEK COMMUNITY GROUP

Meets randomly. For info phone Shannon Russack, Pres. 6493 6512 or Merryn Carey, Sec. 6493 6747.

OPEN SANCTUARY@TILBA

Gatherings at Holy Trinity Church Tilba Tilba on the 2nd and 4th Saturday evening of each month at 5pm. Music, meditation and shared reflections, supper afterwards so please bring a plate if able. Meditation group meets every Wed at 10 am.
Inq: Rev Linda Chapman 0422 273 021.

HEART TO HEART

2nd & 4th Saturday of month from 12:30 to 3.00pm at 2a Brighton Park Road, Beauty Point. Discuss the Ageless Wisdoms of Alice A. Bailey teachings. Phone: Christine on 4476 8732 or Lorraine on 6493 3061

QUAAMA MEN'S SHED

Meets Wednesdays from 10am at the old fire shed, 20 Bermagui Street, Quaama. All men are welcome. For information contact John Preston (President) on 6493 5887 or Ron Higgins on 0408 788 528.

WALLAGA LAKE/BERMAGUI MEN'S SHED
Meets Tuesdays & Thursdays from 10am at Umbarra Cultural Centre, Akolele. All men are welcome. For information ring Bill Johnston (president) on 6493 5447 or Fergus McWhirter on 6493 4360.

THE YUIN FOLK CLUB

The Yuin Folk Club organises the annual Cobargo Folk Festival and hosts folk music concerts throughout the year. Details at www.cobargofolkfestival.com. For info ph. Secretary Carolyn Griffin 0400 391324, Treasurer Zena Armstrong 0402067615 or email info@cobargofolkfestival.com

Community Notices

are advertised in *The Triangle*
for non-profit groups free of charge.
If details change, please advise us at
contributions@thetriangle.org.au

For the Fridge Door

MARCH	WHAT	WHERE	TIME
Fri 2 - Sun 4	Cobargo Folk Festival	Cobargo Showground	All day
Sat 3	Mushroom Workshop, \$95	Tilba Small Hall	9 - 11.30 am
Sun 4	The Vampires, \$25	Murrah Hall	3 pm
	Live music: The LPs, free	Tilba Wines	1 pm
Wed 7	Social Bridge	Tilba Wines	2 pm
Sat 10	Bermagui Seaside Fair	Dickinson Oval	All day
Sun 11	Blacksmithing demonstration	Galba Forge, 345 Yowrie Rd	1 - 5 pm
Mon 12	CWA International Women's Day	Small Hall, Central Tilba	From 9.30 am
Tues 13	CWA Handicraft & Land Cookery comps	Bermagui Country Club	1 pm (for public)
Sat 17	Live Music: 'Thundergoose' free	Cobargo Hotel	8:30 pm
	Book launch, Egyptian Enigma	Well Thumbed Books	10.30 am
	Music Variety Night \$20/\$15	Murrah Hall (kids free)	6.30 pm
	Trivia and Music Night, \$25	Cobargo SOA Hall	7 pm
Sun 18	Community Doco: Arise	Old Cobargo Butter Factory	3.30 pm
	Live music: Jasmine Beth, free	Tilba Wines	1 pm
Wed 21	ILGA meeting, BWS license	Bermagui Community Hall	6.30 pm
Sat 24	Bach Open House Play-In	Cobargo SoA Hall	9 am - 12 pm
Mon 26 - Fri 30	Yoga 5-day cleanse	Tilba Small Hall	6 - 7 am
Wed 28	Breabach, \$25	Murrah Hall	7 pm
Thurs 29	Live Music: John Atkins, free	Cobargo Hotel	7:30 pm
Fri 30	Winery Regatta	Tilba Wines	9.30 am
Sat 31	20s Night, Richo's Ragtimers, \$20	Tilba Wines	7.30 pm
	SoAhhh ... Saturday	Cobargo SoA Hall	10 am - 2 pm
	Kids' Songwriting workshop 0423 025 686	Mountain View Farm, Tilba	10.30 am - 12.30 pm
	APMA Ear to the Ground	17 Corkhill Drive, Central Tilba	2.30 - 4 pm
	APMA Twilight Concert, \$25	17 Corkhill Drive, Central Tilba	8 pm - 12 am
Sat 31 - Sun 1	Four Winds Festival	Barragga Bay	All day
	Tilba Market	Both halls, Tilba	From 8 am
REGULARS			
Mondays	Quaama/Cobargo Quilters	CWA Cottage Cobargo	10 am-3.30 pm
	Ki yoga	Tilba Small Hall	7 - 8 am
	Yin yoga	Tilba Small Hall	6 - 7.30 pm
2nd Monday	Tilba CWA meetings	Small Hall, Tilba	10 am
Tuesdays	Bermagui garden group	Phone Heather 6493 5308	
	Weekly meditation	Kamalashila Centre, Tilba	10 am - 11 am
	Yoga Classes with Sara	Bermagui Surf Club	10 - 11.15 am
Last Tuesday	Cobargo Seed Savers	18 Blackbutt Drive, Cobargo	10 am - noon
Wednesdays	Dru Yoga	Cobargo School of Arts	10.30 am
1st Wednesday	Bermagui Historical Soc. meeting	Bermagui Museum, Comm. Centre	2 pm
	Social bridge	Tilba Valley Winery	2 pm
Thursdays	Mind Body Stillness Meditation	The Courtroom, Princes Hwy Cobargo	10 am-11 am
	Worldwide dance and aerobics	Bermi Community Centre	5.30 pm
	Bermagui Growers' Market	Fishermen's Wharf	2.30 - 5 pm
1st Friday	Bermagui CWA meetings	CWA Rooms	1 pm
2nd Saturday	CWA Cafe	Small Hall, Tilba	9 am - 12 pm
1st Sunday	Riverbank Working Bee	Rob's corner, Quaama	9.30 - 11.30 am
	Tilba Food Share	Call Annie: 0409 443 064	10 am - 12 pm
3rd Sunday	Cobargo/Quaama food swap	Call Tam: 0409 882 944	10 am-12 noon
Last Sunday	Bermagui Red Cross Markets	Dickinson Oval	9 am-12 noon
ART			
Sat 3	Opening, Martin Gash, watercolours	Lazy Lizard	10 am - 12 pm
Until Sat 24	New works in textiles, ceramics and wood	Narek Gallery, Wapengo St, Bermagui	Wed-Sat, 10-1 and 2-5
Thurs 29	Opening, Veronica O'Leary, Lyndal Jenkins, Anne Masters	Ivy Hill, Wapengo	6 pm