

THE TRIANGLE COMMUNITY NEWS

Est. Sept. 2002

QUAAMA COBARGO BERMAGUI TILBA & LOCALITIES

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Issue No 195 May 2020

A cruise to nowhere – Bermagui sisters tell all!

We blissfully locked our doors in Bermagui the first week of March, to begin what should have been a three-month leisurely trip by ship to Europe. Our ship, the *Vasco da Gama*—which we later renamed the *Fiasco da Gama*—awaited us in Singapore. She carries 1200 passengers but, upon boarding, we realised that many people had cancelled due to the growing fear of coronavirus.

We felt safe, cocooned in our floating hotel, but within days reports were coming in about ports closing around the world—coronavirus had started wreaking havoc. Soon we'd been denied entry to three ports on our itinerary and the decision was made to cancel the cruise, with a full refund offered! By this time we were close to Phuket in Thailand, where we remained anchored for almost five days, waiting to rendezvous with the *Columbus* – sister ship to the *Vasco*.

Several hundred New Zealand and Australian passengers were transferred to our ship, and all British passport holders were transferred to the *Columbus*, which immediately set sail for England.

We soon realised the ramifications of our situation. We were disappointed that our trip to Europe was cancelled and we would not be seeing family members, but the whole world was standing on its head by now ... and we were in a safe place. We made some good friends on board, played canasta most days, swam, went to the movies, dined in style and had a wonderful time.

The government directed the ship to head to Fremantle, from where we expected to be flown home. However it soon became apparent that coronavirus had shown up on other cruise ships, and all hell broke loose. We were told we had to go into quarantine on Rottneest Island for 14 days. Fantastic, we thought, it was definitely on our bucket list! But, it was not to be, as only WA passengers were to go to Rottneest.

The ship docked at Fremantle and we sat on board for a few days awaiting our fate. The kiwis were allowed to fly home, and the Australians were soon grouped according to states, with NSW passengers escorted by police to the Crown Metropol Hotel in Perth.

So we found ourselves under lock and key in a five-star hotel on the opposite side of the country from our beloved Bermagui. Since there had not been any sickness on our ship and we had not set foot on land, we



Our attempt at *haute couture* using the bedsheets

were not impressed with this turn of events, but we made the best of the situation.

When life gives you lemons, we say, let's make lemonade! Here we were, in a luxury room with only our creative minds to think of things to occupy ourselves during our lockdown. Our only gripe was the food—delivered three times a day and truly awful. Most of it ended up in the bins,

which was maybe a blessing as we needed to lose the weight gained on the ship.

Our inedible, rock-hard bread rolls soon became bowls in our boules competition in the room; our empty water bottles became skittles! Fresh linen was left at our door, so we made the most of this by creating *haute couture* fashion outfits from the sheets! The large paper bags that our food was delivered in gave us an idea for a 'craft day'. We fashioned masks from the bags, and of course shared all this on social media. We almost wore the carpet out with our indoor marathons. One of the highlights was a delivery of fresh fruit organised by our brother back in NSW. We were very grateful for this—except the two bottles of wine that went with it were confiscated before delivery.

Our incarceration was bearable. The worst thing was the lack of fresh air as no windows opened. The news came that we were being 'released' at 4.30 in the afternoon – two days early as we technically had been in isolation on the dock for extra time.

Freedom at last! Our first breath of fresh air and a walk through the beautiful city of Perth. A decent coffee at a café and meeting up with friends from the ship for a chat - keeping social distancing in mind.

We soon became media stars, as the local Channel 9 news got wind of our attempts to amuse ourselves in quarantine, and asked permission to show some photos on the evening news.

At the time of writing, we are still waiting to get a flight back to Sydney. We just can't wait to get back to beautiful Bermagui, a little sad our adventure came to a screaming halt, but more than happy now to stay home and potter in the gardens.

See you all when we get back from the cruise to nowhere!

Paula Lovell and Sylvia Dunn (a.k.a the Travelling Aunties), and now safely home and planning their next adventure — once Covid-19 is over.

Unprecedented – that seems to be the word for this year – and it certainly is a cacophony of unpredicted changes and adjustments. While many of our community are still amid the wake of the fires, all are changing the patterns and rhythms of life. Many are fully home-based, skilling up on virtual meetings; gardens are getting a make-over; parents are appreciating even more the work of teachers as they tackle home-schooling. Your contributions to *The Triangle* reflect

many different experiences. This edition of *The Triangle* is the first which is only online and so a new experience for our team.

Local businesses are having a hard time and are adjusting as best they can, moving to online sales, takeaway and home deliveries. Artists and poets are capturing these times in isolation. Imaginative play stimulates creative ways of managing children's worlds. Contentious land management issues raise tensions in

Bermagui. The degraded state of some local lakes from decades of siltation is noted and being repaired.

Our community's underpinning culture of care shines with stories of kindness to elders. The dedicated work at the Cobargo and Quaama fire relief centres continues unabated, particularly that of Danielle, Chris, Veronica and Warren – our gratitude is enormous. And there is a gentle poetic reminder to all, amid the sea of change, to 'let yourself rest'.

Letters to the editors

Approval sets precedent?

Numerous residents are very aggrieved at the Council approving a development on 8 April for a current two-storey shop top house in Lamont Street, Bermagui to be demolished and to be replaced by a three-plus storey development.

This development will take the views of many residents and alter the streetscape and amenity of Bermagui. Such a development creates a precedent, enabling other owners in that commercial zone to redevelop and build all along that street.

*Margaret and John Marshall,
Bermagui*

A win-win for employment and environment

Clean energy projects post the Covid-19 crisis could play an important role in boosting the economy and creating jobs.

New ABS data shows that nearly 27,000 Australians were employed full-time in the renewable energy industry in 2018-19 – up 27% from the previous year.

Government support of clean energy projects could unlock thousands of construction and installation jobs and help struggling homes and businesses get access to cheap solar energy.

By making strategic renewable energy investments, governments could set Australia on the path towards lower electricity bills and a cleaner energy system.

That's a win-win.

*Jack Miller,
Bermagui*

A thank you to all

On 31 March, my birthday turning 88, I thought I would have a very quiet day. At about 11 am I was having a cuppa on my verandah in the sun.

What a surprise, when fourteen neighbours across the street sang Happy Birthday to me.

A large bunch of roses, a cake just out of the oven, two toilet rolls, a lovely hand towel, a homemade birthday card and two tomatoes. And a beautiful baked dinner that night.

What wonderful neighbours I have. Thank you one and all.

Then at 1.30 pm that day another surprise arrived. Amelia May, my great-granddaughter from Queensland. Then another birthday cake and fruit from Paul and Anna.

A very memorable birthday.

*May Blacka,
Cobargo*

Thumbs Down to IRT

Murray and Margaret Douch did a most commendable yet ultimately thankless job over many years as they struggled to achieve the generous aims of the late Thomas Cairney in his will benefitting the people of Bermagui (Letters to the Editors, April 2020).

It is very curious that Illawarra Retirement Trust (IRT) stated that they never intended building aged care units in Bermagui with the money signed over to them—which was required to be used for this purpose.

Curious—because I clearly remember the well-attended public meeting convened by IRT where their plans for this aged care/retirement centre were explained and discussed. Expressions of interest were invited by IRT and many people present enthusiastically wrote their names and contact details on the waiting list provided. I did too. I also confirmed this with subsequent phone calls.

Thank you, Murray and Margaret Douch, and Thumbs Down to IRT.

*Frances Crawford,
Wallaga Lake*

DISCLAIMER

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Want to support *The Triangle*? Since there are no more tins for your spare change, feel free to donate online.

We'd appreciate the help—no donation too small!

You can EFT to:

The Triangle, BSB: 802124, Acct: 100020722

Letters to the editors

Replace your tools of trade

Business Council Australia (BCA) re-tooling vouchers continue to be handed out to business owners in Cobargo and Quaama.

This disaster relief funding offered from BCA has been a welcome support to assist our local fire-impacted businesses, giving business owners the confidence to get back on their feet. To date, 30 re-tooling vouchers worth \$2000 each have been approved and allocated to local business owners. This equates to \$60,000 in funding to support our local economy!

The BCA is keen to assist all types of businesses in our community to replace their 'tools of trade', so for professional potters this may be a kiln; for a professional painter, paints, paintbrushes and canvases—it doesn't have to be a labouring 'tool' such as a shovel or hammer. It's the unique tools of trade each business uses to offer its goods and services.

If you are a local business and have an active ABN, have had a total loss of 'tools of trade' for this business as a direct result of the bushfires, and intend to re-start or continue your business to service our community, please get in touch to see if you are eligible for a BCA voucher. Email us: cqbrgroup@gmail.com.

Please note, hobby businesses not eligible.

*Shona Taranto and John Walters
Co-facilitators, Cobargo Quaama
Business Recovery Group*



Thumbs UP

To the Quaama-Cobargo Seedsavers, who have been making free punnets of vegie seedlings available on a weekly basis to those who lost gardens in the fires—at a time when seedlings have been in short supply in the nurseries.

To local businesses who are helping to keep us safe and well by observing social-distancing guidelines.

To all the eateries who have quickly adapted their business models so we can continue to eat good food, either takeaway or delivered.

To the workers who continue to serve us in retail and food outlets, having daily close contact with customers—brave souls!

Thumbs DOWN



To dog owners who leave their dog's business outside your house. Walking out at night you don't see it and ... squelch! Unhygienic and uncivilised.

To the foul-mouthed person yelling profanities at the top of her lungs at people trying to do some work at a property in Quaama.

The Reckoning

Finding the centre

Shadows deepen, nightmares quicken,
distant flames begin to dance.

A midnight sky will burn and thicken,
homes and lives will rest on chance.

But hidden under debts unpaid,
and borrowed from a summer's lease,
there is a reckoning to be made,
for our redemption and release.

Beyond the reach of facile thought,
or three-word slogans for the team,
a wisdom learned but seldom taught
is waiting, like a squandered dream -
the solace of a common cause -
the measure of our trust and skill,
the temper of a balanced pause,
to seek a true collective will.

Ian McFarlane



This poem is from Ian's new chapbook of climate change and bushfire poems, The Crucible, now available from Ginninderra Press. Go to their website and click on 'Virtual launches' to see what Ian has to say about it.

Ian and his wife, Mary, lived in Beauty Point for thirty years before having to leave last year for medical reasons. They now live in Canberra but retain a deep emotional connection to the area.

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Tilba Tilba: Tilba Nursery
Wallaga Lake: Merrimans Land Council

Deadlines

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

Letters to the editor

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

Postal address:

The Editors, The Triangle
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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 had a circulation of 1800 when printed. *The Triangle* is at present available online only.

Sustainability Grants applications close 15 May

For many it's the pristine natural environment that provides a real sense of place in the Valley and it is our local volunteers and community groups that in so many cases drive projects focused on enhancing what we're so lucky to have.

Sustainable Living is one of our community's priorities and aspirations for the future. Successful delivery relies on the development of partnerships between Council and other groups.

With this in mind, Bega Valley Shire Council is delighted to announce the launch of the 2020-21 Sustainability Grants program, which incorporates the Community Environment and Waste Community Assistance Grants, to protect our natural environment and support innovative resource recovery.

Community Environment Grants

These grants support the commitment and dedication of community groups to enhance, protect and restore our local environment, with recipients to share in \$50,000 funded through Council's Environment Levy.

Council's Environment and Sustainability Officer, Michael Fiedler, said the aims of this program are to support our community groups; encourage and foster ethical environmental behaviour; increase community awareness; support conservation strategies; encourage innovation; and support, protect and enhance areas of cultural significance.

'Any groups keen to enhance, protect and restore the natural environment of the Shire are strongly encouraged to apply,' Mr Fiedler said. 'Their work could take in wetlands, coastal foreshores, river banks, and wildlife corridors, as well as innovative community education initiatives.'

'Previous recipients have undertaken a diverse range of projects that have made our Shire an even nicer place to live and visit, and this program provides a great opportunity to make a real difference in the local area.'

Community Waste Grants

Don't waste your waste! Do you have ideas for repurposing and re-use that could turn waste into something useful?

With a move towards a more sustainable way of living, Council is looking to support groups working on local waste solutions and community education projects.

One previous recipient, the Bega Valley Repair Café, received a grant to keep electrical and clothing items out of landfill.

This group of volunteers fixes common household items such as vacuum cleaners and remote controls. They also do minor clothing repairs, which saves water to produce new items, and helps to reduce disposal of large volumes of fashion and textile waste.

Their grant was used to purchase tools and equipment, including items to fix rechargeable battery packs; there are major benefits to the environment by keeping batteries out of the waste stream.

For more information about the Bega Valley Repair Café, search for them on Facebook or contact David Neyle on 0405 383 692.

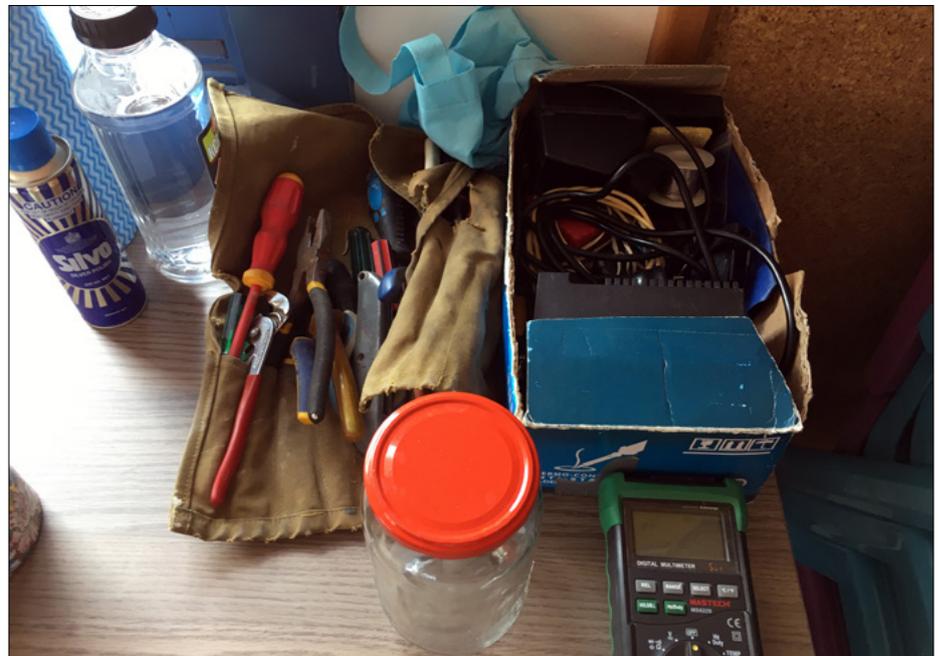
More information

Both grants are competitive, with a maximum of \$6000 (+GST) available for any single community environment project and a maximum of \$5000 (+GST) for a community waste project.

To be eligible, your group or organisation must be non-profit and based in the Bega Valley Shire. Groups must also have an ABN and be incorporated (or be auspiced by an organisation that has an ABN and incorporation status), and they must meet the requirements of the Community Grants Program Information and Guidelines.

Applications close at 4.30 pm on Friday, 15 May 2020. It is strongly recommended that you discuss your project with Council prior to applying. Contact Council's Grants Administration Officer, Jayde Rankin, on 6499 2330 or email grantsadmin@begavalley.nsw.gov.au

**2020 is a unique Leap Year.
It has 29 days in February,
300 days in March and
5 years in April.**



Some of the tools of the trade at the Repair Café

Fairhaven - Land for sale

Private, 1348 sq m, 50 metres direct path to Wallaga Lake. A great well established site, fertile soil, north-facing, private battleaxe, easy access, all services, ready to build with 15 tree orchard, enclosed garden, eat your own oranges while you raise the roof.

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Does anyone know if we can take showers yet or should we just keep washing our hands??

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Volunteers – saving lives in our communities

Volunteering Australia, in recognition and acknowledgement of Australia's volunteers, organises National Volunteer Week every year. This year, National Volunteer Week will be held from Monday 18 May to Sunday 24 May.

Australia's 6.1 million volunteers contribute an estimated \$290 billion (Flinders University research) to Australia's economy every year. But can we really put a dollar value on the work volunteers do?

Volunteers save lives. Our recent bushfire crisis certainly shone a light on the efforts of our RFS crews. They risked their own lives to protect our communities, our lives, our towns.

Our Triangle towns would not run without the efforts of volunteers. In Bermagui, Marine Rescue volunteers save lives in the ocean; Surf Lifesaving Club volunteers save lives on the beaches; SES volunteers save lives in storms and floods. And we can't forget the hundreds of volunteers who mobilised in evacuation centres during and after the fires. They prepared food, organised accommodation and gave emotional support and comfort.

Then there are those volunteers from organisations like BlazeAid and Team Rubicon, who come from outside our communities to rebuild shattered lives.

Bermagui also has our U3A volunteers who offer a variety of interesting courses each year. Volunteers help our environment, they care for our displaced and injured wildlife, they deliver meals to the housebound.

Even though we may still be isolated in our homes during National Volunteers Week, this month let's spare a thought for our local volunteers. Let's use our social media pages to say thank you. If you know someone who's a volunteer, tell them how valuable they are to this community. Support them with fundraising, or better still, become a volunteer yourself in one of the many organisations that support our communities.

Carolyn Banados

NATIONAL 18-24 MAY 2020
VOLUNTEER
WEEK
CHANGING COMMUNITIES.
CHANGING LIVES.

Let's Social Distance Again
(to the tune of Rocky Horror's 'Time Warp')
You take a step to the left
Then a jump to the right!
You keep your hands to yourself,
Don't ever stop for a chat ...
You keep the trolley in front
And stay behind the green li yi yi yi yine!
Let's Social Distance Again



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Covid-19 doubles publishing frequency of 'Recollections'

The Covid-19 pandemic is forcing south coast businesses and community organisations to radically adjust the way they are interacting with the public.

The South Coast History Society, which normally publishes the free south coast history magazine 'Recollections' every second month, has, perhaps surprisingly, decided to double the frequency of publication to monthly. But it will, for the next few months, only be available online. Peter Lacey, the President of the South Coast History Society, explains:

'The April-May 2020 issue of 'Recollections' was about to be distributed when that became impossible. So, to my wife's annoyance, I now have 3500 copies sitting in boxes on our lounge room floor. They'll be distributed one day—but who knows when?'

'At least the great information they contain will not become 'stale' in the interim!'

'Many people really enjoy reading "Recollections" and many of these people now have extra time ... So we have decided to produce mini-issues each month and email these to everyone on our email list.'

'Anyone interested in receiving copies can email the subject line "Send Recollections" to southcoasthistory@yahoo.com,' said Peter.

'We will still print a strictly limited number of these monthly "Recollections" magazines and post them to those who are paying for paper copies,' said Peter. 'We will also post paper copies, on request, to organisations such as schools, libraries and museums that are archiving issues of the magazine.'

South Coast History Society has already witnessed a very significant upturn in interest in recent weeks, which it can only attribute to the Covid-19 pandemic.

'The April-May 2020 issue can be accessed at www.bit.ly/Recollections19 and visits are up by an incredible 1928% compared to the previous issue. And visits to www.bit.ly/Recollections3-, where there's an excellent article on the effects that the Spanish Flu pandemic of 1919 had on the NSW south coast, are about triple the number of visits to other issues.'

The South Coast History Society can be contacted by phoning 0448 160 852 or on southcoasthistory@yahoo.com.

David Jesson

20.12.1944 - 28.3.2020

David Jesson, General Manager of Bega Valley Shire Council for eight years from 1994 died last weekend at Prince of Wales Hospital in Sydney following surgery.

First appointed as Council's Director of Corporate Services in 1992, David was promoted to General Manager roughly two years later.

His misfortune was to have to lead Council during the tumultuous years of largely dysfunctional behaviour by a majority of councillors.

After the consequent dismissal of the elected Council by the NSW Government in 1998 David worked with the government's appointed administrator, Rod Calvert, for the next two years to return the Shire to stable and effective administration.

In later years David was himself appointed administrator of a dismissed Shellharbour Council, a position in which he was universally respected.

I knew David as a friend and a colleague. I respected his integrity and his commitment to his community.

I extend my condolences to his wife Susan and his family.

Jack Miller AM

(Bega Valley Shire Councillor, 1987 to 1998)



Selective enforcement of social distancing



David Jesson was appointed BVSC General Manager in 1993 and led Council through some tough times.

The world is pausing and drawing in a deep breath of less polluted air.

Rachel Colombo

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Pod Cast Reviews

I probably average three hours a day of listening to podcasts—while walking the dog or vacuuming or unpacking the dishwasher. Information is power and knowledge is not a dangerous thing—especially now, with so much misinformation about Covid-19. I like to listen to the experts first before the politicians. I also like to listen to different people’s voices more and more these days as we are all a little starved for social interactions.

First, download the Radio Public and ABC Listen apps on your android or iPhone (do a search in your app store). They’re easy to download, and they’re the keys to opening the vast world of podcasts, all for free! Then open the app and start exploring. Here are a few of my favourites...

Covid-19

On ABC Listen

The Signal. This is a short, daily, Australia-focused news update from a thirty-something’s view of the world. Good for us ‘Boomers’ to get an idea what the young ones are thinking and doing!

Coronacast. Dr Norman Swan is co-host of this daily podcast specifically about the virus. You can submit questions. They are very good at cutting through the myths and offering facts.

The Health Report. Again, Norman Swan is the host. This is an in-depth health matters show and Dr Swan speaks to the most renowned experts in their fields. Many recent reports have focused on the corona virus.

On Radio Public

The Daily. This is the world’s most popular podcast. It is produced by a team of the New York Times’ best. Absolutely eye-opening and totally relevant to us Australians as well, given how closely interwoven we are with the US, like it or not!

Now ... for some entertainment value, I love a bit of crime!

Crime Stories (all on Radio Public)

Shit Town. Beautifully produced series, interviewing a man who lives in a small rural town in the US. He suspects there has been a cover-up in his town but the series goes into much more than investigating the crime being covered up. I laughed and cried through this podcast and it remains on my top five list.

Dirty John. This story has been made into a movie and TV series but this is the original investigative report including interviews with the actual victims.

The Dating Show Murderer. Produced by the same people as Dirty John. Another case of how a gifted mind can turn someone into a monster.

Criminal. More than just telling gruesome stories, this podcast often delves into the backstory of what makes people do bad things.

Crime Junkies. A weekly series which investigates cases of murdered or missing people in the States and elsewhere. There was an episode about the Beaumont children recently.

The Teacher’s Pet. An Australian series which caused police to reopen the case of missing woman, Lyn Dawson. Her husband Chris Dawson is now awaiting trial for her murder.

Trace; Unravel and The Eleventh. These are on ABC Listen. These journalists and their investigative reports have reopened cold cases in Australia. *Trace* is about the murder of a single mother in 1980 in her own home in the back of her Melbourne bookshop. *Unravel* is about the death of a young indigenous youth on train tracks in Tamworth in 1988. *The Eleventh* is a background on the sacking of Gough Whitlam, like no other angle ever explored.

Secret ladies business....

On ABC Listen

Ladies we need to talk! by Yumi Stines. This podcast is a no holds barred discussion about anything to do with ladies! It is honest and rich with stories as

well as expert advice. It is a podcast that the female members of my entire extended family all listen to and we love it! Often sparks very frank and deep and meaningful discussions amongst my lady friends. This is a must-listen-to on my list every week.

Overwhelmed and Dying by Judith Lucy. This is incredibly funny but also insightful and poignant. I love Judith Lucy at any time. This is her being very open about being 50-plus! I am always waiting for the next episode to be loaded up—it makes my day!

I’d love to hear from anyone with their recommendations too. If you have more time on your hands these days, why not entertain and educate yourself by plugging into some great podcasts?

Ann Maree Manager



Multi-tasking. Ann Maree catches up on Covid news, true crime and women’s business while giving Archie an outing.

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BVS Council round-up

Playgrounds and BBQ areas closed

As the COVID-19 crisis continues to escalate and to support the need for social distancing, Bega Council has moved to close all playgrounds and barbecue areas across the Shire.

These communal social gathering sites have been deemed areas of increased virus-spreading risk. Signage is being installed to notify the community and everyone is implored to adhere to the message.

BVSC also now has a dedicated [COVID-19 page](#) on their website that includes information from NSW Health and the other key agencies, business support and the status of all Council facilities and services.

Council elections postponed for a year

The NSW Local Government (Council) elections have joined the long list of events to be moved in the wake of the COVID-19 crisis. The 12-month postponement will see the elections now contested in September 2021 or as late as December 2021 if the need arises.

In making the announcement last week, the NSW Minister for Local Government, The Hon. Shelly Hancock MP, described the decision as 'regrettable but necessary to ensure the health and safety of voters, NSW Electoral Commission staff and election candidates'.

The postponement will not change the future schedule of council elections, with the next term to be only three years and the subsequent election to still proceed in September 2024.

The current nine councillors in the Bega Valley Shire will continue to hold their civic offices until the rescheduled local government elections are held.

BVSC's General Manager, Leanne Barnes, said, 'This outcome is a sensible one ... In addition, to ensure we are continuing to comply with the social distancing measures introduced by the National Cabinet to reduce the spread of the virus, we are set to introduce online Council meetings – more details soon.'

Central Waste Facility playing its part in bushfire clean up

Bushfire-affected material has started arriving at BVSC's Central Waste Facility (CWF), north of Wolumla, in an important step towards helping residents rebuild their lives after summer's devastation.

Limited material is being deposited in the existing landfill cell, while Council works with State Government agencies and local residents to develop a new emergency landfill cell to take the bulk of waste.

As a result of the fires, the emergency landfill cell and

associated resource recovery sorting pad will deal with:

Asbestos-contaminated material estimated at 47,000 cubic metres (32,000 tonnes)

Non-asbestos-contaminated material estimated at 74,000 cubic metres (51,800 tonnes)

This material comes from more than 2000 burnt structures, including homes, sheds and outbuildings, but not burnt vegetation. 'It's more than four times what Council would normally place in landfill in a year,' said Anthony McMahon, Director, Assets and Operations. 'The clean-up is likely to take around a year.'

The CWF is a custom-built facility with licensing and planning approvals to accept asbestos material. Council has trained staff and processes to continue safely managing asbestos landfilling at this site. After reviewing all waste management facilities, the NSW State Government, which is coordinating the bushfire clean-up, selected the CWF as the most suitable site to dispose of fire-affected material.

'Council is also working closely with the NSW Environment Protection Authority on plans for the new emergency cell,' Mr McMahon said.

Residents can view current plans and track the application on Council's [Application Tracker](#) and get answers to commonly asked questions on [Council's website](#).

Rate relief up for discussion at 29 April meeting

Last month, Bega Valley Shire residents received their fourth Rates Instalment notice.

'Council understands residents are experiencing a period of great challenge, however it is a legislative requirement that we issue this instalment at this time,' Bega Valley Shire Council General Manager Leanne Barnes said today. 'We don't want this notice to place further pressure on residents. We encourage you to enter into a payment plan if you cannot pay this instalment in full within the payment timeframe.'

'Council is meeting on 29 April to discuss the ongoing and combined impact of Covid-19 and the bushfires, and what this situation means for the management and collection of rates going forward,' she said. 'Following this meeting, we will inform the community of the rates issue outcome, which we anticipate will be favourable to ratepayers.'

Weed support for landholders

With the drought compounded by the summer's bushfires, and more recently by flooding, local rural landholders are faced with immense challenges.

The support from across the country, especially donated fodder, has been remarkable, however with its importation comes the risk of new species of weeds. Black knapweed, *(Continued)*



Contractors managing asbestos contaminated fire material into existing landfill at the Central Waste Facility.

(Continued) Broomrapes, Parthenium weed and Kochia are just some of those considered high risk.

Bega Valley Shire Council's Biosecurity and Invasive Species Coordinator, Jamie Dixon-Keay, said the Biosecurity team is helping our landholders to prevent outbreaks of new weed species.

'Many on the land are doing it tough at present, and undertaking scheduled weed inspections just isn't appropriate,' Jamie said. 'Instead we're offering bushfire-impacted landholders a tailored support program. This will include subsidised works, resources and tools that facilitate best practice management of any priority weed species.'

'These subsidies will vary depending on the property and weed management practices required, but may be valued at up to \$250 for primary producers and up to \$100 for other large rural holdings.'

Contact Council's Biosecurity team on (02) 6499 2222.

Work starts at Wandella Hall site

There's positive recovery progress at the Wandella Hall site, with the completion of temporary restoration of the Hall's external toilet facilities. The works are part of a larger project being funded by the Rotary Club of Merimbula that will also include the permanent restoration of the barbecue facility.

The toilet facility survived but power and water supplies were cut when the Hall was destroyed in the summer bushfires. The toilets are needed for use by contractors working in the area, clearing building sites and performing property restoration work in the wake of the fires.

Acting Cemetery and Halls Officer Katrina Berenguer said, 'A new water tank has been installed for handwashing, as well as solar power to allow operation of an exhaust fan for the composting toilets. Work on the barbecue area will begin once Covid-19 restrictions are lifted sufficiently.'

She said support from local suppliers had been very positive. Demolition of the Hall began on 22 April. Council has opened the tender process for the rebuild of Wandella Hall, which will include community consultation on the design.



Andy Thorp, President of Rotary Club Merimbula, Bega Valley Shire Council's Katrina Berenguer, and Joy Masterson of the Wandella Hall Committee pictured outside the Wandella Hall toilet facility

Confessions of a Zoom rookie



'With a little perseverance one can find solutions to most computer problems ...'

A Triangle committee member, who shall remain nameless, vents on participation in this brave new world on the day of the first-ever Triangle committee Zoom meeting ...

Sorry, but I'm going to be an apology for this afternoon's meeting. Today is not a good day! Woke up feeling shit—I always struggle with daylight saving change—not that I have to rush off to work or anything, and time means nothing when retired, but I always feel a bit off for a few days whenever the time changes.

Anyway, this Zoom thing is really doing my head in. My anxiety levels head sky-high just thinking about it. I know this is the way of the future, but my ageing brain is just struggling to catch up. We do have a little group of friends who have recently taken to Zoom. Well, our first get-together ended in disaster. My old computer seems to have problems with the microphone and I spent the whole 'meeting' yelling at the computer. Not good!

So, next meeting I tried the iPad. This time they could hear me but I couldn't hear them. It just sounded like a lot of garbled speech! Maybe it has something to do with my bad hearing, but just another struggle.

I tried to do the Zoom tutorial—there are several online. Well, the first was OK for about three minutes, then I just got completely lost with all the jargon. Again my anxiety levels rose and I just went and played my ukulele. Then I went online again to look for a simpler way. 'OK, let's get started,' the tutorial said. 'It's really simple,' it said. Well, Step One ... the first three words could have been a foreign language. Again, the anxiety levels rose ... so I went into the garden and dug up some weeds.

I am really reluctant to have another go as I just don't want to feel shit again. My husband has taken to it with gusto ... but for me it's just too much! So, for now my bruised psyche is going to rest up a bit and, hopefully, I will come on board by the next meeting ... or maybe I will have to wait until we can meet face to face again.

Have a good meeting and let me know what happens.

Maggie McKinney



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Council's child care centres to stay open

Council's Children's Services team has been busy across a number of fronts, contacting parents to explain what federal and state government child care announcements mean for them and continuing to deliver programs and resources at child care centres.

'We are particularly pleased to be able to share with families the news that Council can continue to provide vital services to their children throughout the COVID-19 crisis,' Children's Services Coordinator Matt Simpson said.

Matt has assured families that no fees will be charged for Day Care and After School Care places until 28 June 2020, and there will be no fees for preschool places for the next six months.

'This is very welcome news and adds to our continued support of Bega Valley families during this difficult time,' Matt said. 'Our centres remain open to ensure families working in emergency and essential roles, as well as disadvantaged and vulnerable children, are safe and receiving care.'

'However, most families are now following government advice and keeping their children home, where possible.'



Bandara centre staff and children engaged in craft

Let Yourself Rest

If you're exhausted, rest.

If you don't feel like starting a new project, don't.

If you don't feel the urge to make something new, just rest in the beauty of the old, the familiar, the known.

If you don't feel like talking, stay silent.

If you're fed up with the news, turn it off.

If you want to postpone something until tomorrow, do it.

If you want to do nothing, let yourself do nothing today.

Feel the fullness of the emptiness, the vastness of the silence, the sheer life in your unproductive moments.

Time does not always need to be filled.

You are enough, simply in your being.

Jeff Foster

Computer life

The computer has become my lifeline, my information update, my connection with friends and family, my online shopping, my work station, my TV, my Zoom buddy, my movie guide, my personal trainer, my radio, my recipe demonstrator, my DIY guide, my music, my pastime, my escape, my waste of time and my best friend.

In my time cruising the internet, I have stumbled upon some amazingly talented people who have put their isolation/quarantine time to very creative and often funny use. I have collated some sites which are sure to put a smile on your face.

There are so many very clever covers of songs about Covid-19. Chris Mann and The Kiffness both have a whole lot of tracks up – all good.

There are also some great videos of father and daughter singing teams – Daddy and Daughter Duet and Claire Crosby and Dad.

Here are just a few links to get you started:

[Coronavirus Rhapsody](#) (based on Bohemian Rhapsody) by Raul Irbien

[I Dreamed a Dream](#) Les Miserable Parody by 16 year old Nick

[Stay Home Vogue](#) (Vogue Corona Parody by Chris Mann)

[Hello \(from the Inside\)](#) An Adele Parody by Chris Mann

['Thank U Frontline'](#) (Alanis Morissette Parody by Chris Mann)

[Bitter Sweet Quarantine](#) (Bitter Sweet Symphony Parody by The Kiffness)

[Quaranteen](#) (Dancing Queen Parody by The Kiffness)

[The Beatles - Yesterday](#) (Lockdown Acapella Version by The Kiffness)

[Lockdown Rhapsody](#) (Bohemian Rhapsody Parody by The Kiffness)

[Do Re Mi - Covid 19 version](#) (Sound of Music parody by Shirley Serban)

[My Favourite Things - Covid 19 version](#) (Sound of Music parody by Shirley Serban)

[Tom Jones Parody Corona Virus](#) by Terry Young

[A Million Dreams](#) - A Daddy Daughter Duet

[You've Got a Friend In Me](#) - Performance by 4-year-old Claire Crosby and Dad

[Can't Help Falling In Love](#) - Elvis Cover by 6-year-old Claire Crosby

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Odds & Sods – Goodness in the gloom, wet dogs, dodgy grapes, yoga or joka?

There's a couple nearby who retired here 27 years ago. Malcolm and Jenny have made significant contributions to the community through their voluntary efforts. They have had a rich and varied life and are much loved. But, aged around 80, they have been struck a cruel blow—Malcolm has a particularly painful tumour on his spine. It became almost impossible to walk and painful to rise from a chair, so it was simpler to stay in bed. But staying in bed brings its own problems.

Meanwhile, further down the street, another fine man is struggling to recover from the recent death of his wife of over 50 years. At first the loss was almost too much to bear. But eventually he was able to look around him, and one of the people he saw was Malcolm with the newly diagnosed tumour. Because of what he had been through with his wife (he said once, 'There is no manual for how to deal with this—I just do the best I can') he felt he could offer support. So he started visiting Malcolm. It helped him emerge from his pain. They are very different people with different life experiences, but they got to know each other. He noticed the consequences for Malcolm of not being able to move about. He and Jenny spoke. He went back to his workshop and fashioned a device that would help Malcolm get out of the chair and stand up.

Malcolm can now move and walk comfortably. The lives of three people have changed substantially.

Have you tried those grapes that come in a plastic bag at Woolies? They have names like Midnight Beauty and are seedless, sweet and luscious. However, they have a foggy appearance, like there is something on the skin. Maybe pesticide. Before eating I soaked them for half an hour. A lot of stuff came off. Some was just dirt; some was a bit oily and the water was cloudy. So I washed them two or three times just to be sure. These days we all need our immune systems to be at their best. Herbicides and pesticides can be very debilitating, so peel supermarket fruit when you can, and soak and wash what you can't.

Now we all allegedly have more spare time (I'm still waiting for the job list to reduce), many are starting to rediscover the things we used to do. In our case we call it 'yoga stretching', yet it is more like 'joka stretching', at least for my ancient bones. But we do the moves as best we can, and I must say that the spine feels good, the back doesn't ache as much, and it just makes you appreciate standing straighter. Worth a try. There are lots of lessons available, some in person locally and others online. Start easy and gently.

Don't dogs look happy leaping into the surf? And don't they give you the pips when twenty kilos of wet dog leaps at you unexpectedly, and the dog owner assures you, 'He won't bite. This is a dog beach.' Then, if you're having a really bad day, you step into some dogshit that the owner hasn't picked up.

I don't come out of the surf all wet and leap on a dog (or their owner). Why can't they afford the same courtesy to people who just want to walk on the beach?

Keith Bashford

Day 37 in isolation and the dog is looking at me. "See? This is why I chew the furniture".



Naomi Lewis

'Yes, I'm still adjusting the TV aerial – just tell Dad to call me when dinner's ready.'



Naomi Lewis

'Don't panic, honey – the rescue dog is here!'

Our old ways are changing in ways that we would not have imagined a few weeks ago. Some of the changes are easier to incorporate than others – certainly for Triangle-area communities, which are so sociable, staying at home does mean we have to find other ways to keep our communities functioning. While it’s always good to have a chat, now, more than ever, it's about making sure that our friends, families and neighbours are doing okay during these different times. So, here are some stories about people in our local Tilba community who are keeping things ticking over and providing connection and service.

There's been a lot of discussion about the increase in online time for almost all aspects of our daily activities – teaching, learning, working from home, meetings via Skype and Zoom, entertainment, shopping, medical and allied health, exercise, keeping in touch with family and friends ... and so on. However, with the extra time at home, there has also been a boom in gardening – just try buying a vegetable seedling! The excellent Tilba Nursery, as an essential service, has continued to operate with physical distancing measures, to the benefit of experienced gardeners as well as new gardeners taking advantage of more home-

time. Keith Mundy says that seedlings disappeared quickly and he's trying to source new supplies. There has also been increased demand for vegetable seeds but supplies at this stage are good as the seed company that Keith deals with gives priority to retail outlets like his nursery. Fruit trees are also a favourite – Keith says they are walking out the gate – as gardeners focus on productive plants. Along with potting mix demand, the energy going into gardening is encouraging and maybe we'll see a welcome return of the productive home garden – an excellent activity for the whole family, great for general wellbeing, delicious, fresh produce, and all sorts of environmental and monetary benefits, which will hopefully endure— with encouragement from Keith.

the team started taking orders which people could collect from a distribution point. This worked, but we decided that the physical distancing measures needed to be improved, so the operation moved to weekly fresh produce bags based on size and whatever produce is available. On Saturdays, when the bags are packed, a small group of local people deliver them. It’s proved a great way to support our local growers and ensure there is really fresh produce available to the community, as well as seeds from Bega Seedsavers. While the operation is limited by the supplies that are available, each week there are between 20 and 30 orders – and people enjoy receiving a bagful of surprises!

Adapting to the current restrictions has also been a challenge for the Tilba Foodshare. Held on the first Sunday of each month, this was always a special social get together as well as a chance to enjoy an excellent morning tea while swapping and sharing excess home grown produce. So instead of the monthly gathering, and using the Tilba Community SCPA email, homegrown vegetable seedlings and other excess fresh produce are now available from the Central Tilba Library Tree, located in the lower carpark next to the ABC Cheese Factory. And you have



Keith showing off the blueberries



Fresh produce ready to be packed

Maintaining the focus on, and availability of, fresh produce to the Tilba community is keeping the Tilba SCPA (Sapphire Coast Producers Association) team active. Run by myself, my partner Philip, Linda Newcombe and Annie Fenn, we have had a stall at the Tilba Market for a couple of years. With the temporary closure of the market we're considering a different way of distribution. Using the Tilba Community SCPA email, initially



Seedlings at the Library Tree

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Tilba CWA raffle draw postponed

Tilba CWA's raffle prize of Paul Whelan's painting 'Narooma Headland' has been postponed until next year's Easter Festival – new date of draw is Easter Saturday, 3 April 2021.

to be quick once the call goes out! Next-door neighbours, Angela and David, are watering the plants and keeping an eye on things.

The iconic Bates General Store, operated by Tilba stalwarts Linda and Ken Jamieson for nearly 40 years, provides many essential services to the local community – grocery supplies as well as newspapers, fuel and much more. It also incorporates the Central Tilba Post Office. With many locals only venturing from home to collect mail and maybe get fuel, Linda and Ken have added fresh fruit and vegetables. That other hard-to-get essential, flour, is also available, both plain and self-raising—a great example of meeting the needs of the community during challenging times.



Linda and Ken Jamieson, Bates General Store

At the other end of Central Tilba's very quiet Bate Street, the ABC Cheese Factory is still operating. While the shop is closed, locals can ring in an order for dairy products, and collect and pay by card at the shop door. Nic and Erica are pleased—their wholesale business provides work for the

whole factory and office team—but they're disappointed that their shop staff cannot work at the moment. They're also able to attend the Tuesday Sage Market at Moruya and the Saturday Canberra Farmers Market, which continue to operate under strict distancing and hygiene measures.

If you're missing yoga, Jody Vassallo is doing free live classes on Instagram. She tells me she has over 600 followers worldwide – the amazing power and reach of the World Wide Web! Dynamic Ki yoga classes are at 7 am Monday, Wednesday and Friday; more gentle Yin yoga is at 8 pm Monday and Wednesday. You can follow Jody on Instagram @jodyvassallobeautifulfood and at the same time get some of her appealing recipes. Jody's local yoga participants are pleased they can continue to attend her classes.

Using the options available, Central Tilba naturopath Sally-Anne Bertram is currently offering reduced-price audio-visual or phone consultations. See her website.

At Central Tilba School, second term has begun—by remote learning. What



Remote learning at home

does remote learning look like? Principal Tania Hextell says, 'Remote learning looks different for everyone!' Some children are following learning plans and activities; some children are completing what they can when they can; some are having phone tutorials with their teacher; some are asking to be timed and tested; some are incorporating cooking and gardening, drawing and painting, bush and beach walks, games and cards; all because it works for them, they have the time and they need the balance. Tania says that the school is building capacity to do the best they can in providing quality education.

Anzac celebrations have been cancelled this year, so Central Tilba School decided to honour this special day in their own way. Year 6 students have in the past played a key role in the local ceremony as school leaders. This year Principal Tania arranged for the students to have a flag-lowering ceremony at the school and to lay a wreath at the cenotaph. These special tributes can be viewed on the School's Facebook page ([Central Tilba School](#)).

Central Tilba's historic Bate Street is very quiet during these times; all businesses are closed except for the General Store and Cheese Factory. This year has been devastating and our thoughts are with all the businesses who are unable to operate, and their staff. Peter Lonergan, President of the Tilba and District Chamber of Commerce, is encouraging all businesses to access government support and is available to help if required.

What better place, though, to be in these unusual times. Let's all make the best of it as we continue to find ways to keep our community connected and support each other. We look forward to better times.

Tilba CWA Meetings now 'virtual'

Tilba CWA members are now meeting 'virtually' using Zoom technology. Secretary Helene Sharpe is coordinating Zoom meetings fortnightly. These meetings give members an opportunity to catch up on how everyone is managing staying at home—lots of animated chat about comfort cooking, gardening, plus art and craft projects. Helene has put together a list of local suppliers who are delivering to Tilba region. Local deliveries have been wonderful and so convenient. Members have been enjoying wine from Tilba Valley Winery, chocolates from the Tilba Sweet Spot, and vegetable boxes from the SCPA team. Also great service from Tilba General Store, which has expanded

its range to include flour for baking, plus fresh fruit and vegetables.

Members are keeping busy at home with a variety of projects. Zoe Burke, our Craft Officer, is making an Anzac Day wreath with fresh rosemary. Cas Mayfield is working on Tilba CWA's activity suggestions for hundreds of CWA NSW members visiting our region in May 2021 for the CWA State Conference. Helene Sharpe is coordinating our cooking efforts for BlazeAid Cobargo.

If you would like to join, our next Tilba CWA 'virtual' meeting on Friday 1 May, then fortnightly, please email Helene Sharpe cwasecretary@gmail.com.

Annette Kennewell, President



CWA Rosemary Anzac Wreath

Repairing Tilba Tilba Lake

Tilba Tilba Lake, just south of Mystery Bay, has the worst health of all coastal estuaries in SE NSW. Sonia Bazzacco, Senior Local Land Services (LLS) Officer with the South East Region, has been involved with a rehabilitation project at the Lake and its catchment, Victoria Creek. The project started in mid-2018 as part of the NSW Marine Estate Management Strategy, 2018 – 2028. LLS SE has been funded to work with landowners whose properties adjoin Tilba Tilba Lake and Victoria Creek to improve water quality and to repair the riparian zone—the areas that run alongside the waterways.

The poor health of Tilba Tilba Lake and its catchment has been attributed to a range of factors including historical access by cattle and the lack of a substantial riparian zone as well as land runoff. A healthy zone with significant vegetation along these waterways acts as a good buffer, providing a filter for nutrients, a

shade and wind barrier, and improved habitat. In the nearly two years that this project has been running there has been intense scientific monitoring through a program established by the Department of Planning, Industry and Environment, providing valuable baseline data.

Sonia has met with all landowners and says it's unusual to have so many involved with this type of project – three landowners around Tilba Tilba Lake and five along Victoria Creek. To date, eight kilometres of fencing has been installed around the lake and along the creek, 12 hectares is being planted with indigenous species, including grasses, and nine hectares of saltmarshes have been protected both on private and public land. These saltmarsh areas have been identified as Threatened Vegetation Communities and are particularly important ecosystems for maintaining water quality, and habitat. They can also absorb and store carbon at

significantly higher rates than terrestrial forests.

The Marine Estate Management Strategy's vision is to have a healthy coast and sea, managed for the greatest well-being of the community, now and into the future. This is reflected in the Tilba Tilba Lake project, where landowners undertake to participate actively in caring for and maintaining planted areas and fencing; and where the Wagonga Rangers, members of the Wagonga Local Aboriginal Land Council, are assisting with the large scale tree planting.

The final report for the first two-year funding period is due soon. This would normally be an opportunity for a community meeting to outline results and progress but it is unclear how this will be managed. What is clear is that this project has much to offer, not only to adjoining landowners but to the whole community.

Stuart Absalom

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Wagonga Rangers tree-planting at Tilba Tilba Lake

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Sailing up the South Coast

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

The night of Friday 20 April 1770 was spent off Gabo Island. On the following day, Saturday 21 April, at five or six leagues from shore (27.5 to 30 km), in cloudy unsettled weather, the men were called on deck.

Joseph Banks's journal tells us, 'We witnessed three water spouts ... between the ship and land. One spout which was about a League [5.5 km] from the ship lasted fully a quarter of an hour. It was a column which appeared to be of about the thickness of a mast or a middling tree, ... under it the sea appeared to be much troubled for a considerable space ... the pipe itself was perfectly transparent and much resembled a tube of glass ... it very frequently contracted and dilated, lengthened and shortened itself ...'

They had been at sea for 604 days as they passed Permagua, the first peoples' pronunciation of 'Bermaguet', 'Bermaguet', or later 'Bermagui' of the white man. Again Banks records, 'The country rose in gentle sloping hills which had the appearance of the highest fertility, every hill seemed to be clothed with trees of no mean size. Smoke from fires was seen a little way inland and in the evening several more.'

From Cook's log: 'By 6 o'clock we were abreast of a pretty high mountain laying near the shore, which on account of its figure I named Mount Dromedary. The shore under the foot of this Mountain forms a point which I have named Cape Dromedary over which is a peaked hillock'. (The mountain was Gulaga and the peaked hillock Najanuga, later called Mount Little Dromedary.)

As can be seen from Cook's map, compared to today's satellite image, they mistook Baranguba (later Montague Island)

for part of Cape Dromedary, something never resolved on later maps as the 'Cape' remains (see the [April Triangle](#) article for map).

On Sunday 22 April they sailed close enough to shore to distinguish several people on the beach (off Pigeon House, north of Batemans Bay). Daniel Carlsson Solander, a Swedish naturalist who accompanied Banks on the Endeavour, wrote, 'They appeared to be of a very dark or black Colour but whether this was the real colour of their skins or the clothes they might have on, we knew not ... We discovered five men through our glasses, who were quite naked. It is probable they live upon the produce of the earth, as we did not see any canoes, and the coast seems to be unfavourable for fishing.' (Clearly an incorrect presumption on his part.)

Contact with First People was eventually made at Botany Bay seven days later.

Cook was pleasantly impressed by the east coast of New Holland – it was not the barren and dismal country reported by Dutch explorers, who visited predominantly the west coast. He described the land around Botany Bay as 'well-watered, fertile meadows'. His reports influenced the British government decision to later establish a penal colony.

He sailed northward another four months, and on 22 August 1770 at tiny Possession Island, near the tip of the Cape York Peninsula, claimed the east coast of New Holland for Britain, naming it New South Wales.

In less than eight years the First Fleet would arrive.

*David Cotton
Bermagui Historical Society*



Joseph Banks described the water spout he saw as 'a column which appeared to be of about the thickness of a mast or a middling tree ... under it the sea appeared to be much troubled for a considerable space.'
(engraving: James Pollard Espy, 1841)

The museum is currently closed to visitors, however enquiries about the digital archive can be directed to Dave Cotton, dave_cotton2@bigpond.com. There are over 10,000 photos and documents in our digital archive.


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<p>Bookkeeper South Coast Bean Counting Bookkeeping and Paryoll services Simone Oliver 0413 082 096 simone@scbeancounting.com.au Registered BAS Agent #24611997 www.scbeancounting.com.au</p>	<p>Concreting VENTURA CONCRETE SOLUTIONS Over ten years concrete experience Slabs, pathways, driveways, patios Exposed aggregate, plain and coloured concrete Ph: 0419 571 464 Licence #323699c ventura.concrete.solutions@gmail.com</p>	<p>Garden Recovery Service Clear away bushfire affected areas Re-establish orchards & veggie gardens Fire-resistant vegetation Regenerative small farm design Resilient beautiful gardens Call Donovan 0404 645 709</p>
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<p>Building Services Drakos Brothers Constructions Major Projects to minor repairs Quality workmanship guaranteed Lic No: 39234 Phone: 4473 7301 Jimmy</p>	<p>Drafting Services - House Plans Professional quality plans for Council submissions. Scaled floor and site plans, elevations, 3D renderings and walkthroughs. No job too small. Reasonable rates. Phone Alain on 0434 528 853 or email SouthCoastPlans@gmail.com</p>	<p>Glazier Bermagui Glass All glass requirements, shower screens, mirrors, kitchen splash-backs, flyscreens and detailed glass works Phone: 0447 224 776 or 6493 5599</p>
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<p>Landscaping</p> <p>Native Instinct Native garden specialist, design, maintenance, retaining walls, ponds, watering systems, plants & paving. Phone Jo & Ken Jacobs on 6494 0191</p>	<p>Plumbing/Gasfitting</p> <p>Shane Gale Plumbing Lic. No: L11592 Gas & drainage – mini-excavator hire and bobcat hire, 2 metre dig depth, 4 buckets Phone/Fax: 6493 6009 or 0418 470 895</p>	<p>Tree Removal</p> <p>Diverse Tree Services Tree Removal, Tree Trimming, Land Clearing Fully Qualified & Insured Riley: 0432 663 517 Ash: 0459 694 241</p>
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The countryside hums with the sounds of tractors as the farmers mow, tend, rake, bale and wrap their silage. The rain has brought growth of pastures and farmers have grasped the opportunity to gather and store much-needed fodder for the cold winter ahead. In any direction you look, new fences have been built with many more to be done. And at last the burnt out ruins of many homes are starting to be cleaned up and carted away, allowing the owners to move ahead with the grieving process and make attempts to rebuild and move forward with their lives.

Covid 19 has been challenging to say the least but it is interesting how it has made us broaden our abilities to relieve our own boredom and entertain our children. Mums and dads have stepped up to face the challenge of home schooling, which I'm sure is confronting. It is also interesting how we can survive without the massive amount of entertainment that is normally on offer. The business houses in Cobargo are certainly trying to be as pro-active as Covid allows, to maintain some normality in our lives.

It is with sadness for us but delight for him that the Cobargo Co-op farewells Barry Parkes from the staff, retiring after more than twenty years. Barry has always put in a huge effort when looking after our customers—no request was ever a problem. It was noted by many that Barry literally ran whilst serving. We wish Barry a well-deserved rest and hope he enjoys his retirement, with Di by his side. We also welcome to the casual staff Aaron Le-Baldwin and Roger Park.

As mentioned last month, the Sydney Royal Easter Show was cancelled but I am thrilled to announce that the zone finalists



Cobargo Showgirl Carmen McGregor (right) recently attended the Zone 3 Showgirl final at Crookwell, and was named a finalist to go to Sydney. Congratulations, Carmen! The Show was cancelled this year but Carmen will represent Zone 3 in the 2020/2021 Land Sydney Royal Showgirl competition at next year's Sydney Royal Easter Show, with Livinia Evans, Cooma Showgirl (left). (Photo: June Tarlinton)

from this year's Showgirl competition will have the opportunity to contest the Land Royal Showgirl Competition at the Easter Show next year. We wish Carmen McGregor, Cobargo Showgirl, the best of luck.

The stork has delivered two beautiful bundles of joy—a second son, Blair Tony, for Craig and Tamara Corby, and a son,

Phoenix Rain, for Michael Harrington and partner Zoe. It's wonderful to have some new life in Cobargo.

Sadly, we acknowledge the passing of two lovely ladies from our community, Lorna Welsh of Wandella and Nola Sutherland of Yowrie. Sympathy is extended to both families.

Cobargo – Open for business! Open

Pharmacy: 9 am – 5 pm, Monday – Friday, 9 am – 12 pm Saturday.
For emergency delivery, phone 6493 6500.

Cobargo Co-op: Monday - Friday 8 am – 5 pm,
Saturday 8 am – 12 pm

Sapphire Nu-Pulse: Tuesday – Friday, 9 am – 5 pm

Butcher: Monday – Friday 10 am – 6 pm, Saturday 8 am – 12 pm.
Look out for the red flags.

Take away only

Cobargo Hotel: 7 days, 10 am – 8 pm. Lunch 12 pm – 2 pm,
dinner 5 – 7.30 pm. Ph 6493 6155 (food), 6493 6423 (pub)

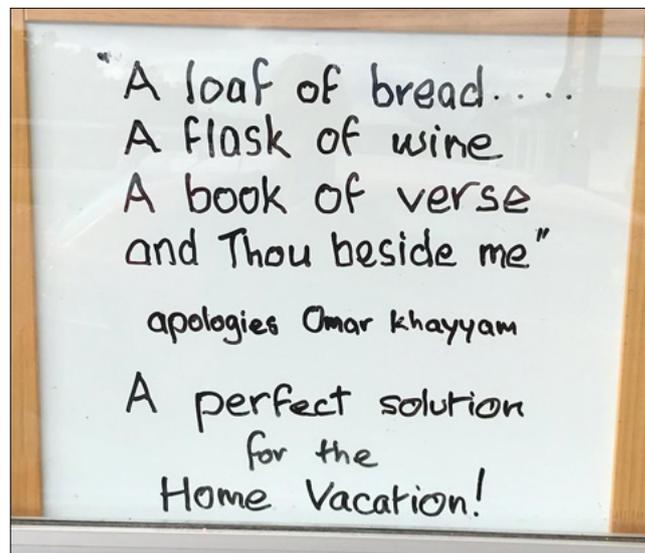
Evening deliveries now available in Cobargo

Working Dog Bakery: Monday – Friday, 7 am – 1 pm

Kitchen Boys: Monday – Friday, 7.30 am – 1.30 pm

Via Luna: Wednesday only, 10 am – 3 pm

Valiant Coffee: Wednesday only, 8.30 am – 2 pm



Well Thumbed's age-old suggestion for social isolation

Cobargo Bushfire Relief Centre shares the love

Cobargo Bushfire Relief Centre is still up and running and sharing the love. What started off as a 'community within a community' has become a hub for donations and assistance for many parts of the Bega Valley.

The amazing generosity of organisations and individuals from far and wide has meant that the donations of goods and services provided in the early days of the Relief Centre's operations have not diminished. The Relief Centre is still providing food, clothing, bedding, tools and other assistance to fire-affected people.

The number of volunteers who helped in the first six weeks or so after the bushfires has diminished due to other commitments, but a small band of people is keeping the Relief Centre running.

We stepped in as joint coordinators, assisted by a variety of volunteers working in the store and delivering to individuals and other communities ensuring that goods go where they are most needed. There are one or two volunteers who have been at the Relief Centre almost since its inception.

As people's needs have changed, from initial basic requirements to more substantial items like water security and property clearing, along with rebuilding and fencing, we have developed networks among donors, suppliers and volunteer workers. Much time is spent on logistics and co-ordination with organisations such as Fire Relief Run, Convoy for NSW, South Coast Donations Logistics Organisation (SoCoDoLo), and the Minderoo Foundation.

Community interests are also high on the list of initiatives of the Relief Centre, with links made with the Historical Museum and other special interest groups to ensure the spirit of our community is kept vibrant.

Co-ordinating the donations and matching them with the needs of people in the community is a complex task, but by meticulous record keeping and remaining in touch with all those seeking help, we ensure that people receive as many goods as possible, within the limitations of donations received. We also share donations with communities in Quaama, Kiah, Bemboka, Wyndham, Belowra and Nerrigundah.

The Relief Centre is operating within the current social isolation regulations under an exemption with all the necessary hygiene and social distancing protocols in place.

In the case where people are unable to visit the Relief Centre due to isolation requirements (over 70s and/or disability), we offer a delivery service as well.

We thank the Cobargo Bushfire Community Recovery Fund for a small grant to assist with fuel costs for deliveries and the Showground Trust for their continued support in enabling this important community facility to remain open.

We are mindful that the asset of the Showground needs to be maintained and although every effort is made to ensure minimal damage, the volume of traffic at the Showground means that there is some degree of wear and tear. We would welcome ideas regarding a working bee to restore the Showground to its original pre-fire state, once the Covid-19 situation has passed.

Check out our Facebook page Cobargo Bushfire Relief Centre for what's happening at the Centre.

*Chris Walters and Danielle Murphy
Joint Coordinators, Cobargo Bushfire Relief Centre*



Long term volunteer, Liz Martin, with a care package and flowers for fire affected people

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Hopes and hurdles to build a new home for Bikram Yoga Sapphire Coast

Sadly, my beloved Bikram Yoga Studio on the main street of Cobargo was destroyed in the New Year's Eve bushfire.

I don't know if I've ever cried as much as I did in the first four months of 2020. Not all those tears were from sadness (about all the losses—the studio, and so much of our beautiful valley), fear (of my husband Ben and loved ones not surviving) or exhaustion (from grant and loan applications, rebuilding ideas falling through time and time again...) Some of my tears were of deep gratitude, hope and joy too.

I have not just lost my safe space and business of seven years, but also the space for community and healing for many people in our valley. My students are not just customers; I see them as family. Even my children say they don't remember a time when the studio and my students were not a part of their lives.

While the fires were still burning on New Year's Eve, many of my students came to me at the rescue centre in Bermagui and said things like, 'You have to rebuild your studio as soon as possible so we can all start to heal from this!' The loss of my studio has left our family of five without much of our family income and, equally as devastating, it happened at a time when healing, health and community are most needed.

It seems outrageous to try to rebuild a yoga studio at a time when we're not even allowed to gather in a group. But I believe that when the Covid-19 restrictions lift, our health, community, coming back to our roots, being in nature and keeping life simple will be more important than ever. Since the fires I have been offered many opportunities to work in other locations around Australia and overseas but this is where my family and my home is.

So we worked through many ideas of rebuilding the studio in Cobargo: on the main street; in the Kinetix building; in the sports oval building; in one of the old Nu-Pulse sheds; on an empty block of land; at the back of the White Horse building ... For every idea there were loan applications, costings, quotes, fit-out drawings, hopes and dreams. And with every idea that fell through I had to pick myself up again ...

So I really hope the following is the final idea: the world's first completely off-grid, carbon-neutral Bikram Yoga Studio, on our property 'Waterloo' on Upper Brogo Road.

Here we will create a space for health and healing for our community. It will bring money and work to local building businesses that have all suffered from the bushfires. It will bring tourists back to our area when they come to my yoga retreats, which have been booked out about six times a year for the last six

years.

Yoga is traditionally taught in an Indian ashram. On yogiapproved.com I learned that 'Ashrams are typically set outside a village or town in a quiet and peaceful area ... an Ashram is an oasis of serenity and calmness ... the purpose is to go back to basics and become independent from regular habits, patterns and indulgences ... an Ashram is the home of a spiritual master or teacher who lives there with his family ... Visitors that stay at an Ashram become a part of the teacher's family.'

I do believe that, by building an earth-friendly Bikram Yoga Studio on 'Waterloo', I am building something that will be a reflection of the traditional idea and an oasis for our valley and beyond.

Please come and visit when we re-open.

Amrei Marden



The studio before it burnt in the NYE fires



The view from the spot where the new studio will be built

Vale Nola Sutherland - in the time of Covid-19



Nola Sutherland,
one of the true 'ladies' of her generation

It was a quiet grey afternoon in the Cobargo Cemetery on 8 April. There were ten little chairs leaning together next to an area that had been prepared for a much loved and valued elder of our community. She may not have been known to many of our new residents, but her family was among the old and respected ones that settled the Bega Valley district.

Nola Sutherland was 94 years old when she passed away on 4 April. She was one of the true 'ladies' of her generation. Born at Kameruka in its heyday, she married Viv Sutherland and raised her family at Yowrie. Like many who have recently passed, Nola lived through the Depression, wars, floods, droughts and fires. She was resilient and steadfast and had great faith and love to share.

But it was the Covid-19 pandemic that meant her life could not be celebrated in the way she wanted. Social distancing meant there was no church service for this devout woman. There could be no gathering at the cemetery or the hall or hotel for the community to demonstrate its respect for Nola and her family, as is characteristic of Cobargo. And there were no cars lining the highway – only a few family and friends socially-distancing outside Roley's to see her final passage through town and up the hill. A sad time for those who could not share her last journey. But now she rests with her beloved Viv and the love and respect of her family and friends will continue.

It was a great privilege to have known and had the friendship of Nola. As we lose another part of the history of Cobargo and Yowrie districts, the little angel pin on her collar and her smile, grace, humour, and honesty will long be remembered.

Bev Holland

Use your Imaginasium!

The children of fire-affected communities have endured a lot, so when the mobile Imaginasium 'loose parts playground' visited Cobargo recently, local children went wild for it. For two weeks children had the opportunity to explore and investigate this unique play experience and the result was whole-hearted joy.

The Imaginasium is owned and operated by Lukas and Vanessa Ritson. Their Queensland-based company, Wearthy, takes the portable Imaginasium all around Australia. Their philosophy is 'doing everything in our power to help all children flourish', so the Ritsons wanted to bring this amazing experience to children in fire-affected communities.

Loose parts play supports invention, divergent thinking and problem solving, and offers a sense of wonder to children. It's based on materials that can be moved, carried, combined, redesigned, lined up, and taken apart and put back together in multiple ways.



Kids exploring the Imaginasium with loose parts play

'We've been promoting loose parts play for many years as a valuable resource for children to have their imprint and ownership of a space. The greater the imprint on a space, the higher the value of the space to the child', Vanessa said.

When children manage their own world they are learning to problem-solve, think outside of the box, collaborate, be creative and be social—giving the child a sense of self-fulfilment. They also need to manage their own risk and safety. Research shows that a child exposed to risks they can see and manage will be able to manage their own safety better.

Council's Recreation Project Officer Glenn Merrick visited the Imaginasium to watch the wonder unfold. 'I have to admit I was a little sceptical at first,' he said.

'However, when the doors of the Imaginasium opened, the kids pulled out the loose parts and dispersed them around the playground in minutes. Given time and no involvement from adults, other than oversight, the kids began to create. It was amazing.'

Glenn said that the kids were learning design, construction, physics, team building, patience, risk management and much-needed creativity while having a heap of fun. You can't achieve all that in a conventional classroom setting or playground, and definitely not on a screen.

'Anyone struggling to entertain children while isolating at home, take note. Given some space and a bunch of pipes, long sticks, ropes, tarps, pots and pans, boxes, wheels and other random items, kids will create. All you need to do is stand back and watch them. I think we had opportunity to do that as kids, but everything is so manufactured now. We have largely taken away from kids the freedom to be creative, and the satisfaction and confidence derived from creating something yourself,' he said.

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Got a recovery project for Cobargo and district? Need funds? Apply here!

The Cobargo Community Bushfire Recovery Fund Inc was set up by four key Cobargo community organisations—the Yuin Folk Club, which produces the Cobargo Folk Festival; the Cobargo Show Society, which runs the agricultural show; the Cobargo Co-op, a community-owned agriculture co-operative; and the Cobargo Bowerbird Opportunity Shop.

Our vision is to work with the community and community groups to implement a recovery that ensures Cobargo and the surrounding district not only survives this disaster but emerges as a stronger and united community. Our aim is to provide assistance to relieve the significant and unusual disadvantage of the community of Cobargo, NSW and the surrounding region. This includes Quaama and the surrounding localities. However, we haven't set a hard-and-fast geographical boundary, preferring that applications be evaluated on their merits.

The fund committee members are all local residents of Cobargo and district: Shane Black, Greg Holland, Debra Summer, Mike Nicholas (Treasurer), Deborah Gough, Don Green, Corrine Harris (Secretary), Zena Armstrong (President), and David Wilson. Helen Stafford is the Public Officer. The Committee meets monthly, usually on the third Thursday. Funds are raised through a GoFundMe campaign and by direct donation to the Fund's bank account. The fund is a registered charity and is audited by Kothes.

Programs and Project Priority Areas

The range and scope of what can be done will be determined by the size of the fund. Some projects may be decided solely by the Fund committee; larger projects may require community consultation. The fund is *not* designed to meet emergency relief needs, nor to duplicate efforts being undertaken by other not-for-profit organisations or government agencies.

Only funding applications that aim to meet one (or multiple) priority areas listed below will be considered.

Project Priority Areas

1. *Projects that seek to restore the morale and confidence of the Cobargo and regional community.* Applications should outline how projects will:

- ensure an inclusive approach to recovery that engages the community;
- address the mental and emotional responses arising out of trauma;
- focus on vulnerable people or groups within our community

2. *Projects that support the continuing development of a creative culture in Cobargo and the district.*

3. *Projects that support the continuing development of an active physical culture in Cobargo and the district, particularly sports activities.*

4. *Projects that support the development or restoration of community facilities and spaces.* Applications should outline

how projects will benefit community and how they will consult with community in the design, implementation and evaluation of the project.

5. *Projects that seek to restore and diversify the local economy.* Applications should outline how projects will

- save and create jobs;
- encourage business renewal and diversification, including in the farm sector.

6. *Projects that are focused on environmental rehabilitation, including:*

- river restoration;
- revegetation;
- native animal conservation and repopulation;
- weed management or feral animal management.

7. *Projects that improve the disaster resilience of our communities* including support for:

- the building of a safe haven;
- assessments and practical projects to improve village disaster preparedness;
- efforts to strengthen critical infrastructure that employs regenerative practices, including micro-grids, solar farms and similar.

8. *Projects that support and implement projects designed to restore tourism confidence in the region and attract visitors back to the area, including (but not limited to) the arts, music*

and cultural sector.

To date, the fund has provided funding to the following organisations: Cobargo Creators Studios to provide studio space and equipment to bushfire-affected local artists; Quaama Public School Parents and Citizens Association to build a bike training centre for kids; the Cobargo Bushfire Relief Centre to support ongoing relief efforts; Bega District Woodcraft Association to provide storage shelves and cupboards for people whose homes were destroyed; Sapphire Community Pantry to purchase food for crisis support; and Cobargo Community Gardens to support four community gardens.

The fund welcomes applications from community groups. Applicants should send a Letter of Intent to the committee at this address: cobargofund@gmail.com A member of the committee will call you to discuss your proposed project so please include a phone number.

Or [donate at the GoFundMe page](#).

Direct deposits can be made here:

Cobargo Community Bushfire Recovery Fund
Bendigo Bank
BSB: 633 000
Account no: 171 210 016

Cobargo Community Bushfire Recovery Fund Committee.



Bermagui Banter is usually pretty easy to write. There's always something going on in town to report on, some upcoming events or activities, or some snippet of gossip to throw in! But not this month! Things are certainly very different as our community bunkers down with its self-imposed lockdown and isolation.

Our bustling little town is looking a little sad and forlorn at the moment. The CBD has taken on an almost ghost-town appearance, with so many shops closed. The bright lights and laughter in the pub are gone, the shutters are up in the arcade, there's plenty of parking to be had and only a few people on the streets.

It's a heartbreaking reality that most businesses in Bermagui are doing it tough, especially those who rely on tourism to survive. In January we all hoped that the Easter period would bring the tourists flocking back. But we all know that didn't happen – in fact visitors were told to stay away.

So, here we are – six weeks into our isolation. With only nine cases of Covid-19 reported in the Bega Valley (and those quite some weeks ago) it looks like our relative isolation has been our saving grace. Still, we all need to be conscious of the fact we're not over this.

Bermagui residents seem to have embraced social distancing and self-isolation, and I think congratulations are in order to everyone, doing their bit to protect friends, family and the vulnerable. People are staying home, only going out to the supermarket or for other essential services.

The supermarket has become our much anticipated weekly outing. It's often the only time we get out of our homes. Everyone is getting so good at doing the 'Social Distance Dance'! No longer do we linger over the linguine, loiter near the lettuce or dawdle by the donuts.

Away from the CBD, people are still getting out and about with daily walks on our almost deserted beaches or walkways. The cyclists are happy with less traffic on the roads. We still chat to neighbours or friends, from a safe distance. When you think about it, Bermagui must really be

the best place to be in self-isolation with its small population and abundance of open space.

But people are really missing social contact with friends. We're a very sociable community, with so many activities that bring us together—our sporting groups, our education/interest groups, our lunch groups, all missing at the moment. It was this social cohesion that held us together during the bushfire emergency. It was those gatherings, those hugs, the need to be close to other people, that got us through the worst of times in January.

Our businesses are adapting to the change with innovative ideas. Many of our restaurants are now offering takeaway and delivery services. Social media show us all the delicious menu items they're offering.

So ... how are people coping? For those of us who are retired, things are much the same. It may not be so easy for those with young children who are now faced with home-schooling. The recent school holidays were a trial as parents tried to keep their youngsters busy and entertained. How did you go?

For some of us, there was a sense of anticipation, almost excitement, at the beginning of isolation. Finally, we'll have all the time in the world for those jobs we've been promising to get done—we'll clean out the pantry, throw out those things lurking in the back with a use-by date of 2015! We'll tidy the garage, sort through our wardrobes, clean our kitchen cabinets. And, if we get all this done, maybe we can learn a new language, start a new hobby or learn a musical instrument.

We'll reacquaint ourselves with a pack of cards, and dig out those board games. Maybe do a jigsaw puzzle or two and finally finish that needlework project started in 1999. Our gardens will look amazing. We'll be self-sufficient in our own company and rely on our own resources to entertain ourselves.

So, how are you going with all this?

Some people will organise their days like a well-rehearsed orchestra; their lives will be ordered, planned and well-controlled. Others will deal with

isolation in a somewhat chaotic manner – descending into a level of muddled disorder. Hours stretch into days, days stretch into weeks. We find ourselves asking, 'Did I have a shower today?' or 'When was the last time I changed the sheets?', 'What day is it today?' ... does anyone really know? We just have to resort to Thisday, Thatday and the Otherday.

And, hasn't our need for food become something else! Snacks are a necessity. Three meals a day? Nah ... just a perpetual graze as a path is worn to the fridge. We cringe with the daily cry, 'What's for dinner?' The cry from family, 'Not baked beans again!', resonates throughout the community. While some of us may be 'challenged' in the kitchen department, others are honing and refining their culinary skills and coming up with new recipes worthy of fine dining.

Then we have new technology! Just when we seniors thought we had mastered things like Skype, Facetime and our smartphones, we have Zoom! Zoom has become the accessory to everyone's life as we all learn the art of video-conferencing. Some have happily adopted the technology, others – confirmed technophobes – are resisting the call. Aah, the brave new world!

Life in Bermagui in 2020 has certainly been a challenge so far. But, like any strong, resilient community, we'll get through. All it needs is for us to be kind and compassionate to our neighbours and friends, stay home and self-isolate if told to, do the right thing and we will all come out on the other side, ready for the big party – you know, the one we promised ourselves at the end of the bushfire season!

I've eaten 14 meals and taken 6 naps and it's still today. Are you kidding me?

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You can EFT to: *The Triangle*, BSB: 802124, Acct: 100020722

Tom Cairney Scheme – a generous bequest for Bermagui residents

It is almost 25 years since Tom Cairney passed away. He loved Bermagui so much he left a significant bequest in his will for aged residents of Bermagui. Illawarra Retirement Trust (IRT) has been given the funds from this estate to administer. Murray and Margaret Douch, family friends, were concerned that Bermagui residents who knew the Cairneys have found the process of getting Tom and Flo's wishes fulfilled arduous and frustrating. However, finally, there is now a Tom Cairney Scheme available to Bermagui residents.

To honour Tom Cairney's wishes, please avail yourself of his generosity if you are eligible. Originally, Tom and his family had envisioned an aged care facility to be built on the site where Woolworths has landed. This current Scheme is not the same by any stretch. But at last there is some movement from IRT to open Tom's coffers for Bermagui's residents.

It would seem the Scheme is not restricted to the elderly. It may be open to any Bermagui resident on a full pension. This may be considered case by case, perhaps, as the information provided to local GPs has not specified an age group.

Who is eligible?

You will be on a full pension or eligible for one. 'Financially disadvantaged' is the term being used by IRT. In addition, another criterion to meet is that you may not be receiving assistance to meet your assessed needs.

You may be receiving or eligible to receive Home Care Package assistance. Otherwise, you may meet this criterion if you are assessed for care support needs by an IRT-approved assessor.

What is available to you?

You'll receive a certain number of hours' care per week as per the level of Home Care Package allocated to you. If you are Level 1, you may receive up to three hours service per week; Level 2 is four hours per week; Level 3 is five hours per week and Level 4 allows six hours a week.

Where do you need to live to qualify?

The funds are for residents of the Bermagui area, which has been defined as Bermagui township, including south to Barragga Bay and north to Wallaga Lake. It does not go west as far as Cobargo but does include residents to the west of, but closer to, Bermagui.



Tom may not have envisaged how long it would take for his bequest to make a difference for aged Bermagui residents.

Who do you contact?

You can discuss your needs and eligibility with any of the GPs at Bermagui Medical Centre. The IRT contact for the Tom Cairney Scheme is Ann-Maree Hindson, the IRT Business Manager. Her number is 0448 530 779 or email her on ahindson@irt.org.au.

Ann Maree Menager

Council Land Use Strategic Plan 2040

BVSC has released a Draft Local Strategic Planning Statement which addresses the land use issues in the Bega Valley and related planning priorities facing our community over the next 20 years.

There are 11 planning priorities identified, including Natural Environment, Natural Hazards, Carbon Neutral, Agriculture, Industry, Transport, Housing and Town Centres. It sets out several planned Actions for each planned priority.

It is notable that 43% of the Bega Valley population is expected to be 60+ by 2036, growing by 34%. Of 18,000 dwellings in the shire, 3000 (17%) are unoccupied. And 66% of the Shire is National Park or State Forest, with land use not the responsibility of Council.

Some notable Actions proposed or to be investigated by Council include:

- Formalise bushfire Asset Protection Zones
- Support uptake of wind and solar renewables
- Support street tree and parkland tree planting programs
- Develop a plan for replacing timber bridges
- Apply a cap to short-term rental accommodation
- Review areas suitable for seniors housing and support development
- Revised CBD Landscape Master Plan for Bermagui
- Shared path connecting Bermagui to Wallaga Lake and Cuttagee

Please provide email comments direct to council@begavalley.nsw.gov.au by 3 May or complete the [Council survey](#).

Geoff Steel

Bermagui Community Forum

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Not coping? Isolation tips from a Life Coach

Life Coach and Bermagui local, Tiega, moved back home in September last year. After enjoying a few short months of our amazing south coast ... we all know what followed, our world was turned, and is still upside down. These times are unsettling, uncharted and challenging for us all.

Here are a few suggestions from Tiega to make life a little easier.

- Write a gratitude journal. Look at what is going right, even the tiniest things, minimum three per day, and watch the changes!
- Connect. We are so lucky that during this isolating time we have social media and mobile phones. Call a friend or family member, or join a group on Facebook that interests or nourishes you.
- Get out in nature! Start a hobby. Walk, plant a garden, read, build something, do work around the house, it gives idle days purpose and accomplishment. And connection to Mother Earth is so good for the soul!
- Lastly, allow. Allow yourself to slow down, rest, be sad, be relieved, to enjoy the change, to be angry, to love the extra time, anything, but allow and move

through it, to find out how you can best use this time for you. What that might look like will be different for everyone, but stop wasting time with resistance.

As a life coach, counsellor and personal trainer, Tiega knows all too well the toll these extreme events take, both mentally and physically. Looking for a way to support her community, Tiega is donating a handful of sessions to people in need. If you aren't coping with these trying times please reach out, or if you are in a position to support a local business and also want to help others, Tiega will be offering additional sessions on a 'buy one, give one' system.

If you have any questions, feel in need of one of the free sessions or want to gift one, please contact Tiega via email: inspired@bytiega.com.au.



Tiega is back in town and ready to support anyone in need during these difficult times.

Disconnected connectedness at U3A

U3A Bermagui & District aims to provide further learning opportunities for seniors—a shared learning experience where people who have a passion for a topic of interest can share it with others in the community.

Over the past few weeks U3A Bermagui has trialed some online classes which give us great hope for more to come. We salute our three trail-blazing presenters who have all delivered their first sessions online using Zoom. Coincidentally, our online enrolments attracted similar numbers to face-to-face classes. It was delightful to see familiar faces we haven't seen for some time on our screens!

Why don't you take us up on our offer of free membership for six months and join us in a 'live' class? All you need is a device and an internet connection. [Join us here](#) (terms and conditions apply).

The enforced 'stay at home' directive for most seniors due to Covid 19 has sent us all searching for new ways to be occupied and engaged. Try U3A for online courses, new online 'friends' and informative e-newsletters. You won't be disappointed!

Please check our [website](#) for updates.

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What's for dinner?

This is a great time to support our local small food suppliers, all of whom are trying their hardest to go online, convert to take-away, deliver or all of the above. Buy your meat from the Fresh Food Emporium, grain and goodness from Gulaga Organics, pasta and pizza from Il Passaggio, ice cream from the Gelati Clinic. Get fruit and veggies from the Growers Market, Moodji Farm and 777; bread and pastries from Honorbread; takeaways from Curry Bunga, Mr Hope (coffee), Eastwoods, Cream Patisserie, River Rock Café, Sundeck and Boneless; cheese platters, wine and cocktails from Harbar.

All the following information and most recent updates can be found on the [Bermagui Seaside Village Facebook page](#).

See what these providers recommend:

[Bermagui Fresh Food Emporium](#).

Customers can have their meat, milk, eggs, cheese, fish and some deli items delivered if they order the day before. Order via Facebook Messenger or phone 02 6493 4232, 9 am - 3 pm, Mon - Fri. EFTPOS will be available and sanitised between deliveries.

[Bermagui Cellars](#). Takeaway only.

[Gulaga Organics](#). Send email orders to hello@gulagaorganics.com. Phone orders on 02 6493 5373 or text orders on 0415 846 467.

[Il Passaggio](#). Phone 02 6493 5753 for takeaway meals, pizza and home deliveries.

[The Sundeck](#). Call 6493 3668 or drop in Wed – Sun for takeaways or free home delivery orders. Family pies, full and half size.

[Bermagui Gelati Clinic](#).

Ring 0404 813 323 to order and pay by phone and discuss pick up or delivery or come in, it's still open 10 am – 5 pm.

Moodji Farm, Eat Dirt Permaculture. Call Dan for orders 0427 746 980. Moodji Veggie Trays, \$15 to pick-up.

[Honorbread](#). Call 6493 4880 to order bread and pastries.

[Octopii](#). Takeaway only.

[Curry Bunga](#). Call 6493 5915 for daily specials. Frozen and fresh curries

available to takeaway, EFTPOS only.

[Eastwood's Café](#). Takeaway and delivering near and far on selected days. See their [Facebook page](#) for details..

[Mr Hope](#). Drop in for a takeaway coffee or chai. Open daily 7 am -12 pm.

[Eastwood's Deli](#). Call 02 6493 5282 to order. Take home meals available from 5 pm – 8 pm along with their usual hot menu.

[Cream Patisserie](#). Drop in to order or phone 6493 5445 for your takeaway meals, bread, pastries, coffee and fresh flowers. Open 7 am - 12 pm

[The River Rock Cafe](#). Call 02 6493 3156. They are still operating for fresh food, drinks, cookies, chai and coffee for takeaway only.

[Boneless](#). Call 6493 4057, 9 am – 1 pm Wed-Sun for takeaway coffees, smoothies and food.

[The Harbar Bermagui](#). Call 6493 3410 for cheese boxes, cocktails, craft beer and wine delivered to your door.

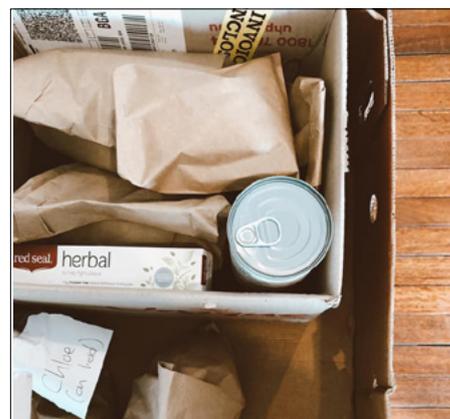
[The Growers Markets](#) (formerly Fishermen's Wharf Growers Market) Bermagui Growers Market has received the go ahead from both Bega Valley Shire Council and Bermagui Country Club to hold the market again every Thursday starting at 2.30 pm in front of the Country Club. All the current safety procedures are in place: sanitiser for everyone to use, 1.5m distances between people, gloves, and bring small change as they don't have card facilities, but you can handle your own change.

We are rich in good food alternatives in Bermagui, so let's do our best to keep these businesses going. If we support our local small food producers and purveyors through this tough time, we can help them stay on top of this adversity and still be there for our benefit when things get back to 'normal'. For the most recent updates go to the [Bermagui Seaside Village Facebook page](#).

Debbie Worgan



Moodji's veggie tray



Gulaga Organics — grain and goodness



Pasta from Il Passaggio



Harbar's takeaway Margarita Kit

Bermagui Growers Market stalls:

Moodji Farm - fresh veggies boxes 0427 746 980.

Cobargo Farm - fresh local veggies & flowers 0409 033 828

Jacqui's Farm - apples, oranges, strawberries & veggies 0437 382 724

Mimosa Honey - honey, olive oil and olives 0458 131 471

Kelly Eastwood - take home meals and donuts 0416 937 335

Sea Health - local kelp 0407 779 965

Garlic Clinic - 0435887186

This beautiful lake used to be eighty metres deep. Now it's twenty.

Of all the beautiful ecosystems in Australia, the lake system down the east coast is surely one of the most spectacular and beneficial, yet least applauded and treated most poorly. These hundred or more coastal lake and estuary systems extend from north of Noosa in Queensland down past Mallacoota in Victoria. Some of the lakes in the Triangle area (particularly Wallaga Lake) are among the most beautiful and, on the surface, the least damaged. But below the surface the picture is not so pretty.

Wallaga Lake was 80 metres deep in pre-European times—now the deepest point is 20 metres. Soil washing in from farms, gold mining on Gulaga. Take a paddle towards Narira Creek, you will see cattle grazing illegally on the water's edge and huge chunks of rich, black earth dropping into the creek and washing into the Lake. It should be fenced and it isn't. At least one farm belongs to a former local politician.

Another major cause for environmental degradation is that there are an unbelievable 29 fishing licenses for Wallaga Lake. Most of these licenses belong to fishermen who travel up and down the coast, taking just one species out of various lakes. They contribute nothing to the local community, and essentially destroy something that belongs to the community.

One of the results of the overall degradation is the rise of the jellyfish. There seem to be more jellyfish than finfish in the Lake. Much of the finfish caught by commercial fishermen appears to end up as pet food, not human food. But taking, say, mullet out of the Lake interrupts the food chain, and other, more desirable species such as bream and flathead lose their food. So the fishing is poor.

The tidal flows in Wallaga Lake have been blocked for decades—since the causeway was extended to reduce the length of the bridge required. This has altered the tidal flows. Sand banks have built up, and sand and sediment regularly block the entrance. If enough rain falls, the water level rises, and when it reaches 1.2 metres above high tide Council opens the entrance with bulldozers and the water surges through. The Lake stays open until there's a dry spell and it closes again. (I was skeptical of the Council policy on waiting for such high water before opening, but having now witnessed an opening I can understand that you need a high level of water backed up in

order to force a channel deep enough to stay open for a while).

This sequence won't go on forever. Sand and sediment levels keep rising and the Lake will eventually change irrevocably. But for a relatively small sum now, compared to the environmental (not to mention commercial) value of the Lake, the problem can probably be solved by extending the bridge and removing the causeway.

Scientists are doing their best to highlight the issues of sedimentation, chemical pollution, overfishing and the failing hydrodynamics of the Lake system. But it's like watching someone chronicling the death of the system, rather than the first stage of recovery. No-one is actually doing much, beyond marginal, hard-fought gains at the margins.

The reality is that no-one has responsibility for the overall health of any lake. It is divided up between various departments who have little incentive beyond maintaining control of the power arrangement that exists. It is an unholy alliance that is trying to politically balance the competing factions and that leaves the welfare and protection of the lake well down the agenda. The lakes will decline terribly under the current regime. Take Lake Curralo in Eden as an example.

Each lake system needs to be separately managed, with a designated leader with input only from the various departments, and a very strong local committee, of which the Council would be a member. Come on, Andrew Constance and Gladys Berejiklian. Go down in history by establishing a decent environmental legacy. Join Neville Wran and Bob Carr, who left a magnificent environmental legacy for our children.

Keith Bashford



Jellyfish in the Lake – they could well outweigh fish these days.



Sand bars on Wallaga Lake. Sand and sediment regularly block the entrance (photos: Keith Bashford)

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Bermagui's Marathon Man

Long-time Bermagui Runners member Tim O'Meara had been training for months to participate in the Canberra Marathon, scheduled for Sunday 5 April - but then the coronavirus got in the way.

Not to be put off, Tim and his support team decided to inaugurate the 'Bermagui Marathon' and to register Tim as the only participant. The big race was held on the same day as the Canberra event would have been and despite the fact it was a field of only one and the crowds stayed away in droves, Tim put in a strong performance and came in, well, ahead of anybody else! It was a massive effort, simply because running any marathon always is, so congratulations Tim!

He is still planning to enter the Canberra version (postponed to Sunday 23 August), but in the meantime he's going to do the Mother's Day Classic Virtual 2020 challenge by running four or eight kilometres on or before Mother's Day on Sunday 10 May.

Through this event Tim is raising funds to support the National Breast Cancer Foundation's work to improve breast cancer detection, develop new treatments and allow people with breast cancer to live longer and better lives, because every day 53 women are diagnosed with breast cancer and eight women lose their lives to this terrible disease.

Please support Tim by making a donation on his [fundraising page](#). You'll receive a tax-deductible receipt to claim your donation in this financial year and together we can help stop breast cancer!

Jeff Donovan



Tim crosses the finish line in style. (Photo: Allison Allwood)



An unusual visitor to Wallaga Lake (photo: Hornsby Advocate)

The Gang-gangs have arrived!

I have participated in the Birds in Backyards survey for several years now. Being blessed with such amazing birdlife all around me, I find the count in my backyard can be quite high and diverse all year around.

This year has been a little unusual, shall we say, so far. Something of a delight has been the appearance of my absolute favourite parrot, the Gang-gang. Until recently I hadn't heard a single one of these comical birds in my neighbourhood. That has changed! Not sure if it was the fires which pushed the Gang-gangs down to Wallaga Lake but on a daily basis I hear and see them as they chomp their way through the nuts and berries on their preferred gums and wattle trees. They're a distinctive, stocky little parrot which resembles a galah until you hear them or see their rakish topknot crests. The males have a vivid, reddish-pink head. They mate for life and are incredibly attentive parents. They are considered to be 'under threat' due to the high forest habitat clearance where they live. They have a reasonably large distribution area, including south-eastern Australia from the central slopes and tablelands to the south coast. There's a cut off population in the western half of Victoria from the Otway region to the South Australian Border. They're now extinct on King Island and were introduced to Kangaroo Island.

Gang-gangs usually migrate from the highlands in winter to the lower coastal or open plains areas for the drier open forests and woodlands.

Currently, there is a national survey being conducted by the Birds in Backyards organisation, specifically about unusual sightings of birds after the Black Summer catastrophe. Since the fires, I have not seen or heard a single kookaburra! I wonder if that is why our place is awash with snakes. Interesting times indeed! I also have a very robust spider population in evidence inside and outside my house. Or is this just because I am home more and spending more time looking at my eaves and ceilings?

Ann Maree Menager

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CARERS "LOOK AFTER YOURSELF" (LAY) REMINDER

NDIS Plans are due for renewal in the Bega Valley.

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

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'It's the vibe'—one man's castle?

On 8 April, 2020 the application for a three storey 'shop top' residence at the rear of the arcade at 14 Lamont Street, Bermagui went through the Council processes. 'Shop top' housing means one or more dwellings located above ground floor retail or business premises. This is not the first 'shop top' in Bermagui's main street, nor will it be the last. This particular shop top development, however, is interesting when you consider the two different points used on the existing arcade and shop top dwelling to measure the 10 metre height guidelines. It's been measured from the Sherwin Lane side, which is not actually on top of the shop building at all. In fact, the current shop top two-storey residence appears to have been measured from the ground level inside the arcade and required an amended approval as it was over the ten metre height limit.

Understandably, there has been some distress for people living behind this new development over severe loss of views and increased foot traffic in Sherwin Lane from the new side access. Their objections were noted and the developers were asked to amend their original submission. The original design was notified for two periods in 2019. Objections to the original design were received from 35 parties, and 23 objections received to the revised design.

The original application described a structure reaching to the full 10 metre limit from the ground level—measured from the Sherwin Lane side. That plan was modified to pull the third storey in on both sides as well as adding a central see-through, glass-clad stairway. The height of the building was also reduced. The allowable height for a single residence is ten metres. The

approved plan comes in at 9.45 metres—from the Sherwin Lane level. It does however represent a complete extra level—three-storeys replacing the existing two-storey shop top residence.

It would seem there has been some 'vibe' taken into consideration by the Council, courtesy of two key strategies referenced strongly in accepting this development application—two strategies which contradict each other with regard to the number of storeys allowed. There is a list of the principles of the future character of Bermagui (from Bega Valley Development Control Plan 2013) which includes the following:

- Bermagui is a seaside village that is seeking to reinforce its character through the use of a building language borrowed from timber wharf construction. Bermagui's existing building stock has a good degree of texture in the use of cladding and building materials.
- Future development is of a scale that fits successfully into the existing local small-scale commercial and residential building stock.
- In the next 10 years [2013-2023], Bermagui is seen as retaining its current low-key style and character as a large 'coastal village'. Retain the current settlement style with low visual impact buildings of two storeys or less.

It is important that building location, bulk and scale, particularly in prominent areas, is controlled.

The proposed development represents a departure from the two storeys mentioned in Bega Valley Development Control Plan 2013 (BVDCP 2013). This now-approved development has been considered within the context of the Draft Bega Valley Commercial Land Strategy, which identifies 'low level development' as being two to three storeys. It was suggested the proposal is consistent with that definition and is generally consistent with other existing examples of three-storey developments in Bermagui within the ten-metre height limit. It is interesting to consider this statement. Where are the other three-storey developments in Lamont Street? Why has this developer been allowed to take the ten-metre measurement from the Sherwin Lane ground level, and not the arcade level? The two represent a significant height differential.

Despite the loss of view for some properties directly behind the new top shop residence being rated as severe, the revised plans were approved as they are deemed to be consistent with the Draft Commercial Land Strategy and Draft Residential Land Strategy.

Is 'one man's castle' being considered over several other castles? Or to quote another famous saying, 'Please explain?'

Ann Maree Menager



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Covid 19 ... Bermagui Men's Shed 20!

Despite bushfires and Covid-19, the first sods have finally been turned at the new site of the Bermagui Men's Shed on the Bermagui-Tathra Rd.

Bermagui Men's Shed started negotiations with Council and other agencies seven years ago to enable us to relocate from the Umbarra Cultural Centre in Akolele, generously provided by the Merriman's Local Aboriginal Land Council.

Council identified vacant land previously used as the Bermagui Waste Depot and carried out extensive environmental investigations, and the Shed men were finally able to start rehabilitation work last year. Council and Council staff have been more than supportive and helpful at all stages of the development, and the Shed President and Committee wish to thank them for their efforts.

Over the past few years the members of the Shed have been raising funds to build

the new Shed; a hard core of dedicated members have been collecting bottles and cans for recycling, which has proved very successful. Last year our '\$100 per square metre of concrete' campaign was launched. Local businesses and individuals generously supported this initiative and thanks go out to all who contributed. On completion of the Shed project an honour board will be displayed at the Shed thanking all who have supported us, whether in cash or in kind.

Last year we were fortunate in being one of five Men's Sheds to receive a federal grant of \$40,000, due to the efforts of Fiona Kotvojs, the Liberal candidate for Eden Monaro. Although she wasn't elected, she has worked tirelessly behind the scenes to enable these funds to be allocated to the sheds concerned.

With the above support, we've started work. Power was connected a few months ago, the water is on, and the concrete slabs

for the new shed and an accessible toilet and parking are underway. We hope that a further grant will come to fruition soon so we can build our Shed!

We're now investigating stage two development, a demountable building to be used as a meeting room for members and for other groups in the community who may need such a venue. It will remain a Men's Shed but we are looking to expand our site so that it can provide a greater community benefit overall.

Needless to say we'll need to raise more funds to carry out and complete the project, so any further support will be gratefully received.

Thanks to all who have supported us in the past and continue to help. Despite bushfires and Covid-19 the Bermagui Men's Shed is still marching forward!

*Phil Baldwin
President*



Sods are being turned! Work starts on the Bermagui Men's Shed on the Bermagui-Tathra Road.

THE FIRST WORD YOU SEE IS WHERE YOU ARE GOING IN MAY

N	O	W	H	E	R	E	N	O	W	H	E	R	E
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Cobargo HOTEL - MOTEL

COBARGO HOTEL MOTEL

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Greetings to everyone from my house to yours! How's everyone going? For some of us, life isn't much changed. We have our gardens and our pets, and nature has been putting on stunning autumn weather. And folks seem more willing than ever to have a chat over the gate when people walk past. I think we're all grateful that we're not locked inside a city apartment; it's another world altogether out there. All the uncertainty aside, we have a lot to be grateful for.

Our local shop has been rising to the occasion. Please be respectful and follow their instructions when you arrive. Don't just walk in without ensuring that you can do it without getting too close to anyone else who's already inside. And spray your hands. And be kind and patient! They're happy to take phone orders too and will pack you a box you can pick up, which is great for everybody. The local seedsavers have been leaving punnets of veggies and flowers outside the shop for us to use to restore our gardens. We live in a community of friends.

As many of you likely know, the Dry River walk was totally torched by the fires. It is so changed! Many trees are down and the weeds that were strangling the native flora have been tidied up better than any poison or herd of goats could ever do. The bellbirds that were weakening the gums have moved on. Chris Post from local Landcare has been down there with Council. Apparently, after the Tathra fire, many native species returned that hadn't been seen in decades. Chris is excited to see how the bush here will regenerate. Their plan includes giving it some help by strategic weeding, especially around the new native shoots. They'll be chainsawing a new path too and may well include a bike path in the new design. We'll be sure to keep you posted. If your new life includes walking for exercise, take a wander down there and see for yourself. It's both confronting and uplifting, like so much is these days.

Bushfire relief continues out of the Quaama School of Arts Hall even while it's closed to the public due to Covid-19. Veronica Abbott has been sourcing what is needed, packing it up for those who have put up their hands, and arranging convenient collection outside the hall. People are linked up to offers of shipping containers, sheds, IBCs (water cubes), tools, fencing materials and other gear, all served up with concern and commitment to seeing them through these crazy times.

Veronica wants everyone to know that a State Government fencing grant has been released for people who lost fencing in the fires. Anyone who shares a boundary with a National Park, State Forest, crown land, travelling stock route or a Council- or RMS-managed road can apply by calling 1300 778 080 or going to the [Local Land Services website](#). Veronica has been keeping us all informed through the Quaama Community email list and the [Quaama Bushfire Relief Facebook page](#). If you're not hooked in and want to be, to get on the Quaama email list (it's not just about bushfire relief) you can sign up through this [webform](#) or email QuaamaCommunity@scpa.org.au.



Dry River's walking path is hard to find since the fires but there are plans to renew it.

Veronica Abbott, local treasure

Veronica Abbott has been sourcing water cubes for months to help those impacted by the terrible fires on New Year's Eve and who are still without any clean water supply – this week they arrived at the Quaama Fire Relief Centre.

In the chaos and vacuum of basic services with the homes and forests still smouldering, Veronica rose with spontaneous leadership, initiative, empathy, skills, and immediate action. Within a day and with few resources, Veronica and her husband, Warren, set up a community refuge at the Quaama Hall, providing essential basics of safety, connection, a cuppa, information and communication. People were profoundly traumatised, making their way to each other in a daze.

One of Veronica's initiatives was the 'wall of safe' in the foyer of the Quaama hall – it still brings tears to my eyes - as people came to the hall they wrote their name and family members' on a post-it-note with sticky tape with the one simple word – safe. The National Archive is presently communicating about preserving this historic moment in some form.

In the following days and weeks of successive catastrophic fire warnings and evacuations, Veronica built up a community space, communication networks with hourly and daily updates, and soon meals, water and clothes were available. She addressed the needs of the different stages, from safety, water and underwear, to information and connection to varied services of mental health, Council support, army and government, to sourcing donations nation-wide of mattresses, tools, tents and toys while fielding inquiries and media questions.

Now, while planning her exit strategy, Veronica works on, as



Veronica and Warren Abbott and the long-awaited water cubes

some community members are yet living amongst the rubble in tents, draughty sheds and shipping containers. While governments and the media have moved on, this community is still in great need. Veronica has constantly adapted strategies which strengthen community interconnection and draw in support, participation and purpose – and now with Covid-19, adapting the power and comfort of shared physical presence to separation without disconnection.

Veronica is a University of Wollongong, Bega, Honours Graduate and she has been nominated for a UOW Alumni Award for outstanding social impact and selfless service. She models spontaneous, generous, empathetic and altruistic leadership. She is another of our unsung and highly active community treasures.

Rosemary Beaumont

Four Winds Festival's gift of 'Tiny Movements'

'Tiny Movements', the latest song to be commissioned by Four Winds, was released online on Easter Sunday, performed by the Australian Voices and Four Winds Artistic Director James Crabb (classical accordion). This is when Four Winds would normally have been presenting its celebrated Easter Festival – cancelled this year because of Covid-19.

Four Winds commissioned this song from celebrated Australian composer Gordon Hamilton. Together they created a song that singers up and down the far south coast and beyond will love to sing; it's simple, catchy and meaningful. Listen here.

While not an explicit response to the devastating bushfires on the Far South Coast of NSW, Four Winds anticipated that 'Tiny Movements' would bring the community together in song through workshops and performances across the region, leading to a mass performance of 'Tiny Movements' for its premiere. Four Winds had a vision of the community united and uplifted by the experience of singing together after such a challenging start to the year. However, then came Covid-19 and many restrictions which prevented any large gatherings, so plans

for community singing have necessarily been put on hold.

This online performance reflects Four Winds' commitment to commissioning new works and the informality which audiences and artists appreciate at this unique Festival, which often describes itself as 'beyond the concert hall'. The Australian Voices have made the most of breaking free from the formalities of concert performances for this online release of 'Tiny Movements'.

Four Winds Executive Director David Francis said, "There's a real shortage of contemporary songs by Australian composers which reflect this land, and which are available for community choirs to sing. Four Winds is delighted to commission songs inspired by our region as a gift to the community, indeed to anyone who loves to sing. As the conductor of a community choir myself I know how exciting it is for singers to learn, sing and perform new work by Australian composers – particularly songs which are as joyful and uplifting as 'Tiny Movements'".

The song's text is inspired by a series of poems called 'Small Kingdoms' by Canberra-based poet Anita Patel. The



Composer Gordon Hamilton wrote 'Tiny Movements' to be sung on Easter Sunday at the Four Winds Festival—until Covid-19 came along. The mass sing-a-long has now been postponed until November.

poem appears in a beautiful book called 'Heart Stitched' which is a collaboration between Anita and visual artist Annie Franklin, who lives on the far south coast. A live performance is planned for Saturday 14 November 2020 on Dickinson Oval, following a singing day. Any singers will be welcome to join in the singing day and performance.

Heartfelt greetings from the Lonely Lizard Gallery

Our little gallery survived the fires. For us it was a life raft, floating in turbulent unfamiliar waters, and we, the crew, though somewhat battered, all managed to clamber back on board. We proudly set our course towards a more positive future ... but suddenly the wind changed, and with COVID-19, Cobargo and the rest of the world found themselves propelled towards a whole new reality.

So for now we must be closed, but we'd like to send out a big thank you to our kind and understanding landlords, and also to all the essential businesses in Cobargo, who, under difficult circumstances, are keeping their doors open to provide the rest of us with life's basic necessities.

Shirleyanne does her best to keep all the gallery members in touch. She's even been going into the Gallery and changing the display in the front windows to let you all know that we're missing you and that someday we'll be back ... so check it out next time you're in Cobargo.

Members have sent in pics of themselves or their latest projects to show how they're spending their time in isolation. We, the Lonely Lizards, are all trying to rebuild our lives, but we're also trying to rekindle that vital creative spark—to get working, to get creating, so that when the Gallery opens again, we'll be there ready and waiting, with new and exciting work!

Naomi Lewis



Ron working on his photos



Alans 'bushfire tree with melted detail'



Naomi's latest linocut



Shirleyanne bushfire cleanup



Naomi helping with home schooling

The "Lonely" Lazy Lizards



Daniel Post bushfire log splitting



Hansa on a sanity break



Patto in her outdoor studio



Autumn colour and food for thought

With the Covid-19 isolation rules in place, what better time to have a look around our gardens and take note that the garden can be as beautiful in the throes of late autumn/winter as during the warmer seasons of spring and summer.

The cooler months bring with them the beautiful structure of the near-bare trees—their interesting shapes and bark colours as they drop their final autumn leaves and the first frosts cloak them in a glistening white. What better time to see the amazing colours of the bark of Crepe Myrtle? This beautiful small tree not only has amazing flowers in mid-autumn but then follows up with glorious coloured leaves, falling to reveal the greyish pink bark, a standout feature of this tree. In recent times some beautiful, dark-leaved forms have been developed to add another dimension to the colours of the garden.

Another great tree for winter colour is the Golden Ash, which is left with lovely yellow branches that give a eerie look through the frost and fogs of winter.

The late autumn garden brings with it the flowering of many plants, including the glorious Hellebore. These beautiful perennials thrive under deciduous trees as they are protected from the summer heat, then they're exposed to the autumn/winter sun where they throw out their clusters of softly coloured flowers. There has been an amazing amount of breeding done with these plants in recent times, bringing to the gardening world many forms and colours. In both single and double forms, they also come in a wide range of colours from white, through shades of pink and burgundy, to greys and yellows. They will be available in nurseries now.

Another group of plants that perform very well in the cooler months with their late-autumn to winter flowering is the *Camellia sasanqua*. This group has many uses, from screening to espalier and groundcovers. The groundcover varieties, Marge Miller and Snow, look fabulous in

a large pot or as a groundcover hanging over a wall or around the base of upright forms of *Camellia*.

Sasanqua camellias are an extremely hardy plant. They can tolerate full sun and, once established, lengthy periods of dry conditions. Coming in both single and double forms, they have a wide range of colours, including white, pink, burgundy and red. There are now 'slim' varieties available for that narrow part of the garden that might require a plant for screening.

Late autumn also brings with it the last opportunity to do some late fertilising of both lawns and gardens, before it becomes too cold for them to take up the nutrient. A complete NPK lawn food for will keep them looking nice and green until the frost start to brown them off. A couple of handfuls of an organic fertiliser around trees and shrubs will also help them through until spring.

The amazing demand by gardeners wanting to grow their own food plants has resulted in a shortage of seedlings and seeds. The best suggestion is to place an order at your local nursery—you will be notified when they become available. The vegetable garden should be well and truly

prepared for planting by now and ready for the plants when available. Plants and seeds for the winter garden include cabbage, cauliflower, broad beans, onions, peas, carrots and kale. Once again check out your nursery for availability,

Watch out for the cabbage moth as they can do some early damage on cabbages, cauliflowers and other brassicas.

Until next time, keep healthy and safe.

Nurseries are considered an essential business and customers looking for plants, particularly food plants, can call their outing to a nursery 'essential travel'.

Keith wishes to reassure readers that Tilba Nursery is practising strict entry rules. The gate is closed until they invite you in—one at a time unless a couple. Then they comply with 1.5m separation. Counters and other facilities are wiped down with sanitiser after each customer, and they sanitise themselves after each customer.

They also now offer free home delivery (minimum amount applies) to Tilba, Bermagui, Narooma, Mystery Bay, Dalmeny and Kianga.

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Saturday | 9.00am - 4.00pm



I've always found comfort in food, and the process of creating that food. There's definitely something cathartic in creating something from scratch, and it's very rewarding. Food provides a sense of comfort and familiarity—much needed in this time of so many unknowns. It's grounding. This love of creativity and baking is what eventually led me to Cream Patisserie, and it's a great sense of achievement to be able to create and experiment with baking as a career.

Buba's Chicken Soup

This recipe has been handed down from my Jewish great-grandmother, and has been a family staple in helping fix all sorts of winter colds and flus. My mum is the champion of making this, and it's one of those recipes that always taste a bit better when Mum or Nana makes it!

- 1 whole chicken + 3 frames (or 1kg of wings)
- ½ bunch celery
- 500g carrots
- 300g parsnips
- 1 large brown onion
- 4-6 cloves garlic
- 1L chicken stock
- Salt and pepper to taste

Roughly chop onion, garlic, carrot, celery (keep heads unchopped) and parsnip

Add all ingredients in a large, heavy-bottomed pot and cover with the stock, top up with water if needed.

Bring to the boil then simmer for 45 minutes to 1 hour.

Take celery stalks out and pull out chicken and frames. Cool chicken then pull apart and add meat back to soup.

Season to taste



All Seasons Dry Rub to use on pork, chicken or beef

This base dry rub has become a pantry staple in our house. It's so simple, and adds so much flavour to your protein of choice. It's a crowd pleaser and makes a great gift as well if you jar it up for your foodie friends!

- 110g brown sugar
- 30g sweet or smoked paprika
- 2 tbsp flaked salt (or 1 tbsp table salt)
- 1 tbsp chilli powder
- 1 tbsp onion powder
- 1 tbsp garlic powder
- 1 tbsp black pepper
- 1 tbsp mustard powder
- 2 tsp ground cumin
- 1 tsp cayenne pepper

Combine all ingredients, store in an airtight container for up to six months.

Rub on pork or chicken and cook on the BBQ (steaks or wings) or in the slow cooker (rump, ribs or pork butt), or if you're lucky enough to own a smoker, chuck it in the smoker!

If using with beef, halve the sugar.



Classic Chocolate Brownies

Sometime, simple is best. For me, nothing beats a nice, rich, gooey chocolate brownie, and there are so many variations! Keep it simple, or add some chopped nuts, white chocolate chips or even dried fruit. This is a great base recipe to experiment with.

- 185g unsalted butter
- 185g dark chocolate, chopped
- 3 eggs
- 270g brown sugar
- 40g cocoa powder
- 85g plain flour

Preheat oven to 180C, grease and line a 20cm slice tin.

Melt butter and sugar together in a saucepan over low heat, let cool slightly.

Whisk sugar and eggs together at high speed until doubled in size and light in colour.

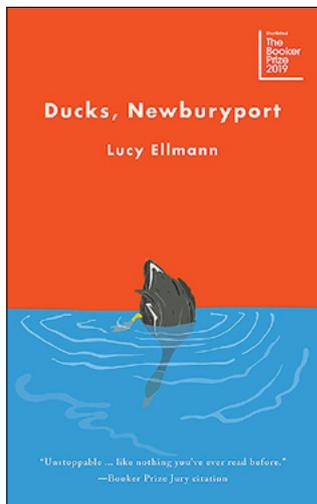
Pour the chocolate mixture into the egg mixture and fold through, then sift in cocoa and flour and mix with a spatula until just combined. Be careful not to overmix.

Pour into lined dish and bake for 25-35 minutes depending on how gooey you like them!

Ducks, Newburyport Lucy Ellmann Text Publishing

Present circumstances have allowed me the time and space to finish *Ducks, Newburyport* by Lucy Ellmann. I was intrigued when I heard that it comprises just one sentence of stream-of-consciousness (one review said 'Ulysses has nothing on this'), and when my brother called to ask for ideas for my birthday present in November, it was my first thought. But somehow I'd missed the detail that it's over a thousand pages long.

Firstly, it's not quite true—the 'one sentence' bit. *Ducks, Newburyport's* stream-of-consciousness is of an unnamed narrator, an Ohio baker, wife and mother who runs a small



business from home supplying pies to local cafés and restaurants. There's no plot as such, but a storyline and characters do start to emerge as she grapples with the needs and problems of her four kids, her dealings with her customers, a needy guy who's being overly helpful delivering chicken feed to her door, her dreams, old black-and-white movies and movie stars, interspersed with shopping lists and pepperings of 'Mommy'—her mother died young.

It's a strange relationship between reader and protagonist, being inside their head *all the time*. I began the book thinking, 'Now this is interesting and ambitious but can I do a thousand pages of it?' But then I started to really *like* her, and not just because of her views on Trump, religion and gun culture. Soon I was

ensconced.

Not quite all one sentence? Every hundred pages or so, the stream of consciousness breaks off and we're given a page or two of an episode in the life of a cougar lioness and her cubs. These episodes are written in sentences and paragraphs and are as compelling as the rich inner life of the narrator. Not quite a spoiler, but the lives of our narrator and the lioness do intersect—eventually, obliquely.

So, I loved it. And, even better, now I don't need to read *Ulysses*.

Classifieds

Cattle Crush and Race, needs a paint, not burnt, 1 side-access, \$2,500 o.n.o. Call Brian 0408661533

Chest Freezer 300Lt Fischer & Paykel, \$250 o.n.o. Call Brian 0408661533.

Please note:

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

Deb Cox

Pet of the Month

Heidi is an 18 month old, female desexed tortie. She has inherited the 'shyness gene' common in torties but is a sweet and gentle girl. Patience and a lot of handling and interaction has helped her settle and she's now happier to be picked up. Despite her shyness she never scratches or bites, instantly loves every other cat she has met, and they like her too, straight away. She would need to be indoors or in a cat run for a few months initially, and she would be fine with that too.

If you love cats, are patient and enjoy developing a strong bond with a shy cat, Heidi could be for you. Please call AWL Far South Coast Branch on 0400 372 609 to enquire about adopting Heidi or one of the other cats or dogs available.

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 ([AWLFSCB](https://www.facebook.com/AWLFSCB)) 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.

Keeping pets happy and healthy during the cold

When the temperature drops, it's best to avoid leaving your pets outside. If you do need to take them out, a coat is a good idea. If your pets have to stay outside for some reason they will need a dry, draft free kennel. Keeping warm depletes energy so they will also need more food and of course they still need fresh water (but you need to make sure it has not frozen and that the water bowl is plastic as pets' tongues can



Heidi is a typically shy tortoiseshell but is responding well to attention and affection.

stick to frozen metal).

Some cats and wildlife tend to seek out warm engines in parked cars so it's a good idea to bang on your car bonnet to scare them away before you start up.

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 a large image 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. 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



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
kfp Preston@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

Currently closed due to Covid-19
For information please contact Phil Baldwin -
President 0421 114 882

BERMAGUI PROBUS

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

BERMAGUI & DISTRICT SENIORS' SOCIAL CLUB

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

BERMAGUI SES UNIT

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

BERMAGUI TINY TEDDIES PLAYGROUP

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

BERMAGUI U3A

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

BERMAGUI URBAN FOOD FARMERS (BUFF)

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

CATHOLIC CHURCH

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

COBARGO CWA

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

COBARGO DISTRICT MUSEUM

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

COBARGO PRE-SCHOOL

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

COBARGO PRESCHOOL PLAYGROUP

Families welcome every Thursday 9-10.30am.
All ages welcome. Bring along a piece of fruit
to share. A small donation would be greatly
appreciated. 6493 6660

COBARGO & DISTRICT RED CROSS

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

COBARGO SoA HALL COMMITTEE

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

1ST COBARGO SCOUT GROUP

Children 6 - 15yrs. Meetings 6.30pm to 8pm in school
term Cobargo Showground dining hall. Contact
Graham Parr on 0429 936 795

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

Fun activities to do at home with kids

Birds in back yards: This is an excellent site with bird finder descriptions, posters and photos, things to make your garden safe and bird friendly, and a wonderful Parent Pack including bingo, games, colouring, masks and activities to do with children. You can find resources for parents to help their little birders at [Birds in back yards](#).

Art & Craft Activities

- Graffiti the garden fence with chalk
- Make origami animals or paper ninja stars
- Create a 'God's eye' [weaving using sticks and wool](#)
- Thread pasta into jewellery
- Make your own [bubble blower](#)
- Make a [paper chain](#) to hang up in the dining room
- Fold paper and cut out paper snowflakes
- Make [pom poms out of wool](#)
- Make greeting cards for the stationery cupboard to be used for birthdays and other occasions
- Make a [stained glass window](#) using clear contact and cellophane
- Make a [marble run](#)
- Choose an inspirational quote and create a poster for your room
- Press flowers in a few heavy books
- Learn to finger knit, French knit or braid wool into friendship bracelets



Indoor play activities

- Treasure hunt (with clues, hide a favourite toy somewhere)
- Play dress-ups in mum and dad's clothes – do a photoshoot
- Day spa – do a manicure, pedicure, face mask
- Give someone a back, foot or head massage
- Build a fort using the couch and every cushion you can find
- [Build a tepee](#)
- Using Lego characters or other small toys, make a stop motion movie (download the app Stop Motion to your phone)
- [Build a bug hotel](#)
- Fold paper planes and see how far they will fly
- Learn to braid hair
- Build a house with a deck of cards
- String up the Christmas lights in your living room or bedroom
- Play cinema – make tickets, popcorn, give your family a rug and watch a movie together
- Make a time capsule of this time to be opened in 10 years



Cooking

- [Make a batch of play dough](#)
- Go through recipe books together and have a bake-off
- Learn how to bake bread



Outdoor play activities

- [Do a backyard scavenger hunt](#)
- String up a sheet tent in the backyard
- Create an obstacle course
- Find ten different shaped leaves
- Get swimmers on and wash the car or your bike!
- Set up a tent in the garden
- Have a picnic lunch outside. Take books and toys with you.

Home organisation

- Go through clothing from previous seasons, try on and cull things that are too small
- Go through old photos and videos, and old craft and paintings
- Garden - pull weeds, trim bushes, collect flowers for a vase
- Organise the books on your shelf into a rainbow of colours
- Find three toys to give to charity
- Fill a small spray bottle with water and aromatherapy oil and then spray and wipe the house
- Take everyone's height measurement on a door frame
- Sort through all your craft and art supplies. See if something inspires you. Organise and sharpen all your pencils and test all your markers



Fun education

- Research your family tree – see how far back you can go
- [Interview](#) the members of your family on video, or write their answers down
- Go online and try some educational games. Discover [amazing online education websites](#)
- Go on a [virtual tour of places around the world](#)
- Write a letter to a friend, relative or teacher to mail, or start a diary

Entertainment

- Make screen time educational! Watch some educational TV shows. [Best Educational YouTube Channels for kids](#)
- Listen to a kid's podcast or audio book. Podcast suggestions:
 - Brains On
 - Wow In The World
 - Circle Round
 - Little Green Pod
 - Good Night Stories for Rebel Girls
 - Fierce Girls
 - Story Pirates
 - But Why?



Exercise

- Make up a workout and do it together (eg: 25 star jumps, 20 squats, 15 crunches, hop like a bunny around the lounge room, frog leap your partner)
- Do an exercise class together on YouTube. [Best Free Exercise Workouts for kids on YouTube](#)



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