

# THE TRIANGLE

COMMUNITY  
NEWS

Est. Sept. 2002

QUAAMA COBARGO BERMAGUI TILBA & LOCALITIES

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## A picture's worth a thousand words!

### A few photos from the October long weekend events in Bermagui



Clockwise from top left: CRABS member, Rob Grimstone, at the Great Duck Race; Tug O' War champions; Reboot Fun Run – runners on the new 5km route; Quaama/Cobargo “Ukes of Haphazard” playing at the Camellia Rock Brewery; ‘Hey Kids – shouldn’t this be on the water?’; Howie, The Horizon Bank bear with a cheerful friend

Well the Triangle region never fails to inspire and give food for thought. Contributions this month herald the achievement of Colt Croser, a Cobargo 6th grader who is one of four national finalists in the 'Little Big Idea Competition' for an invention or initiative that could solve problems locally, nationally or globally. We don't know what Colt's idea yet but hope to find out soon. The All Abilities volunteer program is show-casing its activities. The program fosters opportunities for people with additional needs to participate in community with fun and friendship. And

successful locals are returning through the 'Hometowns' initiative where artists return home and give love and support back to their local community.

On the wild animal front it is a different story. The Eastern Curlew, once a regular local, is now a rare sight as its alternative migratory wetlands in Asian are diminishing rapidly. And sadly our koalas, once so common in our forests, are also rarely seen. This is particularly poignant as remaining habitat and connecting corridors are slated for logging in the very near future west of Bermagui.

Meanwhile Council is considering a shire-wide rate increase to fund pool maintenance yet this doesn't include the Blue Pool and Cobargo's popular pool funds itself. Active locals have formed a cooperative for small-scale farmers. Captain Cook's sail past is being explored via the 'view from the ship' as seen by Cook with the 'view from the shore' as understood through Indigenous culture. And in Bermagui a 'Sound Bath' is coming – healing tones of gongs and Tibetan bowls create an ocean of sound reverberating through the body – sounds good.

## Letters to the editors

### Lucky to live here

I am writing to thank and publicly acknowledge the people of our community.

On 23 August 2019, I had a farm accident on our property, Verona Road Olives. Due to the serious chest and lung injuries suffered, I was airlifted by helicopter to Canberra Hospital where I spent 17 days in Intensive Care.

At the time of the accident our neighbours provided immediate assistance, driving my partner and her car to Canberra, returning home in the early hours of the morning. A working bee was organised to clean up the accident site, feed animals and keep an eye on the property while we were in Canberra for three weeks.

Neighbourly support is ongoing

through my long period of recovery. We feel very blessed and lucky that we live in a caring community such as ours.

Our love and thanks also go to the professional services who came to my rescue and cared for me through the first weeks, and also to the local services caring for me now. Thank you to the Bermagui paramedics, Care Flight helicopter Canberra, Canberra Hospital, the specific doctors and nurses, too many to mention. At the local level, thanks goes to South East Regional Hospital, community nursing and Bermagui Medical Centre.

To our friends and neighbours, Ron and Debbie (and family), Steve and Emily, Chris and Maryanne—thank you for all

the kindness and assistance to make our life easier at this difficult time. Thank you to Geoffrey Grigg who was at a nearby property and rendered immediate assistance.

Finally, thanks to my partner's employer, Julie Rutherford Real Estate. Julie's generosity allowed Dee to be away from work for such a protracted period.

Life can bring unexpected change and we have fully realised how fortunate we are to live where we live. Thank you to one and all, your generosity of spirit will never be forgotten.

Ian Greig  
Verona

### Another bassinet!

Reading the October issue I was amazed to see a photo of our bassinet (*When a community cares*, p6).

Thirty seven years ago while visiting my parents we attended a clearing sale either at Cobargo or Quaama where I took a fancy to this treasure (pictured). It was dutifully dismantled and filled with oysters for its return to Victoria via bus.

A lovely lady also waiting for the bus asked after the 'baby' in the bassinet. You can imagine the stunned look. The bassinet was our son's when he was born.

When our family relocated to Bermagui in 1988 it returned with us and today houses dolls. Happy memories.

Jen Morrison  
Bermagui



A story in last month's issue made Jen Morrison nostalgic

## 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 the Tilba Real Dairy folks for putting their fabulous Jersey cream into a smaller container. Sometimes too much of a good thing is, well ... too much!

To the 'Save the Whale' campaign. There are now heaps of whales and they are magnificent. People power is awesome!

To Zephyrs Jazz for their outstanding concert, Sandy Evans and Andrea Keller, at Four Winds' Windsong Pavilion last month.

To the re-opening of the Four Winds Access Card program, providing residents with reduced priced tickets and free entrance to the Spring Festival. Outstanding generosity and creative marketing.

## Thumbs DOWN



To those who broke into the Anglican Church Op Shop in Bermagui. Did you really think they would leave cash there? Caused a bit of damage to the roller door ... but nothing taken (although some volunteers would have been grateful if they had cleared some stuff out so that more stuff can be put in!)

To the Council town team who mowed over the crepe myrtle saplings at the entrance to Quaama village, paid for by Council and planted and kept alive by community members.

To whoever thought it was a good idea to put a bump in the kerbing in front of the Fishermen's Wharf. From the tyre marks, seems like a lot of cars have already run into it. Apparently, it's because of the bus stop.



*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 [contributions@thetriangle.org.au](mailto:contributions@thetriangle.org.au)

## Annual 'Blessing of the Animals' gathering

Our animals are so important to us—pets and livestock. Because of this, we will blessing the animals in the area on 3 November at 8 am at Bermagui Anglican Church, and at 10 am at Cobargo Anglican Church.

Everyone's welcome.

Please bring your pet with you (on a lead etc), or, if it's too big, bring a photo.

Morning tea will be served afterwards.

## Who does the work

### The Editorial Committee

Linda Sang (President)  
Carolyn Banados (Secretary)  
Bhagya (Treasurer)  
Rosemary Beaumont  
Ann Maree Menager  
Kathy Wilson  
Debbie Worgan

### Advertising

Book advertising space by ringing 6493 8369 or 0407 047 404 or email [advertise@thetriangle.org.au](mailto:advertise@thetriangle.org.au)

### Layout & Design

Bhagya & Debbie Worgan

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Narooma: Information Centre, Library, BP station  
Quaama: General Store  
Tilba Tilba: Tilba Nursery  
Wallaga Lake: Merrimans Land Council, Montreal Store

### Deadlines

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

### Letters to the editor

All communications should be forwarded to:  
Email: [contributions@thetriangle.org.au](mailto:contributions@thetriangle.org.au)

### Postal address:

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.

## Bermagui's historic waterholes are gazetted 'Aboriginal Places'

Driving to Bermagui from the north, emerging from the spotty gum 'Cathedral', you will pass two unmissable waterholes on the left side of the road.

These are much more than just waterholes. They are the sites where, for centuries, Aboriginal communities would camp for extended periods because they provided fresh water, and abundant fish and shellfish were available nearby.

Middens in the area provide evidence that this area has had a long history of Aboriginal settlement—a stopping-

off point along tracks from traditional ceremonial sites at Gulaga (Mt Dromedary) and Biamanga (Mumbulla Mountain).

The importance of these waterholes was recognised in their listing in 2007 as 'Aboriginal Places'—areas of special significance to Aboriginal culture (along with Merriman Island in Wallaga Lake is another gazetted Aboriginal Place in the local area).

The waterholes have changed over time. They were originally encircled by trees, which have gradually been cleared,

and a boardwalk has been constructed across one of them to provide access to Moorhead Beach. The township of Bermagui has also gradually encroached on them, so from the 1920s they ceased to be a regular camping spot for the local Yuin people.

Perhaps today they deserve greater recognition as the site of Bermagui's first seaside camping ground!

*Peter Lacey*

## News from the Anglican Parish

The Anglican Parish of Cobargo held its annual Blessing of the Fire Fleet on Sunday 29 September in Cobargo. Rural fire units from Cobargo, Brogo and Quaama along with members of the public attended the service and BBQ lunch in the grounds of Christ Church, Cobargo.

Given the recent fire on Mount Robinson overlooking Cobargo, this was a timely opportunity to thank the fire units for their time and commitment to this community service which we all rely upon.

Reverend Tim Narraway, who is also Chaplain to the local fire units, conducted the service and liberally sprinkled the trucks and crews with blessings.

Reverend Tim Narraway's ordination as priest will take place at Saint Saviour's Cathedral in Goulburn on Saturday 30 November. Rev. Tim has been with us as Deacon for almost two years. During this time his friendly and very visible place in our local community has endeared him to many of us. The Parish and friends wish him all blessings at this wonderful milestone in his liturgical journey.



Cobargo Fire Unit and volunteers receiving a blessing from Reverend Tim Narraway

*Chris Richard-Preston,  
Chair, Parish Council*

## Fundraiser screening: The Ataxian 7.00 pm, Thursday 14 November, Narooma Kinema

Unable to walk due to a neuromuscular disorder, Friedreich Ataxia, Kyle Bryant and his friend Sean Baumstark attempt one of the most gruelling bicycle races in the world, The Race Across America (RAAM). *The Ataxian* spotlights a man whose will and determination carry him and his teammates across a continent under almost impossible conditions—an act that sparks others to take action in their own lives.



*'The Ataxian has moments of inspiration, beauty, even euphoria'*  
Daniel Gold, The New York Times

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## To struggle or accept

Halfway through the last century, when the world was young (and I was very young), the only people I knew who died were pop stars: Jim Morrison, James Dean, Buddy Holly, Patsy Kline. Apart from a young bloke by the name of Dave who was a great mate to me in my first job (memory flash: Dave at the wheel of his Holden ute, cigarette in hand, smoke drifting around his face, quietly chuckling over the boss's attempt to coerce him into working on a Saturday morning). It was his twentieth birthday on the Friday night and he'd gone out with his brother to celebrate. Walking home along the Liverpool line, must have been pissed and didn't hear the train that hit them from behind.

Remember the sayings? 'Live fast, die young and have a good-looking corpse'. And: 'Trust no one over thirty'. We weren't

going to live past thirty anyhow, so you could trust us! Oh dear, did I actually say that? And mean it?

There was a hiatus and then grandparents started dying. Twenty years ago, and then ten years ago, parents died. Now it's friends, relatives, neighbours, contemporaries, even people younger than me. Four in the past year.

Death is no longer a distant concept that will presumably happen in the fullness of time. We're in the front line, getting very close to the average longevity. We'll be the next generation to receive the tap on the shoulder: 'OK mate, your turn, up you go, over the top'. Into the darkness.

So, what to do with this? The train is due soon, though I can't see it yet. I'm healthy, but hell, the arthritis that arrived in the past year is painful. Hills are steeper,

climbing ladders is too dangerous. Even my great, abiding, lifelong pleasure—travel—that has amused, engrossed, entertained and informed me for a cumulative total well over seven years (one tenth of my life), is starting to lose its attraction.

I don't want to lose control of my destiny. I don't want to die in a nursing home. I believe in euthanasia. But, with a life partner, that isn't a decision that can be made alone. In fact, right now, I don't want to die. Not yet.

The Buddhists say that acceptance is the key to happiness, but somehow this world, for all its faults and problems and worrisome future, it is very hard to leave without regret.

Maybe acceptance will come when the shoulder is tapped. But until then ...

*Keith Bashford*

## U3A update

Our local community is lucky to have so many talented and enthusiastic people keen to share their knowledge and skills with others. The U3A Term 3 timetable contained many of our regular classes as well as a number of new experiences such as 'The Rise & Fall of Dinosaurs', 'The History of Cobargo and Bermagui', 'DNA and Family Ancestry' and a series of Adobe Photoshop workshops.

Term 4's offerings are also diverse, with courses including wet felt making, a fermentation workshop, a study of the five books that changed the Western world (which five books are they?!), a look at 'When birds ate horses', developing an understanding of our local koala corridor and many more. Our on-going book chat groups and monthly 'First Friday Film and Lunch' continue to grow in popularity. If you are retired or semi-retired then take a look at the U3A Bermagui website ([www.bermagui.u3anet.org.au](http://www.bermagui.u3anet.org.au)) where you are bound to find something of interest to you. You will also be sure to make some new, like-minded friends along the way.

Note down this date for your diary to hear more about U3A—the Annual General Meeting is scheduled for Wednesday



**U3A**  
**Bermagui**  
**& District**

20 November, 2-4 pm at the Bermagui Country Club Auditorium. All nominations for office bearers take place beforehand so there's no fear that you will land a job for the next 12 months. This year's meeting will include a local speaker, afternoon tea, lucky door prizes as well as a celebration of 12 months of great U3A activities and the work of our amazing presenters.

*Jane Martin*

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## Another night in Timor

A surprise visit by the Timorese Ambassador to Australia was one of the highlights of a fundraising night for the Bega Valley Advocates for Timor-Lesté at Mumbulla School. Over \$2300 was raised on the night towards bringing the Timorese choir, Koru Lian Timor, to Australia and the Bega Valley in February next year.

Abel Guterres, his wife Ana and their two sons, Miguel and Jose, enjoyed a night of music and film, celebrating the friendship between Bega Valley and Barique-Natarbora in Timor-Lesté. Ambassador Abel Guterres spoke warmly of his memories of Bega Valley advocate founders Jim and Moira Collins and the significance of the friendship between the two nations.

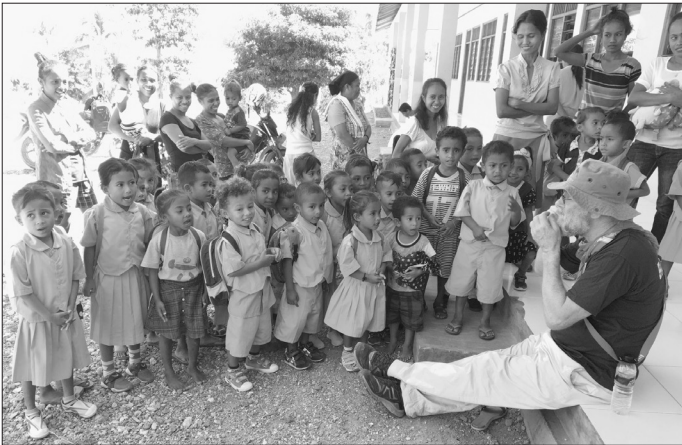
The local Belun-Malu choir, directed by David Francis, sang a selection of songs from their recent trip to Timor and performed a skit, giving an insight for the audience into just what it was like to travel in the 'little green bus' with 25 mature aged adults along some the roughest and dustiest roads you can imagine.

David Gallan's film, *Hamutuk*, revealed the breathtaking beauty of Timor alongside the warmth and generosity of the Timorese people. *Hamutuk* translates as 'walking together' and traces the journey of the Belun-Malu choir from its conception to the highlights of singing throughout Timor.

The choir sang in small mountain villages, in the ruin of a Portuguese customs house, and at several large outdoor community concerts. In the isolated communities of Lacluta and Natarbora, seven hundred school children and their families travelled by truck. Many joined in to perform traditional Timorese dance and songs.

A huge thank you to the more than a hundred people who came along on the night to support the effort to bring Koru Lian Timor from Timor-Lesté.


*Tim Holt*



Pre-schoolers at Balibo, Timor-Lesté



Schoolkids arrive at the Natarbora concert



**SUNDAY 10<sup>th</sup> NOVEMBER**  
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**SUNDAY 24 NOVEMBER**

**PRESENTS**

**KIMBERLEY ECHOES**  
2019 Tour in partnership with Tura New Music

SUNDAY 24 NOVEMBER	
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Kimberley Echoes features outstanding Aboriginal artists **Stephen Pigram** (vocals/guitars) and **Mark Atkins** (didgeridoo/vocals) with an ensemble of some of Australia's finest instrumentalists melding a vibrant and inviting sound world.

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## Farming for the future

A few months back a group of small scale farmers from across the Southeast met for lunch in Cobargo to discuss the formation of an alliance of commercial growers whose farming practice reflects the values of local, ecological and ethical production within resilient regional food systems. We honoured the role that SCPA, SAGE and other entities have built over the years and wish to identify ourselves as a group of people that farm produce for our livelihoods.

The majority of attendees were vegetable growers, with flower and mushroom growers and dairy farmers present. During the day's discussions the following points were identified as common interest for this group: Connection, Mentorship, Marketing, Seeds, Food Security/Resilience and

Fertility (identified mainly as compost). These points were fleshed out a little, notes were taken, and further discussion was evident. We broke for lunch and you'd be hard-pressed to find better food than was shared at that meal.

After lunch other topics discussed were:

- Identifying ourselves as a group of commercial growers (who make all or a large portion of our income through farming) could allow us to collectively lobby and/or seek assistance from different levels of government, and others like SCPA and SAGE
- Building a collection of resources that we can refer to, such as lease agreements, friendly insurance companies, seed suppliers, tool suppliers, delivery services and stuff like that

- Creating distribution hubs as shared infrastructure
- Working alone and securing land tenure is a big barrier for entry to farming
- Infrastructure costs are significant and, on leased land, raise issues of viability
- The importance of having a business plan.

The inaugural lunch was the start of many more meetings and possibilities for collaboration and support. If you are currently farming or planning on farming and you feel drawn to get involved in this group you can contact me on [thea.cons@gmail.com](mailto:thea.cons@gmail.com) and I'll put your name on the list for future correspondence.

Happy summer growing!

*Thea,  
Fishbone Farm, Cobargo*

## The Triangle Inc Annual General Meeting

Will be held on Monday, 11 November 2019 at 5:30 pm.

**Well Thumbed Books , Cobargo**

**The AGM will follow our regular committee meeting**

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Farewell fair October, mid-spring and birthday season in Cobargo. All over hillsides and backyards of our fair town things have been birthing, hatching, emerging. Fresh and wobbly baby lambs furiously head-butt the bruised and swollen teats of their mothers. Our friendly magpies are now kamikaze daemon bombers, protecting their unseen nests, far up in the village's tallest trees. Ma and Pa Plover have developed severe and unfounded paranoia, verging on psychosis, and I can no longer hang my washing without fear, as their rabid screeches echo across the valley.

Pink petals have dropped, revealing the swelling, down-covered tummies of baby peaches and strapping young tomato seedlings ducked the last frost, just, and looked skyward, bravely embracing destiny.

Rainbow lorikeets screech and frolic in the freshness of the spring skies, gorging on working dog bread crusts and playing drunken roulette with the passing traffic. Until their rainbow feathers decorate the streets, giving the town a certain macabre beauty, just in time for Halloween—nature's one and only commitment to this absurd, upside-down appropriation of Northern hemisphere autumnal tradition.

Lena's tiny kitchen is now in place, slipped right in between the White Horse and the garage, so gracefully that it looks like it might have always been there. And I can sense that Sunday brunch in the garden is just around the corner.

The ground is damp and soft, as the welcome rains have continued sporadically throughout October and it's almost green again. The soft misty rain has trickled and dripped, welcoming the emerging leaves of



When roadworks means no parking, Rebecca and Ara go shopping, Cobargo style.

the recently woken trees and hissing on the fresh hot tar now gracing our main street ...

Oh yes, that thick, steaming, slug-trail of progress. Giant prehistoric caterpillars have chugged and ripped and spewed forth gouts of black carcinogenic happiness—asphalt, the proud marker of our civilisation. The necessary evil that makes our whole, serviced, satellite, twenty-first century, small town existence possible. The operators, nonchalant in

their high viz, chain smoke ciggies and stand impervious to the hot benzene breath of the road. Hydrocarbon vapours, carrying swathes of dust, float in through the weatherboards of our sagging heritage streetscape. The 100-year-old timbers part submissively to let the dust of progress in. A nice new highway for the trucks and traffic to scream down, god forbid they should be slowed by a pot hole or two. And our cries for some kind of safe crossing and traffic slowing devices? Well they have been tucked up behind the back burner for some future round of funding. 'Maybe next year,' the faraway bureaucrats chime. If anyone has any thoughts on the fairness of this, of course dear Andrew is only too happy to take your calls ... 6492 2056.



Harry and Lena of Via Luna bringing tiny home cookery to Cobargo Central

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# Cobargo Conversations

## Colt Croser's 'Little Big Idea' in the national finals



Over the last two years my Years 5/6 class has been involved in Origin Energy's national 'Little Big Idea Competition'. It runs every year, and students are asked to come up with an invention or initiative that could solve problems locally, nationally or globally. In 5/6 I help students to develop a 60-second 'elevator pitch' and then we record each one (an elevator pitch is a concise explanation of your idea—imagine finding yourself getting into an elevator with exactly the corporate type that you want to pitch your proposal to, but she's getting out on the fourth floor ...). We then send them off to be judged along with entries from all over Australia.

This year there were over 1000 entries in the Years 5/6 Category and Colt Croser from our school has been selected to be in the finals with three other students from across Australia. This means Colt's idea has finished in the top four in Australia for his age group. He now has to make another three minute video explaining his idea further and the judges will then announce the winner out of the final four.

We are so proud of our students!

*Campbell Kerr*  
Years 5/6 teacher

## Cobargo CWA news

Great news for our members and particularly anyone that uses our cottage for their meetings etc! We have purchased a new (larger) refrigerator and a new microwave for our newly refurbished kitchen. This was possible due to a Clubs Grant we received recently and makes our cottage even more usable for the local community.

At our Annual General Meeting held last month, all positions were filled, and so we start our next twelve months with enthusiasm. This month will be a busy one for us as we are catering for several functions as well as entering the busy Christmas season.

We are still seeking nominations for the Cobargo Citizen of the Year. If you know of someone you feel is

deserving of recognition for their work in the community, please nominate them. An outline of why you are nominating them (in point form if you prefer) should be forwarded to Mary Williams at [maryw42@bigpond.com](mailto:maryw42@bigpond.com) or PO Box 5114 Cobargo. If you want to discuss your nomination before writing, please ring on 6493 6167 for help.

If you would like to join our friendly group, you are welcome to attend our next meeting on Tuesday 12 November at 10.00 for 10.30 am at the CWA Cottage on the Bermagui Road next to the playground. You are assured of a warm welcome as well as a cuppa and a slice.

*Mary Williams*  
Publicity Officer



A well-attended opening of the Japanese exhibition at Spiral Gallery. New Taiko workshops—all ages, all skill levels—are starting in Cobargo, with a performance at the Cobargo Folk Festival planned in 2020. Classes start 5 November, 6.30 – 8 pm at Cobargo School of Arts Hall. Term-based attendance \$20/\$15 concession or \$24/18 casual rate. Contact Reiko on 0474 065 667 or [stonewavetreasurer@gmail.com](mailto:stonewavetreasurer@gmail.com).



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## Tarlinton Epic Super Adventure

Scotty Page is a fine young man,  
His stepdad is Ronny, his mum is Jan,  
Super his pop, his main girl is Di,  
Tyler, Sienna and Josh by his side.

Marathon running is his game,  
Making coffee and food is his aim  
But one day a book he did read  
To do a run he felt the need.

So about a year ago  
As we all know,  
Scotty decided to run  
The WD track to there and back  
And hopefully have some fun.

His true love of Super  
Who was a fine trooper  
Made the plan to do it grow  
To tread the soil that Super did know.

He planned, he ran  
He talked, he spun  
He checked, he talked  
With John and Richard  
He never baulked.

Hank the horse he mounted  
Many kilometres of track he counted  
The map and plan was made  
The date to start was laid.

21st September the run began  
With Kenzie, Clayton, Robbie and Dan  
Don't forget Parso and Rosie too  
Eighty-five kilometres Scott led them through.

Day Two began at Breakfast Creek  
Kimberley joined in, a great girl physique  
Down the mountain they ran on the track  
Michael and Matilda followed on horseback.

Woila Creek was the lunch spot  
Onto dances that night went the whole lot  
The tents were set at the hut  
But the wind, rain filled up their cups.

The runners were pumped for Day Three  
Across the country to Super's plaque, through the tea tree  
A shorter run which freshened the group  
A massage by Sam was a bit of a hoot.

Sasha the young colt  
On Day Three he did bolt  
Through the tea tree with glee  
Because Tyler's love await thee.

For Super a plaque was unveiled  
A sardine tin, a legacy from history prevailed  
A night of beers, jokes and fun  
Day Four was looming, ready to run.

Bill and Sue brought Rex along for the ride  
A cute little dog, short legs, dark hide  
Each night at the camp his stomach did swell  
With endless scraps—he darn near blew it to hell.

With a hearty breakfast from the crew  
Backpacks filled, GoPro charged, there was much to do.  
Through the mountains they ran to Port Phillips Neddies grave  
A well-marked track, time it did save.

The final today, Day Five  
We are amazed all are alive  
Cobargo schoolchildren, horses joined in the run  
With Scotty and team, the Tarlinton Epic Super Adventure is done.

So to Team Super  
An amazing pack of troopers  
Without their love and support  
The run surely had to abort  
But the inaugural Tarlinton Epic Super Adventure  
Has been achieved in 2019 with Centaur.

*by June Tarlinton*



Schoolchildren and the team who supported the run



# Cobargo Conversations

## Light up Cobargo!

There is no way around this folks, we have to face up to the fact—it's November and fast upon its heels gallops Christmas and the summer season of ... well let's pray it is love and rain. Come December it is time to gather at our evolving Street Festival—you know the one, where on crowded pavements we browse at market stalls, dip in and out of shops, pause for chats, stop to have something tasty to eat and pick up a few bargains. 'Light Up Cobargo' goes live on 6 December from 5 pm until after dark, manifesting the dream of a ribbon of fairy lights threading the street and our community together.

Santa will drop in and wish you well with a few ho ho ho's, whether you're a believer or not. A night to forge deeper links, meet newcomers, hail long timers; a night to appreciate the resilience of our community and tip your hat in delight that, here in this village, this south coast area, we have much to be grateful for.

Anyone interested in busking, setting up a stall, juggling, *plein air* painting, whatever ... email [cobargocreators@gmail.com](mailto:cobargocreators@gmail.com).

There are still a couple of places left in Avril's two-day workshop 'Books in a Box' on 16, 17 November—email [artsincobargo@gmail.com](mailto:artsincobargo@gmail.com).

And don't forget, 'Cr(e)ate it up' will be opening 23 November at 11 am. Entries are already rolling in and, just in case you don't have a milk crate squirreled away somewhere, there are some available from the back room of the Black Wattle Gallery. Put your entry in by November 16—any medium as long as it's delivered in a crate.

Sandra Taylor

## The little prince's wisdom shines through in this month's doco

The next monthly community documentary screening *The Miracle of the Little Prince* will be at 3.30 pm on Sunday 17 November in the Old Cobargo Butter Factory. The film is directed and photographed by Marjoleine Boonstra and produced by Pieter van Huijstee.

Next to the Bible, *The Little Prince* is the most translated book in the world—in more than 375 languages. From Sami in the highlands of Samiland to Tamazight spoken on the desert planes of the Sahara ... from Tibetan taught in exile in Paris to Nawat still spoken by a last generation in El Salvador. Why do people from very diverse cultures choose precisely this book to keep their threatened languages and

cultures alive?

Through the air we connect these languages and cultures. With the words of the little prince we stretch a line across the world in which the notions of comfort and hope, so beautifully interlaced in *The Little Prince*, find their echo in the struggle of the translators and their friends. No matter how much their cultures differ, what connects them is that they are able to convince us that it's essential for people to be allowed to think, dream and speak in their native language.

An inspiring human film which carries out the wisdom of the little prince. View trailer here: [vimeo.com/361580386](https://vimeo.com/361580386)



Why do diverse peoples choose this book to keep their threatened languages and cultures alive?

**The Wandella Hall Christmas Tree celebration is happening on Sunday 1 December at 7 pm. There will be games, a raffle, a visit from Santa (parents/caregivers to provide a wrapped gift for own child) and refreshments (please bring a plate of food to share). Contribution \$8/family. See you there!**



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# Cobargo Conversations

## New garden and entrance at Cobargo Preschool

The children at Cobargo Preschool have been watching our new veggie garden being established at the front entrance of our building. We received a grant from the Department of Education to create a learning environment and decided to make a beautiful new garden entrance to grow veggies.

Tim from Proscape, who is the dad of one of our children, made the garden for us.

We watched the trucks and workers as the garden was made. Kel from Gaslite Design, who is also a dad of one of our children, made the timber sign. The children went out with the teachers and started digging

the new garden over in preparation for planting some vegetables for everyone to share. We will begin planting soon and continue to care for our new garden.

*Christine McKnight*



A new sign by dad Kel at the entrance



Children start digging over their new veggie garden

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Bermagui is officially open for business! The town was really buzzing over the recent school holidays and long weekend ... it was almost like we were in the middle of our busy Christmas holiday season. There were so many people in town, and the atmosphere was electric as visitors and local waited for the big weekend of activities to begin.



Reboot volunteers, making this day possible

The annual Reboot Bermagui was, once again, a great success with record numbers of both participants and spectators. It seems that the mix of activities worked well, with yoga, Pilates and Boot Camp well attended and the Skate, Skoot and BMX attracted over 100 competitors. Barefoot bowls was also popular with almost 50 people joining in.

The new five kilometre fun run proved popular with good positive feedback of the new route. With adverse conditions on Horseshoe Bay on the Sunday, organisers were afraid the Point to Point Swim would have to be called off. However, a surprising 80 or so brave participants lined up, despite the strong nor'easterly whipping up choppy conditions on the bay. It was a comfort to swimmers to know that the Bermagui Marine Rescue team were patrolling the bay to keep an eye out for any swimmers in difficulty.

One of the most popular events is always the tug-o-war. A huge crowd, estimated at around 300 people, watched and cheered on their favourite teams. Bermagui Fitness Factory were the winners of the women's and the kids' tug-o-war, with Julie

Rutherford Real Estate team defending and regaining the men's title against the Canberra Tug Boys.

The organisers of Reboot would like to thank all the sponsors, all the volunteers who helped out, Bermagui Surf Life Saving Club, Marine Rescue, and the whole community who support this ever-growing event.

As a community, we need to say congratulations to the Bermagui Area Chamber of Commerce and Tourism, who have organised this event for the last six years and continue to do a great job of attracting visitors to Bermagui

On the harbour front, the Bermagui Marine Rescue open day was enthusiastically received by visitors, who were given informative tours of the radio operations room and the rescue vessel BG30. Visitors watched demonstrations of jet skis on the harbour, checked out the equipment used in rescues, and enjoyed a sausage sizzle provided by the Bermagui Men's Shed. Marine Rescue team members answered lots of questions from curious visitors about the operations, but they were really amazed at the number of people who did not know that all team members were well-trained volunteers who freely gave their time to ensure the safety of others, and that they had to raise all the funds needed for ongoing running costs, such as fuel for the boat. We can never stop saying thank you to our Marine Rescue volunteers, and every other emergency service volunteer in our community. Please support them whenever and wherever you can!



Marine Rescue radio room with some excited guests



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## Bermagui Banter (cont...)

The long weekend also saw a huge fundraising campaign for one of our local charities, Bega Valley Can Assist. Camel Rock Brewery and Café reverberated with the sounds of over 40 ukulele players from four local groups who entertained the large crowd of lunchtime visitors. Groups included the Dalmeny Wahinis, the Quaama/Cobargo Ukes of Haphazard, the Merimbula Wobbles and Bermagui's own Ukalips. With a plethora of raffle prizes, and the vigilance of the 'bucket brigade' weaving their way through the crowd for small change, the event raised \$1931.



The "Dalmeny Wahinis" at Camel Rock Brewery

The annual Fairhaven combined garage sales brought a lot of people out to the quiet little enclave on Wallaga Lake to seek out some bargains. Organiser Jenni Smith raised an impressive \$758 by holding a sausage sizzle and kids' activities.

The annual CRABS (Cancer Research Advocate Bikers) Rubber Duck Race on Bermagui River was held in unfavourable weather as winds caused choppy conditions. Despite the conditions, people turned up to witness this spectacular yearly event. Money raised by CRABS is donated to cancer charities and this year, CRABS presented a cheque for \$10,000 to Bega Valley Can Assist representatives.

In total, a massive \$12,689 was handed over to Bega Valley Can Assist to help local residents with day-to-day expenses while undergoing treatment for cancer. With no administrative costs, every dollar raised goes to those in need.

Bermagui has now woken up from its winter hibernation and there is a renewed energy in the air, with only a short few weeks until Christmas and the end of the year. Just seems like yesterday we were wishing each other Happy New Year ... where has the year gone?

## Bermagui koala spotters work to preserve habitat

Bermagui residents received guidance last month from experienced koala scat spotter Mark Lems of Tanja. Participants learned about koala habits, preferred habitat trees and identification of koala scats.

The half-day introduction was held in State Forest Compartment 2003, one of two Coolagolite compartments proposed for logging by Forestry Corporation.

'These two compartments hold particular significance, as they are the only intact areas of koala forest habitat linking known koala areas to the north in Kooraban and Gulaga national parks with the Mumbulla/Bermagui koala areas to the south', said participant Colin Sagar.

The Wallaga Lake Coastal Zone Management Plan, which applies to this forest catchment area, highlights the importance of preserving habitat corridors for threatened species, including the koala.

'We're not sure yet that koalas are presently in this corridor,' said Colin. 'But it's vital this connective habitat is protected so that the region's unique and threatened koalas can continue to move between areas in response to the threats of habitat loss, climate change and fire.'

The Gulaga and Biamanga Aboriginal Boards of Management have identified the same forest compartments as being an important cultural heritage link joining the two broad areas.

Further information regarding koala spotting can be found on the Friends of Bermagui Forest Facebook page. Or contact [friendsofbermaguiforests@gmail.com](mailto:friendsofbermaguiforests@gmail.com).



Bermagui residents sharpening their koala spotting skills last month



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## Bermagui and District CWA news

Bermagui CWA recently held a 'Bake for Babies' stall at the regular Red Cross markets in Bermagui. The stall also served as an opportunity for the ladies to promote awareness of their organisation.

The October meeting of the Bermagui and District CWA was followed by a pleasant sandwich lunch for members.

The Annual General Meeting was held in the afternoon. Branch president Paula Rumble reported on the year's activities and thanked members for their support and work done for the branch throughout the year.

Paula was re-elected as President with committee and officers as follows: Kath Preston (Secretary), Ruth Brooks (Treasurer), Del Gray, Heather Sobey and Michelle Craig (Vice Presidents), Jenny Halliday (Cookery), Rhonda Byrnes (Handicraft), Chris Richard-Preston (International), Chris Richard-Preston (Publicity), Vicki Hummel (Cultural), Cheryl Horton and Gail Whelan (Group Counsellors). Michelle Craig (Accommodation and Booking).

Several Bermagui ladies attended the CWA Far South Coast Group Conference Day on Monday 21 October at the Bega

Country Club. Bermagui Branch were awarded: the Florence Perry Trophy for member attendance in branches over thirty members; the Tilba Branch Trophy for participants in the Land Cookery competition; and the Gwen Forsyth Trophy to Chris Richard-Preston for branch publicity. Members Vicki Hummel and Rhonda Byrnes were elected to the group

positions of Vice President and Handicraft Officer respectively.

The next meeting for Bermagui and District CWA will be on Friday 1 November at 1 pm. Members are asked to bring an item for the traditional Christmas hamper. All welcome.

*Chris Richard-Preston,  
Publicity Officer*



Bermagui & District ladies at the Group Conference. Back row L-R: Paula Rumble, Rhonda Byrne, Kath Preston, Chris Richard-Preston. Front L-R: Vicki Hummel, Ruth Brooks, Gail Whelan, Vanessa Williams

## Getting there ... active travel just got a bit easier, and safer too

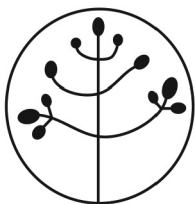
Representatives of a local Bermagui bike riding group thanked Bega Valley Shire Council and its staff last month. Work had just been completed on the latest stage of the town's pedestrian and cycling infrastructure, a concrete path running from the harbour to the CBD.

Council's promotion of local area active travel by the construction of this sort of facility was welcomed by the riders.

A further pathway along the foreshore in Apex Park is planned under the Shire's adopted bike plan.



Local Bermagui bike riders and Council staff at the completion of the new pathway



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## Bermagui Community Forum update

The Forum held a community meeting in October, discussing a range of issues and seeking the opinions of attendees. There were updates on some current projects being undertaken around the area and new community concerns raised.

Council has proposed a Special Rate Variation (SRV) to fund the upgrade and maintenance of the six pools within the Shire. All attendees at the meeting indicated that they did not support the rate increase and that Council needed to find another means of funding the pool strategy. This is in line with the response to date to the Council webpage survey, which unanimously agrees that an SRV is inappropriate.

The Blue Pool is not included in the Council Pool Strategy and concerns were raised over the wading pool, which has not been operational for some time. The Blue Pool relies on ocean waves to replenish the pool with fresh water and flush out stale water. The meeting discussed a proposal to provide a solar-powered pump which will pump seawater through the pool, especially through the summer months. This has already been done to support other ocean pools. The meeting agreed that the equipment will need to be located unobtrusively and was supportive of the proposal to further investigate this option.

The meeting also discussed the Council Climate Emergency motion, the Wallaga Lake to Barragga Bay shared pathway and several other items.

The Bermagui Community Forum will provide updates on these issues and others that may impact the local community. Join our Facebook page or sign up for regular news updates. We would also like to know your thoughts about any issue of concern.

The Bermagui Community Forum is seeking new members for the management committee. We can be contacted at [bermaguiforum@gmail.com](mailto:bermaguiforum@gmail.com) or via Facebook.

*Cliff Abbott,  
Co-ordinator*



Resident Australian Wood-ducks with their eight chicks were spotted last month around Fairhaven near Wallaga Lake. Does this mean that—perhaps—foxes and cats are under control?  
(photo: Dave Cotton)

## 'I flew 12,000 km just for this?'



The Eastern Curlew is in severe decline, and dogs aren't helping (photo: Dave Cotton)

It has been a great joy, as a birdwatcher, to see the arrival of a small number of Eastern Curlews (*Numenius madagascariensis*) on our coast over the years. Sadly they seem to have vanished from the scene lately—the last one I saw was six years ago on the Bermagui River sandbank.

Their re-fuelling stops on Asian coastal wetlands are becoming severely reduced, so it is entirely possible that this gracious bird will never again be seen by your children and grandchildren. The birds would normally fatten themselves up down here between August and February before returning to Siberia to nest and breed.

If you own a dog, please ensure that it is not allowed to harass our remaining shore-birds. This photo was taken on estuarine salt flats in Queensland but it's a scene which sadly occurs here too often, especially during the tourist season.

If you do see an Eastern Curlew, please drop me a line at [pomiedavedownunder@gmail.com](mailto:pomiedavedownunder@gmail.com).

*Dave Cotton*

## CARERS "LOOK AFTER YOURSELF" (LAY) REMINDER

NDIS Plans are due for renewal in the Bega Valley.

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## New sound experience at The River Rock



The River Rock's owner, Matt Gilder, and the Tibetan bowl

Bermagui locals know the River Rock Café well. Owners Matt Gilder and Jacqui Howarth have been running this business for over 15 years, so it is well established as a local venue. The café also draws a large audience to its regular Friday Night Open Mic sessions.

However, something new is happening at River Rock. I called in recently to have a look at the new extensions, which have doubled the size of the space. I noticed some really interesting objects in the corner and asked Matt about them. 'Well,' he said, 'this is our new Sound Bath.' Pardon? What is a Sound Bath?

Matt explained that the soothing and healing sounds of ancient Asian musical instruments, such as large gongs and Tibetan bowls, help meditation, deep relaxation and reduce stress.

Matt gave a short demonstration of the amazing sounds that come from these instruments. The haunting sounds reverberate through the room and you can feel them in your body as well. A sensory experience that's hard to describe! Get down to The River Rock and have a chat to Matt about the Sound Bath classes he is running every Wednesday, or call him on 0491 721 413.

*Carolyn Banados*

## Bus Service to Canberra

Rixons Buses offers a daily shuttle from the Batemans Bay, Narooma and Ulladulla to Canberra and return. This includes an optional door-to-door pick-up and drop-off from any address from Milton down to Narooma on the south coast or any suburb in the ACT/Queanbeyan areas.

Going to Canberra: departure time from the information centre at Narooma is 5.40 am.

Returning to Narooma: pick-up times in Canberra depend on where you are but arrival back in Narooma would be about 9.30 pm.

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4474 3085/4474 4243 or [www.rixonsbus.com.au](http://www.rixonsbus.com.au).

## All Ability creativity on show this month

This month, All Ability will host an Art Expo at the Bermagui Country Club to showcase the creative flair and talent of our participants.

All Ability is a dedicated volunteer program that connects children and young adults to community sports and art groups

The program has been running for three years, creating different opportunities for people with additional needs to actively participate in our community. The only rules that apply are Have Fun, Have a Go, Meet New Friends and let us know what we can do to create more opportunities for YOU!

We all learn in different ways, communicate differently, access our community differently and socialise differently, but as a whole we are all welcome and included in our community, no matter what the difference may be. Creating awareness and celebrating All Abilities is about ensuring our gates are always open and, if they are not, ensuring no-one is left sitting on the sideline watching others create memories. It costs nothing to be inclusive but it comes at a personal expense when you're excluded.

The participants of the All Ability program have been involved in numerous programs around Bermagui—Kickability, Same Wave, tennis, soccer and cricket. Currently they're involved in bike-riding and art programs held at the Bermagui Country Club.

As a result of the spectacular art being created we are most excited to present the 'Colour ... by ME' All Ability Art Expo to be held at the Country Club on 16 November from 12 – 3 pm (\$5/person 8yrs +). The expo will showcase art works from all around our community. There will be jewellery-making, crazy hair and face-painting stalls and loads more on the day. A great family day out!

All proceeds from the day will be donated to Bermagui Surf Life Saving 'Same Wave' Program.

*Fran and Tanya*



All Ability volunteers know art is for everyone.



## High tea for garden group members

There was a special treat for about 30 Bermagui Garden Group members recently, who ventured on a special excursion to 'The Garden Party' at Nelligen. This beautiful Open Garden was formerly a dairy farm and has been in the same family for over three generations. The farm no longer runs dairy cows, however current owner, Glenda Blanch, runs a small B&B and plant nursery and also holds regular open garden events.

With sweeping views over the surrounding countryside, the garden is a manicured mix of spring flowers, featuring foxgloves, ranunculus, some spectacular box hedging, roses and a smattering of fruit trees in full spring bloom. The group was treated to High Tea, complete with fine English china and a delightful selection of cakes and pastries. Everyone felt quite posh as they enjoyed morning tea, remembering to keep our pinkies in the right position!

Also on the same property is the



Garden Group members Angela Kelly and Caroline Acker at High Tea in Nelligen

garden of Sandra Martin (Glenda's sister), who kindly opened her garden for members to visit as well. The sisters raise funds for the North Rocks Institute for Deaf and Blind Children, so all proceeds from the visit were for this charity.

A beautiful spring day, with great

company and food, was the order of the day for the Bermagui Garden Group. If you would like any information regarding the group, please call Heather Sobey on 6493 5308 or 0418 406 068.

*Carolyn Banados*

## Bermagui Growers Market has a new venue!

Bermagui Country Club, on the grass around the boundary of the bowling green very visible and plenty of parking!

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## From a Reboot ocean swim survivor

The long weekend in October was jam-packed with events and Reboot in Bermagui was one of them. There were runs, swims, tug-o-wars, Pilates and yoga classes, skateboard and BMX competitions, and much more.

The ocean swim on Sunday morning was my first attempt at such an event and I was not really sure what to expect. But some friends and I do swim regularly so felt confident we could manage it.

However, the Sunday morning turned out to be cold and very windy. Not the calm, sunny, uncrowded conditions we like for swimming in Horseshoe Bay. But there were a lot of other people there checking out the conditions and encouraging each other to sign up. The registration process was hassle-free and before we knew it we were armed with numbered caps and matching numbered hands. We were in it now—ready or not.

After much milling around and safety announcements the competitors gathered on the beach. Thankfully, because of the rough sea conditions, the race organisers had shortened the field. The Surf Life Saving Club members and Marine Rescue boat were close at hand should any

swimmer find the conditions more than they could handle—very reassuring.

Some of us were prepared for the Ready, Set, Go while others were still fixing their goggles and wondering if it was too late to back out. The waves were crashing onto me and making it almost impossible to start out. Then I was in swimming depth and the waves were blocking any view ahead. There was the occasional fleeting presence of other swimmers around me but I was just trying to keep my head above water. The swell was pitching me all over the place. I actually felt seasick. It was impossible to find a comfortable balance between stroke and breath and I was just hoping for the buoy to come into view so I would know that I just had to swim into the beach. But that was only halfway! I had signed up for the Swim-Run-Swim event so had to do it all again. Really?!

Finally, stumbling out of the water for a second time, I tried to make a determined dash over the finish line. It was over. The announcers and the crowd cheered each of us on, no matter how slow or exhausted we were.

The event was tough for me, and

maybe for others too, but registration was easy, the safety measures were well in place, and afterwards we started to feel somewhat exhilarated, whilst enjoying our breakfast and recounting the experience with the other swim buddies. It all helped to ease the pain and dull our memories of just what a gruelling start to the day it had been.

So, to the Reboot in Bermagui committee, congratulations! And to all the competitors in the ocean swims too—we all did well, given that it was a challenging day for a swim. Hopefully next year the weather for Reboot will be calm, clear and sunny—just the way we like it.

*Debbie Worgan*

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### 2019 Bermagui Reboot winners

<b>Kids Fun Run</b>	<b>Boys:</b> 1st Oliver Arentz, 2nd Fletcher Arentz, 3rd Phoenix Clarke; <b>Girls:</b> 1st Claire Callaghan, 2nd Lucy Glasson, 3rd Lexi Nesire
<b>Camel to Club</b>	<b>Female:</b> 1st Charlotte Priest, 2nd Tammy McCabe, 3rd Brenna Clayton <b>Male:</b> 1st Malcolm Roberts, 2nd Jack Glasson, 3rd Chris Helliwell;
<b>No Hills 5km</b>	<b>Female:</b> 1st Mollie O'Connor, 2nd Eliza Jane Norris, 3rd Megan Rutherford <b>Male:</b> 1st Brad Pattison, 2nd Matt Breen, 3rd Sam Glasson;
<b>Point 2 Point Swim</b>	<b>Male:</b> 1st Connor McDonald, 2nd Leon Chandler, 3rd Malcolm Roberts; <b>Female:</b> 1st Mia McChlery, 2nd Nicola Chandler, 3rd Laura Collins
<b>Swim Run Swim</b>	<b>Male:</b> 1st Malcolm Roberts, 2nd Sam Watson, 3rd Nathan Adams; <b>Female:</b> 1st Mia McChlery, 2nd Nicola Chandler, 3rd Tani Evans
<b>ReBooter Award</b>	<b>Female:</b> Brenna Clayton <b>Male:</b> Malcolm Roberts
<b>ReBootee Award</b>	<b>Female:</b> Megan Rutherford <b>Male:</b> Paul Callaghan;

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Things have been busy, no? Machines and signs and back-up beeping, water and tar sprayed on a newly lifted surface, an upgrade of Quaama's main road from highway to highway.

It's good to see Council spending some of our hard-earned rates here in the village. They've directed storm water to run between homes opposite the church, I'm told, but otherwise have not taken runoff into consideration in their plans. That's no big deal for Gordon Street, being on a hill, but since they've changed the camber of Cobargo Street, which is pretty flat, we'll see where the water will go the next time we get some serious rain. Residents, keep your fingers crossed, it may well wash through yours!

Sadly, the pedestrian crossing we were expecting to see between the park and the hall is not happening at this time. It's going into the same basket as the disabled toilet I'm afraid ...

The school is pleased with their recent upgrade, with wide footpaths making it much safer for our kids as they come and go. They still have to cross the road to get to the hall though, and to the shop to pick up their lunches or to go to the bus stop. And the park is being used more and more by young families who need to trek across the road to take little ones to the loo, so let's hope the crossing doesn't stay on hold forever.

I have a theory that once there is a crossing between the hall and the park, future events will take place on both sides of the street, that it will be a bridge linking these two public spaces that have, to date, stayed mainly separate. When I was on the Hall committee years ago, I remember us talking about building a playground on the hall grounds when there was a perfectly good and rather expensive one just a stone's throw away, across that divide.

A lot of folks were sad to see the tree outside the hall taken down. I'm told it was diseased and couldn't be saved. But the good news is that its trunk has turned into seating in the park for parents watching kids or anyone just wanting to rest in shade under a tree. There is a silver lining in everything, we're told.

So the little bit of rain we've had has done its magic and the green has crept back over the hills around town. Our gardens are looking a lot happier and all that is lovely about spring is in full display. Fingers crossed the rain continues. Winter was stressful for all of us, being so terribly dry. It is uplifting to see how quickly nature bounces back.

Yet there is some sad news. After two years of mowing



The school is pleased with the safety upgrade around their smart new entrance.

around the trees at the entrance to town, Council took almost all of them out last month in their first mow of spring. There was a lot of effort put into those trees by our community as well as a financial investment by Council. At least the trees in front of homes and those along the park opposite the shop are still alive although we have lost at least two to the road works. They were small tender things up against too many big machines. We will still have lovely blooms and shade ahead, just not as much as in the original plan.

The Secondhand Sunday community markets are going forward. Please support them by coming to the park on the last Sunday of the month from 10 am to 2 pm to swap, give, sell, buy or take what's on offer. It's a great way to repurpose unwanted things, keeping useable items out of landfill, and it's a lovely social time with neighbours.

Save the date! The QPA are planning a Christmas party in the park on Saturday 14 December from 6 to 9 pm. It's going to be huge. At the very least there will be tree-decorating, food to share and a visit from Santa. There may well be Christmas-themed stalls and Christmas caroling! It's all coming together now so be sure to look out for more info in the December *Triangle*.

Happy spring everyone.

## Quaama RFB: stay vigilant!

Our thoughts are with the family that lost their home recently in the bushfire in Cobargo. Also to those many, many families who lost homes in the northern NSW and Queensland fires.

A huge call-out to the large number of RFB crews that continue to volunteer and work so hard to control, contain and extinguish these monsters. Please support the RFS as these incidents stretch resources to the extreme. We always need new members and support. It's not only for the benefit of the community but your own personal understanding and preparation for the possibility of fire and its behaviour. 'A plan to make a fire plan is NOT a plan'.

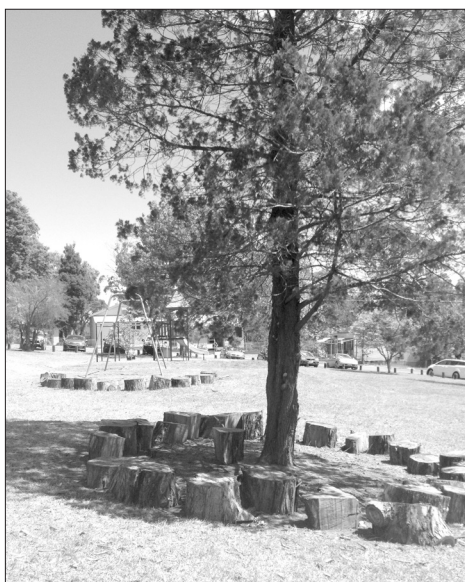
Don't think the green that came

from the small amount of rain we have received means that we shouldn't stay vigilant. Always report any unintended fires by ringing 000.

The Quaama RFB always needs new members and, as volunteers, not all members need to be front line fire fighters. Recently two of our members stood down from active firefighting but remain members in support roles. Thank you both for your very hard work in the past.

Quaama RFB trains every second Saturday at 1.30 pm at the Quaama station. Don't hesitate to call me on 0400 738 978 for the training dates.

Graeme Spicer



The felled tree from the front of the hall has a second life—providing seating in our park.



Thank goodness there has been some rain! Of course, more wouldn't be bad but there's been enough around Tilba for the brown hills to turn green and there's a sense of relief as water tanks fill a little and the summer vegetable garden is planted and nurtured. Nevertheless, the drought is not over and the need to be prepared for bush fire is still crucial. History tells us many things if we are prepared to listen and learn—perhaps this is even more important as we journey into an uncertain future.

## Bate family reunion celebrating 150 years

It seems appropriate that the 150-year celebration of the arrival of Henry Jefferson Bate at Tilba Tilba in 1869 should end up as a family reunion for his many descendants. Spanning seven generations since settlement at Tilba Tilba, the reunion was ably organised by Harry Bate, great-great-grandson of Henry Jefferson; Ewan Thomson, great-grandson of S W Bate, and his wife Kaye; Richard Snashall, grandson of Jeff Bate; and other family members.

Held over the October long weekend, in all 74 people attended, including some family groups. Harry described it as a great success as it got people together who would not normally have contact, many for the first time. The highlights of the weekend were the afternoon tea 'meet and greet' in the old dairy at Mountain View, Henry Jefferson's original farm, and the family dinner in the Big Hall at Central Tilba on the Saturday, as well as the public exhibition, displays, talks and films in the Big Hall on Sunday.

For many family members, this was their first time visiting the area where the



The Bates, seven generations later—Henry Jefferson would be proud

Bate name is well known. To mark the occasion, Richard Snashall, a documentary maker, produced a film, excerpts of which were shown on ABC SE and throughout the exhibition. This film plus other presentations highlighted the significant contributions that the original Bate family made to local farming, business, community and cultural activities. Many of the photos taken by William Corkhill between 1890 and 1910 are shown in the film—an amazing insight into community life during that time.

Many locals took the opportunity to visit the exhibition. Both Harry Bate, who returned to the area in the early 2000s, and his brother Richard, who took over the original Mountain View farm in the 1980s and passed away suddenly in January, are well known. Many also know of Jeff Bate, who was both a state and federal MP and famously married Dame Zara Holt. There was enthusiasm for the information on display, which

included family trees, photos, letters and newspaper articles, enhanced by talks from Ewan Thomson and Harry Bate and film and video presentations. Many family descendants contributed to the display.

Coincidences always make for interesting twists and turns. In Tilba there was an unrelated Bate family that settled at Fernbrook, Corunna—that property is still in the same family. And the big house at Yaringah, next to S W Bate's original house on the corner of Princes Highway and Corkhill Drive and now the home of Doug and Dorothy Thompson, was previously the home of Douglas 'Doe' Thomson, S W's grandson.

I'll let one of the many emails that Harry received sum up this special celebration. 'Thank you so much for bringing our extended family together. I feel a renewed sense of pride in our family heritage. Although we do not carry the Bate name, I feel that a part of me belongs here. At the graves of Great-Great-Grandfather



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Henry Jefferson Bate and Matilda, and then, at the Tilba Cemetery, I felt some emotion.'

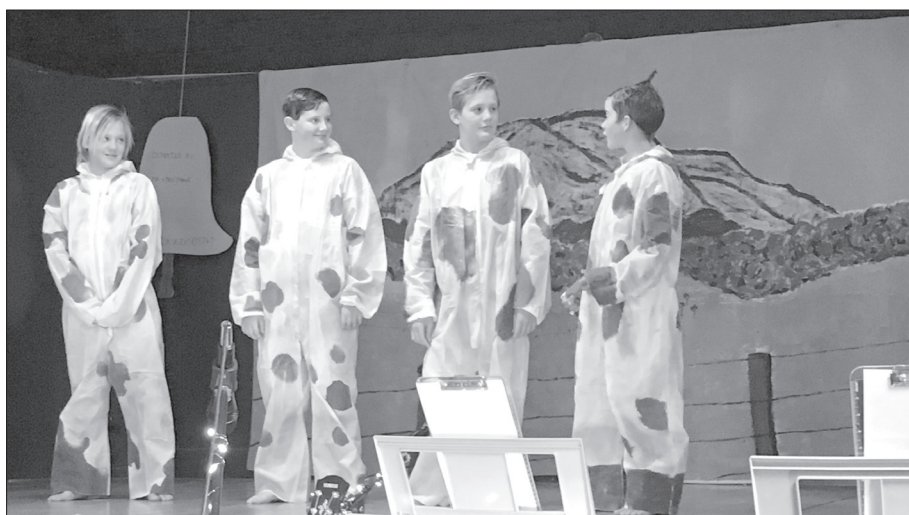
## Tilba Talks—Heritage Walks

A chance encounter between a dog, its owner and a Tilba local in an overgrown garden began a journey for Zoe Burke. It was her dog and the Tilba local was Harry Bate. With a lifelong interest in history, particularly through architectural design, Zoe starting her walking tours of Central Tilba.

I decided to avail myself of the free guided tour that Zoe is offering to local groups and associations on the third Thursday of each month. I met Zoe, who was dressed in period style, at Bates General Store. The walks start at the southern end of the village at the bus stop



Zoe Burke brings Tilba history to life on the third Thursday of the month.



Jersey Boys, Milo, Jack, Max and Riley—desperate to be part of Tilba school action

overlooking the beautiful Tilba valley, where Zoe speaks about the significance of the area to the local Yuin people and subsequent white settlement.

Then a leisurely walk along Bate Street, where one learns about the establishment of the village, the importance of buildings such as the Court House, Police Station and the Halls, the original owners as well as some of the enticing stories associated with the early days of the village. There's even the chance to get a feel for life in the village today, with cheese tasting and Devonshire tea.

Whether a local or a visitor, there is something here for everyone. This will ensure that the fascinating early white history of the area is preserved. Zoe's Tilba Talks—Heritage Walks can be booked online through [www.visitilba.com.au](http://www.visitilba.com.au) or on 0433 114 374.

## Central Tilba School

It certainly takes a village to raise a

child. This little school's place in the local community was certainly on display during the last week of Term 3, when the whole-of-school production of 'Jersey Boys' was staged in the Small Hall. This enterprising production, which was developed, written and staged by the school, told the story of a busy day at Tilba School as seen through the eyes of the cows over the fence. The play was narrated and acted by Riley, Jack, Max and Milo as the Jersey Boys, who are desperate to be part of the school action. Skye and Billie played local farmer Robyn and her trusty cattle dog Dyson. Morning fitness, the Kitchen Garden, lessons and the musical talents of the students all featured and involved all students. An appreciative audience filled the hall at the two evening performances with the matinee attracting a good crowd. There were many delighted faces in the audience—parents, grandparents, brothers and sisters and other family, as well as friends and the wider community. Congratulations, Tilba School!

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On the last day of term, the Grand Opening of Dhananj (kitchen garden) was celebrated with a delicious pizza lunch for the school community and several invited community members. This is the culmination of a successful project and valuable resource for the school, strongly supported by the P&C, and includes a well-equipped kitchen.

Term 4 is an important one for the Year 6 students as they prepare to start secondary education. To help this process,



The Dhananj (kitchen garden) was opened with a delicious pizza lunch.

the Bega campus of the University of Wollongong is hosting an orientation day on 8 November. As part of a program, called Kids In2Uni, the students will get to hear from current uni students and uni staff about courses that are available, as well as having a look around the campus. It aims to help students to make choices about the subjects they follow through secondary school.

Monthly assemblies are held at the school and it is Barangubba's (years 3-6) turn in November. Following the monthly P&C meeting, the class presents an aspect of their studies to the school community. Awards are also given out at this assembly.

## Chamber news

Although the Tilba and District

Chamber of Commerce has a small working group, they continually strive to find ways to assist members to maximise their business potential, through representation, lobbying, advocacy and ensuring both Central Tilba and Tilba Tilba are always looking good. For many years now, Phil Elton has coordinated the work of the Community Corrections workers to keep the entrances to the villages clean and tidy. Some of these areas are difficult to access, such as the steep bank between the southern carpark and Corkhill Drive. Chairperson Peter Lonergan is looking at landscaping options for this area and is seeking the assistance of Council to mulch and plant this area to reduce maintenance requirements. There are also discussions with Council to roof the picnic tables near the ABC Cheese Factory.

At the October meeting it was decided to change things and hold the November meeting in the morning. The meeting will be on the first Wednesday of the month as usual, but will be a Breakfast Buzz event, held at Ellen's Pantry, 1 Bate St, Central Tilba at 8.30 am. Cost is \$10 for coffee and muffins. RSVP with numbers: [casmayfield@gmail.com](mailto:casmayfield@gmail.com).

Ellen's Pantry is the newest café in town, and this event will help them showcase their business. We are also inviting members of the Narooma Chamber so we can network in the wider area. Members will be canvassed as to whether they would like to continue with this idea for meetings, to be held in this informal manner every second month with perhaps a different venue each meeting to familiarise members with each other's businesses. If you're unable to attend but are interested in the idea, or in hosting a breakfast, please contact Cas by email.

The previous meeting was the AGM with a good attendance and a great

outcome. All positions were filled and we now have a good combination of old and new committee members: President, Peter Lonergan; Secretary, Peita Wall; Treasurer and Vice President, Cas Mayfield; Web and Promotion, Sharon Perkins; Public Officer, Phil Elton.

Collaboration with other chambers is a valuable way of developing and maintaining networks and strengthening outcomes through a broader approach. The Tilba Chamber is working closely in this area with some exciting developments for the future.

## View from the ship, view from the shore

As part of Cook 250, the 250-year anniversary of Captain James Cook's navigation and charting of the east coast of Australia in 1770, Four Winds has received funding from the National Museum of Australia to explore the 'view from the ship' as seen by Cook with the 'view from the shore' as understood through Indigenous culture.

Cheryl Davison, local Tilba artist and Walbanga and Ngarigo storyteller, has been employed through the Cultural Connections program, which focuses on Indigenous-led community projects aimed at strengthening cultural practices and knowledge. To assist this process, Cheryl is arranging meetings in various locations to engage with the Aboriginal community. Locally, a community meeting will be held on Thursday, 14 November at the Wallaga Lake Koori Village, starting at 10 am with a barbecue lunch.

The Koori Choir is already meeting on Tuesdays at Four Winds and a new choir, led by Geoffrey Badger, is about to start in Bega. Cheryl has other plans which will emerge soon with all performances part of Four Winds Easter Festival in 2020.





### Great community support for Tilba CWA

On Friday 11 October the Tilba branch of the CWA held their AGM, which was very well attended. Annual reports were read or presented and the meeting quickly moved to election of office bearers, which was graciously chaired by Helen Galton, President of the Far South Coast Group.

With a lot of support we were able to fill all rolls easily with a good mix of continuing and new officers, as follows: President, Annette Kennewell; International Officer, Vicky Staddon; Land Cookery Officer, Gretel Bodiam; Secretary, Helene Sharpe; Treasurer and Publicity, Cas Mayfield; Vice President and Cultural Officer, Helen Thompson; Handicraft Officer, Zoe Burke; Ag and Environmental Officer, Annette Kennewell; Branch Councillors to Far South Coast Group, Annette Kennewell and Jenny Burnett.

Annette said, 'We are fortunate to have such a great community here in Tilba and such great community spirit. We thank the outgoing office bearers for the great work they have put in over many years and wish the newcomers a happy and productive new year.'

After the meeting, Dino Zucco and Kate Wall gave a very



A good turnout at the AGM meant all positions were quickly filled.

interesting and informative presentation on Bush Fire Readiness. Dino had lots of helpful recommendations to prepare for bushfire, including downloading the Fires Near Me and Emergency apps, and listening to ABC Radio to keep informed.

The CWA provided tea and cake for its members and other community attendees.

*Cas Mayfield*

### Tilba halls news

CTSOAT (commonly known as the Halls Committee) will be holding its AGM on Friday, 15 November in the Small Hall, starting at 6 pm with an ordinary meeting to follow. All are welcome to attend so please come and show your support. Anyone interested in taking on a position on the new committee is particularly welcome. For further information contact me on 0400 992 246.

The Hairy Concert is back again in 2019, at 6.00 for a 6.30 pm start on Saturday 7 December in the Small Hall. Come along and enjoy a great night out. Add it to your diary now so you don't forget. More details next month.

#### Calling all musicians in the area

We are looking for volunteers to be part of the group to play at the community Christmas Eve carols in Cobargo at 8 pm on 24 December.

Please contact Fiona Kotvojs for more information on 0448 453 422.

Don't forget the Collectibles, Trash and Treasure Market in the Big Hall on the second Sunday of each month (10 November, 8 December, 12 January). Come along to grab a bargain and/or have a stall. And Expressions of Interest are sought for a Handmade, Vintage and Collectibles market on Sunday, 1 December (and again in January with a date to be determined) in the Big Hall. Call me on 0400 992 246.

*Janine Halasz*

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### 'Hometowns' sees big bands return to their local roots



Cobargo's Big White returns home to perform at The Murrah Hall

This November and December, with support from Create NSW, Spunk Records and Dinosaur City Records will launch 'Hometowns', a month-long program where the labels' combined local rosters and friends return to their roots to perform, educate and engage with the communities in which they were raised, inspiring the next generation of young musicians across New South Wales.

The Far South Coast hosts the second show of the 'Hometowns' tour on Saturday 16 November at 6.30 pm at the Murrah Hall. Big White return to their hometown with support from Sydney- and Illawarra-based artists Poison Abbey, Greenwave Beth, Nick Griffith and local Cobargo artist Stella McMahon.

Big White will return after a packed show at the Cobargo Hall in 2018 which saw over 200 people enjoy the sounds of a great new wave rock'n'roll band.

The underlying purpose of Hometowns is for the artist to return home and give love and support back to their local community. The shows will not just be one-off events. They are also going to encompass a full day of performances and talks at the artists' former high schools.

Dinosaur City Records is run by Jordanne Chant of the Central Coast and Cody Munro Moore who grew up in Dignams Creek and went to Narooma High School. Munro Moore says that

returning to the Murrah Hall 'mirrors the things me and my friends were trying to do ten years ago but with a whole new group of friends and up-and-coming locals to celebrate.'

Spunk is one of Australia's longest-running record labels, celebrating 20 years this year. Its 650 releases have featured some of the most awe-inspiring artists from around the globe. From Sufjan Stevens to Bill Callahan, Bat for Lashes and Arcade Fire, the label has showcased some of the best artists of our time.

Tickets to the Murrah Hall Hometowns show are available on [www.eventbrite.com.au](http://www.eventbrite.com.au) and will be available at the door at the Murrah Hall for \$20.

Come join them for a great night of music from some of Australia's most exciting bands and record labels.

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## Art in the Triangle

As part of the 'Place and Identity Art Trail' organised by Spiral Gallery, two artists who spend time in both France and the Bega Valley are showing at Ivy Hill.

Place shapes identity and many places have shaped photographer Roger Stuart. Barragga Bay and Paris juxtapose the wild beauty of the NSW far south coast and hinterland, particularly where the sea meets and sculpts the forested bays and headlands, and the human-designed elegance, cultural density and intensely peopled spaces of France's capital, one of the world's few truly urban centres. As Roger says, 'For me these differences are complementary: I, and I suspect most of us, need both a great wilderness and a great city in our lives. This selection of photographs presents my case for them being Barragga Bay and Paris.'

Paintings by Alison Thomas feature water, its transparency, movement, depth and reflective qualities, which have been the main focus of her painting for some years. The amazing beaches along the southern coast of NSW and waterfalls and estuaries have inspired her. The strong light and colours of the landscape are

### The French connection at Ivy Hill



Alison Thomas, *A Glimpse of the Flooded Seine*

evident when hung side by side with the French scenes. Intimacy is the key to these paintings as they are meant to be viewed and hung in a small space.

You will find Ivy Hill Gallery on the coast road between Bermagui and Tathra,

open from 10 am to 5 pm, Thursday to Sunday. This exhibition continues to Sunday 1 December. Meet the artists on Saturday 2 November from 6 pm. More information, including catalogues, at [www.ivyhill.com.au](http://www.ivyhill.com.au).



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# Art in the Triangle

## Super sleuth, the Lazy Lizard, solves the Frayed Edges mystery!

The Gallery is always excited to host the annual exhibition of the Frayed Edges group of Quaama. This year they have posed us a mystery, calling their exhibition, 'What Happened?' We are, however, pleased to announce that you will be able to find the answer to this mystery question in our Side Room gallery in November.

This talented fibre arts group specialises in playful experimentation, and as Cathy Blake, one of their most inspirational members, explains, 'We take anything that can be loosely described as fibrous, add soap and water, glue, beads, paint, ink, etc and see what happens.'

These artists are skilled, humorous, inventive and full of fun. So 'What Happened?' should be a wonderful exhibition, with guaranteed enjoyment for everyone.

The opening will be at 11 am on Saturday 2 November, with tea and coffee, nibbles, music and laughter! Everyone is invited to come along and see some of 'What Happened' during 2019, and talk to the artists about how they did it.

We also have some special gallery news—we are thrilled to announce that last month's Side Room artist, Hansa (John van Horssen), is becoming a gallery member, so you will now be able to view and purchase his beautiful glasswork in the gallery, all year round.

Naomi Lewis



Fantastic, fun, fibre art creations  
by Frayed Edges of Quaama

## Global art event comes to Bega



Still from *Estate* by French artist Yvana Samandova

An international group of digital artists coordinated by Bermagui artist Bob Georgeson, 'dadaland collective', is exhibiting work in Bega in November and December. The collective came together in 2018 through Facebook groups to be part of 'The Wrong Biennale', a global event celebrating digital culture. The Wrong Biennale is the world's largest ever art event with nearly 2000 artists exhibiting online and at various locations around the globe.

The 18 artists from seven countries work across video, sound, graphics, performance and more, that not only explore how technology can be used to make art, but also how technology impacts on human interactions. Much of the work is influenced by or references the Internet.

Glitch, generative art, computer graphics, smartphone creations and environments created from information are all featured.

The exhibition opens at midday on Friday 1 November at Sugar Sounds (203A Carp St, Bega, upstairs) with a live performance by local duo The Sugarants. It's the first of a planned series of art events at Sugar Sounds as an adjunct to their music business.

The exhibition links through to The Wrong Biennale Epicentre in Valencia in Spain. It is an exciting opportunity to see some of the world's leading digital arts practitioners in an intimate setting.

The exhibition runs until Saturday 14 December. Check Sugar Sounds' Facebook page for opening hours. Further information: Bob Georgeson 0437 872 728

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## Words

by Dinesh Moylan

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words are very useful for putting a new shine and polish  
on the most despicable things  
invent amazing new concepts like 'collateral damage'  
a very elegant way of describing the murder  
of innocent bystanders  
in the wrong place at the wrong time  
when you are trying to kill somebody  
if this is done by people you don't like  
then you can call them 'terrorists'  
a very useful word that, terrorist  
now you can call anyone who doesn't agree with you a terrorist  
young people who might be protesting  
exercising their democratic right to demonstrate  
voicing their fears about the future  
you can call them eco-terrorists or vegan terrorists  
in the old days you would have called them communists or anarchists  
a bit old-fashioned now  
that's another great thing about words  
we're always coming up with new ones  
and old ones constantly change their meaning.

What about heritage?  
a gilt-edged cream word  
in New South Wales we have 'heritage animals'  
they're called feral animals in other places  
where they are managed to stop them damaging waterways,  
destroying delicate alpine ecosystems  
with their trampling hooves  
on country that has not evolved for dealing with hooves  
but we call them heritage animals  
it's a great way to ignore 200,000 years of history  
and focus only on the last 200  
we also have heritage politicians  
who blunder about stomping on things and making a mess  
even though they have no real relevance  
they just keep repeating useless out-of-date things  
trundling along the information superhighway  
in their horse and cart  
heavily blinkered to ignore the facts screaming at them from all sides.

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## Success with pots

With the ever-increasing use of our outdoor space, the use of pots as a growing solution is becoming far greater than in previous times, so here are some hints on how to successfully manage this form of gardening.

It's most important, initially, to decide what you want the pots and the plants to achieve. Are they to be used for growing vegetables, annual colour, a perennial or shrub? Or perhaps a screening plant to hide a shed or some unsightly part of your landscape?

The pot size is absolutely the most crucial selection as a pot too small for the plant will cause it to dry out quickly, blow over in the wind or not be large enough to contain sufficient nutrient to keep the plant healthy.

Generally, glazed pots are the best as there are many colours that suit the colour scheme of the home and they have a better moisture-holding capability than other styles. Terracotta pots are very stylish but have a tendency to dry out, so seal the inside of the pot with a terracotta sealant.

When selecting a pot for a plant that's going to grow and need repotting, use a straight-sided or v-shaped pot so the plant can be removed easily. A plant in a belly-shaped pot is nigh on impossible to repot without causing serious disturbance to the root system or damaging the pot.

When selecting the plant to be used, consider the eventual size of the plant—the larger the plant grows, the larger the pot should be. A plant to be used for screening should be in a pot that will also act as an anchor in a windy site. Too small a pot



will simply just blow over and in most cases break.

If you are growing annuals, herbs or vegetables, a shallow pot will suffice as they are all generally shallow rooting and do not need a great depth of soil.

The potting mix used should be a premium mix with some slow-release fertiliser and some water storage crystals. There are many types of mixes out there and I can guarantee that the cheaper the mix the lesser the quality.

Cheaper mixes are basically just pine bark and if you are growing vegetables and annual flowers you will need to fertilise and water more often as these mixes do not have any moisture or nutrient-holding

capabilities. The cheaper mixes will be of no benefit to the plants after a season or two.

Watering and fertilising is of absolute importance. Vegetables and annual flowers will need watering several times a week and fertilising every ten days or so with a liquid fertiliser like a fish- or seaweed-based fertiliser. Shrubs and longer-living plants also need watering and fertilising on a regular basis, but add a specific slow-release fertiliser for the particular group of plants you have used. Do this three or four times a year as well as the liquid food on a monthly basis. During the cooler months this can be cut back as the plants are not actively growing.

Just a few other things to remember: check from time to time that the drainage holes haven't become blocked by roots, rotate the pots to get an even, all-over growth, and prune when necessary.



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For all you sourdough bakers out there, or wannabe sourdough bakers, these two recipes are a great way of using up sourdough starter that you would otherwise discard in the 'feeding' process that keeps your sourdough culture happy and full of life.

Like all recipes, these crackers taste best if you use fresh ingredients. If you have old seeds/flours/oils etc in your cupboard now is the time to 'spring clean' your pantry, throw old or rancid food into your compost. If you don't have a compost, ask your neighbour if you can use theirs. Then go to your local bulk foods store with your jars and reusable bags and buy fresh ingredients. Shopping at a bulk foods stores means you can buy as little or as much as you need and it also helps reduce plastic waste packaging in your life and in our community landfill.

The following two recipes are both adaptations of great recipes I have found on the internet, and if you're keen there's heaps more out there. Just google 'what to do with excess sourdough starter' or something like that.

## Seedy sourdough crackers

*Note—the mix is made the day before, left to rest overnight at room temperature and baked the following day.*

- 1 cup sunflower seeds
- ½ cup linseeds, also known as flax seeds
- ⅓ cup pumpkin seeds, also known as pepitas
- ½ cup white or black sesame seeds or a mix of both
- 1.5 cups rolled oats
- 2 tablespoons chia seeds
- 3 tablespoons psyllium husk powder
- 1.5 teaspoons fine sea salt
- 3 tablespoons oil (melted coconut oil, or avocado oil, or extra virgin olive oil, or ghee, or any oil you like the flavour of)
- ¼ cup sourdough starter, measured after stirring and at room temperature
- 1.5 cups water

In a medium bowl, stir all ingredients together until evenly distributed and the water is absorbed and dough is thick, about 5 minutes.

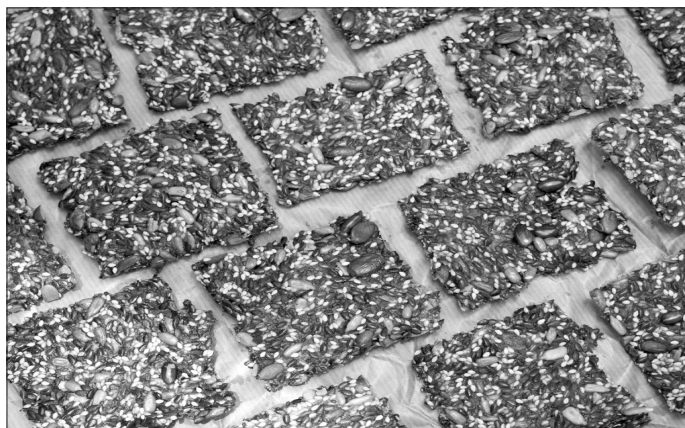
Divide the dough in half.

Place half of the dough on a sheet of baking paper and shape it into a rectangle. Place another sheet of baking paper over the top and, using a rolling pin, roll out into a large rectangle about the size of your baking sheet, and very thin. Carefully peel off the top layer of baking paper and score your crackers into desirable sizes and shapes. Repeat with the other half of the dough.

Let rest at room temperature for 8-12 hours, or overnight.

Preheat the oven to 180°C with the oven racks in the upper and lower middle positions. Place baking sheets in the oven and bake for 30 minutes. Pull them out of the oven and carefully flip the crackers over and peel off the baking paper. Bake the upside-down crackers, rotating the pans and switching top and bottom positions, for another 20-25 minutes until lightly browned and crisp all the way through.

Let cool completely on a wire rack and break along the scored lines. Store in an airtight container for up to 3 weeks.



## Sourdough crackers with parmesan and rosemary



1 cup sourdough starter, measured after stirring and at room temperature

1/4 cup of oil (olive oil, macadamia oil, melted ghee, coconut oil or any oil you like)

½ teaspoon salt

1 tbsp finely grated parmesan

1 tbsp finely chopped rosemary or thyme or other herbs from the garden

¾ – 1 cup of wholemeal flour

oil for brushing the tops plus extra salt

Preheat oven to 180°C.

You can mix in a mixing bowl by hand or use an electric mixer with a dough hook if you have one.

Combine the sourdough starter with the oil and salt and stir well to combine. Add the parmesan and rosemary. Begin to add the wholemeal flour—add half a cup first, then wait to see if you need any more to form a soft dough. Turn the dough out onto a floured piece of baking paper and knead lightly until your dough is smooth.

Divide the dough in half. Roll the first piece between two pieces of baking paper—dust with flour as you go to prevent it sticking. Roll the dough as thin as you can, 2-3mm is good. It should almost fill a standard biscuit tray. Use a sharp knife to slice the dough into squares or rectangles and place the baking paper sheet on a flat tray for the oven. Brush the top of the crackers with oil and sprinkle with salt.

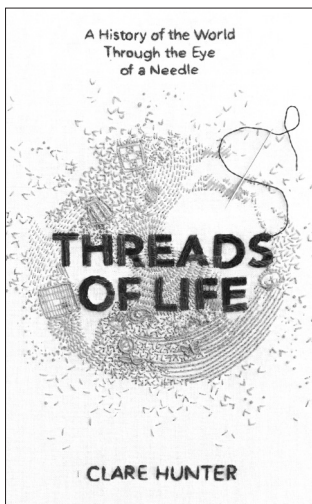
Bake for 15-20 minutes or until they are golden. Keep an eye on them and rotate the trays half way through the cooking time if you feel the need. Cooking time will vary depending on how thick the crackers are.

The crackers will store in an airtight container for around three weeks.

## Claire Hunter, *Threads of Life: A History of the World through the Eye of a Needle* \$32.99

I chose this book because there are so many people in the Triangle area who love all forms of needlework, and also because I know absolutely nothing about any of this. What a revelation this fantastic piece of research was for someone as ignorant as me!

Each chapter is devoted to some form of sewing: embroidery, tapestry, the making of banners, the production of burial garments, quilting, textile arts of every conceivable form. Claire Hunter is a community artist, supporting projects in Scotland and devoting herself to documenting how sewing projects have supported political campaigns of all sorts. The mothers of the



Disappeared in Argentina, the women of Greenham Common, unionists, prisoners of war, men in prison and people with dementia ... all are included in this broad sweep of stories across centuries and across continents.

Hunter also tells of how beads, threads, mirrors, pompons, sequins etc have been used to ward off evil spirits; how textile hangings were used as barriers of protection; how clothes for babies were constructed from textiles from older persons as a means of protection; of the importance of communal cloaks for Chinese babies; and of how the names of AIDS sufferers were incorporated into quilts—as memorials and expressions of love and hope.

If all this were not enough, each chapter is situated within the most appropriate historical period. I loved the chapter on the making of banners and their importance to the miners protesting

## ASSISTANCE NEEDED

I have a heap of old coins and a few watches and need someone to go through them and to find their worth (if any). Will pay a percentage when sold or a set rate. Please contact Kiwi 0417 826 652

## FOR SALE

2 Mattresses, double bed, inner spring, very good condition \$100 each. Call Brian 0408661533

Generator Promax 3500/2700. 6 HP motor Briggs & Stratton, 3 x 240v outlets on wheels. Very little use \$1250. Call Brian 0408661533

8 Fibro Sheets, new, good condition, stucco finish, 240cms x 120cms. \$80.00 Call Brian 0408661533

Toro Ride On Mower, 1 metre deck. Good running order. 16HP Briggs & Stratton motor. Always serviced \$750 ONO. Call Brian 0408661533

Louvre window 1 set 1680 H X 1380 W with 2 panels of safety glass louvres, mill finish in perfect condition, never installed \$950. Call Brian 0408661533

in Thatcher's Britain. Whoever knew that returned soldiers from the First World War formed the Disabled Soldiers Embroidery Industry? Gems like these appear throughout.

So even if you have no direct interest in sewing, you will love this book, written with passion by a first-class researcher.

Deb Cox

## Pet of the Month

Ellie is a large, affectionate girl, almost three years old, weighing in at 53kg. She has a lovely nature and especially loves playing in the dam at her foster home.

She's looking for a family who will allow her inside and include her in family life. She is better suited to a household with older children and some large breed experience as, like many dogs her size, she isn't always aware of her size and strength. She knows some basic commands but her new owner will have to be committed to her ongoing training.

Ellie has always lived with another

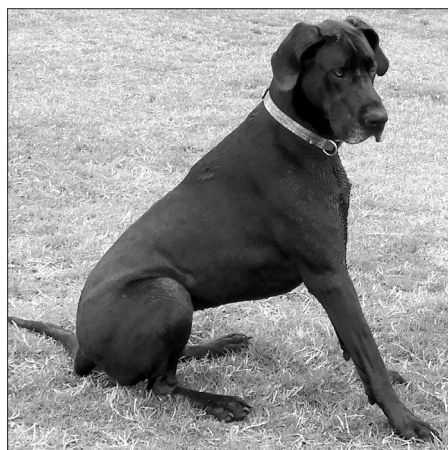
(large) dog and plays well with some of the other dogs in her foster home. She can get a little uneasy when confronted with a number of dogs, so learning to gauge her limits and working with her on this issue would be ideal.

Ellie (FSC #2622) is available through the AWL Far South Coast Branch. Please phone 0400 372 609 (Animal Welfare League NSW Rehoming Organisation Number R251000222).

All animals available through AWLNSW are microchipped, de-sexed, vaccinated, wormed, flea and tick treated. Their adoption fee 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 be suited to the needs of the 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.

De-sexing vouchers are available at all vet clinics in our branch area—



Ellie—a big, lovely, friendly girl looking for her forever-home

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.

Helpful Hints: Please ensure your pet's yard is secure to avoid their escape, that they are microchipped with up-to-date details, and have ID tags with two contact numbers. Ensure you have recent digital photos just in case. If the worst should happen start your search immediately, call Council and local vets and place ads on local social media. Don't give up as many animals are found months or years after they have gone missing.

*The*  
**COBARGO**  
**GENERAL STORE**  
 DELI • LOCAL PRODUCE • GROCERIES

**The New Home of Cobargo  
 Home Made Ice Cream**  
**49 Princes Highway, Cobargo**  
**Phone: 0418 613 771**





#### ALCOHOLICS ANONYMOUS

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

#### AL-ANON

Bega, Back Room 7th Day Adventist Church,  
31 Upper St (opp showground/pool)  
Tuesday 5-6 Thurs 1-2 Ph 6492 0314

#### ALICE BAILEY GROUP

Each Saturday from 12.00 to 3.00pm we gather to  
learn the Ageless Wisdom teachings. All welcome.  
Phone: Lorraine on 6493 3061

#### 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  
kfpreston@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 Courtis  
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

#### OPEN SANCTUARY AT TILBA TILBA

Meets regularly on 2nd Saturday 4.30pm - 6pm,  
and 4th Friday 10am to 2pm.  
Plus, meditations, discussions, guest speakers  
& special events.  
website: opensanctuarytilba.org and facebook.  
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 0490 130 478.

#### 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](mailto:contributions@thetriangle.org.au)

# For the Fridge Door

NOVEMBER	WHAT	WHERE	TIME
Sat 2	Narooma Renewable Energy Expo	Narooma Sport & Leisure Centre	10 am - 4 pm
Sun 3	Blessing of the animals	Bermagui Anglican Church	8 am
	Spring 'Triple Bill' Festival Finale	Four Winds, Barragga Bay	10 am - 1.30 pm
	Santa Paws photos	Country K9 Parlour, Cobargo	from 9 am
	Live Music: Stich	Tilba Valley Winery & Ale House	from 12:30 pm
	Live music: Wolf Stone	Cobargo Hotel	5 pm
Tues 5	Melbourne Cup Luncheon	Cobargo Hotel	12 noon
	Melbourne Cup Shenanigans	Tilba Valley Winery & Ale House	from 11:00 am
Sun 10	Galba Forge blacksmithing demonstration	345 Yowrie Road, Wandella	1 - 5 pm
	Live music: Dust & Echos	Tilba Valley Winery & Ale House	from 12:30 pm
	Live music: Lillian McVeity	Cobargo Hotel	5 pm
Thurs 14	View from the ship/shore meeting	Wallaga Lake Koori Village	10 am
	'The Ataxian' fundraiser	Narooma Kinema	7 pm
	Live music: Daryl James blues, \$10	River Rock Café, Bermagui	7 pm
Sat 16	Hometowns	Murrah Hall	6.30 pm
	James Magnussen swimming workshop	Cobargo Pool, (call 0429 306 761)	9 am
Sun 17	Community doco: <i>The Miracle of the Little Prince</i>	Old Butter Factory, Cobargo	3.30 pm
	Live Music: Tony Jagers	Tilba Valley Winery & Ale House	from 12:30 pm
	Live music: Dust & Echoes	Cobargo Hotel	5 pm
Sun 24	Live music: Jay McMahon	Cobargo Hotel	5 pm
	Live music: Klaus Tietz	Tilba Valley Winery & Ale House	from 12:30 pm
<b>REGULAR EVENTS</b>			
Mondays	Ki yoga with Jody Vassallo	Open Sanctuary, Tilba Tilba	7 - 8 am
	Iyengar yoga with Paula Casciola	Bermagui Community Hall	7 - 8.15 am
	Meditation	Open Sanctuary, Tilba Tilba	10.30am - 12.30pm
	Yin yoga with Jody Vassallo	Open Sanctuary, Tilba Tilba	6 - 7.30 pm
Tuesdays	Trivia	Cobargo Hotel	7.30 pm
	Weekly meditation	Kamalashila Centre, Tilba	10 - 11 am
	Yoga Classes with Sara	Bermagui Surf Club	10 - 11.15 am
Wednesdays	Sound Bath	River Rock Café, Bermagui	10.30 am, 6 pm
	Appalachian Jam Session	Cobargo Hotel	7 pm
	Dru Yoga	Cobargo School of Arts	10.30 am
Last Wednesday	Cobargo Seed Savers	18 Blackbutt Drive, Cobargo	10 am - 12 noon
Thursdays	Mind Body Stillness Meditation	Phone Lenore 0412 793 174	10 - 11 am
	Growers Market	Bermagui Country Club	3 pm
Last Thursday	Gardening talk, Keith Mundy	La Galette, Tilba Tilba	11 am
Fridays	Community raffles	Cobargo Hotel	7 pm
	Open Mic Jam	River Rock Café, Bermagui	7 pm
	Tapas & Live Music	Tilba Valley Winery & Ale House	from 5:00 pm
Saturdays	Tilba Market	Big Hall, Central Tilba	8 am - noon
Sundays	Community Joker Draw	Cobargo Hotel	6.30 pm
	SUP to Cup Paddle	River Rock Café, Bermagui	9 am
1st Sunday	Tilba Food Share	Call Annie: 0409 443 064	10 am - 12 pm
Last Sunday	Bermagui Red Cross Markets	Dickinson Oval	9 am - 12 noon
<b>ART</b>			
Sat 2	Opening, Frayed Edges	Lazy Lizard Gallery	11 am
	Opening, Roger Stuart and Alison Thomas	Ivy Hill Gallery, Wapengo	6 pm
Sat 16	'Colour ... by ME' All Ability Art Expo	Bermagui Country Club	12 - 3 pm