

THE TRIANGLE

COMMUNITY NEWS

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QUAAMA COBARGO BERMAGUI TILBA & LOCALITIES

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Co-operation, adaptation and flexibility are key as COVID-19 arrives

The killer COVID-19 virus is highly infectious—people from all age groups are dying. Australia can learn from what is happening in other countries to stem the virus pandemic. We're now seeing person-to-person transmission in the community. As of 24 March, there are three cases of COVID-19/Coronavirus in the Bega Valley and two in Eurobodalla. By the time you're reading this, there will be more.

With over 2000 confirmed cases in Australia, the Prime Minister has announced new regulations on social distancing, limiting guests at weddings and funerals, even new rules for family get-togethers. Again, by the time you're reading this we may be in full lock-down, UK-style.

Our local medical centres now offer car and phone consults and there are respiratory clinics at the hospitals in Moruya and Bega. If anyone is still doubting the seriousness of our situation, it's time to take stock. What is clear is that the contagion is restrained by mass self-isolation, physical distancing and regular hand-washing and sanitising. Locally, we can take our fate into our own hands by adhering to these measures.

And yet, while the apocalyptic fires may be 'old news' nationally, our community is still struggling in the rubble of their devastating consequences. People continue living in sheds, tents, caravans and shipping containers as the deadly virus sweeps through the human species in our community, the nation and the globe.

The fires brought us together in stronger ways where our shared physical presence gave us comfort and stability, sharpened authenticity, expanded love and widened connections—now we must separate and stay apart for some time. Social lessons of the fire were about the nurturing strength of being together. Now we will be by ourselves. But we evolve with the tangible power of community to self-love and self-responsibility.

Trauma and vulnerability are still present and now we can add the pragmatic and psychological effects of quarantining. Frustration, boredom, fear and anxiety can build from isolation

and inadequate information as differing sources give a confusion of messages. Just as in the fire times, our ABC is vital for accurate information. Facebook and email are excellent for communication and connection—with a wise dose of discernment. In these rapidly changing conditions, the ability to adapt is key, focused into decisions fed by accurate information.

In times of accelerating change, Charles Darwin's evolutionary insight is that within a species, those species that survive and thrive in changing, challenging times are characterised by 'co-operation, adaptation and flexibility'. Things are changing daily and it's co-operation, adaptation and flexibility that are key at a collective level—and self-responsibility, steadiness and kindness at a personal level.

Our community has learnt big lessons about co-operation in coming together when the outer systems of power, protection, leadership, communication, transport and food supply failed at critical times. Now it's a phase of adaptation to daily changes and self-isolation—later the challenge will be flexibility in making a new kind of shared future.

The crisis will become more real if people we know become infected. Preventative measures are vital and

are outlined in some of this month's articles. The Triangle is both an online and print edition this month (in smaller numbers) and then will be online-only until this crisis is over. The website is www.thetriangle.org.au. We want your contributions more than ever to reflect what is happening locally. As always, the Triangle team aims for this publication to be a valuable resource for our community and we're in a race to work out how to do this most effectively online.

This virus is extremely infectious—and means death for some, maybe many. The virus is in our community now. Please stay safe by self-isolating, keeping a 1.5 metre distance from others, don't touch your face, and wash or sanitise your hands often. Stay healthy, stay safe.

Rosemary Beaumont



A message to our readers

The Triangle has been published continually for the last eighteen years. In the beginning, it was a struggle to make the printing costs each month. But over time, with advertisers coming onboard and people filling our tins with coins, we've managed to grow and improve and become a well-loved platform for our community's collective voice.

Heading into a global pandemic, we discussed the path ahead. We don't want our most ardent readers to venture out to find a copy who might otherwise have stayed home. We also don't want committee members to have to leave the safety of their homes to move around the region distributing the paper. So with some regret, we have decided to move the *Triangle* online for the foreseeable future. This is the last print edition until the pandemic has passed.

We have had a website for many years and some of you will have already checked it out. But many of you have not. Now's the time! In addition to the current edition that you can link to, read and download from the home page, you can access previous issues going back years. The gardening, book review and recipe columns have their own pages, so all that great info is easy to browse.

We are open to re-inventing ourselves at this time but don't yet know how that might look. We want to always be a place for local groups and businesses, artists, writers and enthusiasts to share what they're doing with the community. We want to continue to be a place where anyone can send in a letter, comment, thumb pointing one way or another or a story about what grieves them, interests them or gives them joy, hope or support.

We hope that you will come to our site and keep in touch with your community by reading the *Triangle* online from the safety of your homes. And if you have a friend, family member or neighbour who is not online, ask them if you can print out a *Triangle* for them to read. I'm sure they would appreciate it.

And we are here. We're only an email away. Stay in touch! Contribute. Suggest. Support. Enjoy. We'll see you all around and about when this terrible time has concluded. We'll be sure to cover those celebrations when the time comes. Until then, take care and stay safe.

The Triangle Committee
contributions@thetriangle.org.au
www.thetriangle.org.au

Random Fire

The village outside seemed eerie, forlorn
Foreboding and doom, dawned with the morn
The sky was deep scarlet and black leaves now fell
To flee? Or to meet the nemesis hell?
Dreadful red flames were circling at pace
I knew then I had to get out of the place.
I locked little Miffy securely and tight
Steadied my nerve and fled into the night
Down to the fire shed I carefully drove
And joined a few others with nowhere to go
Flames round the shed, like a wolf on the prowl
And tall trees devoured with a furious howl
Furies said 'go—go south to the stop'
Where west wind was blowing unbearably hot
'All huddle together' a voice from a truck
'The fire will pass o'er with a good bit of luck'
I texted the kids with 'I think this is it
I'm proud and I love you so don't grieve a bit'
Policemen drove in yelling 'you can't stay here
and neither go north so get into gear
head down the highway, drive down the hill
You might be all right—with courage and will
The cautious cortege crept silently through
the flames and the embers, with nought else to do
Relief filled my heart when I knew we were safe
So I paused by a lake for a moment of grace
I texted the kids and said 'hey, I'm okay
By some stroke of fate, I've lived through the day'
But back up the hill in our part of the world
A fire's random pathway was being unfurled
The ash and the flames, the heat and the embers
I'll never forget that last day of December.

Bronte Somerset

How can I try to stay well and avoid spreading the virus?



Wash hands frequently with soap and water or use a sanitiser gel



Work at home where possible and avoid social venues



Catch coughs and sneezes and throw away used tissues



If you don't have a tissue use your sleeve



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

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.

Letter to the editors

With reference to 'Thomas Cairney Estate funds aged care home services for Bermagui locals', *The Triangle*, March 2020, we, Murray and Margaret Douch, being executors of Tom Cairney's will, signed over his estate to Illawarra Retirement Trust to be used to build aged-care units on land bought in 1995 from Bill O'Shea, now occupied by Woolworths. Signs were erected on the site for this purpose.

Two years after Tom passed away in 1999, Mr Craig Hamer (IRT Group Director – Journey of Care) rang us to arrange a meeting where he proposed we sign the \$140,000 in Tom's estate over to them. With the money, they could have built two units in the next two years.

The two years came and went, and no units. We rang them and they said there was some hold-up with Council. This went on for 18 years. In that time we kept ringing them and the executives were always unavailable. We were blamed for spending the money. Tom's will stated the money was to be spent only in Bermagui. Signs were put on the block stating aged units were to be built there. We got onto the Attorney General's department and found out that wills do mean something. Next the land was sold so we contacted IRT and they said they never intended building aged care units.

*Murray Douch
Margaret Douch OAM*

LIFE OF 2020

The shelves are empty with
not a thing to spare

Even toilet rolls have gone
and tissues not there

We wait for the powers at
be to tell us what to do

Can't we find out what really
is making our lives askew

I can walk in the garden but
not out the gate

I'm in isolation and to get to
the beach I can hardly wait

We need to be strong and
hold onto our mirth

Soon we will rebuild our
hope in great mother earth

Julianne Bushby



Thumbs UP

To Kristy McBain and all of BVSC, especially the water people for their stellar job during unimaginably difficult times.

To Veronica and Warren Abbott, who will soon be closing down what has been an incredibly helpful, kind, friendly and inclusive bushfire recovery service at Quaama Hall.

To all the socially responsible people who are keeping to themselves at the moment ... and to the people who can't do that because they are in essential services, keeping us going.

To the Cobargo Co-op who are providing vouchers for shareholders who's gardens are fire damaged.

Thumbs DOWN



This morning (23/03/20) as I was driving to work past burnt trees and damaged fencing, contemplating our society's recent transition from protecting property to infection control, I was amazed to see a burning cigarette butt on the road. This was at 7.34 am on Yowrie Rd, approximately 500 metres west of the intersection with Wandella Rd. There were cars on the road ahead of me travelling toward Cobargo and behind me travelling to Yowrie. I did not witness the driver in question. I drove my car tyre over the cigarette butt, effectively extinguishing it. The perpetrator demonstrated a complete lack of sensitivity for others, profound ignorance and incredible indifference toward the local environment. If you were the perpetrator of this act, which presented not only a fire hazard but also an obvious disregard for the potential spread of infection, you are a f**king dickhead.

Visit our Website

**Browse the current issue plus
back issues, recipes, book
reviews, and gardening tips
going back years.**

www.thetriangle.org.au

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Advertisers please note that an extra fee may be charged for initial ad layout.

Letters to the editor

All communications should be forwarded to:
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The 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.

Virus on the move

It's been interesting, travelling back to Scotland with the developing problem of the coronavirus COVID-19. We knew it might affect our travels and were keeping up to date with news. We left Cobargo in late February, had a few days in Sydney, all was well, a few conversations about the developing problem in China but nothing too dramatic. To ease jetlag we broke our journey with five days in Penang, Malaysia—a lot more talk about the virus there, lots of people wearing face masks, hand sanitiser dispensers located on reception desks and in restaurants. A few business owners talked about the lack of tourists and many businesses were reducing their hours. Some flights were very empty but others very full. There was awareness of the virus but no panic; airport shops ran promotions and special deals on hand sanitisers and pain killers.

Arriving in Scotland in early March there was virtually no indication that a killer virus was on the way. Shopping malls were full, not a face mask in sight; pubs, cafes and restaurants full with chatting, animated, friendly folk. There were a few jokes about self-isolation and makeshift face masks, all quite funny really, until there was a phone call from a government medical person, someone at our dental surgery had it!

My 90-year-old mother had been for a check-up the day before we arrived. Now we couldn't be in the same room as her and had to pass her food through a hatch in the kitchen. No visitors were allowed; the nurse called three times a day to check if she had any symptoms. She felt fine and the new restrictions felt a bit odd considering that we had been sharing the house in close quarters for the past week,

but we complied.

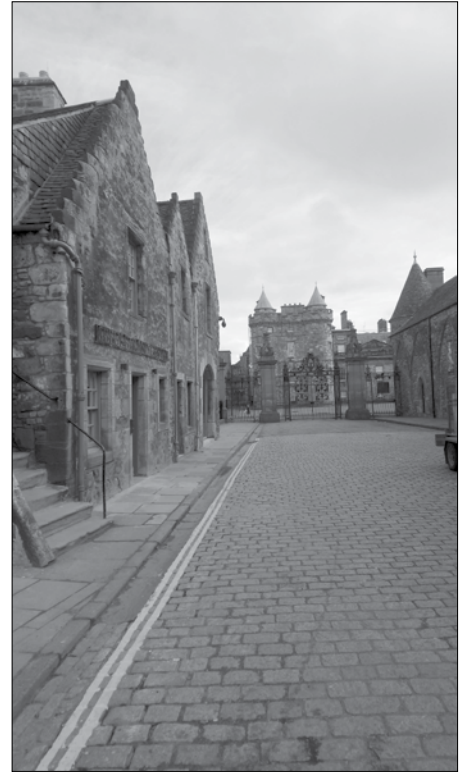
News about the virus was becoming more serious. The guests for our Airbnb business started to cancel. We developed cold symptoms but not a sore throat or fever, still we didn't want to risk anyone catching that so we moved to the now-empty Airbnb flat in the city. It was getting difficult to buy many items—hand sanitiser, paracetamol, rice, pasta ... veggie burgers! Toilet rolls of course. There were still a lot of people around on the streets and in the shops but not as many as this time last year. I met up with some friends who work in the theatre. Their meetings had been postponed, contracts hadn't been returned—freelance professionals in a worrying position.

Over-70s and vulnerable people had been warned that they would have to self-isolate but the news was changing daily. Last night we were all told to avoid human contact. All cafés, clubs, pubs, theatres must close—this is a request at the moment but will become a criminal matter soon. We saw TV interviews with distraught adults who have just lost their elderly family members, so quickly—they had been fine a few days earlier. The news images from Italy, France and Germany were devastating. The graphs and stats show us how unprepared we are, how many are going to die. We must comply or we'll contribute to the deaths of thousands. It's going to be a massive group effort to get through this and last night on the news they said the worst may not be over until spring 2021. We must adapt to a new way of living.

It has only been a few weeks since we left Australia but it feels like another lifetime, another world. I have hope that

we will stay safe like we did in the bushfire disaster and I have faith in the human race but still, it's not going to be easy.

Sarah Breakey



Empty streets in Edinburgh

Eds: Since the date of Sarah's report, the UK is now in full lockdown. The rapid pace of change continues for us all.

Anzac Day cancellations

In the light of the current situation regarding the COVID-19 virus, the customary Anzac Day marches and services of commemoration will not be taking place this year. People are invited to lay wreaths at memorials at any time on or before Anzac Day.

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**Have a happy
and safe Easter**

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Odds & Sods

Three and a half years ago we bought two Isa Brown hens. They have it good—a 400 square metre former rose garden, with a spiky pomegranate tree for protection and privacy. They lay an egg each virtually every day, amazing at their age. The big fat one provides 75-85 gram eggs, and the small skinny one, 60-65 gram. We've kept chooks for many years and never seen the like.

We increased the protein levels of their food. Their egg production increased. So now we buy a kilo bag of pet mince (offal such as heart, tongues, and who knows what else) and mix it in with the water-absorbed pellets. We also throw in cuttlefish skeletons from the beach and greens from the garden. Each kilo bag keeps them happy for a couple of weeks. Their combs are red, they are vigorous and cheeky and they look happy. It may not be the cheapest way to produce those delicious white and yellow bombs, but for taste, production and happy chooks, it's hard to beat.

Went to Well Thumbed Books for Jen Severn's book launch, *Long Road to Dry River*. Jen and I had been speaking on the phone for a couple of years but had never met. Quite a surprise I can tell you.

You will understand why when you read the book—which is exceptionally good. Well-written, often with searing honesty, the story of an extraordinary woman living an extraordinary life. You will laugh, you will cry.

And if you go to an event at Well Thumbed Books you will also go, 'Yum!'. The morning tea is better than at Government House.

Two months ago, many businesses offered pleas to city tourists to come to the South Coast. Now, if those tourists turn up, they will almost certainly bring coronavirus. That will mean illness, possibly death to some of our community. Should we now ask tourists not to visit? It seems most likely that the government travel restrictions will eventually do this anyway.

To some extent I can understand people feeling compelled to hoard food, but why toilet paper? Has someone spread a rumour that a triple layer Sorbent with a decent spread of Vegemite makes an edible sandwich?

Looking for a positive out of the current chaos? When the bushfires were burning, people came together—the automatic response was to help. What

a wonderful revelation in a world gone crazy with greed and consumerism. Of course many people moved here for this very reason. And the hard times brought out the best in us all.

Now the coronavirus. Will the generosity and kindness prevail in the face of the new threats? Toilet paper hoarding isn't a good start. But maybe that will calm down, when they start distributing old phone books and the racing guide.

Travel prohibited, restaurants and bars probably closed. Isolated, more or less, in our own homes. Lots of time for thinking and reflecting, for working out what is really important to us—family and friends or a bigger TV? Kindness or greed?

Working in the garden, completing the projects so often postponed, beautifying the house, practising the painting or photography or sculpture you always wanted to do, learning how to cook properly with limited ingredients, taking up yoga, long walks on the beach. Beyond the gloom and doom there are wonderful things to do and learn from. But as each of us faces this future uncertainty, I hope the love and compassion and kindness shown during the bushfires stays our guiding light. Let's be our very best.

Keith Bashford



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Autumn – breathe in and let go

We have now entered autumn, the season governed by the lung and large intestine and the Metal element in traditional oriental medicine. In autumn, leaves dry and fall, and there's a similar effect on the body. To aid the lubricating nature of the metal element, drink adequate amounts of water; importantly, remember proper breathing, which is said to circulate moisture to the skin and strengthen *Wei Chi* (defensive *chi* which opens and closes the skin pores and protects the body from pathogenic invasion). As long as you are not too lacking in energy, finishing your shower by alternating hot and cold sprays a couple of times also helps this function.

Metal, emotionally reflective of the season, involves inward reflection. The emotion of grief is related and, after the

summer fires, don't be surprised if grief comes to the surface, even if you thought you had processed it.

If there is grief and sadness we tend to take shallow breaths; the shoulders come forward creating tension in the chest muscles, physically restricting the breath more and even creating pain in the neck and arms.

A deficiency of breath and oxygen affects a myriad of functions in the body and mind so spending a few minutes daily, consciously inhaling and exhaling nice full breaths, can help this natural expansion of breath to stay with us throughout the day—and can also process and release the thoughts which may have risen.

The lung draws in oxygen and heavenly *chi*, and exhales impurities; the

large intestine eliminates toxins and waste. Emotionally this function is the same so strengthening the metal element in the body aids us in processing our inner world and connecting to the external world. Also cleaning your windows (if you are lucky enough to have them) has a powerful effect on this inner/outer world connection.

Foods to incorporate to help build the metal element are often white in colour—root vegetables, fruit with a thick peel, soymilk and/or dairy. Increase sour foods in your diet.

Finally, exercising the voice with a little shower-singing or chanting is great to strengthen the lung energy, though earmuffs may be recommended for the other house occupants!

Raven

Library service responds to COVID-19

Bega Valley Shire Library is closely monitoring the impact of COVID-19 (Coronavirus) on its operations, programs and public spaces, and is encouraging everyone to become familiar with its online collections.

'Our library users, staff, volunteers and communities are our utmost priority, so we encourage people to access our Story Box, eBooks, eMagazines and eAudiobooks,' said Acting Library Coordinator Megan Jordan-Jones.

Staff at all Shire libraries are already undertaking thorough daily cleaning of computer areas, keyboards, mice, self-check machines, screens, surfaces and returned items.

'We regret that face-to-face Storytime and Rhymetime sessions have been cancelled until further notice and we will

not run an April school holiday program,' Megan said. 'However, the library will provide online Storytime and Rhymetime sessions with crafts that children can copy along to at home. Another great alternative is Story Box, an online reading room for children available to library members for free via our website.

'If library members are isolated, they can still download eMagazines, eBooks and Audiobooks to their personal device 24 hours a day, seven days a week from anywhere, using a personal device connected to the internet.

It's free to join the Bega Valley Shire Library and temporary membership can be set up online. Changes to library services and opening hours will be communicated through the library website, Facebook page and signage at libraries.

'We are playing our part in protecting our community by doing everything we can to contain the spread of infection, but we need everyone to help,' Megan said. 'If you have any symptoms, please respect other library users and staff by not visiting our libraries. Instead, give us a call on 02 6499 2127 to see if we can help you with your library needs some other way or visit our website at library.begavalley.nsw.gov.au.'

U3A classes cancelled

The U3A Bermagui and District Management Committee has decided to cancel all activities for the foreseeable future to minimize social contacts given that many of our members are considered a high risk if exposed to coronavirus COVID19.

We took this action in an endeavour to reduce the impact this virus could have on our far south coast health professionals and our limited health resources.

We'll review this decision in mid-April, at the end of Term 1. We hope that our wonderful presenters, who have put a lot of hard work into preparing for presentations and activities over the next month, will be eager to reschedule once we are comfortable to renew our program.

Please keep an eye on our website for updates to this information: www.bermagui.u3anet.org.au.

We look forward to being able to return to a program of activity and stimulating presentations when this health crisis subsides.

Ruth Perrett
President,

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After the fires: getting through the three-month blues

At three months the turmoil begins to settle into routine. Life is still uncomfortable and uncertain for many, but a normality is developing. Day-to-day life becomes more predictable and immediate problems are gradually solved. So we expect to gradually feel better and are surprised and worried when, instead, new feelings emerge. Moods and energy become lower.

Everyone in and outside the disaster environment needs to understand that recovery is complex. Three to four months is often the time when people slow down and begin to feel what has happened. The magnitude of the task, memories of what is lost, and difficulty imagining the future take the place of focusing on immediate needs.

When people are very tired, they also start to have more feelings. To begin with, they might show up as frustrations and disappointments, anger and worry, irritability or avoidance of communicating with those closest, who are feeling similar reactions.

But there may also be other feelings more related to the overall sense of what is lost: grieving for people, things, the environment and lifestyle that are gone. Sadness, periods of despondency ... even wondering if there's a point to it all. This all comes to the fore with the tiredness, perhaps with isolation from others and the opportunity at last to stop and think a little.

It's all natural, indicating the shift from survival mode to absorbing what has happened. It's important to accept that this will be the basis for accepting what cannot be changed—the beginning of building a new life and regaining happiness even where things are permanently different. Human nature is endlessly resilient and creative; the tragedies of history show that people rebuild their lives and communities. This part of the process will also pass, but must be understood.

Over the next few months many of you will begin to feel different. It's important to compare notes and share with each other and not judge each other's reactions. Everyone has a right to feel the way they do, even if others don't understand it. Support and acceptance form the basis of moving on. This may be hard when we are in a different mood from those we are listening to. It may be helpful to take time out to go to gatherings, visit others and talk about things. When we communicate our thoughts and moods, we step back from them, put them into perspective and clarify them.

Strategies for getting through this time are:

Accept that the shift from emergency activity to feeling is uncomfortable, but bad feelings have a job to do in the recovery cycle.

Think about what helps to bear it and get through it, rather than just blocking feelings out with more activity, anger, alcohol, work, or other avoidance.

Consider getting specialist advice about managing painful or

worrying moods, such as from your GP, a counsellor or another support service.

Rest and relax. Get away from the area for a bit, spend time with unaffected friends or family, as well as talking to those who understand.

Involve yourself in music, drama, sport or other activities that give you a lift.

Be confident that how you feel now is not how it always will be – it is part of a process which, if given the space it needs, will lead to feeling better in time.

Remind yourself that however isolated you might feel, there are many people and agencies wanting to help – just ask and see what happens.

Rob Gordon

A clinical psychologist, Dr Rob Gordon has spent the past 30 years working with people affected by emergencies and disasters, including in the aftermath of the Black Saturday fires, the Canberra firestorm and the Tasmanian bushfires.

The Crucible

a psalm for the far south coast

So now, perhaps, please tell me,
of once upon a day,
when forest green was likely seen
in spiritual display.
And dappled sunlight lingered
on family homes and more,
as if to please sequestered seas
to soothe a fragile shore.
And why this charm was broken
by consciousness delayed.
As hideous flame exposed the shame
of how we were betrayed.
By denial and distraction,
by arrogance and fears,
the turning and the burning,
of all the wasted years.
We beat against the crushing weight
of ignorance and greed,
by finding grace within the space
of our redemptive need.

*Ian McFarlane
March 2020*



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Let's beat this virus!

The latest advice is that you can contract coronavirus COVID-19 in two ways:

1. When an infected person coughs or sneezes directly onto your face (eyes, nose or mouth), or
2. When you touch a contaminated surface with your hand and then transfer infectious material to your own face with that hand.

So it's incredibly important to keep a greater social distance than you might be used to (we're a sociable crowd here in the Triangle region), keep your hands clean, and try your best not to touch your eyes, nose or mouth unless you're sure your hands are clean. Wearing a simple surgical mask, although it will not prevent direct viral transmission, might remind you not to touch your face!

This virus is spread in large droplets by coughing and sneezing. The air will not infect you but all surfaces where these droplets land can be infectious for a week, perhaps longer.

Handy tips (pun intended)

- No handshaking! Use a fist bump, namaste, hand on heart, slight bow or wave.
- Don't blow kisses! Or if you have to, don't kiss your fingers. No hand-mouth contact!
- Use only your knuckle to touch light switches, elevator buttons, etc. Lift fuel nozzles with a paper towel or use a disposable glove.
- Open doors with your closed fist or hip. Don't grasp the handle unless there's no other way to open the door. Especially important on toilet doors.
- Use disinfectant wipes at stores when they're available—wipe the handle and child seat on shopping trolleys.
- Tap your card to make a payment rather than using cash and accepting change—less contact.



Wash your hands like you've been handling jalapeño chillies and you need to change a contact lens.

- Wash your hands—often—with soap for 20 seconds (count or sing Happy Birthday twice) and/or use a greater than 60% alcohol-based hand sanitiser whenever you return home from anywhere other people have been. But try to moisturise often to avoid dry skin problems.
- Try to keep a distance of at least one and a half metres between yourself and others, particularly those who are coughing and sneezing.
- Keep a bottle of sanitiser available (if you can source them!) at each of your home's entrances, and in your car for use after fueling up or touching other contaminated objects when you can't immediately wash your hands.
- If possible, cough or sneeze into a disposable tissue and discard. Cough or sneeze into your elbow only if you have to—your clothing there may contain infectious virus that can be passed on for a week or more.

- Don't touch your nose, mouth or eyes if there's ANY chance your hands aren't clean.

Try to get hold of:

- Latex disposable gloves for use when shopping, using fuel pumps, and all other outside activity when you come in contact with contaminated areas.
- Disposable surgical masks. The mask will not prevent the virus in a direct sneeze from getting into your nose or mouth—but it will prevent you from touching your nose and mouth with our hands (we touch our nose or mouth ninety times a day without knowing it!)
- Hand sanitisers (must be alcohol-based, greater than 60% alcohol to be effective).

Masks, gloves and hand sanitisers are in short supply at the moment but Australian manufacturers are ramping up production so keep checking supermarket shelves.

If you are concerned about symptoms do NOT go to your GP! Some local medical centres now have big STOP signs on the front door with instructions. They now offer car and phone consults (under brand-new Medicare COVID item numbers). There are respiratory clinics at Moruya and Bega—call 1800 999 880. The Lighthouse Surgery in Narooma has a pop-up COVID-19 clinic in the car park where they can safely assess patients and perform swabs. A phone consult is required first: 4476 2999. Other medical centres will be following suit—call yours to check.

If you think you have symptoms you can call the national COVID Helpline on 1800 020 080 or ring your GP for advice.

Stay safe everyone, and be well. Wash your hands. Don't touch your face. We can catch up on all those hugs, kisses and handshakes when this dastardly virus has passed.

Jen Severn

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This madness must stop now!

In the last few weeks, we have all had a chuckle, and have been downright astounded by the behaviour of people in city supermarkets as they fight for the most precious commodity—toilet paper! We just scratched our heads in wonder and asked the very pertinent question ... WHY?

That, we told ourselves, is what living in the city can do. Of course, people who live in Bermagui will never do this, right? Then it happened. The Bermagui Woolworths toilet paper aisle, totally empty!

It soon became the talk of the town. Who is buying all this toilet paper? Why do they need so much? Are they *hoarding*? Are there people sneaking in from out of town, buying up our toilet paper? We joked and laughed, but no one wanted to admit that they had just bought their sixth pack, 'just in case'.

Then, things started to get tense, and it has moved on to cleaning products, tissues, paper towels, dry goods and tinned goods being snapped up in huge quantities.

Our supermarkets have been forced to impose limits on certain products to give everyone a fair chance. They have even been trialling a special one-hour session for seniors or those with health care cards. But this seems to be falling on deaf ears, as people go back time and time again for 'just one more pack of pasta'.

People ... listen up! *There is not a shortage of food in our country!* Supermarkets have been telling the public over and over again that their supply chains are solid, produce is continuing to flow in, and there's no need for panic buying. Should you have to isolate for 14 days, you probably won't need 100 toilet rolls, 30 kilos of potatoes, 20 tins of baked beans or four kilos of pasta!

Please, have a little thought for others. Our wonderful community spirit did so well during the fires, when caring people came out in droves to help their friends, neighbours and even strangers. What happened to this spirit? Now it seems to be 'every man/woman for themselves'.

This current spree of panic buying has behavioural psychologists having a field day. Theories have been forwarded as to why people are acting so irrationally. There's the FOMO (Fear Of Missing Out) syndrome—'If everyone else is doing it, I must do it too'. There's the theory of control—in a crisis such as this, people feel they have no control over the situation and are fearful and anxious. One way to gain control is to buy stuff. In the first instance it was toilet paper, which has very Freudian connotations about controlling our bowels and cleaning ourselves, thus defining ourselves as different from animals.

Are these instincts so deeply embedded that people must participate in irrational panic buying? I don't know. I'm not a psychologist, but it kind of makes sense.

Let's all just take a step back. Can you exist for 14 days on what you already have? Probably.

Carolynne Banados

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BVSC Round-up

Parking rangers back on the beat

Timed parking restrictions have been reintroduced across the Shire.

'During the bushfire crisis we relaxed the timed restrictions, so residents and visitors didn't have the additional worry of being booked while they were seeking help,' Director of Community, Environment and Planning Alice Howe said.

'We now need to support local businesses and improve parking turnover in our major towns and coastal areas. Regulated parking has been reintroduced to Bega, Merimbula, Pambula, Eden and Bermagui.

Council's #nofoodtolandfill quest continues

The Bega Valley Shire Council has embarked on another innovative waste project in its quest to reduce the amount of food that goes to landfill.

The Council has partnered with the NSW Environment Protection Authority and local aged care facilities in a project that could reduce food waste by up to 90%. Food waste dehydrators will be trialled in two aged care facilities and a retirement village in Bega and Pambula.

BVSC waste strategy coordinator Joley Vidau's waste team found that limited bin storage areas and the weight of FOGO (Food Organics Garden Organics) bins with large volumes of 'wet' food waste have prevented some sections of the community using the FOGO service. 'We have begun a one year trial this week at Imlay House, Hillgrove House and Acacia Ponds Village to determine the effectiveness, benefits and costs of using food waste dehydrators to overcome some of these barriers,' she said.

Food waste will go through an automatic ten hour process of dehydration, sterilisation and volume reduction.

'Although FOGO smashed initial first-year estimates, diverting around 5000 tonnes of food and garden organics from landfill, Council knows it doesn't work for everyone,' Joley said. 'Placing our food waste in landfill has huge environmental and financial costs, and we are doing everything we can to reduce this.'

Every year Australia throws out \$8-10 billion worth of food, or around four million tonnes, which ends up in landfill and generates methane, a potent greenhouse gas 21 times worse than carbon dioxide.

\$50 rebate on water bills

Over 6000 BVSC customers received a \$50 rebate on their quarterly water notices last month. Council resolved to apply the rebate to all accounts where the recorded water usage for the property was 10% or more higher than for the corresponding period over the last three years.

In many cases the additional water used can be attributed to preparing for and directly fighting the fires.

'Council remains committed to doing everything we can to provide support through the recovery phase,' said BVSC General Manager Leanne Barnes. Council is also willing to consider extended payment arrangements with customers.

Anyone not in receipt of the rebate who feels their individual situation justifies assistance is encouraged to email council@begavalley.nsw.gov.au or post to PO Box 492, Bega NSW 2550.

Don't miss out, register for clean-up NOW!

Communities are waiting for the clean-up of bushfire-affected properties to start. However, Council is concerned some people will miss out—many property owners still don't appear to have registered for the free clean-up. We estimate that could be up to 40% of impacted properties.

Representatives of contractor Laing O'Rourke are in the Bega Valley now, speaking with property owners in Cobargo and Quaama, with other areas to follow.

'At least 448 properties have been destroyed,' says Mayor Kristy McBain. 'A large number have registered for a range of services and support but we fear around 200 properties aren't on the clean-up register with Service NSW.'

You can register through www.service.nsw.gov.au or by calling 13 77 88. To check if you are registered for the clean-up, contact Laing O'Rourke on 1800 007 539 or nswbushfirecleanup@laingorourke.com.au.



Hillgrove House staff being trained how to use the new food dehydrators by enrich360 CEO, Dean Turner and Council's Waste Project Officer, Rechelle Fisher

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Anglican Parish advises no church services for now

This is a challenging time for all—drought, bushfires, floods and now a pandemic. Sometimes it feels as if no-one cares. Please be assured that our thoughts and prayers are with everyone at this time.

In response to the COVID-19 emergency, Bishop Mark of the Diocese of Canberra and Goulburn has announced that: 'all public gatherings, including Sunday services, are to cease immediately.' Consequently, there will be **NO SERVICES UNTIL FURTHER NOTICE**.

Reverend Tim continues to carry on with his work and visiting within the Parish. We are especially aware that our bushfire-impacted folk face even greater stress. If anyone requires assistance or prayers don't hesitate to call Tim on 0411 824 204.

Pancake night for Shrove Tuesday, 25 February, was held at Christ Church, Cobargo. What a wonderful get-together this proved to be. Plentiful, scrumptious sweet and savoury pancakes were enjoyed by close on a hundred folk from the area. It was great to see the kids enjoy old-fashioned games like pancake stepping stones and pancake frisbee (into a frying pan!). The Parish was grateful for a Red Cross Community Recovery Grant which sponsored this event. When the COVID-19 emergency abates we will be holding more events like this for the community.

We need to keep our physical distance from each other. However we can all reach out in many other ways that help us remember we are part of a wonderful, loving community and that



Cobargo kids enjoy pancake frisbee on Shrove Tuesday!

God's love is with us always.

Chris Richard-Preston

New pastoral care training organisation for Far South Coast

The Far South Coast now has its own organisation to train professionals and volunteers in providing pastoral care to people in hospitals, aged care facilities and community settings.

Pastoral Practice Training and Supervision Incorporated (PPTS Inc) conducts courses in spiritual care and Clinical Pastoral Education.

The courses are given at The Sanctuary, Bate Street, Central Tilba, by experienced pastoral care practitioners and trainers David Oliphant, Angela Young and Helen Kearins.

The courses are open to anyone interested in relating to the emotional and spiritual life of people. Pastoral care

practitioners may come from any religious or spiritual tradition or framework. In the courses they learn to be present, to listen and respond effectively to people's inner life and experiences. They grow in their capacity to accept difference without judgement. They practice self-care.

Some of this work can be quite informal, and some organised, as in our hospitals where pastoral and spiritual carers operate as volunteer staff members within a co-ordinated team.

Practitioners' ongoing development is nurtured by PPTS through individual and group supervision, and in-service training days.

PPTS is managed by a committee

comprising Dr Denis Muller (Chairperson), Rev Jane Simmonds, Rollo Browne, Cathie Muller, Rev Dr David Oliphant, Angela Young and Sr Helen Kearins.

For enquiries, please ring 02 4473 7838 or email angeyoung@bigpond.com.



David Oliphant and Angela Young are members of a team training local practitioners in pastoral care.

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ON TO IT EXCAVATIONS

It's April now and life has been changing at a frenetic pace. The Cobargo streetscape is still charred and all are eager to get the town tidied up and rebuilt in whatever form it takes to happen. It appears that all debris will be carted to Wolumla tip and dealt with. Several meetings have been held in Cobargo concerning the path forward for our town and it has brought up a mixture of emotions. It's good to see the passion is still strong. Since the fire we have had a fall of rain up to 330mm, which has turned our countryside into a world of lime green grass—almost impossible to believe.

During the fire impact period many events had to be cancelled. This always affects people but most would agree it was the right action, considering the circumstances. Cobargo Show Committee had chosen their showgirl, Carmen McGregor, and just recently Crookwell Show Society held the Zone 3 Showgirl final. This is where they choose the representative to go to Sydney Royal Show to contest the Land Royal Showgirl competition.

A group of show committee members from Cobargo supported Carmen at Crookwell, along with her mum, Jane, and partner, Matt. Carmen had to attend a formal interview with three judges and then participate in the official luncheon with the ten girls from the other show societies in Group 6. Each girl had an on-stage interview at the evening dinner, held in the beautiful Crookwell Showground pavilion. The squeals of delight were rather raucous

as Carmen was named a finalist to go to Sydney along with Livinia Evans from Cooma Show Society. Sadly the Sydney Royal Show has been cancelled due to the coronavirus pandemic.

The Cobargo Show Society held a dinner recently for all committee members to touch base on our welfare—and just have a lovely catch up. At the dinner Jim Salway (Allan Ernest Salway) was presented with an Agricultural Societies Council special award for serving 60 years within the show movement, which is extraordinary. Jim has shown his beloved Jersey cattle all over Australia. He particularly helped the youth within our show; he also stewarded, announced in the entertainment area and has also officially opened our show. Jim's health has deteriorated in recent months and he has stepped down from his committee duties.

I was fortunate to be asked to be part of a panel of on-land ladies, along with Tabitha Bilaniwskyj-Zarins (sheep), Joscelyn McMillan (eggs), and Julie Davies (seed saving). My specialty of course was dairy farming. The discussion panel was held on 10 March at Bega Library. It was fantastic fun, with a fine group of attendees who listened to our take on all things agricultural and our general view of things impacting our community and the world. Sugita Wahl was our host.

Cobargo mourns the loss of Colin Tarlinton, Jean White, Garry Taylor, Edna Salway, Ailsa Mustard and Richard Cooke. All strong supporters of the Cobargo community.

BlazeAid needs our help!



Volunteers: If you would like to become a Blaze Aid volunteer, contact the Cobargo Camp Co-ordinator, Dean, on 0408 080 932, or Camp Admin on 0459 825 593.

Catering: It's a huge job to keep so many people fed. If you're part of a community group or a group of friends, think about getting together to cook up meals to deliver to the camp. Meals need to be able to feed at least 60 people and be delivered to the camp hot. Suggestions are trays of lasagne, curries, casseroles, soups, salads ... anything that can be made in bulk and taken to the camp.

Food and other groceries: At the moment, the camp is having difficulty buying enough food as panic-buying has stripped our supermarket shelves. If you can donate food, water or toilet paper you don't need, please contact the Blaze Aid Camp.

Donations: BlazeAid always needs cash donations to help support its work. Things like tools and protective clothing are also welcome.

Check with the Cobargo camp by phoning 0459 825 593 or email blazeaid.cobargo@gmail.com to see what they need.

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Blaze of glory ...

In the wake of the 2009 Black Saturday bushfires in Victoria, farmers Kevin and Rhonda Butler needed to quickly restore fencing on their property. With such a huge job ahead, they enlisted the help of friends, family and neighbours to get the job done, and fencing was completed in a week instead of a month. Kevin and Rhonda realised that, through teamwork and volunteers, others could have their fencing done quickly.

Thus BlazeAid was born.

Since those fires in 2009, BlazeAid has enlisted the help of thousands of volunteers from all over the world to help restore fencing in areas devastated by natural disasters.

BlazeAid has now set up camp in Cobargo. Their nerve centre at the Cobargo Sportsground is bustling, organised and cheerful. Cobargo Camp has between 40 and 80 volunteers and had people on the fireground of Cobargo within a week of the New Year's Eve devastation.

The camp has received over 500 requests for assistance, with more requests coming in every day. They have estimated that, to date, volunteers have put in 16,080 hours of labour and \$980,000-worth of fencing. Pretty impressive! Still a long way to go, but they will be around for at least the next four months.

Organised daily into teams, volunteers are on the road by 7 am, travelling to all corners of the region. They happily work long hours, seven days a week, removing burnt fences and building new ones. Property owners will most often provide the fencing materials, but where this is not possible BlazeAid will help them seek financial support from other recovery agencies.

Volunteers at the Cobargo Camp are a diverse group of people, with an age range from '12 to 80'. There are locals who travel to and from home each day; 'grey nomads' will park their vans and go to work every day; city people taking holidays to volunteer; and lots of young people from many different countries, known in the camps as the IRS—International Rock Stars!

BlazeAid provides meals and amenities for the volunteers and supplies high-vis, protective work clothing. There's a very high standard of care taken to keep volunteers safe, both physically and mentally. Of course, the cleaning regime at the camp has been ramped up recently and all volunteers educated about COVID-19 and their responsibilities with disease control.

Holly Pikesley is a young British woman who travelled to Australia on a work visa. When she and her boyfriend arrived, they saw an ad for BlazeAid and decided this was for them. She



Fairhaven resident Bob Smith (left) with volunteers Holly Pikesley, Consuelo Mastroiacono and Patrick van Oostenhaut at the Cobargo BlazeAid camp.

said they had heard about the bushfires back in England and they really wanted to help. Although Holly loves to get out in the field, her administrative skills have proved to be a valuable asset to the Cobargo Camp.

This story was repeated over and over by the international people on site, who all said they wanted to do something useful to help the people in bushfire-ravaged areas.

Morale at the camp is very high. Volunteers from all walks of life are thrown together and quickly form strong bonds. They also form bonds with the property owners they help. Several times a month, property owners are invited to join the volunteers in a Saturday night BBQ. Not only do the volunteers do fencing and jobs for people, but sometimes they are there to listen, to comfort and to support people who are overwhelmed by the trauma.

Our communities have done it tough over the past few months. People are still traumatised, tired and anxious. And of course the new threat has just exacerbated the stress. So it's a real boost to the morale of our community to have so many bright, cheerful, willing workers on hand to help where needed.

Check out www.blazeaid.com.au, or contact the Cobargo Camp on 0459 825 593, or email blazeaid.cobargo@gmail.com if you feel you can help in any way.

Carolyn Banados

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Another COVID-19 casualty

When one of the music industry's biggest festivals, South by South West, was cancelled, Lee Kernaghan's manager, Steve White, called to say the shutdown of events across the world had begun. There was no dodging the inevitability that all mass public events would be shut down in a bid to try and contain the spread of the coronavirus COVID-19. Sadly he was spot on. We watched as SxSW, Dark MOFO, Coachella, Woodfordia's The Planting and Blue Mountains Music Festival cancelled, one after the other. It was only a matter of time before Cobargo Unites!, the benefit concert planned for 3 May, was forced to cancel as well.

Lee Kernaghan was one of the first artists to commit to playing Cobargo Unites! and it was his team that suggested the name. Produced by the Yuin Folk Club, the producer of the annual Cobargo Folk Festival, Cobargo Unites! was to be a concert that straddled the folk and

country genres. Featuring 12 acts headed by Lee, the Shane Howard Trio plus a line-up of national and local legends, the concert aimed to bring more than 5000 people to the local area, to raise funds for bushfire recovery and inject cash into local businesses.

We had planned two massive open stages on the Showground, provided gratis by Reg Dew's son, Graeme, through his company Tripoint Rigging Services. There's a story here too—stage riggers from all over the world had heard that Reg had lost his home in the fires and wanted to help. Graeme had organised a crew with riggers from Australia, the US and Europe to stage this concert. And Moruya artist Marcus Piper volunteered his services to produce the graphic design for the poster. So many people, such willingness to help with recovery for Cobargo (and yes, this includes Quaama and all the localities). Such generosity of spirit.

So this is the second event that the Folk Club has had to cancel this year. The cancellation of the Cobargo Folk Festival is a loss of around \$2m to the community, local businesses and the performers, according to NSW Tourism. It was our aim that Cobargo Unites! would help offset those losses.

Ah well, the best laid plans ...

Yet the volunteer committee is not down and definitely not out. We are committed to producing a huge 25th anniversary Cobargo Folk Festival in 2021—from 26 to 28 February. Artists are already keen to be involved and we'll be well ready for a celebration. Let's hope COVID-19 is well out of the picture by then.

*Zena Armstrong
Yuin Folk Club*

Director, Cobargo Folk Festival

Breathe easy, Cobargo—contaminated waste re-routed to Wanatta Lane

Welcome news in early March: the bushfires that have tested and damaged our community this summer have been extinguished. The challenge now is the clean-up, rebuild and recovery effort.

One of the key steps is the safe and proper disposal of the damaged building material from the 448 homes and over 1000 sheds and out-buildings destroyed, as well as a large amount of burnt organic matter and other materials.

Current estimates put the total amount of material at around 140,000 cubic metres. That's around five times the annual volume of waste normally received at the Central Waste Facility.

'In the early days of the fire response the NSW Government

asked us to investigate using sites at Cobargo, Bermagui, and Eden,' says Anthony McMahon, Director Assets and Operations. 'We had started making preparations at those sites so that when the clean-up started we were ready.

'A number of community members, especially at Cobargo, raised concerns with the plans, which we have heard.'

What has evolved is a proposal to instead use the Shire's Central Waste Facility (CWF), a more modern and fit-for-purpose facility on Wanatta Lane, northwest of Wolumla. All of the building demolition waste (including the asbestos) will now be going to the CWF.

Around 70,000 cubic metres of the material needing disposal is believed to be contaminated with asbestos. Council is hoping to recycle or repurpose as much of the uncontaminated material as possible.

The NSW Government has appointed Laing O'Rourke to manage the clean up of impacted properties across NSW. Representatives of the company are meeting with property owners in Cobargo now. All involved want to see a start on this key but challenging task soon.



Anthony McMahon, Director Assets & Operations, and Kurt Marsh, Acting Waste Services Manager at the Central Waste Facility



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Colin Charles Tarlinton, 1926 – 2020

Colin was born on 24 December 1926, the second son of Harry and Tot Tarlinton of 'Wilgoa', Cobargo.

Colin grew up amongst his siblings Joyce, Roy, Eva, Nancy, Lucy and Vin. He remained on the family farm until he had completed his schooling, then secured a job as a milking machine salesman that took him far and wide, gaining a great knowledge in the harvesting of milk.

After many years away Colin realised that dairy farmers in general only bought one set of milking machines in their life, so he returned to 'Wilgoa' to run a very productive operation with his brothers Roy and Vin.

In 1960 Roy and his family moved to Wandella to dairy, leaving Colin and Vin to manage 'Wilgoa'. In 1970 Colin and Vin dispersed the dairy herd and moved into Angus beef production. Vin did all the paddock work, Lucy took care of the household and Colin looked after the bookwork, the blood lines and the day-to-day management.

The trio were extremely successful in the South Coast and Tablelands division of beef breeders. They won it the first year, then came second the next year, then were back in first place the third year.

As a young man Colin was a keen water skier, and had a passion for history. He had a strong interest in growing vegies in the backyard of the homestead as well as down on the flat by the creek. He produced large amounts for family and friends. He was very keen on entering the Cobargo Show where he also stewarded in the vegetable section.

Colin was also chief ring steward of the horse section at the Show for over 30 years and ran the ring with an iron rod. He was also ring announcer and a life member of the Show, and at the



Milking machine salesman, waterskier, dairy and beef cattle farmer, vegetable grower, much loved uncle ... RIP Colin Tarlinton.

last Show he attended he was awarded an Agricultural Societies Council plaque of recognition for 50 years' service to the show movement.

One of the things I remember about Colin: he often took his nieces and nephews to Bermagui for a swim and shouted us all ice-creams afterwards. It is close to ten years since Colin left 'Wilgoa' to live firstly at The Oaks, then Casuarina, then his final place of abode, Hillgrove House. They will surely miss the cheeky grin and sharp wit of the resident they called 'a gentleman'.

Richard Tarlinton

CWA News

Members of Cobargo CWA have been extremely busy (haven't we all!) over the past few months, helping as individuals and as part of the branch. Busy people seem to be able to find time for that extra job and, true to form, we have been cooking, catering and organising.

As this is the first report for the year, mention should be made of Australia Day. Old hat by now, but it was a new venue with some changes along the way. With so many people doing so much in the community at that time, it was decided not to single out a single recipient for an award. We will, however, revert to

the normal format next year.

We have been doing so much more than catering. A recent competition for cookery and handicraft across the region was held at Bermagui, and Cobargo did very well. Sally Halupka came first with her Sultana Cake, Mary Motbey for her Date Loaf and Debbie Fisher with her Shortbread. Debbie also gained a third for her Honey Jumbles and Lynn Lawson a second for her Pomegranate Jelly. Our junior competitors from Cobargo also did very well. Lilli Talbot and Bridie Umbers from Cobargo gained first and second places respectively for their Cinnamon Tea Cakes and Juliet Charlton-Owen came first and Liz Talbot second for their decorated Butter Biscuits. To top it all, our own Sally Halupka was awarded Champion Exhibit for her Sultana Cake.

We have distributed donated creams and lotions to pre-schools in the district and six backpacks with supplies were given to both Cobargo and Quaama schools. Some handicraft items will be available soon and we will be distributing donations in accordance with the wishes of the donors.

We also continue to lobby government for changes in such far-reaching areas as: loans and/or grants for replanting and restocking due to drought; advocating for public cancer clinics in regional, rural and remote areas; and advocating appropriate State and Federal governments to ban all fast/instant cash loan machines. There are many other areas we work in – this is but a sample.

*Mary Williams,
Publicity Officer
Cobargo CWA*



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Fire season not over but conditions improve

Although we're still in the fire danger period, conditions in the Cobargo area have improved—the rains of the last couple of months have provided green pastures and much relief.

The post-bushfire clean-up continues, with the removal of fallen trees and other debris underway across the district, and with this process a number of pile and debris burning projects are being undertaken by individual property owners with Fire Permits, so smoke may be seen from some of these burn-offs from time to time.

Property owners are reminded that burning off without a Fire Permit is an offence.

The Brigade continues to receive much-appreciated support of the community in the form of both cash donations and vitally needed equipment.

Amongst these, this month we were pleased to receive a chainsaw and leaf blower courtesy of Merimbula Mowers and Marine, and a cash donation organised by Melissa Farley and James Morant from the Victoria Police, who ran a special fundraiser for the Brigade at Police Headquarters in Melbourne.

Anyone considering joining the Brigade and experiencing the rewards of volunteering and helping to protect and serve our wonderful Cobargo community will be welcomed.

For more information please contact me on 0412 919 708.

Our normal fortnightly training may be impacted by



Victoria Police members James Morant and Melissa Farley present Brigade President John Walters (left) and Captain Mark Ayliffe (right) with a donation cheque to the Brigade.

developing Health Guidelines, so members are advised to contact an executive team member or await advice as to next training dates.

John Walters, President/Secretary

I put the train in Cobargo!

Last month's story, 'The bittersweet history of the Cobargo train' by Grace Lovegrove, encouraged me to write in with my personal account of the train's provenance.

Living in Cobargo and running the Grain Store Café, I had done considerable research on the history of Cobargo before embarking on this journey.

The carriage was a similar vintage to Cobargo itself. The name 'Wattleton' referred to the early wattle bark tanning industry, and the name 'Junction' referred to the junction of the rivers and roads.

When I painted the signs above the train I incorporated 'Train Stop' with the train images.

I bought the land from Mary Motby and the Red Rattler from Locheil, south

of Pambula. It caused quite a stir in Cobargo when delivered by truck, and literally 'stopped' Cobargo for half a day, causing much excitement and no doubt apprehension—people thought I had gone completely mad!

But, being an artist, I had my creative vision and employed Andy Austin to build the complex like a train at a railway station, incorporating a café and gallery and later diversifying into an extension for the kitchen with takeaway, ice creams and lollies.

It was open seven days a week and provided meals for tourists, locals, children, coach groups, special events, music nights and parties. A busy time, however I had great staff, giving them responsibility and self-esteem, and it was

great to see them grow. Some went on to pursue hospitality work. It was especially wonderful to see a young disabled girl thrive and grow much confidence within herself. We created a busy yet casual, happy atmosphere between us all.

I sold the train about 18 years ago and have seen it change hands a number of times since.

I live in Bermagui now and I was very sad to see the train carriage come to this unforgettable demise, but memories of my happy years in creating this café and enjoying my wonderful staff and customers will always remain with me, leaving a special place inside me for Cobargo.


I wish everyone who has lost so much the best in the regeneration of their lives, homes and businesses.

Helen Morris

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Business Recovery Group in action

Formed in response to the New Year's Eve bushfires, the Cobargo Quaama Business Recovery Group (CQBR Group) is now in action. The group's aim is to ensure broad representation from all businesses here in the Cobargo and Quaama district and provide a unified voice for the needs of business in the recovery process.

The Group is open to anyone with a business in the area who'd like to be kept informed or be involved with recovery opportunities, projects or proposals for our business community, and looks forward to working cooperatively with other local organisations.

In February, the Business Council Australia (BCA) came to Cobargo and offered to help our business community in the recovery process. We're working with the BCA to coordinate two types of vouchers to help local businesses get back on their feet.

The first is a voucher for up to \$2000 for the replacement of tools of trade destroyed in the fires, available for businesses with an active ABN. The second is a \$500 Services Support Voucher for any business with impact to cash flow as a result of the fires, and can be used for business-related purchases including but not limited to marketing and financial advice.

The CQBR is distributing these vouchers, with the first round going to a group of six working artists associated with the Lazy Lizard Gallery in Cobargo, and to concreter Dean (Gino) McDonald. A further 28 vouchers have been allocated to local business owners and will be provided over the coming month.

Another project underway is the updating of the Cobargo Business Directory signs at the United fuel station. The existing signs are a little the worse for wear and out of date, and, with the influx of visitors since the fires, it is more



Working artists from the Lazy Lizard Gallery received \$2000 vouchers to assist with replacement of tools lost in the bushfires. From left, Daniel Lafferty, Vicki (Patto) McDonald, John Gosch, Naomi Lewis, Ian (Livo) Livingston and Toby Gosch

important than ever that we have up-to-date signage for our business community. The CQBR Group is organising new artwork and a costing for a revitalised and updated sign. We're also developing a proposal for bushfire relief and recovery funding to cover part or full cost of this project.

The CQBR Group is also investigating a new Cobargo town noticeboard to replace the one destroyed by the fire on the front of the public toilets in the middle of town. We're seeking a new central position in town for the new noticeboard and the costing for an all-weather enclosed noticeboard is underway. The Group is also assessing options for the ongoing management of the new community noticeboard.

The Group has a subcommittee of owners of Cobargo main street buildings and business premises burnt to the ground or seriously damaged by the bushfires. This

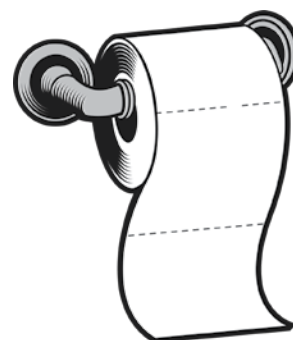
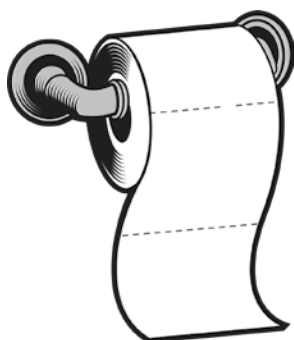
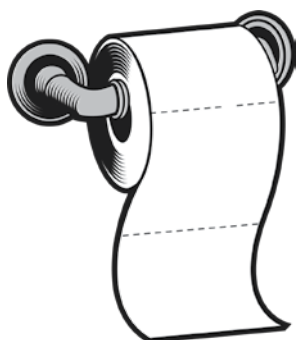
subcommittee is addressing the immediate and longer-term challenges facing them both as individuals and as a group.

A subcommittee of business owners whose premises (rented or owned) were destroyed or seriously impacted is working on defining their needs and short-term and long-term recovery options.

The CQBR Group continues to work closely with Council and other organisations regarding issues such as the clean-up process, car parking, pedestrian access and other issues impacting the area's business recovery.

For more information or to register your interest in the Cobargo Quaama Business Recovery Group, please email us at cqbrgroup@gmail.com or mail to PO Box 5116, Cobargo NSW 2550.

*Shona Taranto and John Walters
Interim Facilitators*



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THE TRIANGLE

<p>Accountant Fredrick Tambyrajah BSc MA MACC MIPA Individual Tax Services 44 Princes Hwy Cobargo NSW 2550 Phone: 6493 6006 Email: fred@itaxservices.com.au</p>	<p>Carpenter/Joiner Timber Concepts Quality joinery, built-in robes, furniture and building work. Lic 15404C Phone: 6493 6503 Mob: 0409 224 125 www.timberconcepts.com.au</p>	<p>Electrical Services Sapphire Coast Solar & Electrical All types of electrical and solar work Call or email Peter on 0458 055 311 accountssapphire@yahoo.com.au Lic No. 224229C CEC No. A0161507</p>
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Cobargo Conversations

Scout leaders ready to help, thanks to training

Last weekend in Cobargo eleven scout leaders from Cobargo and Merimbula scout groups undertook training in Mental Health First Aid with a particular emphasis on youth. The course was delivered by two trained scout leaders from the South Coast and Tablelands region, Paul Hamer and Anthony Pritchard, who have now trained more than 200 scout leaders across NSW. The course aims to give scout leaders the skills to assist youth members until appropriate professional help is received or the crisis is resolved.

Course participant and Group Leader of 1st Cobargo Scout Group, Stuart Meyers, described the two-day program as intensive and at times confronting, but worthwhile. 'The presenters themselves have decades of experience in teaching and nursing and are very committed to assisting young people experiencing mental health problems,' he said. 'Some misconceptions were challenged and our leaders are now much better placed to be able to assist a youth member in crisis, and also to help members with ongoing conditions participate fully in scouting.'

The Scouts would like to thank the Cobargo CWA for making their cottage available for the course and for providing refreshments to the participants.



Left to right: Stuart Meyers, Paul Hamer, Michelle Bonomi, Louise Allery, Sammy, Lynne Parr, Graham Parr, Murray van Teulingen, Mathew Bonomi, Jan Whyte, James Clark, Michael Gross, Jim Clarke, Elvira and Anthony Pritchard

Ten things to do in isolation

What a year it's been already! A few months ago, if someone had suggested I might like to stay at home and rest up, just focus on myself, I might have been excited by the opportunity, but now that we are being told to stay at home it is not nearly so attractive.

So, if you find yourself in home quarantine or self-imposed isolation, you may be looking for some things to do to help keep yourself physically, spiritually and mentally well.

Here are a few ideas:

- Stay in touch with family and friends
- Maintain your physical activity
- Look after your mental health
- Check in on your neighbours
- Play or listen to music
- Learn something
- Garden
- Clear out some clutter
- Listen to podcasts
- Limit your social media!

Remember, we're all in this together. By doing our part we're all helping to solve this problem and protecting not only ourselves but all those around us. Stay calm, stay safe and, above all, stay home.

Debbie Worgan

Us Country Folk

I felt so lost and empty inside, as my heart mourned for our countryside,
 The loss of vegetation, loss of animals and the homes,
 I wish I could take some animals and some people make them my own,
 The communities that came together like old valued friends
 Spark up conversations, share food and hopefully start to mend
 We are very strong and we will be alright
 As long as you are by my side, mate, we will strive.

Maria Johnson-Barrass



Cheryl Davison

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Well here we are. And judging from world news, here we'll stay! The world goes into isolation because of this virus and so do we. I'm aware that the gap between when I write this and when the *Triangle* will actually be released means that big changes in our community will have happened that I can't now know. But I can guess. The news is shocking. The images of empty streets and airports, shuttered museums, cancelled concerts are everywhere. And news from Italy and the US show us countries not coping with the number of sick people needing help.

We're not quite there yet. Maybe some of us think it won't come here. But our major cities are already infected and people still come and go so it's naive to think we'll be an isolated island in all of this. And again, by now it may well be that there are cases at Bega hospital and, for us locals, it's started.

My thoughts go out to the fire-affected. The three month milestone is upon us and we're told that after a big trauma, people tend to hit a wall at this time. The energy is gone, the adrenaline, the attention and you're left camping next to a pile of ruins. And winter is coming. And now isolation on top of it all. Please don't feel forgotten! Our community is doubly challenged and we need to figure out how to support the most vulnerable among us. So if you're not on Facebook, maybe you should consider joining it just so you can become a member of the Quaama page. There we can say how we're going and what we might need that others can provide. Ask a neighbour how to get on the Quaama email list if you're not already on it. Maybe we have too much of something in the garden and can share. Perhaps we can leave soup at the door. Maybe we just need to wave to each other. But whatever we need to do to stay strong, let's do it. Keep your eyes open. Greet neighbours from a respectful distance at garden gates. Take our community's pulse often.

The one wonderful thing that I can report, aside from all the all the doom and gloom, is the launch of longtime Quaama resident Jen Severn's book *Long Road to Dry River*. Thankfully the party at Well Thumbed Books that celebrated the release was perfectly timed to happen before this virus mess. And the place was packed with friends, admirers and well-wishers. Great morning tea, too. If you haven't yet read it, you can pick up a copy at the Quaama Store, Candelo Books in Bega, or at online booksellers. Congratulations, Jen!

I'm struggling to find other things to uplift us in all this! But



Jen chats with Daisy Trendall, a fellow member of the Quaama Women's Writers Group from the early Noughties. Also pictured are singer/songwriter Michael Menager, book-launcher Jack Miller and publishing consultant Mary Cunnane, at the launch of Jen Severn's memoir, *Long Road to Dry River*.



A packed house at Well Thumbed Books for the launch of Jen Severn's memoir, *Long Road to Dry River*

for sure the greening of our valley and the heart it gives us to see new shoots is happening too. The weather has been divine and I'm looking forward to a winter of gardening and stew. So while I can't tell you about how fabulous the comedy night at the Quaama Hall was (cancelled), or how much I'm looking forward to Four Winds (cancelled) or the 'not the' Cobargo Folk Festival party (cancelled), I can extend my good wishes to all of us and sincerely hope that we do whatever is necessary to see us all through these terribly challenging times together, even while staying apart.



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Four months into 2020 and it's not turning out to be the year we expected. Our communities have been to hell and back. The fires really knocked the socks off us all and, just when we thought things were starting to find a shaky normality ... wham! We've been hit with fear and anxiety caused by the rapid spread of the coronavirus COVID-19.

I usually try to keep my column as light as possible and report on all the great things that are happening around our beautiful Bermagui. However, it's really difficult to try and find positivity in our current situation. But let's just try to start with a good news story!

Big congratulations to the organisers of Sculpture Bermagui, who put on another outstanding exhibition. Who can ever say the setting of Sculptures on the Dickinson Point Headland is not THE most spectacular vista in the country? With the beautiful autumn weather we are turning on, the exhibition was a huge success. Well done, Sculptures committee and volunteers.

Another bright spot on the local calendar was the arrival of celebrity chefs Manu Fieldel, Matt Preston and Gary Mehigan at Eastwood's Deli. These guys freely mixed with the locals,

lent a hand in the kitchen, were generous with their laughs, jokes and support for this community, and lifted spirits with this inspiring visit. Eastwood's is back in business after handing over its premises to World Central Kitchen volunteers during the bushfire crisis. Thank you, Kelly Eastwood, for your wonderful contribution to the Bermagui community.

Because of precarious times, we're seeing a lot of cancellations of events right across the country. As of 23 March (time of writing) things have escalated. We now have two confirmed cases of COVID-19 in the Bega Valley—one in Tura Beach and one in Merimbula. The numbers in NSW are rising quickly, and, because it is feared many people are not taking social distancing seriously, the Federal Government has decided on some extremely tight measures

As of today, closures of places where people gather are mandatory. Therefore, Bermagui Country Club and the Bermagui Beach Hotel will be closed. All cafes and restaurants will also be closed to dine-in patrons.

Many Bermagui food outlets have been quick to post on their Facebook pages that they will still be providing their menus via take-away. Please check by phone with your favourite restaurant to see what they're offering.

Cancellations of events and activities, or changes to work practices are as follows:

- Four Winds Music Festival during the Easter break—cancelled
- All Anzac Day services have been cancelled
- U3A has suspended all its classes for the current term and will assess the situation as time goes on. All members will be notified, but for more information go to bermagui.u3anet.org.au.
- Montreal Goldfield has suspended group tours until further notice
- Bermagui Surf Lifesaving Club has suspended all activities, but continues to patrol beaches. Nippers and Same Wave programs are cancelled. Emergency call outs will go ahead as usual
- Bermagui Visitor Information Centre is closed at the moment
- Bermagui Marine Rescue is continuing emergency services on the water, but has undertaken stricter controls back at base, including no public access and only one person on duty at a time. All fundraising activities are suspended.

Under new mandatory laws, supermarkets, pharmacies, convenience stores, petrol stations, medical centres, logistics and delivery services will remain open for now. It is unclear whether other retail outlets need to close, for example hardware and clothing stores. These closures may come soon (things could change rapidly).

Woolworths remains open and is getting deliveries daily. The management has undertaken a very strict regime of regularly cleaning all trolleys, freezer/fridge door handles and other public areas. They ask customers to adhere to social distancing when in the store—no more friendly chats over the trolley!

Social distancing seems to be the key, with many people just hunkering down at home and getting on with all those little jobs they have been meaning to do for ages. We are a very social town, but most people seem to be taking this seriously and following health guidelines. But please try to support our local businesses where and when possible! It's local jobs that are at stake, and if we don't, we may see shops and cafes close down. Let us, as a



An appropriate sculpture for the times
Ross Cameron's *The Lone figure of Axle Sharman*
at Sculpture Bermagui

community, not let that happen.

We are entering uncertain times. None of us have ever experienced anything like this before. People are already traumatised from the fires—frightened and anxious. This anxiety can bring on some really disturbing behaviours. Luckily, we have not seen the types of violence and abuse in supermarkets that have played out on TV. Sure, Woollies have empty shelves and people are having difficulty getting things, but please spare a thought for the staff. They are also feeling stressed and anxious, but trying to do their job. Be mindful that staff in Woollies are your neighbours, your friends, your family! It is not their fault the shelves are bare. They are doing the best they can in very trying circumstances. Please give them—and in fact all our business owners and staff—a big smile and a thank you when you shop.

The community spirit that emerged during the fire crisis in our Triangle towns was truly amazing. We are a community and, united, we can get through this. Be

kind to your neighbours. At least during the fires, our enemy was tangible. But COVID-19 is invisible. We don't know when it will make its insidious way out of the major cities and into our relatively safe region.

Soon, many Bermagui residents will be returning from overseas trips, probably cut short by the virus. Please be mindful that they have to self-isolate for 14 days. They will probably be scared and lonely and will need our compassion, not our fear.

Keep safe, everyone. Keep your distance from others—smile and wave at friends from afar. Wash your hands frequently! Don't touch the petrol bowser to fill up unless you have protective gloves on. Keep up to date with official health guidelines on www.health.gov.au (and be careful of mischief-makers on social media telling all sorts of stories). Look after your family, friends, neighbours and other community members. Continue to shop local and maybe order a take away meal from time to time. Bermagui, stay strong.

The best approach is to behave as though you were infected with this virus.

Would you go out? Would you invite friends in? Would you put anyone at all at risk?

Protect our community and yourself by following the guidelines strictly.

Stay home.

If you must go out, stay apart from others, wipe down surfaces, carry tissues, don't touch your face and wash your hands thoroughly upon your return.

Our lives depend on all of us following these rules.

Be safe. Stay well.

Bermagui and District CWA stars at Land Cookery and Handicraft

The Land Cookery and Handicraft competition was held at the Country Club in Bermagui on Tuesday 10 March. Our entries in both categories showed great skill and commitment.

Bermagui results for the day were: Jo Mills, 1st Peach Blossom Cake and 2nd Orange Ricotta Pound Cake; Chris Richard-Preston, 1st Steamed Plum Pudding, 1st Strawberry Jam and 3rd Peach Blossom Cake; Heather Sobey, 1st Lime and Buttermilk Cake and 3rd Date Loaf; Gail Whelan, 2nd Rich Fruit Cake and 3rd Pickled Pears.

The Bermagui Branch handicraft entry came second to Narooma, with Kath Renwick's knitting selected for State.

Congratulations to these members. However, their work will not go on to the state competition as the State Conference in May

has been cancelled. Indeed, Bermagui and District CWA have also cancelled all meetings and social activities due to COVID-19 risks.

The Branch has been organising lunches at local businesses to help with bushfire recovery. Our first was held at the Beachside Café and proved really successful in getting us out and about. Unfortunately, these have also been cancelled. We are, however, going ahead with monthly meal preparation for BlazeAid.

Bermi ladies wish everyone good health during the coming months. Keep calm, keep rested and try to enjoy things that we normally may not find time for. Sometimes teams need to work apart to get the best results!

Chris Richard-Preston

Publicity Officer, Bermagui & District CWA

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Bermagui Banter

Calendar profits go to worthy cause

With time to reflect upon the efforts of our firies, Bermagui Historical Society decided to donate \$1000 from this year's calendar sales to the Bermagui Rural Fire Service (RFS).

It was coincidental that the early fire truck and Cobargo high street feature in this edition. Each member was also presented with a copy of this year's calendar which was well received.

Brian Blacka, Tim Holdsworth and Steph Lazzaro were all at school locally. Brian's father was also in the RFS and can be seen in the 1952 fire truck photo, at work in the devastating fires of 1952 up at Nutleys Creek. Don Mead looked after the truck for the Forestry Commission and, during that event, Bermagui also escaped damage.

Allan had great pleasure in presenting the money and calendars. Having worked in the local forests for over 45 years with State Forest, and having fought many fires himself in that time, he knows all the time, effort and hard work involved.

These fires were unprecedented in size, ferocity and duration, and required a huge effort by everyone involved to contain them.

Both BHS and RFS are keen to collect and record fire related stories and photographs from the past.

Bermagui Museum is open Friday and Saturday 10 am – 2



Firies on this fire truck fought the 1952 fires at Nutleys Creek.

pm. Please contact Dave Cotton on dave_cotton2@bigpond.com (BHS) or Maggie McKinney maggie.mac@optusnet.com.au (RFS) if you have any contributions or can volunteer with either organisation.

David Cotton

The voyage to New Holland

(Part Two of 'Cook's Voyage, or why the ship *Endeavour* was passing Bermagui on Saturday 21 April 1770')

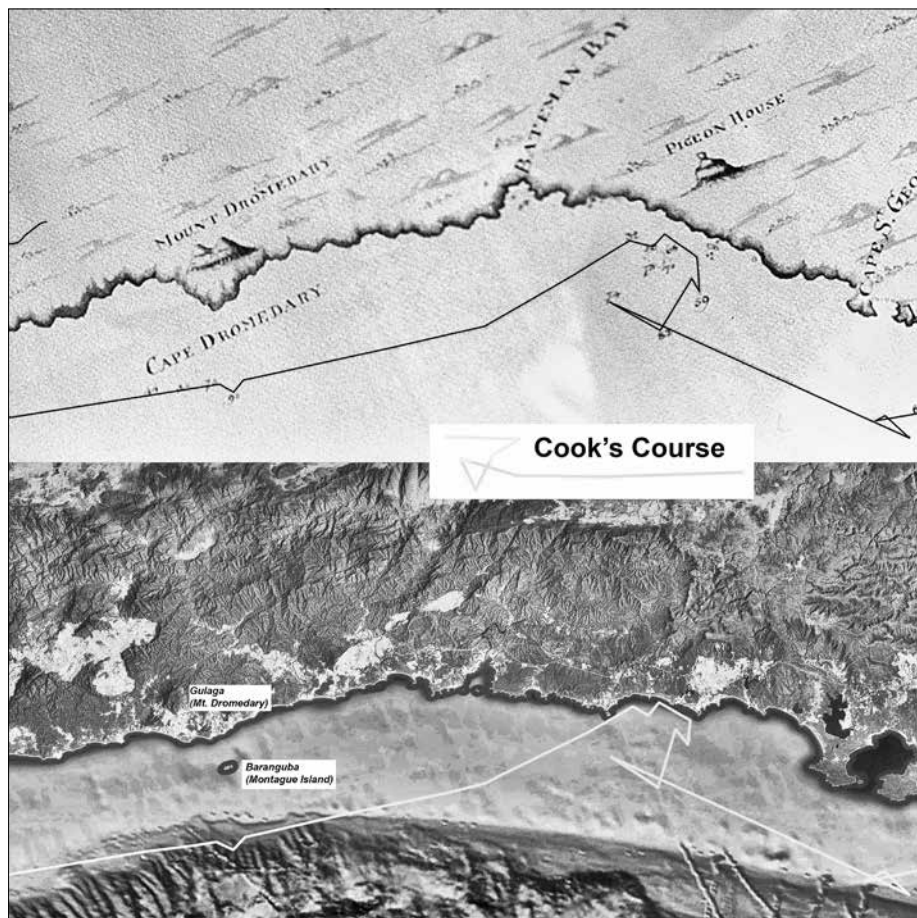
The purpose of Cook's epic three-year voyage was to observe the transit of Venus across the face of the Sun. These observations were expected to help calculate the size of the solar system and the Sun's distance from Earth, and improve maritime navigation.

The expedition left Plymouth, passing Rame Head on 26 August 1868.

After the observations were completed at Tahiti in June 1769, Cook opened sealed instructions from the Admiralty. They instructed him to 'seek a continent or land of great extent and to take possession of it in the name of the King of Great Britain'. This great southern land or Terra Australis was a continent postulated to exist between Tahiti and New Zealand in the South Pacific Ocean. There was a naïve belief that this land mass had to exist to balance up the continental mass of the Northern Hemisphere.

The expedition circumnavigated New Zealand and mapped the entire coastline. Dutchman Abel Tasman had planted the flag of the Dutch East India Company and named the islands some 127 years earlier, as he had done with Van Diemen's Land, which would become Tasmania, and New Holland, which would become Australia in 1824.

From New Zealand, they sailed west. 'On Thursday 19 April 1770, in the morning we discovered the land of



Cook's track along the south coast of New Holland (map by Dave Cotton using Google Earth)

New Holland, extending a great way to the south and to the eastward'. First sight of land was named Point Hicks, because Lieutenant Hicks was the first one on board to sight it. Cook could not see Van Diemen's Land, and decided to follow the coast north-eastwards.

Next month, Part Three: Sailing up the South Coast

David Cotton
Bermagui Historical Society

The museum is open 10 am to 2 pm
Fridays and Saturdays.

Water, water everywhere! How much is too much for Wallaga Lake?

While Wallaga Lake seems high now, lapping the bottom of the Bridge at both ends, it's not high enough for mechanical intervention yet. That's according to the 2016 policy, due for review in 2021. In our post-fire recovery stage, could there be a case for opening the Lake now? Brackish water, tainted with ash, giving off a stench? Dead fish bobbing about? Not to mention that the Bridge needs serious repairs.

There's been some chat about the NSW Roads and Maritime Services making an application to Bega Council's Environment section for the Lake to be opened so the repairs to the Wallaga Lake Bridge can go ahead. The repair program was meant to start in mid-February 2020, however the recent rain events rose the level to the point where the repairs couldn't go ahead. This is a critical bridge link between Bermagui and Narooma and needs attention sooner rather than later. Being cut off is not something any of us wish to experience again for a long time.

In an attempt to understand the triggers for the Wallaga Lake opening, I spent an afternoon trawling through the BVSC website to find out why and when the Lake may be opened. Turns out that smelly water and dead fish aren't enough, or even water over several 'assets' such as the Regatta Point jetty. It's very much a prescribed set of circumstances and measurements, with a focus on asset and environment protection, decided almost five years ago now.

The water levels are measured by Manly Hydraulics Laboratory and published live on their website. At the time of the first draft of this article (3 March 2020) the level was at 0.549 metres and then on 18 March it was at 0.663 metres. The agreed trigger level for opening the Lake is 1.25m. It may be opened at 1.1m if it has been closed for three months or longer



The pier off Regatta Point—the first 'asset' that goes under when the Lake rises

and there is an expectation of 100mm rainfall, or exceptional circumstances such as the risk to private property or business operations, including farming activities, or *infrastructure requiring urgent repairs*. How about the repairs to the Bridge?

Several assets register as going under water before the minimum 1.25m point is reached, including sites at both caravan parks on the shores of the Lake, pastures and Akolele's lakefront road. Other considerations are the shorebird season (August to April) and the potential disturbance of significant Aboriginal sites such as the Murunna Point midden and burial sites, which are in the vicinity of access paths for the excavators.

Interesting facts gleaned from reading the 18-page Policy document included the expectation by 2050 for the sea level to be 40 centimetres above its current level,

and 90cm above by 2100. There is also a long-term aim to return the Lake to a state where it can self-open, through changes to the road which currently blocks most of the flow. The level required for the Lake to open itself is considered to be 2 - 2.5m, which seems unlikely to ever occur naturally.

Aside from BVSC, many other authorities have a say before excavators will open the Lake. The last manual opening was in November 2018. The beauty of the Lake is completely transformed when the ocean rushes in and out regularly. It is how these lakes are meant to function, after all. Wallaga Lake is closed due to the intervention of the long road strip that has choked it for decades. Ironically, it may be the need to repair the bridge which triggers the next opening.

Ann Maree Menager

The Triangle is moving online!

We are dedicated to continuing to publish our local newspaper come what may. But because of the Covid 19 health crisis, this edition will be our last in print until the all clear has sounded.

But take heart, you can view, read and download *The Triangle* every month at our website - www.thetriangle.org.au. You can print it out too! If you have someone in your life who is not online and who would like to read the Triangle, we hope you will provide it for them. Thank you so much! Please continue to send us your letters, thumbs, poems and articles to contributions@thetriangle.org.au.

As we return to some sense of normality, our ways of life and routines are again being challenged. After a brief time, with good rain and lush green growth, many of the events and community activities that we participate in and volunteer for are being cancelled or suspended. And that heart-warming hug which is so much a part of the way we connect and care for each other is on hold. As I write, the immediate future is a bit uncertain; but it is clear that the Covid-19 virus requires us all to pay attention, be aware of our hygiene practices, take precautions and act early. By the time this edition of *The Triangle* reaches you, there will be a much clearer idea of how the next few months will look. As we face this challenge we know that our communities are strong; nevertheless the economic, business, community and personal costs on top of drought and bushfires are huge. So lots more metaphorical hugs, as we find new ways to care for each other.

Getting together as a community is one of the best ways to connect, particularly when it is in celebration and acknowledgement. As we transverse the immediate future we will be deprived of these opportunities so get-togethers in March are worth mentioning. On Sunday 8 March, the Tilba community was privileged to have two gatherings, one to start the day, the other to end the day.

A ‘Humming Bee’ is a traditional ceremony performed by Indigenous Australians to celebrate country and the songlines that connect people to country. At 9 am on Sunday 8 March, about 200 people from the local community gathered at the Tilba Sportsground, a magical spot between Gulaga and Nanjanuga, to join together in ‘Humming the Songlines – Gulaga’. Local Yuin cultural leader Lynne Thomas re-enacted the ‘Humming bee’ ceremony performed by her father, Guboo (Ted) Thomas (1909-2002). Lynne spoke of the complementary roles of women and men in working together for the well-being of ourselves and country. Held on International Women’s Day and partly funded by a NSW Communities and Justice 2020 Women’s Week Grant, it was a joint initiative and collaboration between Lynne Thomas, Tilba CWA, the Gulaga Reconciliation Group, and Open Sanctuary, Tilba Tilba. The organising group would like to thank Lynne for her cultural guidance and generosity of spirit. The event was sensitively and ably facilitated by Shanna Provost.



The community gathered at Central Tilba Fire Shed to acknowledge the efforts of our firies earlier this year.

After an exhilarating start to the day it was home to prepare for the Community Gathering at the Central Tilba Fire Shed at 5 pm. This special event, organised by John McMahon in conjunction with the Central Tilba Fire Brigade, was an opportunity to acknowledge the amazing contribution of the local firies to our safety and well-being during the fires. An estimated 100 people from the wider Tilba area turned up and the picnic table was a bounty to behold as people contributed food to share. While the whole event was low-key, there was a real vibe to the evening as everyone took the time to talk to each other—the camaraderie which comes from experiencing a dramatic time together.

John thanked everyone for coming along and acknowledged the importance of the voluntary work that our Brigade is involved in on our behalf; Peter Southam from Tilba Tilba spoke particularly about the work of the Brigade in securing a water supply for Tilba Tilba in the event of active fire, and acknowledged the valuable input of Jason Snell, Acting Captain (Bruce Allen was part of Area



The Tilba Humming Bee was held at Tilba Sportsground on Sunday 8 March, International Women’s Day.



Tony Backhouse led a free singing workshop in Central Tilba last month.

Command during the fires), in devising a workable solution. In response, Jason graciously acknowledged that he is part of a team and thanked the community for their cooperation and support. We now have a greater understanding and appreciation of the importance of this unique volunteer service. This appreciation was certainly on display at the event.

South Coast communities were also privileged to be given the opportunity to participate in free singing workshops with world-renowned a cappella gospel singer and choir leader Tony Backhouse. What a joy to sing with 60 other people in the Central Tilba Small Hall on Saturday, 14 March. Tony is an inspirational workshop leader who, through traditional call and response gospel songs, had us singing joyfully and enthusiastically in four parts in no time. Tony agreed to do these workshops in Far South Coast communities affected by the bushfires, and they were organised by

local Tilba resident Steve Overmyer, a dedicated Tony Backhouse fan, and the two Jules (who have local links). Many who attended have participated in Tony’s workshops in the past and we can no doubt look forward to future involvement from Tony in our local arts community. During the morning we were also privileged to hear the first public performance of Cheryl Davison’s Koori Community Choir singing in language – what a special double treat this day was!

With effective campaigns like Empty Esky and Spend With Them, visitors have been coming back to our area. Local Tilba businesses were encouraged by the numbers over the Canberra long weekend. And while this burst of business is most welcome, it may be short-lived as we adjust to future conditions. However, advertising campaigns are going ahead with Bates General Store, a hive of activity on a particularly lovely autumn morning in March. Filming was taking place for the new Destination NSW TV commercial; Destination NSW is the lead government agency for NSW tourism and major events. With a catchy storyline, the advertisement has the message that we are back in business so come on down.

This attention to encourage domestic tourism is much needed at this time. Quite a few locals answered the call to work as extras so when the commercial does go to air you will certainly recognise some familiar faces. Peter Lonergan, Chairperson of the Tilba and District Chamber of Commerce, is particular pleased that Central Tilba is the focus of this commercial. He is hoping that people will still visit the area while being aware of good hygiene practices and social distancing. He is making hand sanitiser available to patrons of his own business. Peter is also encouraged by the recent government assistance to local businesses that suffered a downturn

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in the fires and hopes that further assistance will help during the next period of time.

The Dromedary Pub, that centre of community activity, has also played a significant role in supporting local businesses. At its postponed New Year celebration in February, there was a monster raffle of vouchers. The brainchild of Susan and Jeremy (Drom owners), a request for donations of \$50 was circulated far and wide, with the idea of raising \$50 for each of the 22 local businesses. There was a massive response which meant each business received \$150 delivered personally by Susan. On the night in question, 66 vouchers were raffled with winners able to reclaim their \$50 voucher at the nominated business. While most of the voucher prizes were won by locals, there are still a few that are unclaimed – these will be re-raffed and the proceeds will go to the local RFS and other local charitable groups. Thank you Susan,



Filming for a new Destination NSW ad outside Bates Store



Erica Dibden of Tilba Real Milk, which won a swag of awards at the Royal Easter Show this year (although the show itself was cancelled)

Jeremy and the Drom.

Meanwhile, the Royal Easter Show has been cancelled but the awards have gone ahead. Our own Tilba Real Milk has been honoured with several awards. This is a great endorsement of Nic and Erica Dibden's family-owned business, particularly given the difficult year to date. Congratulations and well done to the whole team. Their awards this year are: Gold for Real Double Cream; Silver for Haloumi and Full Cream Milk; Bronze for Persian Fetta, Low Fat Milk and Kinnoul Hill Camembert.

Schools are a major topic of discussion at the moment as we all get our heads around the implication of Covid-19. It is certainly an advantage to attend a small school as the guidelines for social distancing are much easier to manage. At the Central Tilba School, the required measures include minimising close contact and practising good hygiene.

This small school is also doing its bit for the environment with its campaign to reduce packaged food in lunch boxes. With the emphasis on healthy lunches packaged in reusable containers, there has been a great deal of creative preparation and presentation of delicious lunches. Well done.

It has been announced that the weekly Tilba Market will be cancelled until further notice. While it is a regrettable and sad decision, it is necessary in light of the requirements that relate to gatherings in confined areas and physical distancing. This popular and busy market will be missed by many as it is a meeting point and source of great local home-grown produce. During the time the market is not operating, the market team will consider ways to make fresh produce available and will notify the local community via the Tilba Community email.



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The little Tilba CWA branch continues to punch above its weight

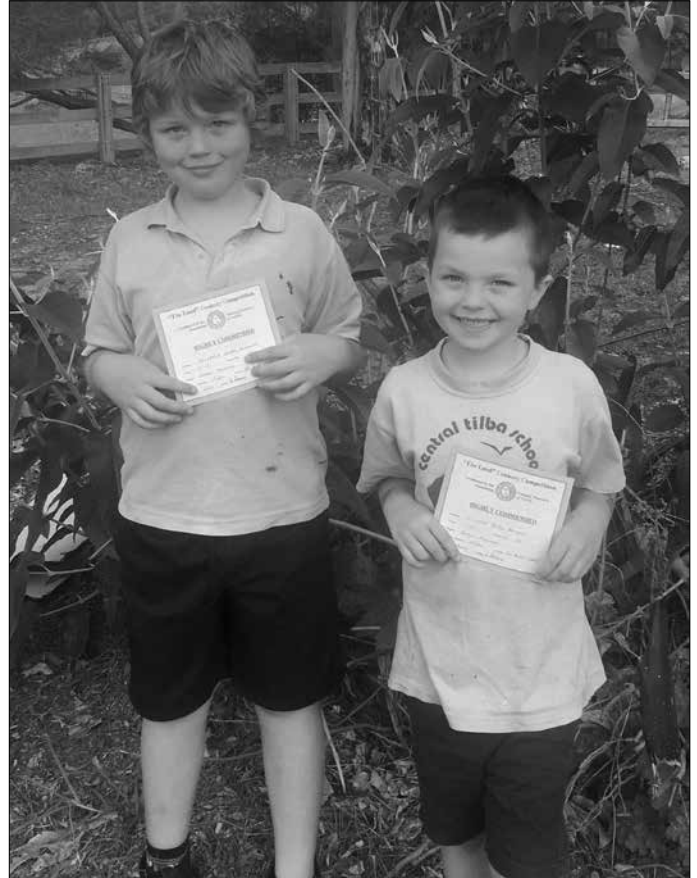
Tilba CWA celebrated International Women's Day on Sunday 8 March with a 'humming bee'. The event was organised with the Gulaga Reconciliation Group, Open Sanctuary Tilba Tilba and representatives of the Yuin Nation. Women of the community and their families were invited to participate. Local Yuin woman Lynne Thomas led the ceremony, opening with the inspiring words 'In peace and love and pure intent'. Helen Thomson, Tilba CWA's Cultural Officer, coordinated a magnificent morning tea with delicious muffins and a cuppa, enjoyed by all.

Led by Zoe Burke, our Craft Officer, we entered the CWA Far South Coast Group's Land Cookery and Craft competition in Bermagui in March. No winners, but very good scores for our craft entries. A special shout-out for Linda Appelgren's sons, Oskar and Banjo, who both got Highly Commended certificates in the CWA Junior Land Cookery section. Congratulations, boys!

Over the coming weeks we will be asking our members to contact their neighbours and friends to ask who needs help, and what help they need. If possible, we will provide that help, or try to find how we can get that help to them.

At time of writing, gatherings of more than 100 indoors or 500 outdoors are banned to deal with the public health risk of COVID-19. Social distancing means cafés and pubs etc can have only one person per four square metres. Tilba CWA have suspended our Craft Circles for now as a precaution and will put out some notices when things change. For details see our Facebook page (TilbaCWA).

*Cas Mayfield
Publicity Officer
Tilba CWA*



Oskar and Banjo's efforts were both Highly Commended in the Junior Land Cookery awards.

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Four Winds—the music will come

With sadness and regret we announce we are not going ahead with the 2020 Easter Festival in Bermagui because of COVID-19.

We are acutely aware that this will be another body-blow to local businesses as well as to the many freelance musicians and contractors involved in the Festival. Typically, the Four Winds audience spends up to \$1 million in Bermagui so loss of this economic boost, on top of the catastrophic financial impact of the bushfires, will contribute to the ongoing challenges local businesses are facing. This will certainly have a significant negative financial impact on Four Winds because of loss of box office income and costs incurred to date.

Some good news!

The majority of artists booked for the 2020 Easter Festival have told us that they are willing to come and perform at Easter 2021. Therefore, we are postponing the 2020 artistic program and it will be presented in 2021—when we will celebrate our 21st Festival.

Four Winds always presents a free concert for the community as our first major Festival event. This year the content of that performance is inspired by the traditional Indigenous stories of the region, as a response to Captain Cook's sighting of the east coast of Australia, 250 years ago. That performance will now take place on Friday 13 November 2020 at the opening of the 2020 Spring Youth Festival in November and forms part of the

National Museum of Australia's Cultural Connections Program.

The Gift of Song project will also go ahead later in the year. Four Winds commissioned Gordon Hamilton to compose a song for our community to sing. He has created a beautiful song for us all and we look forward to sharing it with you. The singing workshop will be held in October. The premiere will take place at the Four Winds Youth Festival in November 2020. Everyone is invited to take part in this project.

You can imagine how disappointed we are not to go ahead with the 2020 Easter Festival. Because of the amazing support Four Winds has from our entire community, we are confident that we will be able to put the challenges of 2020 behind us and continue to offer you marvellous music next year and in the years ahead.

Ivy Hill Gallery April exhibition



Winner of the 2019 Adelaide Perry Drawing Prize, Sally Simpson, is showing at Ivy Hill Gallery 2—26 April. In awarding the prize, John Wolseley said that he particularly liked the way the artist articulated curious biological structures in a way which subtly reminds the viewer of other organic forms. Sally's sculptures, made from small animal bones, continue the theme of life, death and regeneration which inspire her drawings.

In Gallery 1 there is a mixed exhibition of paintings by Cheryl Davison, Katherine Boland, Kim Falkenmire and Karyn Thompson.

To view, please contact carolynkillen@ivyhill.com.au or telephone 02 6494 0152. Catalogues at www.ivyhill.com.au for online sales.

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Art in the Triangle

‘Japanese Creations’ at the Lazy Lizard Gallery

This April, we are happy to welcome Reiko Healy back to the Side Room. Her beautifully designed, Japanese-style clothing, jewellery and calligraphy is admired by locals and visitors alike, and it is a pleasure to have work of such a distinctive character in the Gallery.

Reiko Okamoto Healy was born in Osaka, Japan, and has been happily settled in Bega for the past 20 years (30 years in Australia).

Her close affinity with Japanese



Japanese creations by Reiko Healy

customs and traditions is vibrantly expressed in her artwork, bringing the ancient culture of Japan alive through her manipulation of colour and design. She uses Japanese hand-made paper, Yuzen and Kimono silk and cotton fabric for clothing and jewellery.

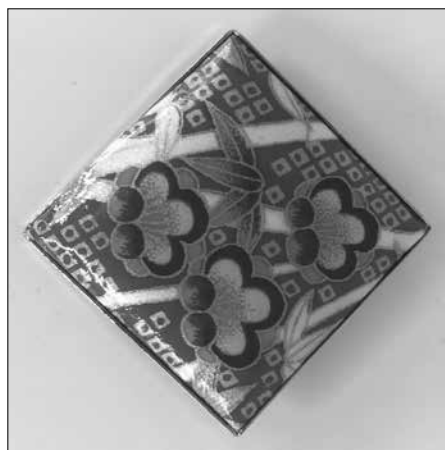
She is a member of Spiral Gallery in Bega, and is also having a Japanese pop-up shop at the Tathra Hotel until Easter Tuesday. She says it's worth checking out 'Little Japan' there as well.

Reiko is well-known round Cobargo, as she teaches Taiko drumming and holds classes in the School of Arts. She says she enjoys sharing Japanese culture with the community.

Following the bush fires, she realised it would probably be a good idea to adapt to the situation and start an online shop. So now you can visit her at www.japanesecreations.online You can also see her work on Facebook (Japanese Creations) and Instagram (Stonewave Taiko).

But of course, the very best thing to do is to drop by the Gallery sometime in April, to really see and feel her work—and, of course, support the gallery!

Naomi Lewis



Join the Conversation

Share your story

Make a comment

Contribute to The Triangle

Send it to

**contributions@
thetriangle.org.au**

**check out the
guidelines on
page 38**

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Beth 0428 696 623

SCULPTURE Bermagui rises to the challenge

A picture-perfect day, sunny yet not hot, the breeze is gentle. Families, couples, individuals and dogs are very contentedly strolling on the headland with the protective gaze of Gulaga. What better way to experience SCULPTURE Bermagui than against this stunning backdrop?

It seemed a lifetime away from the way we were all feeling just a few months ago when bushfires threatened our little township. Artistic events like this are even more important now as they bring people together to think about life and beauty, and

offer a brief escape from some of life's more mundane realities. They say art has a fundamental role in uplifting and enhancing our existence and I could feel it working its magic on me over the eight days of SCULPTURE Bermagui.

And there were so many people ... the cafés were buzzing, the roads were packed, not a car space in sight. The parks hosted children a-plenty and the beaches were beautiful, clean and welcoming. It was a very satisfying sight. Thankfully, visitors were making their way back here.

SCULPTURE Bermagui President Paul Payten said there was no question of postponing the event. 'We came through the fires unscathed, so let's celebrate and give our artists and community something exciting to focus on.' Many local artists and volunteers had been impacted by the bushfires, and some unfortunately were unable to contribute. However, the event has brought many visitors to this beautiful seaside town and this year the committee trusted it would 'nurture the soul of the community and help it move forward'. It did.

Congratulations to the SCULPTURE Bermagui committee and hardworking volunteers. Another record-breaking event, in spite of the unprecedented challenges our region faced. We need people like you to make us take a step back, slow down and appreciate the beauty that art has to offer. It helps to sooth, calm and refocus our minds and souls.

Debbie Worgan



David Doyle, *The Orchard*

A simple installation using minimal material to create a larger sculpture.



Sam Anderson, *Open Water.*

The power and grace of tuna, frozen in steel'

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Photo - Louisa Monohan

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Poetry meets Sculpture

A communal, polyvocal poem made up of lines written by 63 visitors to Sculpture Bermagui on 7 March 2020

1.

Lift-off!

metal and steel, wood and stone
the pieces stand upon the land
a full moon in the middle of the day
maybe ... maybe
human imagination connected to air and sea
fires out sculptures in
creative heart, risen from fire and ash
too hungry
art can change the world!

2.

if only I were a bird
I'm thinking thoughts I haven't felt yet
you can't see my face
ocean breeze oxidises. Artists steal visions.
as eagles land in the sea spray
and left a glaucous mood
spirit of nature come to be
the sea a briny backdrop
beauty, never discarded
I'll come back as an eagle where it is

3.

Bermi sculpture by the sea
refreshing autumn air
the shoulders of mountain
I've been thinking too much – help me
my heart is open wide
because beauty lies within
– be still – and let your mind surrender!
like rivulets abounding
life moves on despite the toil
lyrebirds scratch in the black ash soil

4.

ah, yes!
the keys are pretty
the question is what is the question????
creativity for you and me
and it's wrong
every complex problem
all together beside the sea
the circle of life continues
the chroma diffused in the light
look and see, look again, change?

5.

I'm a little bit cheeky?
I loved the white beacon! ha ha!
I decided not
bloody steep hill after the tenth time
I hope no one has the sniffles here
I'm on a writing-free day
I'm not very talented
as I admire the beauty
the sea breeze slips around my sun-warmed skin
imagination is an endless sea



6.

the sculptures return, bringing life to our town
rusted juxtapositions reflected in unfinished missions
the wings of the eagle soar on smoke-free air
beautiful display
shy yet sure of the lasting hand
boundless beauty by the beautiful sea
creates a sense that makes you high
just when I was losing hope for humans
ever was the heart filled with glee
imagine all the people ...

7.

the light & life return
clean air to breathe, a freedom I don't want to lose!
tips of your lips towards the sky
ready for you to fly in
continuation, expansion, growth
the day portrays resurgence, new life
has a simple solution
salty on my skin
why the hurt and thoughtless wound?
why fly with ducks when you can soar with eagles?

8.

oh when the snakes come marching in
the heart of the sculptures called out with hope
the amazing beauty that surrounds us!
there's a thought that drips
to see the sea or not to see
sizzling spirit of creativity reflected
viewing spectacular form, by the sea
the Amazing, the Beautiful & the Ugly all together to enjoy
carry the soft foam of gathering air
permanent reflections of life

9.

so does the sculpture flow and inspire
I was corten steel!
only art, as far as the heart can see
as the metal is welded together, my heart is let go.

As we progress through autumn there are many things that we could be doing to assist our gardens in preparation for the cool winter months.

If you haven't commenced your winter vegetable garden you must get things into the ground post haste and let things establish before the soil starts to cool down.



The soil should be dug over to a depth of 250mm and added to the soil at this time, a generous amount of animal manure forked through with the addition of some garden lime, say three to four handfuls per square metre.

Evenly rake out the surface, breaking up large clods, and you are ready to plant.

There are generally two ways to establish the garden, either by seedlings you have bought from a reputable nursery or those you have grown yourself, or by seed.

If planting by seedling you plant in situ. If starting from seed, you either sow into a seedling tray and once the seedling gets to a transplantable size you plant out, or you direct sow into the space you have allocated for the particular group you are intending to grow.

From my experience as a horticulturist of some 50-plus years, there are some vegetables that I would suggest are better planted by seed, and some by seedling.

These are my suggestions for late autumn/winter gardens:

Seedlings: cabbages, cauliflowers, beetroots, spinach, silverbeet, broccoli, lettuce and kale.

Seeds: carrots, parsnips, turnips, peas, broad beans, onions.

I have not mentioned some varieties here, but some research on the internet will tell you what to do.

Moving along from the vegetable garden to other tasks, there is still plenty to do.

Most summer-flowering perennials will now be starting to look a bit untidy. Plants like salvia, agastache and lavenders can be reduced in size by about one third.

Seasonal progression

This will give them an opportunity to have one final flowering before the cool of winter sets in.

Herbaceous perennials like echinacea, monarda, hosta, dahlia and Easter daisy can be cut back to just above ground level.

Annuals like pansy, poppy, primula, stock, wallflower, viola, sweet peas and lobelia should be established in the ground now before it gets too cold and this will set you up for some great spring colour.

Mulching: while the soils still have some warmth and moisture left in them, it's a good time to mulch your gardens to protect surface roots from drying out and from the soon-to-be cold soils—wood chips and gravel for the general garden beds, and sugar cane or lucerne mulch for the vegetable and flower gardens.

Dead-head roses to tidy up but don't do any hard pruning until late June/July. Pruning will encourage new growth, and, being very supple, the new growth will be burnt off if you have an early frost.

Most summer-bearing **fruit trees** will have finished fruiting, so remove any left-over diseased or mummified fruit left on the trees. Place them in the 'green bin' or bury them in an unused part of the garden to complete their decomposition.

Now is a good time to complete **tool maintenance** prior to the upcoming pruning season. Sharpen and clean secateurs, loppers and saws, and give them a spray with an aerosol lubricant to prevent rusting while not in use. Other tools like shovels, spades, mattocks and the like can also be sharpened and cleaned.

A wipe-over of the handles with some linseed oil will prevent them drying out and splintering.







New plant selection: by now nurseries will know what they are likely to be receiving in their winter collections. Call in and discuss your plant requirements with them and place your orders. It's important to discuss with your nursery person where you live, particularly if you are intending to plant fruit trees. Trees like apples, pears and cherries need a certain minimum temperature, and a certain number of hours at that temperature, to set fruit. Many also require a pollinator to set the fruit.

I hope that this information will set you on the right trail for a successful season ahead.



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OPEN 7 DAYS A WEEK
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The Central Tilba School of Arts Trust were asked if they could cook one Sunday a month for Cobargo BlazeAid. Our committee is small but there were lots of offers of person power and financial donations locally, and from my relatives in Sydney, who saw this contribution going directly to those in most need.

My job now was to plan a menu, work out quantities for 100 people, plan the cooking process using all my eager-to-be-involved volunteers, make a roster, borrow slow cookers, shop and cook.

We started on the Saturday afternoon at my home then started again early Sunday morning through till 5 pm, packed two cars to the roof and drove all the food to Cobargo, ready to serve at 6.30 pm. We had five slow cookers filled with Chicken Cacciatore, 10 trays of baked polenta, mixed lettuce leaves with dressing to add, three large Rum Apple Cakes and whipped cream. We were welcomed with open arms (touching was okay at the time) and given lots of help unpacking the cars. The food was appreciated and there was plenty more for other meals at BlazeAid and meal packages to give to those in the community in need. We will repeat this in April, May and ... who knows?

I have included two of the recipes for you to try.

Chicken Cacciatore

(for up to 10 people with leftovers for another meal or for your friends/neighbours)



- 1/4 cup olive oil or as needed
 - 10 chicken thigh fillets (trimmed and halved/quartered depending on the size)
 - Plain flour, about 1/2 cup
 - 2 capsicums cut into strips
 - 4 onions sliced and diced
 - 3 garlic cloves diced
 - 800g tin of diced tomatoes with 2 teaspoons of sugar
 - Bay leaves, 2 teaspoons of mixed herbs or Italian herbs or any amount of fresh herbs from your garden (oregano, thyme, basil, parsley ...)
 - 3/4 cup of white wine or 1/2 cup of water, with a chicken stock cube added.
 - Handful of pitted Olives
 - Parsley chopped to sprinkle
- Roll chicken pieces in plain flour seasoned with salt and pepper.
- Heat olive oil in a pan and brown the fillets on both sides. Remove to a plate.
- Add all ingredients except the chicken, wine/water and stock

cube to a slow cooker or frypan.

Simmer

Return the chicken, add the wine/water and stock cube and simmer until cooked.

Add olives and parsley to chicken.

Serve with rice, pasta, polenta or potatoes and a fresh salad.

Enjoy with family and friends, share or freeze.

Apple Cake

So, so easy.

Peel and quarter two large apples or equivalent, and chop into small to medium sized pieces.

Add 2 teaspoons of rum or similar tippie (this can be omitted if serving kids—or make two smaller cakes so adults can enjoy the rum flavour!) Set aside.

Cream 120g of softened butter with 2/3 cup of caster sugar.

Add 2 large eggs, one at a time and beat well.

Add 1 teaspoon of vanilla.

Sift 1 cup of plain flour with 1 teaspoon of baking powder and 1/4 teaspoon of salt (use self-raising flour if preferred).

Pre-heat oven to 165 degrees (fan-forced) .

Fold everything together until just combined.

Pour or spoon into a square (20 cm) or round tin, lined with baking paper and greased.

Cook for 35 minutes, check and cover with baking paper at any stage to prevent too much browning.

Serve warm or cool with cream or custard.



The Wonder Emma Donoghue Angus & Robertson \$17.25

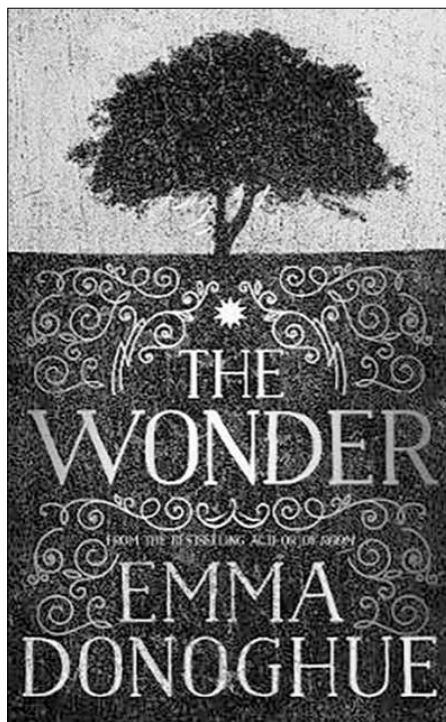
When Emma Donoghue wrote *The Wonder* she already had a strong following of readers after her success with *Room*. This story is completely different yet thought-provoking in its own way. *The Wonder* is a tale of two strangers and the clash between science and faith.

Set in the mid nineteenth century in a tiny village in Ireland, something unusual is happening. Is it a medical anomaly or a miracle, as the town proclaims?

To appease the scientific minds of the day, a no-nonsense English nurse is paid to observe a girl said to have survived without food for months. Locals and city visitors have flocked to the village to witness the ‘miracle’ and journalists from the city have come to cover the story. As the days pass with no answers and the girl’s condition worsening, the story becomes quite tense. Was it anorexia, religious mania, entrepreneurial spirit or guilt that

drove her to this? Or was someone else manipulating her?

Donoghue smoothly combines the



Pet of the Month

Deb Cox

Sooty (pictured) and Smokey are 10-week old brothers who were rescued from the bushfire of New Year’s Eve. Their carer says they are incredibly well-behaved lads, full of purry goodness and playfulness. They just eat, sleep and want cuddles. Sound perfect? They are available through AWL Far South Coast Branch Please phone 0400 372 609.

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 suitability to the needs of the animal.

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

De-sexing vouchers are available at all vet clinics in our branch area (Bega Valley Shire) 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.

Did you know that all cats and dogs (other than those that are exempt) must be registered by six months of age? The Registration fee is a once-only payment which covers them for their lifetime. It is best to have your cat or dog de-sexed before registration as there is quite a discount on the fee if they are.



Sooty, 12 weeks old is full of purry goodness and playfulness. His brother Smokey is also available.

historical setting, with the developing relationship between the observer and the observed, family secrets, religious hysteria and bizarre 1850s medical explanations. The storyline moves slowly but completely drew me in. It’s both gripping and at times surprising.

How long can she live like this? Will she die? Is she a miracle or a fraud? These were the questions that kept me reading until the end.

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

Classifieds

HOUSE FOR RENT

Older style house for rent in Bega. 2 bedrooms, wood fire, large level yard. Quiet location near the river. For more information, ring 0407 468 476.

Please note:

We will discontinue classifieds after one month unless advised by the advertiser. A small donation (in the tin) will be appreciated for classifieds.



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
5th Sunday - One service in parish at 10
am rotation. Contact Tim Narraway 6493 4416

ANIMAL WELFARE LEAGUE

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

BERMAGUI BADMINTON CLUB

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

BERMAGUI BAPTIST CHURCH

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

BERMAGUI COUNTRY CLUB ARTS SOCIETY

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

BERMAGUI CROQUET CLUB

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

BERMAGUI CWA

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

BERMAGUI DUNE CARE

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

BERMAGUI GARDEN GROUP

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

BERMAGUI HISTORICAL SOCIETY

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

BERMAGUI INDOOR BOWLS CLUB

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

BERMAGUI KNOW YOUR BIBLE

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

BERMAGUI & DISTRICT LIONS CLUB

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

THE BERMAGUI MARKET

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

BERMAGUI MEN'S SHED

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

BERMAGUI PROBUS

Probus provides an opportunity to meet with fellow
retirees on a regular basis, listen to interesting guest
speakers and join in the company of new friends.
Meets on the second Monday of each month at the
Pavilion, Dickenson Oval. 10am-12.
Contact Lorraine Courts
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 Helene Sharpe 0438 257 189
cwasecretary@gmail.com

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

For the Fridge Door

Official info on Covid 19	The Australian Health Dept	Virus updates from the Australian Government	www.health.gov.au
	The World Health Organisation	Health updates for the world	www.who.int
	The Centre for Disease Control	Health updates from the US	www.cdc.gov
Trusted news sources from around the world	The ABC	Local news and commentary	www.abc.net.au/news
	The Guardian	Global news and commentary	www.theguardian.com
	The BBC	British & International news	www.bbc.com
	CNN (Cable News Network)	American & World news	www.cnn.com
	Al Jazeera	Independent Middle eastern news	www.aljazeera.com
Helpful Info	Information on financial assistance	for individuals, households and business	treasury.gov.au
Entertainment	Esquire Magazine	The 57 best podcasts of 2020 (so far)	Search for esquire podcasts
	The Guardian's list	10 of the world's best virtual museum and art gallery tours	Search for virtual museum The Guardian
	Virtual art venues	International museums and galleries	artsandculture.google.com
	The Guardian reading lists	Reader suggestions to bring joy in difficult times	Search for coronavirus reading the guardian
	Bored Panda	Funny stories and videos	boredpanda.com
	SBS on demand	TV, film, news, sport on demand	www.sbs.com.au/ondemand
	ABC iview	TV, films & news on demand	www.abc.net.au/iview
	ABC Listen	ABC podcasts & live radio	www.abc.net.au/listen
Kids activities	Lunch Doodles with Mo Willems	Educational fun for kids	Search for Lunch Doodles
	Mister Maker: Videos on You Tube	Arts & Crafts for preschoolers	Search for Mister Maker
	Discovery Kids	A world of endless possibilities	dkids.com.au
	Food Network	5 fun family breakfast ideas	foodnetwork.com
	National Geographic Kids	Grow your own terrarium	natgeokids.com
	Steve Spangler Science	Sick science	stevespangler.com
	Kiwi Crate	Activities	kiwico.com
	Lego bricks and more	Activities	lego.com
	Street play	Marbles, Stick ball Box Baseball	streetplay.com
	Science Bob	Science activities	sciencebob.com
	Street play	Activities + games	streetplay.com
Health and well being	Mindfulness meditation	Free audio resources	www.mindful.org/
	Lifeline	Support when you're not coping	www.lifeline.org.au
	How to cut your own hair	A straightforward guide	goodhousekeeping.com
	Singing	Virtual choir	www.pubchoir.com.au
	Free online craft courses	Paint, knit, crochet, sew etc	creativebug.com
	The Fitness Marshall	Home Dance Workout Videos with youtube's hottest fitness star	www.thefitnessmarshall.org