

‘Stimulating and respectful’ ... Tilba hosts NAIDOC Week panel discussion

The 2019 NAIDOC Week theme *Voice, Treaty, Truth. Let's work together for a better future* was at the heart of the Gulaga Reconciliation Group's NAIDOC event in the Central Tilba Big Hall on Saturday 13 July. A full house of 160 people listened appreciatively to a lively and informative panel discussion in which Yuin leaders spoke frankly about Aboriginal voice and the call for a treaty.

The panel comprised Ros Field, Chairperson of the Gulaga National Park Board of Management; Warren Foster, actor and cultural advisor to the National Museum of Australia; Rodney Kelly, lecturer in Aboriginal Culture and activist for the repatriation of the Gweagal artefacts from Britain; Lynne Thomas, Aboriginal Education Officer at Narooma Primary School; and Lynette Goodwin, who holds several leadership positions including Director, Katungul Aboriginal Corporation Regional Health and Community Services.

Panellists were not all in agreement about the merits of a treaty, but there was a consensus that the process required extensive individual consultation with all Aboriginal peoples and a willingness of non-Aboriginal people to listen to and acknowledge the truth of the violence of and resistance to European conquest.

A screening of the documentary film *The Mountains Call Us Home*, about the handback to traditional owners and the joint management of the Gulaga and Biamanga national parks, preceded the ‘Welcome to Country’ by Ros Field and a reading



Above: Denis Muller and Roslyn Field

Below: Annie Bryant and Cheryl Davison (Photo credit: Sean Burke)



from the Statement from the Heart. The collaborative storytelling and song-writing of Cheryl Davison and Annie Bryant created a warm and heart-felt conclusion to a stimulating and respectful gathering. Many people stayed on to take in the displays of historic NAIDOC posters, a Yuin timeline and artwork by the children of The Little Yuin Pre-School, and to chat over a generous afternoon tea provided by the Tilba CWA.

This entry in the audience comment book perhaps best captures the feeling of the day:

May our ears stay open to hear these stories, such emotive stories, so that as a nation we may begin to understand the ‘truth’. Heartfelt thanks to all panel members for your wonderful insight and individual expression. We have so much to learn from the past to create a better future.

Later at Open Sanctuary, Tilba Tilba, there was a closing service and

discussion and a warming soup supper.

The Gulaga Reconciliation Group sincerely thanks Shanna Provost, MC; Denis Muller, panel moderator; and Brendan Muller, sound technician, for their professionalism and sensitivity. The event was partly funded by Aboriginal Affairs, NSW, and made possible by the support of *The Triangle* Community Newspaper, the Cobargo Community Association, the Tilba Chamber of Commerce, the Tilba CWA and the Tilba Market Committee. A big thank you to all those who attended.

Cathie Muller

With well-attended events, The Triangle region joined the nation celebrating Indigenous culture during NAIDOC Week, themed around ‘Voice, Treaty, Truth’. Bermagui Library launched the new collection of books by Indigenous authors and two photographic collections by local photographers, Penny Jones and John Ford, amid a happy jumble of friendships, conversations and delicious food. The Indigenous panel at Tilba

deepened the audience’s understanding of challenges, complexity and diverse perspectives.

In the coming month difficult topics are to be broached at a number of events—death, dementia and family violence. Author Steve Matthews addresses family violence and the culture and perceptions which enable its prevalence through his book, *The Skinny Girl*. The Death Café offers a sensitive and informative space

to discuss death and end-of-life planning. Dementia is addressed—imagine living in a community where everyone understands dementia and how best to support people living with dementia and their carers. The Bega Valley library has received a grant to run a Dementia-Friendly Communities program which honours each participant’s lifetime experience, skills and passions. There may be a place to link with the new Community Visitors Scheme.

Letters to the editors

The Triangle will not publish letters which attack individuals personally

Finding aged residents to visit

Following on the success of a campaign in the Bermagui-Cobargo area to locate volunteers for the Community Visitors Scheme (CVS), I now find myself, once again, in the position of seeking support from your community.

A quick reminder—the Community Visitors Scheme (CVS) provides volunteer visitors to visit lonely and isolated aged people in the community.

An appeal earlier this year brought many volunteers to our attention and now they are ready to commence visiting in the Bermagui-Cobargo. While we now have an abundance of volunteers, we are finding it difficult to locate and identify people who would like to receive this free service.

To receive a volunteer visitor under the CVS program, aged residents must be receiving a Government Home Care Package assisting them to stay in their own home with support from local healthcare providers.

If you would like to receive a regular visitor, or know of someone living in your community who would benefit from this program, please get in contact with CVS.

If you would like further information, please contact me, the CVS Coordinator, at cvs.sapphire@hotmail.com or text/ring on 0422 974 911.

*Greg Wollaston
Community Visitors Scheme*



Idiot’s End at Haywards Beach

An electric golf cart was stolen from a caravan park and rolled and abandoned on Haywards Beach on Sunday 23 June.

The thieves weren’t at the beach. They had stripped what they could and left the rest to pollute the beach. If they were fit enough to strip it, we assume they weren’t injured.

So there is now a ton of metal and rubber to join the dog shit and bait bags that pollute a once-pristine beach.

*Keith and Trish Bashford
Wallaga Lake*

*Tell ‘em
you found ‘em
in the Triangle!*

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! 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. Please don’t leave it to us!
6. Deadline is midday on the **22nd of the month**.

Any questions at all, please email us contributions@thetriangle.org.au

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 Cobargo P&C for holding a really great trivia night at the Cobargo Hotel. Great effort by the organisers.

To Four Winds and Vox Choir for a magnificent afternoon of singing in late June. The childhood songs brought tears of joy to many in the audience.

To all the people who have volunteered their time to visit aged residents in our community. Their response to the call for support is heartwarming.

Thumbs DOWN



To the couple thinking it was their right to help themselves to water from a tap at a Cobargo business premises. When confronted they claimed it was for plants and stated they were local (they had ACT number plates). They also got rather abusive and seemed to think it was their right. Yes, number plate taken and reported.

To the caravan and motor home owners helping themselves to 'free power' from an unsecured meter box in Cobargo.

Stuck without a sticker

These days, I rather like not having to replace those pesky rego stickers every year. Yet, there is a down side. Anyone else been surprised by a policeman saying, 'Did you know your car is not registered?'

I forgot, pure and simple, and was not reminded at any time before I was told in no uncertain terms that I was driving an unregistered vehicle. Uninsured and no CTP for three months after it was cancelled. Embarrassed and contrite, I certainly am--especially for me, usually rather particular about paying bills on time.

The new and innovative system has to be admired. They can now check your number plate from their passing patrol cars. It must save them ... what? What does it save them, I wonder? Money: they do not need to print and send the stickers, yes. Time: not sure how this is saved. Manpower: not sure about that either, though I guess renewing online is quicker and no staff needed, if you have access and trust the 'system'. Training: a patrol officer does now what the office person did, I guess, yet a patrol officer costs more, I imagine. So, it is saving my own effort of replacing it, though how is it better for police services?

Well, the only real benefit for them is the revenue they raise from issuing penalty notices to the likes of me. Meanwhile, I, a pensioner have to come up with more than \$2000, an extraordinary amount.

The body that now issues and collects these penalty fees is called Revenue NSW, part of the Department of Finance, Services and Innovation. I guess I see what their main function is and I am sure they have an important job to do. Their tag: A Fair

and Prosperous NSW, lacks authenticity, for me.

I thought to question their policy and they do have an option for a review, as they are required, so I took it. With only 700 characters allowed, I sent it off with a little ray of light around the possibility of some leniency, perhaps.

Within about 30 hours, I received a reply email, which I'll summarise: 'While we understand this penalty may impact your financial situation we have no authority to waive or reduce a penalty amount on this basis'. Basically, a review you have when not having a review! With no power to alter the penalty, what is the point of having them review a case, I wonder?

So, no reminder or warning of renewal, nor of them cancelling it altogether; no real appeal process and no leniency for a pensioner from probably the richest state in Australia.

I am not usually given to writing letters of complaint, yet maybe others have had such an experience and I wish to offer my empathy, if so. Revenue raising is paramount. Our government loses respect and trust yet again.

*Paul Payten
Bermagui*

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Carolyn Banados (Secretary)
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Advertising

Book advertising space by ringing
6493 8369 or 0407 047 404 or email
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Layout & Design

Linda Sang, Bhagya & Debbie Worgan

Accounts

Email: treasurer@thetriangle.org.au
Post accounts to:
PO Box 293, Bermagui NSW 2546
Phone: 6493 8369

Area Contacts

Bermagui: Carolyn Banados, Ann Maree Menager bermagui@thetriangle.org.au
Cobargo: Rebecca Blunden cobargo@thetriangle.org.au
Quaama: Bhagya quaama@thetriangle.org.au
Tilba: Stuart Absalom tilba@thetriangle.org.au

Printing: Excell Printing Pambula
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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:
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The Editors, The Triangle
PO Box 293, Bermagui, NSW 2546
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 during holiday seasons so there's enough for visitors.

Camel Rock rocks!

Scattered around the region are many interesting objects that tell us about our past or that have helped shape the community in which we live. Many have heritage or historic importance – but their significance is not always fully appreciated. Bermagui’s Camel Rock is one such object. In future issues of *The Triangle* we’ll highlight others.

To many, Camel Rock, at the northern end of Haywards Beach, Bermagui, is just another rock outcrop—if seemingly a seated camel gazing seawards.

In reality, though, it’s very interesting. So—deservedly—it’s a major feature on tourist trails.

It’s an example of sedimentary Ordovician turbidite. The Ordovician era was about 450 million years ago, when life on Earth just comprised marine invertebrates and marine algae. And turbidite occurs when layers of sediment (including rocks of various sizes) are deposited in ocean abysses in a ‘turbidity flow’ (the water being disturbed and carrying sediment and rocks with it), probably resulting from significant earthquakes or other tectonic movement. Subsequent geological uplifting and folding of these original turbidite sedimentary layers is clearly visible in the rock. And a rise in sea level about 4000 years ago has since further sculpted the seaward part of this unusual geological feature.

So, Camel Rock is an example of the enormous pressures and vast timeframes that created the now-familiar Far South Coast landscapes. And, appropriately, this smaller Camel Rock sits in the shadow of a nearby Mount Dromedary (Gulaga).

The Djiringanj people

were very familiar with this rock outcrop and the surrounding Murunna (‘clear water’) area. The Murunna headland, north of Camel Rock, has witnessed Indigenous ceremonies for thousands of years; an adjacent fresh waterhole is sacred to women.

Dangers inherent from ocean rips near Camel Rock were well-known to the Djiringanj, who point to a woman’s face in the big rock behind the camel, warning of

the risks of swimming nearby. And there’s a bonus for visitors to Camel Rock willing to take a short walk north—another natural sculpture by the sea, Horsehead Rock. It’s equally amazing!

100 other interesting objects of historic or heritage significance have recently been identified in Bega Shire’s Hidden Heritage project - at www.hiddenheritage.com

Peter Lacey



Camel Rock, sedimentary Ordovician turbidite ... and a major feature on tourist trails



Another natural sculpture, Horsehead Rock

3 Great Ways to Discover 101 Fascinating Objects in the Bega Shire

You can track down the 101 intriguing objects in the Bega Shire Hidden Heritage collection by:

- ✓ Downloading our fabulous BRAND NEW App. Simply search ‘Hidden Heritage’ in the App Store or on Google Play, or access the App directly from www.hiddenheritage.com.au
- ✓ This Hidden Heritage App is FREE.
- ✓ Visiting www.hiddenheritage.com.au
- ✓ By collecting a copy of our 44-page ‘Bega Shire’s Hidden Heritage’ booklet that illustrates and briefly describes all of the 101 objects. It’s FREE. Ask for a copy at outlets in the Bega Shire that normally distribute ‘Recollections’ (including all Bega Shire Libraries). (If you live outside Bega Shire and would like a paper copy of ‘Bega Shire’s Hidden Heritage’ mailed to you, email your address to southcoasthistory@yahoo.com.)



Bermagui Create and Make Crew offer digital skills

Bega Valley Shire Library is excited to announce a new opportunity for young people aged 16-25 years who are looking to gain hands-on digital media experience—to be part of the Bermagui Create and Make Crew.

The Crew will create three interactive, audio-visual public events held throughout the Shire to showcase their skills.

Programs and Partnerships Officer Scott Baker said that the Bermagui Create and Make Crew is a concept initiated by Bega Valley Shire Council and funded through a Youth Opportunity grant from the NSW State Government Family and Community Services.

‘This is a unique and exciting opportunity for youth to learn a range of digital skills in sound, lighting, events management and so much more,’ said Scott.

The program aims to equip participants with skills and training opportunities by accessing the expertise of artistic mentors in fields such as media, photography, performance, installation, sound and music. Participants will have access to a range of creative technologies based at Bermagui Library.

In addition, participants will receive a Statement of Attainment for accredited units delivered by TAFE NSW that will give them a kick-start in any future vocational courses. Sustainable work practices, workplace health and safety, and team work are all key employability skills that participants will gain.

‘It’s possible that some participants may be able to establish a concept and



Participants will create Vivid-style events in the Bega Valley

gain skills to establish their own creative business,’ added Scott.

Three major events are on the Bermagui Create and Make Crew’s calendar:

Festival of Open Minds Launch, Friday 13 September 6.00 pm – 7.30 pm, Littleton Gardens, Bega. A mini Vivid-style audio-visual event involving projection mapping, sound installation and performance.

Bega Valley Synth Festival, Saturday 19 October 10.00 am – 10.00 pm, Murrah Hall. A musical event showcasing digital music and visuals, as well as workshops, demonstrations and performances from local and interstate artists, producers, retailers and manufacturers.

Participants’ Own Event, Saturday 7 December (location and time to be

decided). Participants will use the skills developed over the course of the project to design, manage and promote their own collaborative artistic event.

The Crew will meet every Wednesday from 31 July, 10.00 am to 4.00 pm at Bermagui Library. There will also be three three-day workshops in September, October and November to be held in Bega, the Murrah Hall and Tilba, respectively. Participants will need to provide their own transport (there will be limited transport assistance available if needed). Lunch will be provided for all days and workshops.

More information and sign up forms are available from the project Facebook page (bermicreateandmake). For further information and to register your interest please contact Scott Baker on 6499 2172.



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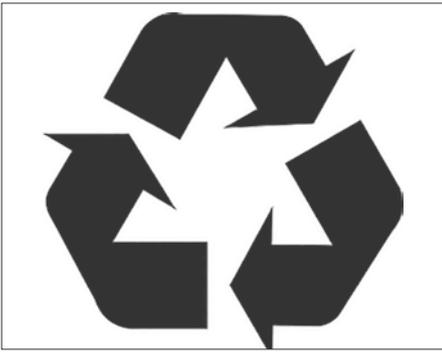
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Recycle Right to reduce landfill



An increase in contamination of recycled materials at the ACT Materials Recycling Facility has prompted Bega Valley Shire Council to join forces with ten other councils to help people update their recycling habits.

Member councils have launched a new recycling campaign, Recycle Right, to clear up confusion and lead to better recycling practices.

The six key messages that form the Recycle Right campaign :

1. Keep it simple: Only recycle paper and cardboard, steel and aluminium cans, glass bottles and jars, plastic bottles and containers.

2. Keep out soft plastics: This includes all plastic bags, even if they have a recycling symbol, are degradable or compostable, and other soft plastics including cling wrap, chip packets and bread bags.

3. Keep out small items: Any items smaller than a credit card. All plastic lids now need to be removed from bottles and those smaller than a credit card put in your landfill bin.

4. Keep it safe: Keep out strapping, hose, netting, wires, building materials and other hazardous materials.

5. Keep it clean: Wipe or rinse any excess food and drink from all bottles, containers and tins before placing them in your recycling bin. Keep out food scraps, nappies and soiled paper.

6. Keep it loose: Put each item into your yellow recycling bin separately. Don't bag, box or contain your recyclable items.

Council's Waste Management Coordinator, Joley Vidau, said contamination rates at the ACT Materials

Recycling Facility at Hume had slowly been increasing.

'In February 2019, the facility recorded an 18% contamination rate which is up from a long-term average of 11%. We know our community is savvy when it comes to choosing the right bin and this has been demonstrated with our really low contamination rates since we started FOGO last October. It is now time to put some focus on our yellow bins and ensure we are continually providing information about how to recycle right,' said Ms Vidau.

'Contaminated recycling may be sent to landfill if it is too heavily contaminated. It is harder to sell on domestic and international markets, may contribute to stockpiling on site and can create serious safety issues for staff.'

If you would like further information on waste and recycling, download the Bega Valley Waste App, visit Council's website at www.begavalley.nsw.gov.au or join the conversation on the Bega Valley Waste and Recycling Facebook page (BegaValleyWasteandRecycling).

Pet Portraits



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In your First Age you are receiving an education; in your Second Age you are mostly working. And in your Third Age you are hopefully enjoying the fruits of your labour and loving retirement. But that doesn't mean you stop learning!

Our Bermagui U3A aims to provide further learning opportunities to all in their third age, which is defined not by a particular age (we have no age restrictions) but by a period in life when full time employment has ceased.

Bermagui U3A is a shared learning experience where people who have a

passion for a topic of interest can share it with others in the U3A community. You don't even have to be a member if you would like to give a talk. It's so easy! The Program Team will guide you every step of the way and our members always appreciate new and fresh ideas. Of course if you would simply like to just join us and inhale wonderful life experiences, you can easily do this online or by picking up a membership form at the Bermagui Community Centre.

Jan Rivers

*President & Program Coordinator,
U3A Bermagui*

May your wishes be GRANTED!

April Merrick ran a very informative 'How to apply for Grants' workshop at the Quaama Hall as a first of several such workshops for the community. April is the Grants Management Officer for the Bega Valley Shire Council and it would seem it is not just a job she loves—she also loves to share her knowledge through training sessions. Look out for her next sessions as you will not regret spending a few hours listening to her speak with much authority and experience with grants.

There were more than 15 locals in attendance from a variety of places such as Brogo, Cobargo, Akolele, Bermagui and of course Quaama. The participants had a wide variety of project ideas for possible grant funding, including revegetation, reclamation of creek beds and native animal corridors, sports and museum facilities as well as research and arts projects.

April provided an excellent resource to assist in writing a grant application. (www.frrr.org.au, search for 'writing great

applications'). The number one thing April kept reinforcing was that *planning* was key to a grant application being successful. Planning included knowing the issue or need that the grant was going to be used to address. While this sounded like an obvious starting point, April mentioned that applications were often made for funds with little background thinking in evidence. Have a picture of what your success will look like and start with this in mind. Ask the community around you what they think about the idea you have. Gather information about similar projects which have succeeded in other areas to assist you in being realistic.

Currently, there are ten different community grants available through the Bega Valley Shire Council, including Seniors Week event funding and dollar-for-dollar assistance for heritage property owners. See www.begavalley.nsw.gov.au/grants for the details of each of these funds.

In addition, there are several other options for possible funding sources.

The Federal Government funds can be found on www.grant.gov.au.

The State Government has no one source of truth, so to speak, concerning a list of all the possible grants but you can start at www.parliament.nsw.gov.au and search for 'funding community groups June 2019'.

There are large corporations which like to sponsor and fund local community events and projects. Try the Bendigo Bank, IMB Community Foundation, Coca-Cola Foundation, ING Dream Starter and the Commonwealth Bank Community Grants for just a few large business sponsors.

There are philanthropic foundations which have private funds from wealthy and/or well-intentioned estates which are also highly engaged in rural community development. Try these two sites for a start:

www.frrr.org.au

(click on For Communities > Grants)

www.philanthropy.org.au

(click on Fund Seeker)

Ann Maree Menager



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Become a friend of dementia

Imagine living in a community where everyone understands dementia and how best to support people living with dementia and their carers. In this community a diagnosis of dementia is shared openly and does not lead to stigma and social isolation. Instead, people with dementia enjoy sustained engagement with friends and family and continue to be involved in community activities with people who understand dementia and know how to help someone with dementia, if there was a need. This is a dementia-friendly community, a national initiative of Dementia Australia.

Dementia is not a specific disease; rather, it is a group of conditions characterised by the gradual impairment of brain function. It commonly affects people's ability to think, remember and reason, as well as affecting their personality and impairing other core brain functions such as language and movement. With nearly 450,000 Australians living with dementia it is important to increase our understanding of this fatal condition.

This is why Dementia Australia, a national charity, is implementing the Dementia Friendly Communities program.

To sign up to become a dementia friend simply visit www.dementiafriendly.org and complete the short online module which includes people sharing how dementia has impacted on their lives and what others can do to support them.

Local community groups interested in a facilitated Dementia Friends information session can contact me at sapphirecoastdementiaalliance@gmail.com; I'm a local dementia-friendly champion and supporter of the Dementia Friendly Communities program.

For further information about dementia and the support services available please call the National Dementia Helpline on 1800 100 500.

Annie Dullow

Extended closures of Princes Hwy at Quaama this month

The RMS will be conducting maintenance work on the Dry River Bridge this month and will be closing the bridge to vehicles and pedestrians at certain times of the night. Traffic will be detoured via the coast at Cobargo, heading south, and at Bega, heading north.

Dry River Bridge will be closed to traffic between 7 pm and 10 pm and between 2 am and 5 am, on Sunday, Monday and Tuesday nights from Sunday 4 August.

At other times, Dry River Bridge will operate as a single lane during work hours under stop/slow traffic control.

More information p25.



From *The Triangle's* Sarah Breakey, in Edinburgh. 'It's always good to catch up on news from the amazing Triangle area! Memories of the natural beauty, fresh, clean air and vibrant community keep me smiling. I'm working in Scotland's capital, busy with tourists asking tricky questions like 'How long is the Royal Mile?' or 'What time does the one o'clock gun go off?' keeps me on my toes and maybe I'm one of the few Scots who feel happy when it rains again and again and again ...'

Memory loss no barrier to new intergenerational program

If you're a senior person experiencing memory loss, or their carer, then the Intergenerational Community Activities project is for you.

Bega Valley Shire Library has received a grant of \$10,000 from Dementia Australia's Dementia-Friendly Communities program to run this project.

Programs and Partnership Officer Scott Baker said this initiative has the potential to really make a positive impact on people's lives, and will honour a participant's lifetime experience, skills and passions.

'If you're a senior (or you care for someone experiencing memory loss) and you think you may be eligible, we'd love to hear from you as soon as possible because we're aiming to start the program in August.

'The idea is that senior participants will be co-facilitators and will collaborate with the program coordinator, Hayley Reynolds, to create a series of activities to share with local preschoolers,' said Scott.

Hayley Reynolds holds qualifications in both early childhood education and diversional therapy (aged care) and has extensive experience in developing and delivering intergenerational programs.

As a co-facilitator, you will be supported to design and deliver activities that highlight your skills, strengths, knowledge, interests, history and/or culture. The focus may be something you are passionate about, something



Intergenerational experiences provide enormous benefits for people of all ages.

you might have mastered over the years, or experiences from your lifetime that you would like to share with the next generation.

'The program might involve you visiting a local preschool over a number of weeks to share your skills with a group of children, or you might take part in Storytime or Rhyme Time sessions at local libraries.

'Most importantly, Ms Reynolds will work with co-facilitators and carers to develop the best type of sessions that suit your needs,' explained Scott.

Intergenerational experiences have enormous benefits for both older folk and children. For those people experiencing

memory loss, taking part in meaningful and enjoyable activities can stimulate improved cognitive function and enhance feelings of self-worth.

New experiences of meeting people of different ages and from different backgrounds help children develop their social skills.

If you would like more information about this project please call Sugita Wahl on 6499 2361 or email VWahl@begavalley.nsw.gov.au

More information about Dementia Friendly Communities is available at www.dementiafriendly.org.au

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Appeal period ends for Flight School DA

In accordance with Section 8.10 of the Environmental Planning and Assessment Act 1979, the six-month appeal period available to Sports Aviation Australia, the proponents of a Flight School at Frogs Hollow, expired at midnight on 16 July.

No appeal against the Southern Regional Joint Planning Panel's (SRJPP) decision to uphold the recommendation to refuse the Development Application has been lodged with the NSW Land and Environment Court.

The contentious proposal was the subject of an exhaustive assessment process undertaken by Council's Planning and Sustainability Team that resulted in the eventual recommendation to refuse

the application.

In line with Schedule 4A of the Environmental Planning and Assessment Act, Council forwarded the application to the SJRPP for final determination. The Act compels Council to refer certain developments valued at over \$5 million to the SJRPP; this includes air transport facilities.

On top of the staff recommendation, Bega Valley Shire Councillors also made a collective submission to the SRJPP strongly opposing the \$10.4 million proposal to extensively develop the existing Frogs Hollow Airfield site—a submission that aligned closely with the huge community opposition.

Speaking after the expiration of the appeal period, Bega Valley Council Mayor, Cr Kristy McBain, acknowledged the tireless work done by staff in assessing the DA and the groundswell of locals who stood firm against the proposal.

'This process has been very challenging and brought great uncertainty and distress for many people and it is a relief this is now over,' Cr McBain said.

'It is fantastic to know that those living in the vicinity of Frogs Hollow can continue to enjoy their peaceful surroundings – this is absolutely the right outcome.'

Three of the very finest Australian novels

Listening to the trilogy of novels by Ruth Park (*Missus*, *Harp in the South* and *Poor Man's Orange*), read by Kate Hood, has been extraordinarily moving. They tell of a family, their life experience, their trials and tribulations starting in the late 1800s and going through to the late 1950s. If you wanted to know what it was like to grow up poor in Australia at that time you could hardly do better.

Of course, some of us are old enough, or lived a harsh enough early life, that the recognition is immediate and powerful: the conversations, the presence of the pub in everyday life, the street smells of Surry Hills, the religion and the snobbery, and the sheer glorious resilience of people battling through difficulties and doing the best they can. Issues are raised: immigration, abortion, racial prejudice, ambition, and though progress has been made on some fronts, the brutal language describing the situation applies in some cases today.

Far from being a dreary recital of hardship, there is humour and sensitivity. The characters, for all their faults and

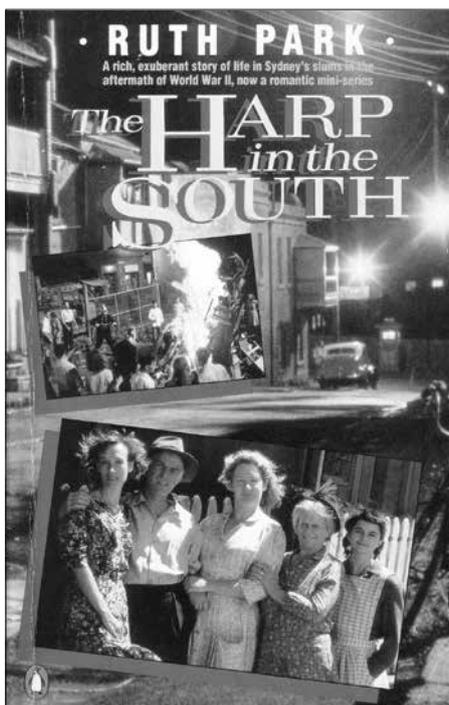
failures, their kindnesses and cruelties, their bigotry and acceptance, are never hung out to dry by Ruth Park. These

characters are warm or cruel, harsh or loving and pretty much a result of their life experience. Ruth Park's generosity of spirit permeates the books and the effect is to understand better the struggle each of us faces, just in living. To acknowledge that life is often not fair, somehow takes the sting from that pain.

Park also includes soaring passages about events such as the arrival of a Southerly Buster into the Sydney slums, the bells and smells of a catholic Mass, the interior of an old-fashioned delicatessen. They are wonderful descriptions, unmatched by any other Australian writer, except perhaps Tim Winton, writing about the Swan River.

We listened to these novels via the Bega Valley Library. I am sure these books will please many people, whether read or listened to. If you choose to take the audio path, you will be sure to enjoy the reading by Kate Hood. She reads with relish and delight. Truly a great experience.

Keith Bashford



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The Well Thumbed Poets set themselves a challenge. Akin to 'found object' sculpture, their poems are assembled from 'found text'. And, to keep it local, the text fragments all came from the June edition of *The Triangle*. Here's Virginia York's poem.

Winter 2019

Live the dream by the sea ...
Live a quieter life,
Experience living on the far
south coast
You and the water will
become intimate partners.

An experience of closer
confinement ...
Encourage your exploration.
Silence can be another
entry into experiential
interconnectedness –
An explosive delicious taste,
the scent of a flower,
Intentionally sit in silence,
The realm of the mystic.
Raise the roof,
Honour the full moon,
Keeping warm and cosy.

Chilly mornings,
Frozen hands,
Pruning in the rose garden
and orchard,
Grief about lost time ...
The sap slowing down.

Simplifying, some of the
fundamentals
– the flare of a sunset,
A smile, a loving gaze.

Live the dream, by the sea,
Live the quieter life.
You and the water will
become intimate partners.

The effect is somewhat
otherworldly,
As dark descends outside,
The atmosphere was
warm inside.
It's a marvelous night,
Colours like I have never
seen
Glow and quiver on the trees.
It's truly beautiful.

Live the dream by the sea,
Live the quieter life.

Virginia York

Winter poetry challenge and an event to support our wildlife

Capture an aspect of winter on the Far South Coast in a line of poetry, and send it to us.

Well Thumbed Poets are inviting *Triangle* readers to send us a line of your own poetry about your experience of living here in winter. This is the first of four seasonal poetry challenges, which will result in four communal poems.

Your line can be an observed detail, something you've heard someone say, a general observation—anything, really.

It can have up to five stressed syllables—the syllables anyone would stress in speaking a line. For example, in the line '**Blow, blow**, thou **winter wind**' the four syllables in bold are stressed.

Send your lines to Kai Jensen at kaijensen@gmail.com by 31 August. Well Thumbed Poets will arrange the submitted lines into a poem, which we'll submit to the October *Triangle*.

Everyone's contribution is welcome.

Poems and music to support wildlife rescue

Well Thumbed Poets will read poems about nature on Saturday 7 September, starting at 10.30 am. The reading, 'Footprints', will include music by Elizabeth Andalis and morning tea.

Entry is by donation: proceeds will be split between Far South Coast Animal Rescue and WIRES, the two organisations that rescue injured wildlife on this part of the coast.

The reading starts at 10.30 am at Well Thumbed Books, Cobargo.

Kai Jensen



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Mild days full of sun, not enough rain, cold nights and a few frosts—that sums up winter in our part of the Triangle area. Things are looking a bit dry everywhere and the usual green hues of Tilba are giving way to brown bleached paddocks. But if you are brave enough to go out and appreciate our clear night skies (a current topic in the news with the anniversary of the '69 moon landing) you'll be treated to an amazing array of stars, the Milky Way seemingly resting gently over the mountain, and you'll not wait long to see a shooting star or two. Incredible. So if you get the chance, go out and look up, you won't be disappointed.

We may be cold now but we'll soon be stepping into spring and the Drom is fairly blossoming under new ownership with the pub's first-year anniversary bash well attended. Around 100 people warmed themselves around the fire in the beer garden (its last hoorah we were told by Jeremy, it's on its last legs) lovely to see both new and familiar faces all enjoying the atmosphere. Entertaining us from the barn were the dulcet tones of crooner Mike Ward and on top of the beautiful food there was even birthday cake, along with a special vote of thanks to duo Waz and Wendy. Well done Team Drom.

So many celebrations of late. Apart from the pub, the hills around Tiverton were rocking as Phil and Mandy hosted what looked to be most of the community for his significant birthday which you'd be forgiven for thinking went on for a good couple of weeks; Cara Elton celebrated a significant birthday on a sunny afternoon at the Tilba Winery with family and friends; Stewie Long had an intergenerational celebration with his granddaughter Mae, a

beautiful winter evening on their veranda with plenty of live music from Bev and Zoe and Stewie himself belting out a few good ones.

The same night the CWA was celebrating the winter solstice down in the main street, with a lantern parade followed by supper in the halls. Talk about spoiled for choice ... plenty of opportunities to revel.

The well-attended NAIDOC Week event organised by the Guluga Reconciliation Group in Tilba's Big Hall was an opportunity for celebration, acknowledgment and a chance to hear the Indigenous voice of our country front and centre. The panel discussion around the NAIDOC theme of 'voice, treaty, truth' was excellent, followed by the telling of Dreaming stories and performance of songs of reconciliation. The CWA provided a great afternoon tea.

The Tilba Halls Committee are all taking a well-earned rest now in the quieter moments. Quiet, that is, apart from the markets, which are still a thriving spot to come and purchase your veggies whilst listening to resident pianist Cathie tickling the ivories. On the subject of markets, local artist Cheryl Davison is making plans to hold Twilight Art Markets in the Big Hall over December and January ... more details to follow so watch this space.

Tilba Cemetery is sadly looking worse for wear after some of the railings surrounding the upper cemetery completely collapsed due to white ant activity. The resident cows were clearly thinking the grass was greener and lost no time helping themselves to the other side, but sadly damaged a number of grave sites in the process. These opportunists have been

removed until the repairs can be completed. Council is on the job and the Cemetery Committee is arranging a working bee to clean up as best they can for now.

Huge congratulations to the three local businesses who are finalists in the 2019 Eurobodalla Business Awards, including the Drom Hotel, Reva at Tilba, and MBK for Life. Winners will be announced at the Gala Dinner, to be held on 3 August at the Tomakin Sports and Social Club, so we eagerly await the outcome.

Tilba Chambers have also been busy sponsoring a project for funding under the NSW Government My Community Project Scheme. The project is called Tilba - Living in History and seeks to preserve the written, photographic and oral history of Tilba and surrounds in a mobile accessible and engaging manner. Recording audio and video histories as spoken by long term residents and local historians. If the project is successful it will include presentation of key photos from the Corkhill collection to illustrate the early history of Tilba, key women's contribution to the area (CWA), the stories embedded in the Tilba Cemetery, documenting the changing faces of local heritage buildings and acknowledgement of local collectors of heritage items and displays of their collections. Residents can vote for their favourite project.

So there we are, a fair bit has been going on in and around Tilba. No need to 'make something up' as one local identity who shall remain nameless (but regularly drinks coffee at the lolly shop on a Saturday morning ... you know who you are) suggested as I was stressing about filling in for Stuart!



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Tilba CWA News

Winter Solstice Lantern Parade

CWA members cooked hot soups and sweet cakes for the Winter Solstice Lantern Parade in Central Tilba. Local families enjoyed being out together for this fun annual winter event. Janine Halasz said, 'The soups were a real hit with compliments flowing. It was a great night.'



Winter Solstice in Central Tilba was cold outdoors but the lights from the Lantern Parade made the children smile with joy

Tilba CWA caters afternoon tea for NAIDOC celebration

Members catered afternoon tea for the recent NAIDOC event in Central Tilba. CWA served a delicious assortment of sandwiches, cakes, biscuits and scones. Linda Newcombe of the Guluga Reconciliation Group (GRG), organising this event, said, 'Please pass on many, many thanks to everyone involved in Saturday's remarkable afternoon tea. It was a magnificent spread!'

Lyndall Magnusseson, also part of GRG, said, 'The afternoon tea was amazing. We expected 90-100 people but apparently 160 turned up and yet everyone got fed. It was that kind of day, just expansive.' Tilba CWA members felt privileged to support our local NAIDOC celebration.

August meeting plus koala presentation

At our upcoming Tilba CWA monthly meeting on Friday 9 August in the Tilba Small Hall, respected environmentalist Dr Rosemary Beaumont will speak on 'Koalas and Climate Disruption'. Koalas are the fauna of focus for CWA this year and Rosemary will discuss the intimate interconnection of koalas with their environment. Rosemary will outline the key threats to remnant populations of South Coast koalas, including climate change and habitat loss. Action plans, including the Mumbulla Strategic Plan and the Great Southern Forest Proposal, will also be discussed. All are welcome to attend this presentation with morning tea from 10.30 am.

August CWA Community Craft plus presentation

Tilba CWA's monthly Community Craft get-together continues on Monday 12 August from 9.30 am in the Tilba Small Hall. In addition to craft, Annie Dullow will facilitate a 'Dementia Friendly Communities (DFC)' presentation at 10.30 am. Annie explained, 'The focus of DFC is to raise awareness about what it's like to live with dementia. Through increased knowledge and understanding, we can all do small things to reduce the stigma of dementia and support people with dementia in our community.' Annie will play a 20 minute video and then answer general questions or refer people to the experts at Dementia Australia. All are welcome to attend our craft get-together, the DFC presentation and morning tea.

Tilba School International Day

This year the country of focus for CWA is Papua New Guinea. On Friday 16 August Vicky Staddon, Tilba CWA's International Officer, is coordinating a day of PNG-themed hangi food, craft activity and a presentation for the school children and their teachers at Tilba School.

Annette Kennewell



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Let's be honest, Cobargo. July was a little confused. Lavishing us with lashings of October sunshine and then battering us with the heavy westerly gusts of August. At times I could almost smell the daffodils and plum blossoms, briefly, before the whiplash of a thick icy frost landed me back in reality. Watching on as magpies and wattlebirds, obviously without a Gregorian calendar, battled birdy battles and hurriedly gathered my hair for their nests. The pied Currawongs, down on their yearly coastal jaunt from the high country, fought over the last of the privet berries and eyed the heavens suspiciously with their yellow eyes. Heaven knows what's going on up there ... Only the dry keeps the town's lawns down and the mowers in the shed. Fingers twitch towards tomato seeds, but we are not so naive to think that this is really the end of winter. Not in Cobargo.

But the weather is not the only thing making me doubt winter's conviction this year. The usual hibernation period of Cobargo's hardy inhabitants has been half-hearted at best, constantly interrupted by a heavily stacked social calendar of fundraisers and working bees. Dispersed by an excited air of optimism and activity, local punters have been seen throwing fifties over the counter at the post office staff and biting their fingernails as \$110 million was put to the balls. No local winners as far as I know, but certainly the enthusiasm was there. People could be heard talking excitedly in small groups, making big and small plans. And the chickens are laying again.

All manner of things are being squashed into eight-inch squares for the Cobargo Creators' up and coming 8XEight

exhibition. Straight out of Fitzroy 2010, with a slightly higher chance of crocheted landscapes. So make sure you pull on your skinny jeans and check it out from 17 August.

A ceremonial scything has occurred at the future sight of the Cobargo community gardens. Our big dreams and our small town seem to be harmoniously striding out together, drunk on possibility. Doers and Thinkers and Dreamers are uniting and conspiring for great things. Long-dead and dusty spaces are being activated, swept and up-kept for greater purposes. Green spaces, natural places and play spaces are being planned and planted. And while parts of the main street may still appear empty and dormant to the untrained eye, you don't need to walk far or look hard to see a scurry of activity or to smell the sweet optimistic air.

Can you come with me for a moment? What can you imagine for Cobargo? A large central park perhaps? A town square? Our town's heart no longer the road that cuts us, but a lush network of utility and frivolity? Can you imagine the skirts of our town, no longer a tangled, impenetrable wasteland of waist-high lovegrass, paspalum and blackberry, but accessible, exciting green areas for adventure and play, bird and bee? Can you imagine the children, with safe space after safe space, for sport and play, rest and learning? Can you imagine support for the needy? Friendships and cups of tea for the lonely? What can you imagine?

Well, my dear Cobargo, it might not be as impossible or as far away as you may think. As we soar through this lacklustre winter and head for the new spring ... what can you imagine?

Vote for Baskets and Bikes

Firstly, the Cobargo Skate Club would like to thank the Yuin Folk Club for their generous donation to our Baskets and Bikes project. We really appreciate your help.

Secondly, we have applied for a NSW Government 'My Community Project Grant', and have made it through to the voting stage. If we are successful, this grant will enable us to build our multipurpose basketball/netball court at the skate park.

To be successful we need everybody's help. As the voting is across the two shires in the Bega electorate, and as we are competing against projects in the big towns, we need YOUR vote.

You will have to either go online to Mycommunityproject.service.nsw.gov.au or visit our local Services NSW Centre in Bega and vote for our 'Baskets and Bikes' Project.

Tania Lingard



Tania and Alfredo thank the Folk Club for their support



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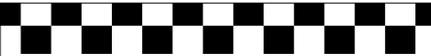
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Meanwhile, on the land ...

Cobargo is pottering through winter and as we pass the shortest day of the year most people's eyes are strained skyward for a drop of rain. The gardens are drying out and the tanks and dams are looking a little worse for wear. However, the Dairy Symposium was held recently in Bega, with a great array of topics covered. Many different speakers took the podium. A group of hard-working young local dairy farmers sat on two panels for discussion on their current dairying situation. The topics varied from the installation of robots to milk cows on a Bega farm, to the use of technology to help monitor records and improve financial gain on the farm, to the reduced cost of growing grass for cow fodder against buying in concentrated feeds. A 'Women in Dairying' breakfast was held with a mental health guest speaker covering the topic of depression and suicide. People from every corner of Australia travelled for the event.



Wandella Hall awaiting new steps

Meanwhile the Wandella Hall is having some new steps installed to enable a safer entry. Cobargo Show Society held their annual general meeting and Daniel Allen was returned as President, June Tarlinton as Senior Vice President, Warren Salway and Dave Williams as the two Junior Vice Presidents, Naomi Rolfe as Secretary, and Dave Rugendyke as Treasurer with assistant Christy Holland. Three executive members were Ben Tett, Greg Holland and Ron Cole.

Daniel thanked the committee and the community for all their hard work last year with special mention to Secretary Naomi Rolfe for doing a splendid job. They are now busy preparing for the Spring Horse Show on 26 October.

Culminating at Cobargo Showground will be a special group of ultra-marathon runners, led by Scott Page who was inspired by his grandfather Super Sutherland to run heritage tracks starting from Braidwood, running 85km the first day. They plan the run for September with a group of horse riders joining in. The aim is to raise awareness of autism. Watch this space.

Sadly we have learned of the passing of some iconic locals and past locals: Alan Pearce, Val Clarke, and Bernie Wakeling. Thoughts go to their families. We are also very pleased to welcome a son, Braxton Aubrey, to Debra and Rod Taylor, and congrats go to grandparents Graham and Lyn Parr, and Marion Robinson.

June Tarlinton

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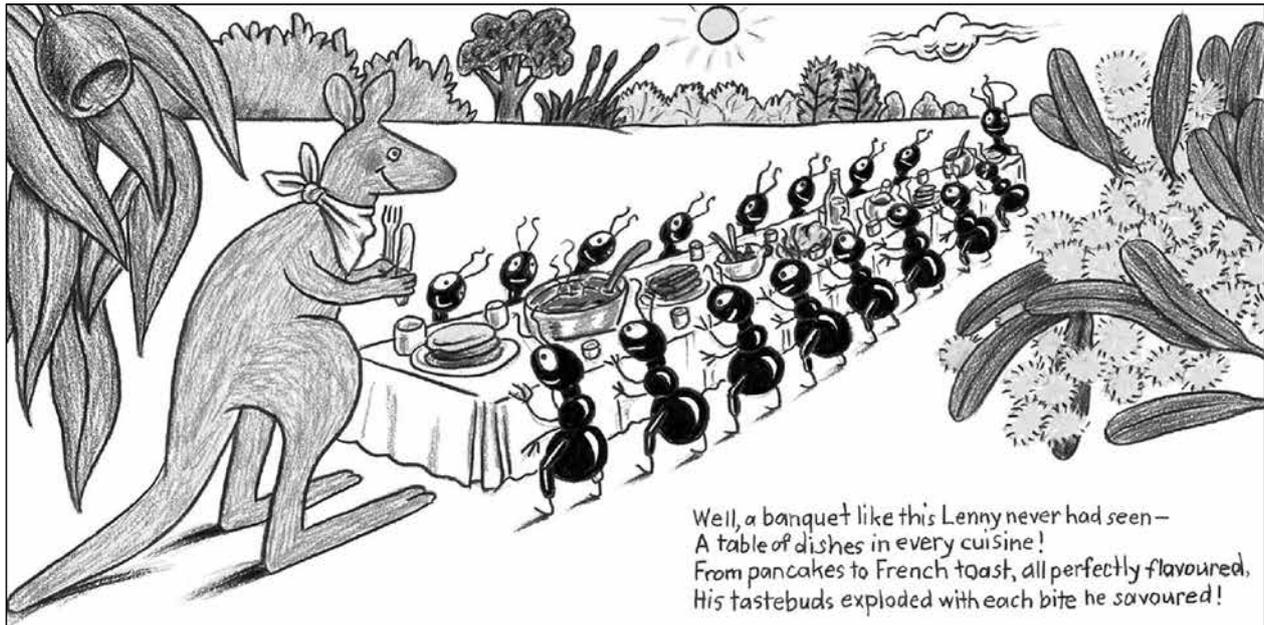
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Ozharvest and Well Thumbed Books present *Lenny and the Ants*



Ozharvest commissioned a children's book to answer kids' questions about food waste

Lenny and the Ants is a children's book commissioned by Ozharvest to encourage change towards our thinking about food.

Lenny is hungry and his tummy is rumbling, but there isn't anything good to eat. *Or is there?*

Bring your kids to Well Thumbed

Books in Cobargo on Saturday 10 August at 11.00 am for a book reading by Rebeccah Norman, the Ozharvest coordinator for the Far South Coast North Branch.

Ozharvest volunteers are holding an information market stall, a perfect opportunity to talk about what they do, learn to be more mindful about food waste

with tips and ideas, make a donation or even become a volunteer.

Please contact Rebeccah Norman for any questions, rebeccah.norman@ozharvest.org, or visit www.ozharvest.org for more information about Ozharvest.

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Dying to know?

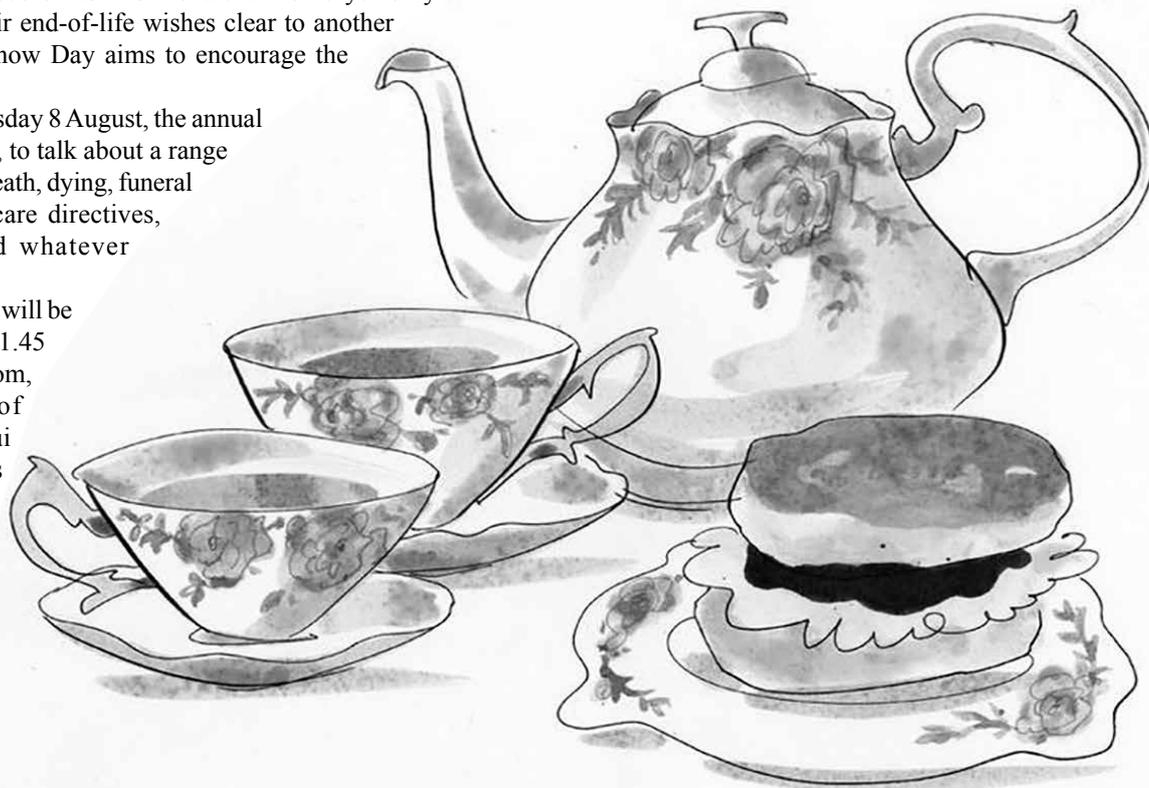
Talking about death and end-of-life planning is important. In Australia over 70% of us wish to die at home yet only 30% have made their end-of-life wishes clear to another person. Dying to Know Day aims to encourage the conversation.

Join us on Thursday 8 August, the annual Dying to Know Day, to talk about a range of topics including death, dying, funeral planning, advance care directives, writing a will and whatever matters to you.

Our Death Cafe will be held from 10.15 to 11.45 am at the Supper Room, Cobargo School of Arts Hall, Bermagui Road, for tea, cakes and conversation.

Donations appreciated.

All welcome.



Cobargo CWA News

The CWA members in Cobargo are going to be very busy over the next few weeks.

Everyone who attended the 'Bake for Babies' last month enjoyed the delicious soups and slices. It is such a good cause, helping to raise funds to assist the Newborn Intensive Care Foundation to purchase a special NAVA ventilator for the region's neonatal intensive care unit. Thanks to everyone who made generous donations.

If, passing the Cottage, you hear singing and giggles, don't worry, it is the sound of the members rehearsing for the next Group Music and Drama Day, to be held at the Quaama Hall on Tuesday 13 August. And on Monday 5 August we will be hosting a Far South Coast Group meeting at the Cottage and providing lunch.

On 13 August we will also hold our Branch International Day featuring our Country of Study for this year, Papua New Guinea.

We have decided to try some less formal meetings and they are proving to be enjoyable. We sit around the table with our handicraft, or simply put together some Mother and Baby Packs for the Highlands of New Guinea (donations always welcome!), or simply chat with a cuppa and a slice of someone's wonderful cooking and enjoy ourselves. New members and visitors are always welcome. Next meeting will be on 20 August starting around 10.00 am, at the Cottage on the Bermagui Road, next to the playground.

Mary Williams,
Publicity Officer

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While you may feel like rugging up and staying indoors as the winds whip about us, there is so much going on I found it impossible not to venture out. Yes, many locals disappear to warmer places during the winter but there is always plenty to do if you keep your eyes open and ears to the ground. U3A took its third term enrolments in late July, for a start!

Noticeboards at various places around town can be great sources of information. Posters in the windows of the local butcher, Cream Patisserie, Honorbread and many other shops are often the 'go to' place to see what's happening. The heart of the Bermagui community can often be seen on display on these posters. An upcoming Murrah Hall fund raiser for a local family is such an event that shows the spirit of this diverse but also cohesive community.

The libraries in our area are a great source of information—and inspiration too. Not just a great place to borrow books, but also a hub of information and events for the community. August is usually our coldest month so here are a couple of ideas on how to spend your spare time during the long winter nights. Winter is the best time for hearty meals and staying in with friends too, so invite over some of your besties and enjoy the indoors together.

Did you know there is a collection box for the coloured plastic lids of milk bottles and soft drink bottles at our Bermagui Library? Why are they collecting these previously non-recyclable lids? There is a 3D printing process by Envision Hands, a Victorian organisation which uses these multicoloured hard plastic lids to make arms for children who have lost their limbs to landmines or illness in countries where such prostheses would be beyond their abilities to source or purchase. For more information search for 'Envision Hands' on

Facebook. In this world of often despairing stories of impending doom and disaster, I found this simple collection a glimmer of hope that something can be done with a positive impact at grass roots levels. By the way, you can drop off your old mobile phones for recycling at the Library as well.

Along the same line, I found a recipe recently to make your own beeswax wraps to replace the use of gladwrap, a single use plastic which has a scary lifespan of hundreds of years! Have a go at making these wraps. Again, something to do indoors while the winds are blowing. You just need some beeswax, some thin, 100% cotton cloth, a hot iron, an old towel and some baking paper, and, if possible, some pine resin and jojoba oil. You can use them instead of gladwrap on anything other than meat. Go online and you will see any number of YouTube tutorials about how to make these wraps for yourself and as gifts.

Another small yet wonderful discovery at the Library—the Wild Care Australia information sheet on how to make pouches for rescued baby joeys, possums, bandicoots, wallabies and gliders. A 'joey' is not just a little kangaroo. It is the term for any young marsupial. As you can imagine, these little rescued creatures can require 24/7 care, including dealing with a lot of wet pouches! Up to 30 pouch changes for each joey is the normal. So, if you have even just basic sewing skills, the information sheet about how to make a joey pouch is easy to follow and you can use any old sheets or tea towels. So, when the weather gets nasty and you are inclined to stay indoors, whip up a few joey pouches. For more

information look at www.wildcare.org.au.

Last but not at all least, I have benefited greatly from some advice of late on a range of topics. I am new to country living so I'm in awe of people here. I have learnt about the correct and much more efficient way of stacking up a generous firebox this month. Soooo much better than what I was doing with tiny pieces of timber and bunches of kindling sticks which needed constant feeding! And soooo much less splitting required! Thank you, Barry!

PS: thank you to the kind offers I received from two different people to lend me their pet pythons to live in my roof space and eat my rodent invasion. While I graciously declined due to my extreme aversion to anything that slithers, I have rid our roof of the rodents through various non-toxic, and, I am sad to say, toxic ways! I remain vigilant for the second wave ...



Collection points for bottle tops and old mobile phones at Bermagui Library

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Indigenous books and photographic collections launched at Bermagui Library

It was a very well-attended event for the NAIDOC Week Indigenous Collection book launch at the Bermagui Library on 9 July. The Library purchased more than 60 books using *The Triangle's* donation of \$1000 to celebrate the NAIDOC 2019 theme- 'Voice. Treaty. Truth.' The Welcome to Country was offered by the Umbarra Wallaga Lake elder, Paul Campbell. Three of the Campbell brothers were at the launch, along with their extended families.

Graham Moore, the BVSC Aboriginal Liaison Officer, and Scott Baker, Programs and Partnerships Officer, were present, as well as Dan Morgan from NSW Local Land Services. All three spoke about the many

coming events and programs involving Indigenous culture and learnings in how we manage our forests and recognise the wealth of knowledge of the Indigenous communities in Australia and in our own Bega Valley area.

In addition to the launch of the Indigenous book collection, there were two photographic collections donated by local photographers, Penny Jones and John Ford. Samantha Fenton, the BVSC Library Operations Team Leader, announced that the Library had been granted \$18,500 from the NSW State Library Heritage Aboriginal Grants Program for the proper archiving and indexing of the photographs, which record local Indigenous families from the

1970s to the 1990s. Many of the Indigenous community who attended the launch recognised themselves as youngsters in these photos.

That same morning, the Library also had a Storytime and dot painting session run by Nick Hoskins. Over 40 children were welcomed to this session by Warren Foster Snr.

Afterwards, attendees enjoyed a good yarn over a morning tea provided by Linda from *The Triangle*, with librarian Rachel's delicious bush tucker-inspired lemon myrtle biscotti and cordial.

Ann Maree Manager



Samantha Fenton launching the new Indigenous book collection to an appreciative audience (Photo credit: Rachel Higginbotham)

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Last chance for the Bermagui Seaside Fair



Happier days. Make sure the Seaside Fair lives on—join the team at the AGM next month

Most readers would know that the Bermagui Seaside Fair did not go ahead this year. This was due to the Seaside Fair team's inability to find enough volunteers in 2018 to fill all committee vacancies for the 2019 event.

The Fair had been a part of the Bermagui March calendar for 21 years, showcasing local craft, art, music, produce and more each year. It has also brought one of the largest market stall days to the region, seeing visitors and locals enjoy a great day out with fireworks to finish the day. The Fair is run by a not-for-profit organisation with any profits after costs given back to the Bermagui community, often around \$10,000 in donations each year.

Last month the Fair Committee met again to attempt to form a committee to run the 2020 Fair. This was advertised as an open general meeting looking to find a date for the 2019 Bermagui Seaside Fair and establish a team to run the 2020 Fair. Unfortunately, there was insufficient interest from the community

to continue the Seaside Fair in its current format for 2020.

As such, and because of the time left this year, it is now difficult to run the 2020 Seaside Fair with its usual format.

Bermagui Seaside Fair has now set 30 September at 6 pm in the Bermagui Country Club Auditorium for its AGM.

While it would be great for the Fair to continue, it needs a committee of at least ten people to do so. If the Fair needs to change and adjust its format to continue that's OK, but it needs you, your ideas and support to help it make the change.

If you can make it to the AGM and volunteer yourself, please mark the time in your diary—all positions are open and need to be filled. If the committee cannot be formed for 2020 and beyond then the previous committee will be closing the group down, and Bermagui will have lost a part of its identity.

*John Mills, Chairperson
2018 Bermagui Seaside Fair Inc*

We need to talk about ... family violence: author talk at Bermagui Library



Steve Matthews' novel deals with women's issues, domestic abuse, and adversity.

Bermagui Library Book Chat presents a special talk by Steve Matthews, author of *The Skinny Girl*. This thought-provoking novel about a victim of emotional abuse highlights how attitudes and values shape perceptions of what is acceptable in relationships, how culture contributes to domestic violence, and how stories of silence must, in the end, be told.

Through Daisy Croucher's life, readers see that there can be hope while we are exposed to the powerful, raw truth about a hidden subject.

Although this is a work of fiction, it is based on interviews, research, published works and other materials. After Steve's talk a local domestic violence support worker will be available to answer questions and speak about services and issues in our community.

Friday 2 August, 11.30 am – 12.30 pm. Enquiries, contact the Library on 6499 2411.

Bermagui Poetry Group

I'd like to start a monthly poetry group in Bermagui, most likely on a Tuesday or Thursday at 4 pm, potentially at the library or another central spot.

If you are interested please send me an email at spear.chloe@gmail.com

Chloe

This year local environmental company and long-time, generous Triangle supporter AKT is sponsoring our My Triangle page. Readers tell us they love My Triangle so we're preparing a list of interesting local personalities to profile. You might be on it!

Tilba couple finds peace, beauty and a sense of belonging

Cathie and Denis Muller were seduced by the beautiful land and waters around Gulaga when they brought their extended family here on holiday in 1998, and in 1999 they bought five acres near Central Tilba. They built a weatherboard home designed by Narooma architect Phil Rose and pulled lantana and blackberry by hand to restore a degraded gully to cool-temperate rainforest. They now nurture and enjoy an extensive garden of South-Eastern Australian trees and shrubs.

If you wander through the Central Tilba Market on Saturday mornings you will probably hear Cathie playing piano arrangements of music by the Beatles, Simon and Garfunkel, Billy Joel, Carol King or Elton John, but true to her classical roots, she also plays a little Beethoven, Chopin and Scott Joplin. Cathie has taught piano and theory to AMEB Diploma level, but now appreciates having an incentive to brush up her technique and expand her repertoire. She has returned to teaching, this time encouraging adult students who have had some previous training and are eager to regain their confidence and skills.

Denis likes being part of the Market scene and can often be seen sitting at a small table near the piano, reading the Saturday papers or chatting with friends and passers-by.

Denis is a social researcher, academic and journalist. As a journalist, he worked for 23 years on *The Sydney Morning Herald* and *The Age*. He does a weekly live broadcast for ABC regional Victoria, often out of the ABC studio in Bega. As an academic, he teaches media law and media ethics at the University of Melbourne and is a regular contributor to *The Conversation*.



Cathie and Denis Muller: seduced by Tilba's community and physical beauty (Photo credit: Birdie McMahan)

As a social researcher, in 1999-2000 he explored attitudes among Aboriginal and non-Aboriginal Australians for the Council for Aboriginal Reconciliation, in collaboration with Irving Saulwick. Their reports provided a foundation on which policies to promote Reconciliation could be built. Denis was the moderator for the lively and informative panel discussion at the recent NAIDOC celebration in Central Tilba.

Cathie's family first settled in Nerrigundah in the 1850s, but her sense of belonging is enriched by her community activities. She is a member of the Gulaga Reconciliation Group which facilitates events that provide opportunities for cross-cultural understanding and friendship, and she teaches in the Primary Ethics program

at Narooma Primary School, which is designed to help children develop their own framework for critical thinking and ethical

decision-making.

Denis dabbles in leadlight and art glass and Cathie enjoys gardening and the challenge of designing for both prospect and refuge. She expresses her delight in the delicacy and wonder of natural things in pencil and ink drawings.

Denis and Cathie frequently join the Tilba Song Circle at the Drom where Denis admits to having a 'roar' on the guitar and Cathie taps away on a family drum acquired in Papua when she lived there as a child. In quieter moments they attend the more reflective gatherings at Open Sanctuary, the little, heritage-classified church building in Tilba Tilba where small gatherings of people of all faiths and ethical frameworks ponder big thoughts.

Cathie and Denis have lived and worked in Sydney and Melbourne and London, but it is here on the Far South Coast that they feel privileged to have a home base for their family, to live in a place of beauty and abundance, and to be part of a generous, diverse and inclusive community.



Feather quill sketch by Cathie Muller



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It's been a quiet and warmish winter this year. Sure, we've had a few frosts and a bit of wind but otherwise we've had one lovely sunny day after the next, perfect for getting outside and enjoying life. Pity about the lack of rain! It's as though the sky has forgotten how.

The QPA has decided to warm us up further by organising a social night at the Quaama Hall with a '60s theme. Dinner will be provided and we can expect tunes from the greatest decade for music ever. Come along on Saturday 17 August at 6 pm. There will be prizes for the best dressed, raffles and a bit of trivia thrown in. Tickets are just \$15 including dinner, tea and coffee. Bring your own cold drinks. Pre-bookings are preferred so they know how many to cater for—email vjc2@bigpond.com, but there'll also be tickets at the door. Enquiries, ring 0427 937 291 or check the Quaama Progress Association page on Facebook. Come let your hair down! Get your groove on!

We'll see you there ...



Dust off the psychedelic miniskirts and hip-hugger slacks for the 60s Dance Party on Saturday 17 August!



Still under construction, the new footpaths will make it much safer for our kids.

Quaama School gets a safety makeover

The Quaama Public School has never had separate places for kids and cars. And being on a corner just makes it worse. So concerned parents and the P&C wrote to Council advocating for a safety upgrade and Council has heard their pleas.

A footpath is now being built out front and down the side of the school where the school buses stop. To make room, there will no longer be parking directly in front of the school but defined parking spots further along the road, under the trees. They are upgrading the school's existing driveway which also provides wheelchair access.

Landscaping will guide cars and improve safety for pedestrians.

There are also plans for a pedestrian crossing from the Hall over to the park to make crossing safer. The school uses the Hall for performances and the crossing will make it much easier to move kids safely to and from the Hall.

Council were receptive and liaised with the school, P&C and parents during the planning process. It's been a constructive and inclusive collaborative effort. The school community is pleased with this process and looks forward to seeing the finished project.

Tash Roberts



Mike Roberts (AMT)

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August night closures for Princes Highway at Quaama

From early August, the Dry River Bridge at Quaama will be closed for periods during the night for essential maintenance.

To safely carry out this work and minimise impact to motorists, Dry River Bridge will be closed to traffic between 7 pm and 10 pm and between 2 am and 5 am, on Sunday, Monday and Tuesday nights from Sunday 4 August.

A Transport for NSW spokesperson said work will be carried out to replace bearings on the bridge to increase its life and reduce maintenance costs.

'The Princes Highway carries a large volume of traffic so it is important to keep the bridge safe for all road users,' the spokesperson said.

The spokesperson said the closures will allow the bridge to be lifted to a safe height for crews to safely work under the structure and then return the bridge to its standard height before the morning peak.

Motorists are advised to check livetraffic.com and plan their journeys to avoid lengthy delays.

Other activities including bridge lift preparation and general maintenance work will also be carried out from Sunday to Friday for three weeks and Dry River Bridge will operate as a single lane under stop/slow traffic control. Motorists are advised to check electronic message boards for these traffic changes.

Reduced speed limits will be in place while work is carried out and motorists are advised to follow the direction of signs traffic and control.

Motorists are also advised to allow up to 15 minutes additional travel time outside of the scheduled nightly bridge closures.

Emergency services located north of Dry River Bridge will be able to access Quaama during the closure periods. In the event of an emergency residents should always contact Triple Zero (000).

Transport for NSW thanks the community for its patience while work is carried out. For the latest traffic updates call 132 701, visit livetraffic.com or download the Live Traffic NSW App.



The bridge will be raised at night for essential maintenance work, then lowered again in the mornings to allow regular daytime traffic flow



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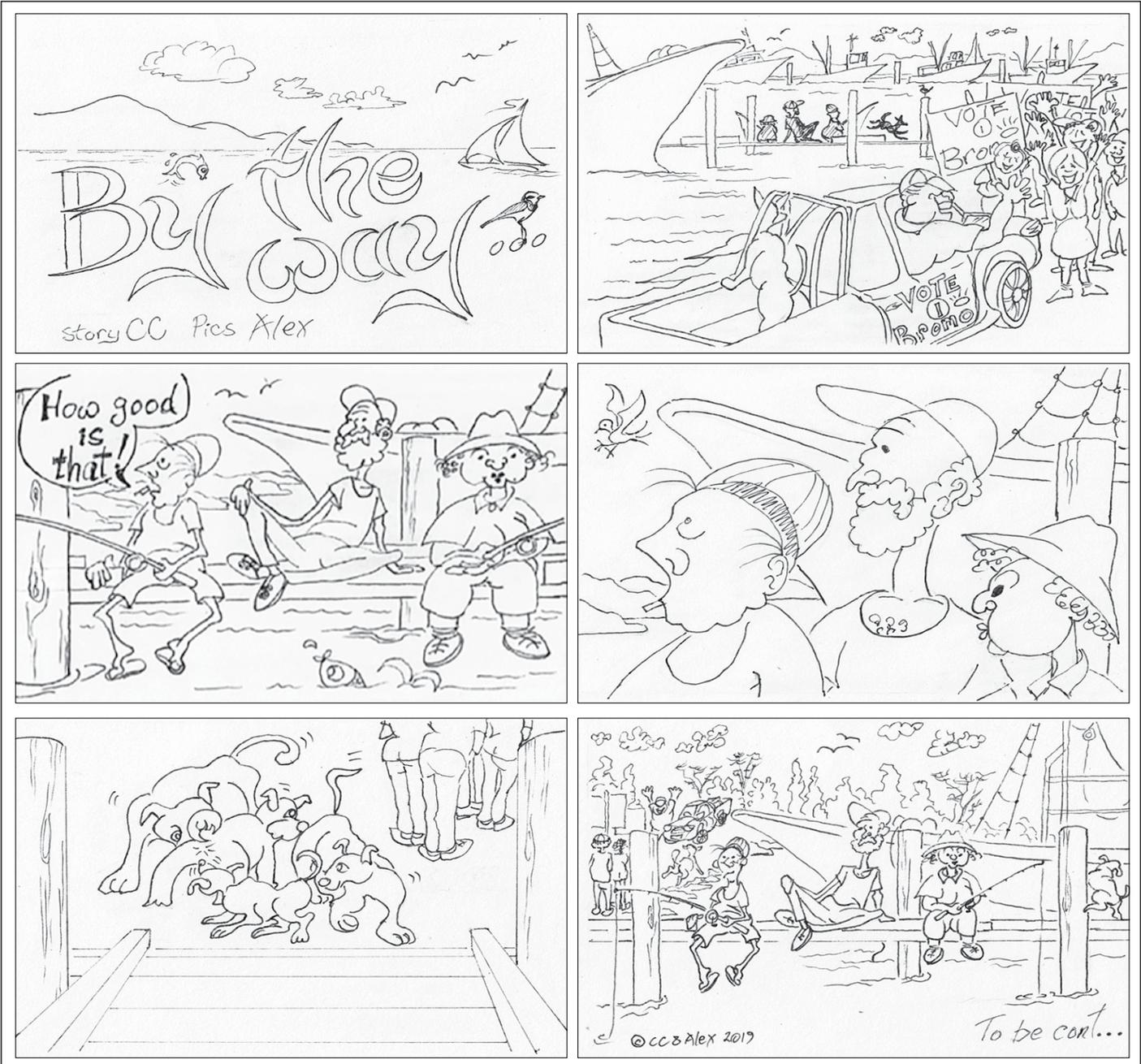
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Murrah Hall lights up for August



Psycho Zydeco rehearses for the Murrah show in front of a live Basement audience in Sydney

After a period of darkness, but not inactivity, over the last couple of months, the lights are back on at the Murrah Hall. This is fortunate. Until February next year there will be many and varied styles of fantastic music and maybe some theatre to keep the bulbs blinking.

August features the breadth of musical styles that has become the hallmark (along with the curries) of this historic Hall.

First up ... on Saturday 3 August at 7 pm, that perennially amazing roots dance band, Psycho Zydeco.

With numerous tours, festivals and gigs throughout Australia and Europe, as well as four critically acclaimed albums, the band is enjoying performing live now more than ever, as witnessed recently at the Cobargo Folk Festival.

The band's earthy blend of traditional Cajun, Blues and Swamp music produces a sound that is Psycho Zydeco. Driving washboard, drums, guitar, sax and the odd industrial-sized triangle combine with some amazing accordion playing that will make you feel so good you'll want to grab a washboard and get up on stage. More at www.zydeco.com.au.

Next ... Sunday 18 August from 2.30 for a 3 pm start: Jazz

Saxophonist and composer Lachy Hamilton and his band will perform

music from his critically acclaimed debut album 'Alchemy'. As Jazz and Beyond's Barry O'Sullivan says: 'This debut album represents a highly significant milestone for Hamilton, in what promises to be a stellar career for this talented saxophonist and composer. "Alchemy" is a tasteful and impressive debut that firmly positions him as a distinctive talent to watch.'

Then ... Saturday 24 August: Local Music Night with The Gulls from 6.30 pm

That amazing fundraiser for Brian Boulter showed local audiences just how good our local talent is. Check the Murrah Hall Facebook page for more details.

Then ... Sunday 25 August from 12.30 pm: A whopper country music arvo with Country Connections

The name says it all, spanning traditional and modern country music styles played by passionate professionals. Michelle Russell, Louise Bowerman, Steve Martin and Syd Bassington average a thirty year career behind them. This is the Murrah's first hosting of a dedicated country music show.

And lastly ... Saturday 31 August from 7 pm: another Dance Night, a special one with the Marvellous Hearts presenting their

'Give Love Dance Party'.

The Marvellous Hearts' sound is infused with the best of the 60s open jangling twang: 'Like a sonic time machine that can take you swayback to a simpler time, filled with awe and wonder' (JJJ). It's true. They have taken an infectious epoch sound and made it their own. And with Kat Vavahea and Ali Penny now on board, get ready for Etta James-style sounds as well.

All shows \$20 (kids free). Book online: www.southcoasttickets.com.au



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YOUR LOCAL LEGAL SERVICE

West Virginian musicians heading to the South Coast this month

Music lovers are in for a treat in August when the Big Possum String Band comes to town. Cobargo resident and musician Peter Hisco has been running a string band festival, The Kelly Country Pick, in the Victorian country town of Beechworth for the past 11 years. The festival features Bluegrass, Old-time and Cajun bands from across Australia. In the past four years, Peter has been bringing out international performers and this year he is extremely excited to bring out three dynamic young musicians who have been winning prestigious awards and instrumental championships across the United States.

Formed in 2017, the 'Possums'—Tessa Dillon, Seth Swingle and Evan Collins—are exciting young performers, passionate about the rich legacy of traditional music from the American South. They are old-time country music's hottest new band. With three-part harmonies, electrifying fiddle breaks and a pounding square-dance beat, the Big Possum will have you stamping, dancing and yelling for more. Peter Hisco will be filling in on the double bass for the trio as their usual bass player was unable to make the trip.

The Possums will be enjoying a whirlwind two-week tour of performing and sight-seeing for their first Australian visit, starting in Sydney. They will be playing three gigs here on the beautiful South Coast on route to Victoria. There will be a special house concert in Cobargo on Friday 9 August with limited numbers. Tickets are \$20. Enquiries: Peter Hisco, 0423 092 725. On Saturday 10 August they will play the Quarterdeck, Narooma, supported by the Passionate Fools, featuring Wendy Jackson and Peter Hisco. Bookings essential. Buy tickets online at www.quarterdecknarooma.com.au, \$20. On Sunday 11 August they play Tathra Hotel, 4 – 7 pm, free.

The Kelly Country Pick will be running a three-day music camp (13-15 August) prior to the festival in Beechworth and the 'Possums' will be among the tutors. People and performers come from all over the country to experience this unique festival in one of Australia's most iconic regional towns. See kellycountrypick.org for more details, or call Peter Hisco on 0423 092 725.

Wendy Jackson



'The Possums'—bringing traditional music from the American South to Cobargo this month

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dancing & yelling
for more*

Friday 9th August - House Concert Cobargo, \$20 limited seating
Saturday 10th August - Quarterdeck Narooma Bookings essential
Tickets online: www.quarterdecknarooma.com.au - \$20
Sunday 11th August - Tathra Hotel 4.00 – 7.00pm free
All enquiries: 0423 092 725

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Twisted fairy tales for grown-ups

Fresh from a highly successful season at the Sydney Fringe Festival and supported by Arts on Tour, Eliane Morel (writer and performer) returns to the Far South Coast with Daryl Wallis (musical director and accompanist) to bring you 'Disenchanted' – a cabaret of twisted fairy tales for adults.

Witty, musical and totally original, 'Disenchanted' transports you to a seventeenth century Parisian salon hosted by the godmother of fairy tales, Madame d'Aulnoy. Here you will be entertained, amused and aroused by fairy tale characters gathering to re-tell their stories—but with a twist (often prophetically relevant to today): the Wolf from Little Red Riding Hood reveals his tender side; the Goose who lays golden eggs in Jack and the Beanstalk joins the Vegan revolution and the ugly sister whistle-blows on Cinderella's dastardly housework roster ... to name just a few!

Eliane Morel is a Sydney-based concert and cabaret singer and actor. She performs throughout Sydney and Regional New South Wales, including with Newcastle Festival Opera, Newcastle Musica Viva and as principal Mezzo Soprano with Sydney's favourite boutique opera company, Opera Bites. She is also a Theatre-in-Education actor for Troubie Theatre, and for Company of Rogues.

Eliane has performed many times for enthusiastic Far South Coast audiences, including the Sapphire Coast Music Society, the Sapphire Coast Alliance Française, Narooma Twilight Concerts and Bermagui's Community Christmas Carols. She is thrilled to return with her new show. She will also conduct workshops on creating a cabaret character.

Some reviews of 'Disenchanted' from the Sydney Fringe Festival:

'Sexy and subversive, audacious and hilarious.' ... 'Pitch-perfect comic timing and vocals.' ... 'Fantastic, original, hilarious... with a frisson of risk.' ... 'A dastardly modern and topical take on fairy tales.'



Eliane Morel: a cabaret of twisted fairy tales for adults

The Twist Factory (Narooma):
Friday 30 and Saturday 31 August, 7 pm
(and Workshop on Sunday 1 September, 11 am);
Wolumla Hall: Friday 13 September, 7 pm;
Murrah Hall: Saturday 14 September,

2 pm & 7 pm.

Tickets (\$26.50) : www.stickytickets.com.au (search 'disenchanted').
Enquiries: 0403 761 624.

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17 August is the date for the square 8 X 8!

The time is now to create ... what? Well, anything ... in wood metal watercolour, stitched unstitched, abstract, portrait or landscapes. Any medium is welcomed as long as the size is 8x8 inches, it's original and for sale.

Submissions are due between 9 and 13 August. And then come along to the opening on Saturday 17 August at 11 am.

This is a community event to treasure, its tendrils stretching out far and wide, promising a diverse and inspiring exhibition. Get a move on, make it happen and become part of the August Square Happening.

Since 2012 Cobargo Creators has been in the main street operating a volunteer-run gallery for locals by locals. Part of its charter is to offer workshops and we have a new workshop coordinator, Annie Dullow, who is interested in hearing from you if you have an idea, a yen to pass some skills on to the community. There is a whisper of making magical mystical creatures over a weekend in September when Virginia Casey will present An Introduction to Small Sculptures.



The AGM of the Cobargo Creators will be held in August, at which time office bearer positions will be vacated and a new committee elected. All are welcome. For

further information on any of the above or any other arty crafty snippet, email cobargocreators@gmail.com.

Sandra Taylor



Annie Dullow stitching on her 8 X 8

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Two exhibitions this month at Lazy Lizard



Above: A selection of textile treats from the Bega Valley Textile Group

Below: Simply beautiful. Textile art by Patto



In the Side Room in August, ‘Textile Treats’ is an exhibition of work by Bega Valley Textiles, a group of creative, diverse, interesting individuals who meet every week to increase understanding of the ancient crafts of weaving and spinning, and to support people interested in textiles in general.

The members have many skills; they spin, dye, knit, crochet, felt, sew ... and some can do the lot. The group offers fun, social contact and a deep reservoir of knowledge and skill.

This exhibition displays individual styles and skills from many of the group members. Some have been working at their chosen craft for many years and this shows in the great design, craftsmanship and professional finish in the items—hand-woven and hand-knitted scarves, wraps, accessories, table linen, rugs and bags.

If you are interested in joining the group or learning to weave or spin, they offer free tuition for new members. There are regular weaving workshops that are open to everyone.

The group meets at the Old Bega Hospital, on the southern outskirts of Bega, from 10 am till 1 pm every second Friday and every second Saturday (this month’s meetings are on Fridays 2, 16 and 30 August and Saturdays 10 and 24 August). There is also a meeting on the fourth Friday of each month at the CWA Hall in Cobargo from 10 am to 1 pm.

Contact details are: Mog Bremner, 6492 2993, 0401 968 899 or mogbremner@mogajon.com.au, or Chris Rogers, 6494 1520.

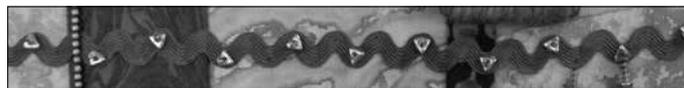
Some of the artists will be at the Lazy Lizard exhibition opening on Saturday 3 August at 1 pm. If you want to discuss the works or join the fun, come along and be inspired.

And, to continue with the textile theme, we have a special exhibition by Patto, our very own textile artist, in the main Gallery this month. We are all familiar with Patto’s beautifully creative, quirky designs, both in her jewellery and her textile work, and she has produced a number of wall art pieces, more of her lovely textile-covered books as well as a variety of jewellery pieces, using fibre, threads and textiles. She’s also hoping to have a couple of bags and those gorgeously decorated baskets.

She’s calling her exhibition ‘From the Bottom of the Sewing Basket’ as she wanted to use stuff that she’s been accumulating for years. I’m sure we’re going to be charmed and amazed!

Come and have a cuppa with Patto from 10 am on Saturday 3 August and then join us to celebrate with the Bega Valley Textiles group round 1 pm. What a great way to enjoy a Saturday!

Naomi Lewis



CARERS “LOOK AFTER YOURSELF” (LAY) REMINDER

NDIS Plans are due for renewal in the Bega Valley.

Carers need to include planned and crisis respite in NDIS Plan Reviews.

Contact your preferred service provider for respite types and costs so that your LAY costs are covered in NDIS Plans.

Sponsored by Nardy House

It's a cover up!

This month we will look at another group of plants—a widely-used group of plants—groundcovers.

Groundcover plants come in many forms and categories, from conifers to Australian natives to perennials and non-Australian plants.

Many are absolute ground-huggers and others can reach 50-70cm high but can be as wide as four metres.

There are categories that will tolerate first-line coastal to varieties that can handle severe frosts and low water. Others are shade-tolerant and many are edible, like herbs.

Plants that suit first-line coastal are usually Australian natives and it's worth mentioning that a stroll along coastal gardens and natural areas will soon give you an indication as to what species are handling this difficult growing area.

Species such as *Carpobrotus* (an Australian native succulent) are very good for dune stabilisation along with groundcover *Banksia* and *Westringia* varieties. *Myoporum* and *Hakea* both have groundcover varieties. A good non-Australian plant is the Shore juniper (*Juniperus conferta*) that will mat well and stabilise sandy soils.

It is important to remember that soils along the coastline can vary widely from clay/shale to very poor sandy soils. In these cases it is also a good idea to add some organic matter to your soil to improve the chances of the new plantings to establish.

Moving away from direct coastal we then move into more protected locations with heavier soils and not so much wind. Again some organic material mixed into the planting hole will help these plants establish.

In open, sunny positions in these locations the list is endless. Australian natives include *Grevillea*, *Leptospermum*, *Callistemon* and *Banksia* with many others that are softer perennial types, including *Scaevola* and *Brachyscome*.

Non-Australian plants include groundcover *Camellia* (Marge Miller and Snow), Carpet roses, *Cotoneaster dammeri* and *Convolvulus*.

Shaded gardens are always a bit of a problem but here also there are many plants that can be used in combinations with perennials, including *Camellias*, Chinese star Jasmine (often used as a climber) and the very beautiful Gumpo Azaleas.

Many herbs are of great benefit. These can be used to cover paths within the herb



Camellia

and vegetable garden or used to cover a retained area within the garden. Several varieties of *Thyme* are suitable for walking on and prostrate *Rosemary* also falls into this category.

The ground preparation for groundcover plants is the same as for other plants, with the inclusion of some compost mixed with the existing soil to give the plants a good start.

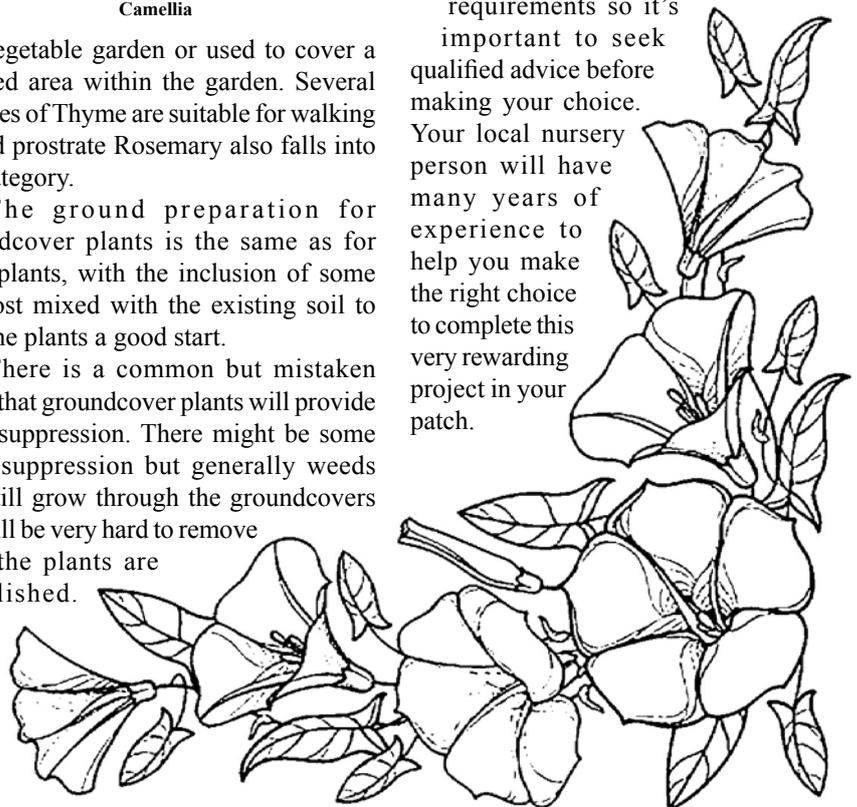
There is a common but mistaken belief that groundcover plants will provide weed suppression. There might be some weed suppression but generally weeds will still grow through the groundcovers and will be very hard to remove after the plants are established.

The best method is to lay down several layers of moist newspaper and cover with a moisture retentive mulch prior to planting and then pull paper and mulch aside sufficiently to make the planting hole. Plant the plants, then water in and pull paper and mulch back around the plant. Over the period the newspaper takes to decompose, the weeds would have most likely died. Some careful hand-weeding and spot spraying will ensure the garden stays weed-free.

Every garden has different requirements so it's important to seek

qualified advice before making your choice.

Your local nursery person will have many years of experience to help you make the right choice to complete this very rewarding project in your patch.



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According to Erica Dibden of the Mountain Valley Farm in Central Tilba, everything she and husband Nic do, simply comes back to food. The couple have owned the 200 hectare farm for 20 years, and each day is about tending to the 400 Jersey cows that supply an estimated 25,000 litres of milk per week, not to mention planting seeds, harvesting crops and making the most of all of it.

Erica and Nic own Tilba Real Dairy, and specifically chose Jersey cows for a number of reasons. 'They produce milk high in butter-fat and protein, have a lower environmental impact on the farm, are such beautiful creatures and are delightful to see grazing in the fields,' Erica says.

'I just love that whole process of nurturing something and turning it into food,' Erica says. 'I've always believed you are what you eat, and we want the milk that we produce to be the very best it can be for the good health of everyone who buys it.'

Erica chose recipes for Spinach and Fetta Pie and Baked Ricotta Cheesecake to share with *Triangle* readers this month.

Baked Ricotta Cheesecake

This cheesecake will keep in an airtight container in the fridge for up to four days.

Serves 10-12

- 125g butter, melted and cooled, plus extra for greasing
- 400g cream cheese, softened
- 450g ricotta cheese
- 1½ cups (330g) caster sugar
- 4 large eggs
- ¼ cup (35g) plain flour
- ¼ cup (30g) cornflour
- 1 tablespoon lemon juice
- 1 tablespoon vanilla bean paste
- 2 cups (490g) sour cream
- Berry compote, to serve (optional)
- Double cream, to serve.

1. Preheat the oven to 160C. Grease a 22cm springform cake tin with melted butter and line with baking paper. You're

going to sit the tin in a pan of water in the oven, so wrap the base and side of the pan tightly with foil to prevent any water seeping in during baking.

2. Using an electric mixer, beat the softened cream cheese until smooth. Gradually beat in the ricotta until smooth. Gradually beat in the sugar over 1 minute, scraping down the side of the bowl when required. Once all the sugar is incorporated, beat for a further 30 seconds.

3. Add the eggs one at a time, beating well after each addition. Beat in the sifted flour and cornflour, and the lemon juice and vanilla. Add the cooled melted butter and sour cream. Beat for 30 seconds, until well combined and smooth.

4. Pour the mixture into the tin. Place tin in a roasting pan and pour in enough boiling water to reach halfway up the side of the cake tin. Bake the

cheesecake for 60-70 minutes, until the centre is slightly soft and wobbles slightly when the tin is shaken. Remove the tin from the water bath and set aside on a wire rack to cool completely. Cover and place in the fridge overnight.

5. Serve the cheesecake with the berry compote, if using, and double cream.



Spinach and Fetta Pie

Serves 4

- ¼ cup (60ml) olive oil, plus extra for greasing
- 2 bunches English spinach, roughly chopped
- 2 red onions, finely chopped
- 10 button mushrooms, thinly sliced
- 1 cup fresh flat-leaf parsley leaves, finely chopped
- 6 garlic cloves, crushed
- 10 eggs, lightly beaten
- 400g fetta cheese, crumbled

- ½ cup (125ml) pouring cream
- ½ cup (50g) grated cheddar cheese
- Salad greens, to serve.

1. Preheat the oven to 180C. Lightly brush a large baking dish with olive oil.

2. Steam the spinach until just wilted. Drain well and place in a large bowl. Mix in the onion, mushrooms, parsley and garlic.

3. Whisk the eggs, fetta, cream and olive oil in a separate bowl. Season

with salt and pepper. Add to the spinach and mushroom mixture and quickly mix together.

4. Pour the mixture into the baking dish and sprinkle with the grated cheddar. Cover with a sheet of baking paper.

5. Bake the pie for 30 minutes, then remove the baking paper. Bake for a further 20 minutes, until golden brown. Serve with some simple salad greens.



FURRY FRIENDS FUNDRAISER!

Gather your friends and join us for trivia at 7 for 7:30 pm on Saturday, 10 August at Club Sapphire
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Pet of the Month

Female tabby Ally is a little shy at first and quite unlike her very outgoing brother Arthur. Ally will quickly break into a purr once she has decided you are no threat. She is more independent than Arthur and does not like to be carried, but loves to snuggle on a lap when the mood strikes her. Also, like Arthur, her tabby coat is so soft you just want to keep stroking it.

Ally is de-sexed, chipped, vaccinated, flea, tick- and worm-treated and vet-checked. Her adoption fee, like all animals available through AWLNSW, is subsidised in the hope that rescue pets will be people's first choice and that eventually we will be able to stop unwanted litters.

Please note that potential dog owners will need to have secure 'dog proof' fencing and suitability to the needs of the

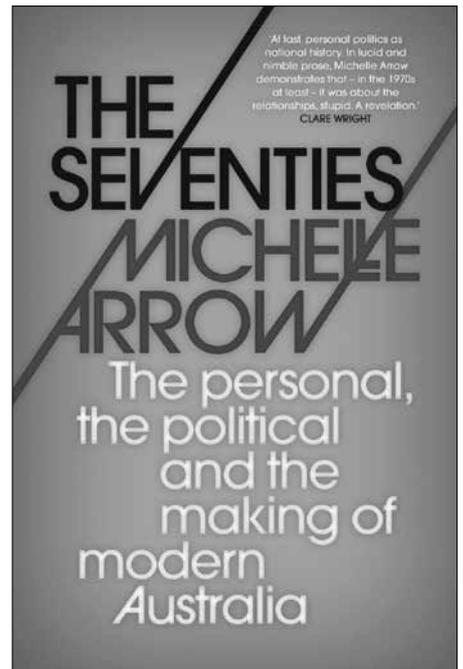
Michelle Arrow

The Seventies: The personal, the political and the making of modern Australia \$34.99

The oldest amongst us remember the seventies as the decade that shaped the remainder of the twentieth century, whether we were actively involved in social movements or not. For the activists, it's the decade that brings to the fore all our nostalgia, for the drama, the demonstrations, the endless campaigns, the excitement of the Whitlam reforms, the unrelenting work and for the music and the fun. This book covers two of the most important movements for change—for the improvement in the status of women, and the struggle for the rights of the gay community.

Its major focus and argument is that these social movements for the first time demonstrated that the personal was political—that for women, 'the problem with no name' (defined by the American feminist, Betty Friedan, as the isolation and the frustration of suburban housewives), it was not just an individual problem, but one which affected all aspects of their lives. This also included the workforce, from which women were largely excluded. Thus childcare, for example, became not just an issue for the individual families, but for the economy as a whole.

I had some reservations about this book being promoted as the definitive look at the decade. For me, an old Victorian, it

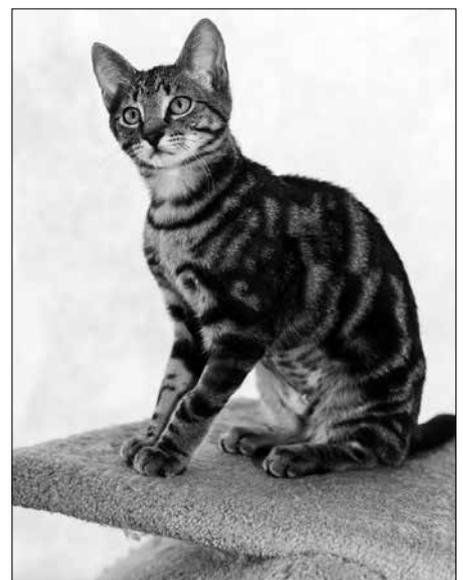


was much too Sydney-centric and did not give nearly enough credit to the hundreds of women who have written about the period. However, as an introduction to this vast topic, it is an accessible and easy read. I know little about the gay rights movement, so can't really comment on that aspect of the book. If you are a Victorian tragic like me, try to get hold of a new book by Iola Mathews, *Winning for Women*, her personal account of the campaigns within the unions and the Labor Party for equal working rights for women—a terrific piece of research by a woman who was at the centre of it all.

Deb Cox

animal. You can view available animals on our Facebook page (Animal Welfare League Far South Coast Branch) but you will need to call the Branch on 0400 372 609 to enquire about any of the many cats, kittens, dogs and pups available for adoption (AWL NSW Rehoming Organisation Number: R251000222).

De-sexing vouchers are available at all vet clinics in our branch area—Bermagui, Cobargo, Bega, Merimbula, Pambula and Eden—for local residents who hold a Centrelink Pension Card. AWL Far South Coast will subsidise the de-sexing by \$125 for female dogs and cats and by \$100 for male dogs and cats. Simply make a booking with your vet, show your pension card and you only need to cover the balance of the de-sexing cost.



Ally loves to snuggle when the mood strikes her



ALCOHOLICS ANONYMOUS

Bermagui Saturday 2pm & Bermagui Monday 5pm
Both at Anglican Church Hall,
Ph Dave on 6493 5014

AL-ANON

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ALICE BAILEY GROUP

Each Saturday from 12.00 to 3.00pm we gather to
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ANGLICAN PARISH OF COBARGO

Bermagui: All Saints- 1st, 2nd 3rd 4th Sundays 8.00am
Cobargo: Christ Church-1st, 2nd, 3rd Sundays 10.00am
Quaama: St Saviours- 4th Sunday 10.00 am.
5th Sunday - One service in parish at 10
am rotation. Contact Tim Narraway 6493 4416

ANIMAL WELFARE LEAGUE

Far South Coast Branch promotes the welfare of
companion animals and responsible pet ownership.
Call 0400 372 609

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

BERMAGUI CROQUET CLUB

Sunday Social Golf Croquet 9.45 until 12.00
Monday Association Croquet 1.30 until 4.00
Wednesday Golf Croquet 1.30 until 4.00
Thursday Association Croquet 1.30 until 4.00
Call Lynn Lawson 0411 432 533

BERMAGUI CWA

Meeting, first Friday of the Month at 1 pm.
CWA Rooms, 10 Corunna St, Bermagui.
Contact: Mrs Kathryn Preston, 6493 5887
kfstreston@bigpond.com

BERMAGUI DUNE CARE

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

BERMAGUI GARDEN GROUP

1st Tuesday every Month 10 am until 12 noon, venues
vary, phone Heather Sobey on 0418 406 068

BERMAGUI HISTORICAL SOCIETY

Meeting First Wednesday of Month, 2.00pm CWA
rooms, Bermagui. Researchers & helpers welcome.
Ph Allan Douch 0428 427 873 or
Dave Cotton 6493 5014

BERMAGUI INDOOR BOWLS CLUB

Social games 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. Bob Whackett: 6493 3136

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 & DISTRICT LIONS CLUB

New members welcome. Meet 1st Thurs each month
at Cobargo Hotel & 3rd Thurs at Bermagui Country
Club at 6.30 for 7.00pm
Enquiries: Ray Clements on 0477 017 443.

THE BERMAGUI MARKET

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

BERMAGUI MEN'S SHED

Meets Tuesdays & Thursdays from 10am at Umbarra
Cultural Centre, Akolele. All men welcome.
Contact Ian Bailey 0409 691 458 or
Phil Baldwin on 0421 114 882.

BERMAGUI PROBUS

Probus provides an opportunity to meet with fellow
retirees on a regular basis, listen to interesting guest
speakers and join in the company of new friends.
Meets on the second Monday of each month at the
Pavilion, Dickenson Oval. 10am-12. Contact Lorraine
Curtis email lcou6446@bigpond.net.au

BERMAGUI & DISTRICT SENIORS' SOCIAL CLUB

The 1st Wednesday of each month, General Meetings
held alternately at CWA rooms, Bermagui and
Bermagui Country Club, commencing 10.30 am. with
social luncheons to follow. New members are most
welcome. Enquiries contact President Hilda 0438864374

BERMAGUI SES UNIT

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

BERMAGUI TINY TEDDIES PLAYGROUP

Fridays 10-12 during school term. Newborn, toddlers,
all welcome! CWA Hall, Corunna St, Bermagui.

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. Contact Paul
on 0466 013 153 or visit www.facebook.com/BermaguiUrbanFoodFarmers

CATHOLIC CHURCH

Weekend Mass times.

Bermagui- Sunday 7:30 am Cobargo -Saturday 5pm

COBARGO CWA

Meeting 2nd Tuesday of the month at 10:30 am
CWA Cottage, 5 Cobargo-Bermagui Rd, Cobargo
Contact: Ms Sally Halupka 6493 7356
cwa.cobargo@gmail.com

COBARGO DISTRICT MUSEUM

Meeting 5 pm 2nd Thursday of the month at
the Cobargo Museum: researchers, old photos,
information and new members welcome. Contacts:
Vicky Hoyer 0422 377 278 / Bev Holland 0408 280 024

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.
All ages welcome. Bring along a piece of fruit
to share. A small donation would be greatly
appreciated. 6493 6660

COBARGO & DISTRICT RED CROSS

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

COBARGO SoA HALL COMMITTEE

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

1ST COBARGO SCOUT GROUP

Children 6 - 15yrs. Meetings 6.30pm to 8pm in school
term Cobargo Showground dining hall. Contact
Graham Parr on 6493 6795

COBARGO SHOW MEETING

2nd Wednesday every month, 7.30 pm - CWA
Rooms. Contact Naomi Rolfe 0417 456 354

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

DIGNAMS CREEK COMMUNITY GROUP

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

MOBILE TOY LIBRARY

& Parenting Resource Service. All parents of children
0-6 welcome to join. Enquiries: 0428 667 924

LIFE DRAWING SESSIONS

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

MT DROMEDARY UNITING CHURCH

Bermagui: Sundays 9am at the Union Church, West
St. Bermagui, Cobargo: 1st, 2nd & 3rd Sundays
at 11am; 4th Sausage sizzle at 7pm
& praise night at 6pm, Cobargo Bermagui Rd.
For information ring Robyn 64938324
Churches also at Narooma and Bodalla

OPEN SANCTUARY AT TILBA TILBA

Non denominational gatherings every 2nd and 4th
Saturday, tea/coffee 4.30pm start 5pm.
Discussion group 3rd Saturday. Meditation
every Monday at 11am. Other events see website
opensanctuary.weebly.com.
Inq: Linda Chapman 0422 273 021

TILBA CWA

Meeting 2nd Friday of the month at 10 am
Tilba small hall, Bate Street, Central Tilba
Contact: Ms Maureen Kleeman 0477 633 221
maureen.kleeman@gmail.com

CWA CAFE

2nd Saturday of the month 9 am to 12 pm.
Tilba small hall, Bate Street, Central Tilba

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 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.

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.

SCHOOL OF ARTS PLAYERS INC (SOAPI)

Enquiries: Robyn Freedman 0410 525 968

THE YUIN FOLK CLUB

The Yuin Folk Club organises the annual Cobargo
Folk Festival and hosts folk music concerts through-
out the year. Details at www.cobargofolkfestival.com.
For info ph. Secretary Carolyn Griffin 0400 391 324,
Treasurer Zena Armstrong 0402 067 615 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

AUGUST	WHAT	WHERE	TIME
Fri 2	Author talk, Steve Matthews (more, p22)	Bermagui Library	11.30 am
	Freestyle ecstatic dance	Quaama Hall	6.15 - 8 pm
Sat 3	Psycho Zydeco, \$25 (p27)	Murrah Hall	7.00 pm
Sun 4	Live music: Corinne Gibbons and Ricky Bloomfield	Cobargo Hotel	5 pm
Thurs 8	Death Café (p17)	Cobargo SoA Supper Room	10.15 am
Fri 9	House concert, Big Possum String Band (p28)	Cobargo (ph 0423 092 725)	
	Freestyle 5Rhythms Dance	Quaama Hall	6.15 - 8 pm
Sat 10	Book launch: <i>Lenny and the Ants</i> (p16)	Well Thumbed Books, Cobargo	11 am
	Live music: Thundergoose	Cobargo Hotel	8.30 pm
Sun 11	Galba Forge blacksmithing demonstration	345 Yowrie Road, Wandella	1 - 5 pm
	Live music: The Sugarants	Cobargo Hotel	5 pm
Tues 13	CWA Music and Drama Day	Quaama Hall	10 am
Thurs 15	Full Moon Dance and Gathering	Quaama Hall	6 pm
Sat 17	60s Dance Night (p24)	Quaama Hall	6 pm
Sun 18	Lachy Hamilton (jazz), \$25 (p27)	Murrah Hall	2.30 pm
	Live music: Dust & Echoes	Cobargo Hotel	5 pm
Sat 24	The Gulls and others (p27)	Murrah Hall	7.00 pm
Sun 25	Country Connections (p27)	Murrah Hall	1.00 pm
	Live music: Jay McMahon	Cobargo Hotel	5 pm
Sat 31	Give Love Dance Party (p27)	Murrah Hall	7 pm
REGULAR EVENTS			
Mondays	Ki yoga Wed / Fri Open Sanctuary, Tilba Tilba 7 - 8 am	Tilba Small Hall	7 - 8 am
	Meditation	Open Sanctuary, Tilba Tilba	11 am - 1 pm
	Bingo	Bermagui Country Club	10.30 am
Tuesdays	Quaama Singers	Quaama Hall	5 pm
	Trivia	Cobargo Hotel	7.30 pm
	Weekly meditation	Kamashila Centre, Tilba	10 - 11 am
	Storytime	Bermagui Library	10.30 am
	Yoga Classes with Sara	Bermagui Surf Club	10 - 11.15 am
Wednesdays	Appalachian Jam Session	Cobargo Hotel	7 pm
	Dru Yoga	Cobargo School of Arts	10.30 am
	Trivia	Bermagui Country Club	8 pm
	Yin Yoga	Open Sanctuary, Tilba Tilba	6 - 7.30 pm
Last Wednesday	Cobargo Seed Savers	18 Blackbutt Drive, Cobargo	10 am - 12 noon
Thursdays	Mind Body Stillness Meditation	The Courtroom, Cobargo	10 - 11 am
	Rhymetime	Bermagui Library	10.30 - 11 am
3rd Thursday	'Everything Tech' night	Bermagui Library	5 - 8 pm
Last Thursday	Gardening talk, Keith Mundy	La Galette, Tilba Tilba	11 am
Fridays	Community raffles	Cobargo Hotel	7 pm
	Club raffles	Bermagui Country Club	7.30 pm
Saturdays	Tilba Market	Big Hall, Central Tilba	8 am - noon
	Cobargo Market	Princes Hwy (main street)	8 am - 1 pm
Sundays	Community Joker Draw	Cobargo Hotel	6.30 pm
1st Sunday	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, 'From the Bottom of the Sewing Basket'	Lazy Lizard Gallery	10 am
	Opening, 'Textile Treats'	Lazy Lizard Gallery	1 pm
Sat 17	Opening, '8xEight'	Black Wattle Gallery	11 am