

THE TRIANGLE

COMMUNITY NEWS

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QUAAMA COBARGO BERMAGUI TILBA & LOCALITIES

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From Tinpot to Pericoe, our fire-affected residents benefit from hefty donations

They say home is where the heart is, and one of the community's big-hearted members, Coolagolite's Stefan Talmatzky, was the recipient of a new home late last month.

Stefan received one of the eleven Minderoo Temporary Housing Pods distributed throughout the Bega Valley Shire from a staging point in Cobargo. He will have use of the pod, a converted shipping container with hot water service, generator, shower, toilet and other mod cons, for two years, rent free. The Minderoo Fire Fund and the NSW State Government have supplied 100 pods throughout NSW for fire-affected people.

Minderoo representative Mal James was a hands-on worker with the delivery and installation of the pods, unbolting bolts, setting up generators and generally making sure that recipients were as comfortable as possible in their new homes.

The co-ordinators at the Cobargo Bushfire Relief Centre, along with Housing NSW and Service NSW, helped people complete their application forms then

sent them off to the decision-makers to determine who would receive a pod.

Another huge donation to the Shire came from News Corp—207 thousand-litre water cubes to be distributed to people who lost water infrastructure in the bushfires. Facilitated by Rural Aid, these will assist many who've been managing on bottled or compromised water since New Year's Eve.

This project was the result of a lot of hard work by the volunteers at the Cobargo Bushfire Relief Centre, first in sourcing the donation and then in working with Rural Aid on the logistics of such a big operation. These cubes have gone to people from Tin Pot to Kiah and Pericoe and all points in between.

Those people who were not successful in receiving a cube from this shipment will still be on the rolling list. There are smaller shipments coming through and being distributed quite frequently. Call your local Relief Centre to register your need if you have not done so already.

Thanks to the huge generosity of the donors—they've made a material



Mal James of Minderoo Foundation gets hands-on with pod installation at Stefan's place.

difference to the lives of some people here in the Bega Valley Shire, which has suffered so much.

*Chris Walters,
Cobargo Bushfire Relief Centre*



It didn't take long for the cubes to find homes.

There is a rich and serious mix of issues contributed to *The Triangle* this month. From the reflection time of lockdown and still living in the wake of the devastation of the fires, big questions are woven through the articles. What future do we want? What is the new 'normal'? What actions to take on climate change? Do we want to go back? There seems to be an implied move to go forward, beyond.

Coming out of isolation is welcomed with opening of businesses and more jobs, yet tempered with a wariness to be careful. The clean-up is coming along in Cobargo and Quaama, and the fire-affected community is supported through this ongoing, hard time. Donations of water cubes and housing pods have

arrived, together with locally made blankets infused with love, and grants are available from Essential Energy for community restoration projects.

Meanwhile a fun Bluey fitness track is popping up along Dry River, people are breasting the cold waves at Bermi, the river is being dredged with spoil going on the beaches, environmental restoration at Tilba Lake continues, and the Art of Isolation is seeding creativity in Cobargo to help make sense of the world and rekindle joy.

Yes, life here in the Triangle region is ever strong and resilient.

Letters to the editors

We have a window

As a dual national of Australia and the USA I am watching with angst and heartbreak as my American family and friends struggle with chaotic leadership and the tragedy of skyrocketing sickness and mounting deaths.

And here, I am grateful for our PM's speedy, decisive leadership dealing with Covid-19 on our shores.

Having been an Australian citizen for 19 years I appreciate, especially now, our fine medical system and how we tend to take care of each other. I applaud our PM for instigating the Job Keeper program.

Yet while government works to maintain our economy and contain Covid-19, behind this lies a greater crisis: climate change.

I did not lose my home in the bushfires last January, but several friends did. And like too many of us, my husband and I were repeatedly evacuated and have been dealing with stress and trauma since then. I do not want to go through another summer like the last one.

Just as Australia was in the fortunate position of being able to watch as Covid-19 spread across China, Italy and the UK, giving us the precious time to prepare and lock down, we have had fair warning on climate change. Now is our time to prepare for the next bushfire season.

I urge the PM to gather together our greatest minds and futurists, to hold non-political, scientific think-tanks to consider:

- how we deal with the ongoing drought in NSW
- how we lead in keeping our global temperatures down
- how we prioritise both human and climate health.

These are not political issues anymore. These are survival issues.

It's time to turn the whole damn ship

around.

Fossil fuel companies and short-term gains are not viable ways of kick-starting our economy. Selling water and encouraging old growth logging is a step back, not forward.

We need programs like the New Green Deal to keep us safe, provide meaningful employment and slow global heating by drawing down carbon emissions. We need to manage our forests, not mine them.

Otherwise it's back to 'business as usual'. But there is no 'back', and there is no 'usual' anymore. Instead we have a chance to re-form. It's a chance that Europe, and even places like Saudi Arabia, are embracing and acting on. We need to join and work with them, in this last, tiny window, to move towards a sustaining rather than consuming species.

I recently wrote expressing my concerns to the PM.

I urge you now to tell our public servants, simply and clearly, the kind of world you *really* want to live in.

We have a window of great impact now. But it's fleetingly small.

Please, be bold.

Madhuma Thompson
Bermagui

Planned Action for endangering native species?

The state government's Planned Action for Feral Animal Control is designed to rid us of feral animals such as goats, foxes, wild dogs, cats, pigs and rabbits that survived the bushfire conflagration but are still seen as a risk to livestock and to the recovery of native animals in the area.

Will this plan, or variations of it, prevent our animal extinction crisis, or add to it?

The native dingo (*canis lupus dingo*) has been re-classified as a wild dog for the

purpose of this plan so that it may legally be trapped, baited or shot, even though it's a native animal with a vital role in the natural environment. Birds, lizards and native animals such as the quoll all play a part in ensuring biodiversity and will also likely be affected by a killing plan that involves large-scale use of 1080 poison.

Lawyer and animal activist Marilyn Nuske questions the legality of using a poison so dangerous it has been banned in most countries of the world.

There seems to have been little or no justification or explanation given for this radical scheme, or attention paid to the opinions of scientists, ecologists, Indigenous people, animal welfare groups or the general public, even though land management affects the well-being of us all.

Have farmers and the government considered alternative ways of stock protection, other than the failed killing methods of the past? As one critic said, 'When broad-scale lethal management is on the mind of authorities, they reach for the gun and for 1080 poison.'

The feral animal control part of the government's optimistically named Wildlife and Bushfire Recovery plan outlined the plan as involving 1500-2000 hours of aerial shooting, localised follow-up with ground shooting, up to 60,000km of serial baiting and deployment of one million 1080 baits.

The areas immediately involved in the local region were named in the Public Notice page of the Narooma News (29 April 2020) as Wadbilliga, Deua, Monga, Kooraban, South East Forests, Badja Swamps, Egan Peaks, Araluen, Bondi Gulf, Coolumbooka, Majors Creek and Berlang.

Should we be worried?

Susan Cruttenden
Dalmeny

Letters to the editors

Tilba Lake revisited

Great to see an item about Tilba Lake (*The Triangle*, May 2020) and especially that there now seems to be some public interest in protecting it. This was not always the case!

Forty years ago a group of us purchased part of the old 'Haxstead' property of the late Jeff Bate. Our aim, in large part, was to protect and restore the ecosystems of the coast and lake-front within the area of this 28-hectare property.

By way of example, there is a saltmarsh section of our property which we planted for many years with species relevant to that ecosystem, especially many melaleucas. Some of them are now quite magnificent. Luckily, quite a lot of the forbs (herbaceous flowering plants) of the area naturally recruited, such as Giant Reed (*Arundo donax*), Carex and Blady Grass (*Imperata cylindrica*), all of them now quite dense in our saltmarsh areas.

For the first 15 to 20 years, this effort was met with some local hostility, indifference and lack of interest by state and local government authorities. 'Damn hippies' was the phrase not infrequently heard in the 'Drom' up at Tilba, our then-favourite watering hole—and Jeff Bate's!

In September we will celebrate, virus allowing, 40 years of tree planting (somewhere around 80,000 – 100,000) and careful management that now sees resurgent native forests and coastal shrub lands and the return, slowly, of native grasslands. Our next aim is to restore patch-burning practices to accelerate the recovery of the native grasses and forbs.

Over time we want to work with the Yin people to see the re-introduction of traditional Indigenous burning practices. But at this stage there is still much to do to overcome a hundred years of kikuyu and buffel grasses, which in fire behave very differently from the ancient 'cool burn' techniques.

Happy to say that our neighbours these days fully support what we have done and so do the hundreds of visitors we welcome each year!

*Max Bourke, Geoff Pryor, Liz Dennis
Tilba*

In lockdown
withdrawn from the world
but when darkness falls
I contemplate the stars
and connect to infinity.

Rachel Colombo



Thumbs UP

To dog owners who know that all dogs must be on leash in public areas, including Horseshoe Bay. Leash free areas, such as Beares Beach and Dickinson Headland, are signposted in green.

To Rural Financial Counsellor Peter Muirhead who shows honesty, integrity and great kindness whilst helping farmers attack troublesome aid applications.

Thumbs DOWN

To the people who walk their dogs at Tilba Tilba Oval ... PLEASE pick up your dog poo so that this magical venue in the bosom of Gulaga Mountain is clean for all our community to enjoy.



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Whilst striving to accurately report the news and views of the readers, this newspaper accepts no responsibility or liability for statements made or opinions expressed.

All letters to the editor must be signed and include the writer's full name and address if they are to be considered for publication.

What time is it?

Our leaders
Put fiscal vanity
Aside to save us
Albeit just in time

Who even kindly
Urged our safety
Through restraint
And patience

A time to stay
To stay at home
Converse of
A time to escape

A time to stay
A time to flee
Both saviours
For this year

One war without
One war within.

Bronte Somerset

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The Triangle is a community newspaper.

Its aim is to provide information and news to the people in the Triangle area - the area bounded by the three mountains (Gulaga, Mumbulla and Peak Alone). The committee comprises volunteers who donate their time and expertise for the benefit of our readers.

The Triangle is financially self-sufficient through advertising income. This is a tight budget and prompt payment of accounts is appreciated. *The Triangle* is published every month except January and has a circulation of 1800 in print plus online visits.

BVS Council round-up

Tapscott elected Mayor, Fitzpatrick Deputy

An extraordinary meeting of Bega Valley Shire Council on 6 May elected Cr Sharon Tapscott as Mayor with Cr Russell Fitzpatrick appointed Deputy Mayor.

Cr Tapscott and Cr Fitzpatrick will serve as Mayor and Deputy Mayor until September 2020, seeing out the current mayoral term.

The mayoral ballot was prompted by Cr Kristy McBain standing aside as Mayor to contest the federal by-election for the seat of Eden-Monaro. Cr McBain will stay on as an active councillor.

‘The last four months have seen an extraordinary upheaval in our community,’ Cr Tapscott said. ‘Council has a major role in contributing to and leading our recovery. It’s my desire to see recovery and council’s strategies be community-lead.’

‘But we also need to look outside our Shire to understand what is going on around us and what will affect our future; it’s important that we are part of the conversation and have a seat at the table.’

‘We need to address the economic pressures we face quickly, drawing on all the connections and expertise we have,’ Cr Fitzpatrick said. ‘I am happy to take on this role and help work this out.’

Funding for bushfire-affected coastal waterways

BVSC will receive more than \$1m from the NSW Government to ease the impact of the summer bushfires on coastal waterways.

The funding, totalling \$1,149,000, will be used for catchment stabilisation and estuarine ecological health protection works at Shire waterways including Wallaga Lake, Murrah River, Cuttagee Lake and Bermagui River.

‘The Shire was significantly affected by the summer bushfires, burning around 4000 square kilometres of land, which poses significant threat to waterways due to increased runoff and erosion,’ Council’s Coastal Management Officer, Rachel Duczynski said. ‘There has been

a substantial loss of ecosystems, with damage to forested areas, riparian corridors and wetlands, and flow-on effects to terrestrial and aquatic biodiversity.

‘With this funding, we will be able to protect the local environment by reducing inputs into the estuaries, maintaining water quality and restoring habitat.’

The project will involve continued sediment and erosion controls; estuarine foreshore restoration; habitat restoration, including weed control; foreshore corridor restoration; and water quality monitoring.

‘Council was also jointly awarded \$427,281, with Eurobodalla and Shoalhaven councils, for the south east catchment and waterways bushfire recovery plan that incorporates the three regions,’ Rachel said.

‘This funding will allow us to collaborate on medium and long-term plans to guide soil and water management controls and other rehabilitation works. We will assess key threats and future risks so we can establish best-practice management options for each of the fire affected catchments.’

State government covers rates for destroyed properties

BVSC is pleased that the NSW State Government has paid the third and fourth quarter rates for all properties destroyed in the summer’s bushfire crisis. Council’s revenue team have written to all the relevant property owners informing them of the situation.

Councillors have also resolved, in line with staff recommendations, to suspend new debt recovery action, remove account keeping fees, interest on overdue amounts, late and reminder fees, and support ratepayers to establish payment plans.

There was also an additional focus on Council-managed and -owned facilities, with the General Manager granted the ability to negotiate and implement deferrals of rental payments for up to one year for tenants who can show financial hardship;

rental increases will be frozen; and interest free payment arrangements have been extended, now available for a period of up to 24 months.

Further, lease and licences fees for some Council-owned and -managed land and buildings have been waived, and Council fees for food, skin penetration and beauty therapist premises will be waived for the 2020-21 financial year.

Council welcomes investment in recovery

Council has welcomed news of the \$650 million Regional Bushfire Recovery and Development Program from the Federal Government.

‘In the dialogue we’ve had leading up to today’s announcement we’ve strongly made the point that every community is different and that every community is at a different point in their recovery,’ General Manager Leanne Barnes said.

‘There’s not a one-size-fits-all and this program respects that, gives each of our bushfire-impacted communities a voice and allows us to reflect community needs.’

Community members are asked to speak with Council if they have ideas about recovery for their area. Projects could range from initiatives that promote economic activity and support community wellbeing, projects that focus on the landscape and water, replacing produce and stock, or building future resilience.

‘East-West connectivity via the Snowy Mountains Highway with an upgraded Brown Mountain link supporting B-Double access, as well as the Bega Pool renewal, Merimbula Boardwalk renewal, and town centre revitalisation projects in Eden, Merimbula, Bermagui and Bega – just to name a handful of our priority projects.

To access support and to find further details, visit the National Bushfire Recovery Agency website - www.bushfirerecovery.gov.au.

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??

HOMEFLAIR

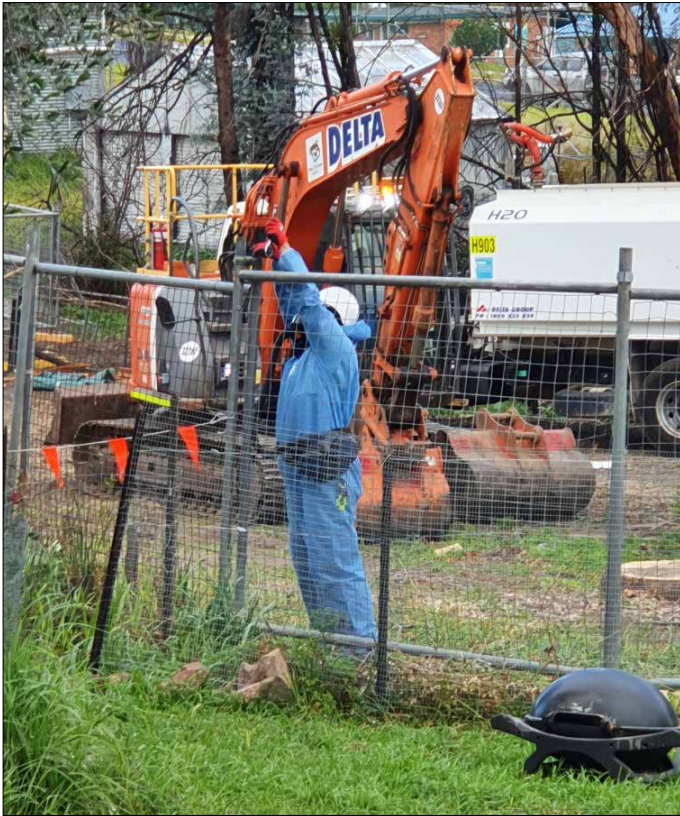
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An update from Laing O'Rourke on the Bushfire Clean-Up Program



Progress in Cobargo

Teams across the Cobargo region and surrounds continue to make progress assisting residents and business owners clean up after the summer bushfires. Calls and site inspections with property owners are underway in Wandella, Yowrie, Brogo, Dignams Creek, Coolagolite, Quaama and Verona, and once an agreed scope of works is decided the Laing O'Rourke team will schedule the clean-up works to commence in the coming weeks. Over 340 homes and buildings have been affected and will be cleaned up under the program, which is focused on residential buildings and associated outbuildings and garages.

There are 14 crews currently working in the area, including R&C Civil, an Indigenous-owned business from the Shoalhaven who have also engaged a number of local farmers and their trucks; Indigenous job seekers from the region; traffic controllers from Bega; and many others from Moruya, Tathra, Tilba and Cobargo. Across the program, 90% of contractors are local or regional. In some instances, specialist contractors who are licensed to work with friable asbestos have been engaged to undertake required works.

Works have also commenced on the seven sites on the Cobargo main street. It's a complex operation, requiring consideration of both heritage items and asbestos-contaminated waste.

It's not too late to register for the Bushfire Clean-Up Program – you can call Service NSW on 13 77 88 or register online at: apply.service.nsw.gov.au/bushfire-cleanup.

Kalina Koloff,

*Communications and Stakeholder Engagement Lead - Southern Region
NSW Bushfire Clean Up Program*

Odds & Sods

Ah, autumn on the far south coast. Is there a better time or even a better place ... anywhere? The sea is settled, the lake is calm, the sky is the bluest blue and the air is clear. And this year, fewer people. Almost like a trip back in time. Looking south from Haywards Beach, Bermagui looks like a gem—green headland, sandy beach, low-rise buildings and dolphins dancing in the waves in the foreground. Covid-19 seems a long way away.

But nearly six months after the event, the tell-tale black streaks remain on the beach, the bits of blackened wood, now charcoal, remind us of the bushfire. That was the big one for us. Covid-19 almost seems to happen somewhere else—although for our son and his wife, outside of London, expecting their first child, and knowing two people who succumbed to Covid-19, the harshest reality is immediate, close and very threatening indeed.

But the bushfire was here and the remnants remain. Perhaps the first in a pattern. This fire was caused in large part by climate change. The issue is still not being addressed by our Government in any meaningful way. Most of us who were here will remember the fires until the end of our days. Please also remember the politicians

who have failed and continue to fail to address the issue.

The State Government has announced grants to Bega Valley Shire Council of \$1.2 million for remedial work on the Shire's lakes and estuaries. The grants have been given as a result of the bushfires and are intended only for projects which fully meet the designated goals. The grants have come to Dr Alice Howe, Director Community, Environment and Planning. She has delegated to the project manager Coastal Management Officer, Rachel Duczynski. This is a wonderful opportunity and a substantial responsibility. If Council spends wisely, gets things happening and completes the tasks, it will be a great way to rehabilitate this superb natural endowment. If the money is diverted to non-environmental projects or frittered away on endless bureaucratic processes it will be a tragedy.

I hope that Rachel Duczynski, new mayor Shirley Tapscott and her councillors can work together to ensure that the money makes a big difference to the environmental condition of the lakes. Please, no more fishing ramps such as the one at Beauty Point (beautifully and expensively built,

all-night lighting at ratepayers' expense, and used only a few times a week).

I see there is dredging in Bermagui River. It will be interesting to see the purpose of this and where the money came from (particularly considering the Council has a \$14 million deficit). Subject to hydrodynamic research, dredging in small areas of Wallaga Lake (and perhaps other lakes) could straighten and speed the tidal flow to the ocean and reduce the frequency of lake entrance closing. This would appear to provide a better environmental outcome for more people.

Some of the area's wealthiest citizens own farms that adjoin Wallaga Lake and allow their cattle to graze to the water's edge. This erodes the banks and mud falls into the lake—one of the main reasons our lakes are a shallow shadow of their former selves. There's a legal requirement that a 30-metre strip is fenced to keep cattle away from Wallaga Lake. So why are there no prosecutions? Fencing and re-vegetating the reserves would be one of the best outcomes for the Lake. Will these wealthy farmers step up and pay for the fencing, as they should? Or will they soak up the grant money via BVSC?

Keith Bashford

Light at the end of the tunnel?

It's been a challenge, living in lockdown in Scotland.

There's talk now of easing the restrictions but in some ways this is more difficult, getting things back to normal. There was a lot wrong with normal and we all knew it; with 'normal' the future looked terrifying, the climate change graph even worse than Covid. The abnormal thing about lockdown was that everyone was working together, the rules were clear—stay home, save lives. Easy to follow. Now the vicious arguing has started again, blaming, insulting, ridiculing.

Jacinda Ardern said, 'I really rebel against this idea that politics has to be

a place full of ego and where you're constantly focused on scoring hits against one another. Yes, we need a robust democracy, but you can be strong, and you can be kind.' Says it all really.

It's instructive to look at why some countries have coped so well and others are suffering so terribly. Hopefully we can learn from this but in an open, kind and transparent way. Here in Scotland, there's an undercurrent of fear that this is not over yet, with the emergence of a new condition badly affecting children. We owe it to them to sort this out with an intelligent, adult approach.

Sarah Breakey

Anglican Parish of Cobargo, Bermagui and Quaama goes Covidsafe

This time last year things were so different! All the clichés about 'doing it tough' and 'we're all in the same boat' just 'don't cut the ice'. The hardest thing about change, especially the changes that have come our way over the last six months, is to get rid the negative thoughts and feelings, because that's impossible! Coping with change requires us to change our response to these. This will be different for everyone, but one thing is certain—reaching out will help, being alone does not. Please know that this is your Parish and that we are here for you.

Reverend Tim has been super-busy as he attends to bushfire recovery, Sapphire Coast Anglican College and Parish matters at this difficult time. Please call Tim if you need help coping with the changes in your life (0411 825 204).

And congratulations to Tim—he was recently appointed Area Dean for the Far South Coast. This certainly complements his roles in this region.

The recommendation from Bishop Mark and indeed all Anglican Bishops in NSW is that we don't open our churches for services during Stage 1 of the Covid-19 pandemic. So there will be no services in the churches at present, however online service links are available on our Parish of Cobargo Facebook page. Small groups for prayer and bible study, etc, can be organised at individuals' discretion, providing they follow Covidsafe requirements: five visitors maximum, social distancing and sanitising.

In the meantime, Parish Council is addressing the requirements necessary for the Parish to be Covidsafe for when we're able to resume in-church services and other Parish activities.

The OK Shed team is also busy reorganising the shop to streamline operations and to comply with Covidsafe regulations. At present we cannot accept donations, and we are most grateful that the public have co-operated in this regard. We value your support and donations and hope to reopen when we meet all requirements from Anglicare. Our biggest hurdle will be to find enough under-70-year-old helpers in the Parish!

'Encourage one another and build each other up, just as in fact you are doing.' (1 Thessalonians 5:11).

Love and blessings,

*Chris Richard-Preston
Chair, Parish Council*



Jacinda Ardern: 'you can be strong, and you can be kind.'

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How to put Overwhelm to rest

Whether we have been through fight, flight or freeze, our autonomic nervous system and adrenal glands have trouble calming down, leaving us over-active, under-active or flipping between them. In response, our being goes into Overwhelm.

We can reduce Overwhelm by doing any or all of the following. The exercises are good for body, emotions and intellect – all are inter-connected.

RELAXING: We have to accept we are as we are, and allow our adrenals and emotions to settle. This calms our nerves so we become more optimistic that we can recover and slowly regain our self-confidence.

We need to re-experience **PLEASURE**. When we allow pleasure to be felt throughout our body and mind, we grow more pleasure neurons, which helps alter negative emotions. Sit with your back against an evergreen tree and draw in calming strength and wisdom. We're warned not to hug our friends, so find a tree that got burnt and give it a long, heart-felt hug.

Regain your **GROUNDING** – my favourite way is to imagine I have an 'energy tail' and send it deep into the Earth, and tie it to a large rock. It is secure

wherever I go, as it has flexibility. Self-massaging also helps.

SENSE your way into your body and wish all your cells well, and wait until they respond. This practice speeds up recovery time. With repetition, the cells respond more quickly and the mind finds its way back home more easily.

Be mindful of your **BREATH**. Breathing increases your blood oxygen so your body functions better. Imagine breathing into the back of your heart.

One of our imbalances will be between the sympathetic and para-sympathetic nervous systems. Google for ways to bring **BALANCE**. Have fun crawling to relink the left and right hemispheres of the brain.

MEDITATION brings us into the present. Thoughts from the past race up when we sit still, so the practice is to allow them to surface—rather than clinging to them, allow them to go. It helps us to sleep well, by not regurgitating past events that block out the present.

Staying in **RELATIONSHIP** with nature and other people helps us come into true relationship with ourselves. If we drift into Overwhelm from time to time, it's okay, part of our healing. Share with others that you are working at coming back into the present. It's less confusing for

them and will strengthen understanding of each other as we become more flexible and acknowledge the presence of Overwhelm.

LAUGHING – do it often, it's the best medicine. It gently massages the diaphragms, muscles, lymphatics and organs, right up to the brain, where endorphins are released. It relaxes both body and mind. Fake it till you make it – Ha,ha,ha, Hee,hee,hee, Hoo,hoo,hoo – silly enough to make anyone laugh.

YAWNING moves the muscles above the soft palate. It gives the brain a massage which helps us relax and stop feeling so tight. It's also a sneaky way to help others.

Keep your kidneys and adrenals warm, be easy on yourself and others, relearn playfulness, know you have good company. The feeling of Overwhelm settles when you give it time to rebalance.

Maggie Camfield

(Maggie has been meditating and studying yoga since 1980, and trained in body-mind therapies to increase her understanding of how to resolve Overwhelm and other repercussions of trauma.)

If you are feeling overwhelmed, please call Lifeline: 13 11 14



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The fog of corona virus—who to believe

The longer Covid-19 lasts, the more important it is to gain an understanding of what will happen in the future. How many people will work from home? How will cities operate? How will people travel—indeed, *will* they travel? Do we want to go back to how it was in 2019? Will we see more or less inequality? Will life be better or worse?

Many agendas are being honed in Washington, Beijing, London, Canberra and probably in Bega. The great difficulty is in sorting out a relatively objective voice. The decisions being made at political and personal levels will only be as good as the information being considered.

When Trump, Morrison and others are making a fuss about the origins of Covid-19, they are distracting from the problem at hand. When you identify the media that support this investigation you can be pretty certain you are seeing public manipulation on a grand scale. The question isn't where the virus started. The question is: how do we survive this—and emerge as a better society?

Much of the Australian media is owned by Rupert Murdoch and News Ltd—in NSW *The Daily Telegraph*, *The Australian* plus many regional and suburban papers; in Victoria *The Herald-Sun* and many others. And so it goes around Australia. Murdoch is a Donald Trump supporter and his Australian newspapers

are all stained with Trump's opinions, written as if they were truth.

I worked for Murdoch when he was the thirty-five-year-old, almost Socialist, proprietor of *The Australian*. It was a proud masthead. I loved working there. Now I wouldn't trust a word in it.

Of course every newspaper or television station has its biases. The best way to come to a conclusion about a situation is to read or listen to a variety of sources.

The venerable English newspaper *The Guardian* now publishes online editions for Europe, the US and Australia (www.theguardian.com.au). It has brilliant journalism and makes judgments on merit rather than from a pre-determined stance. It's free but you will be prompted to pay something to support them. Well worth it.

The other trustworthy Australian source is of course *The ABC*. Despite the budget cuts and occasional blunders, despite its drift into sometimes doctrinaire society politics, we love the ABC. It was superb in the bushfire crisis at a local level, and it's trustworthy on the pandemic situation with Dr Norman Swan.

Another invaluable source is *The New York Times*, www.nytimes.com. It's relatively cheap online and provides an insight into the way the enlightened part of America is thinking. It helps us understand how big and diverse the US is,

and how toadying by Australian politicians is regarded with the derision it deserves. It also reveals that even with all the money and brains of the *NY Times* and its millions of highly influential readers, the Trump illusion continues, barely checked by the truth.

Also worth checking:

George Monbiot (www.monbiot.com) is an English journalist who mostly writes for *The Guardian*—dozens of thoughtful pieces about issues that confound the world. He backs up his words with comprehensive scientific references. The archive at the website is superb.

The Conversation (www.theconversation.com.au) is a publication mostly written by Australian academics. Very interesting stuff. Wide range of views.

Global Times (www.globaltimes.cn) is the global online version of *The China Daily*. It's pretty much propaganda through and through, but interesting nevertheless for giving a different point of view. For credibility it's slightly worse than *The Australian*.

Propublica (www.propublica.org) is a US-based, not-for-profit publication dedicated to the intricacies of US politics. See how the game works over there—but it can get very boring.

Keith Bashford

Call for submissions: local water sharing plans

The Natural Resources Commission is encouraging members of the public to have their say on reviews of the *Murrumbidgee Area Unregulated and Alluvial Water Sharing Plan 2010* and the *Bega and Brogo Rivers Area Regulated, Unregulated and Alluvial Water Sharing Plan 2011*.

The water sharing plans were designed by the NSW Government to protect water-dependent ecosystems, preserve cultural values and provide equitable sharing of water among users.

The Commission is conducting independent reviews of these water sharing plans to determine their contribution to environmental, social and economic outcomes for the Murrumbidgee and Bega-Brogo regions. It's urging the community to lodge submissions on the review of the water plans before 5 July.

It's vital the Commission hears from community and industry so it can advise government on how to achieve the best outcomes for the water sources and their

users.

In addition to seeking community and industry views, the Commission will analyse existing data and evidence before developing reports for the NSW Government.

Submissions are now open and will close 5 July 2020. Visit www.nrc.nsw.gov.au/2019-2020-wsp-reviews for more information.

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The President's clean hands

The President said, those Chinese
had problems with this new disease
so we'll just keep them out
and then I'll no doubt
be elected again with great ease.

What a fuss, the President said –
these Democrats, greenies and reds
are making fake news
it's no worse than the 'flu
and it only makes old people dead.

This bug may kill yellow-skinned folk
but Americans, no – what a joke!
some New Yorkers? okay
Fifteen hundred a day?
but Republicans? – no, not a hope.

The President said we'll be fine –
we're all armed with the latest carbine
but the virus is teeny
it's so eeny-weeny
we'll have to shoot terribly fine.

It's the unseen enemy
the President said on TV
the Chinese devised it,
WHO helped them disguise it –
everyone's faulty but me.

It can't be the same new disease
kills Americans just like Chinese.
Italians, Eye-ranians
the thought hurts my brain when
such plagues used to stay on TV.

If you look through this microscope screen
said the doctor, you'll see what I mean:
this bug has no label
'Made in China' – I'd say, hell,
God made it, so keep your hands clean.

The President said with a frown
this virus has shuttered the town
and collapsed the economy
which I claimed with such bonhomie –
worse, all my ratings are down.

Liberation! the President tweets –
let's all break the law in the streets
let's all inject bleach
if it helps me to reach
re-election in 30 more weeks.

The virus said, very low
Mr President, yes, let them go
wear no mask as a model
of how not to coddle
their lungs where I'm longing to grow.

Kai Jensen

Essential Energy support available to empower local communities

Following a successful launch in 2019, the Community Choices Program is back to support the local community groups, charities and not-for-profits that are part of the fabric of their communities—the animal rescues, the community centres, the sporting clubs and the school P&Cs who need some extra assistance to continue their services, the everyday heroes of our community.

Many community groups across Essential Energy's network area have been nominated to receive funding of up to \$2500 through the Community Choices program. Essential Energy is now calling on the community to visit essentialenergy.com.au/choices and vote for the local group

they think should receive funding. Voting is open for two weeks, closing on Thursday 18 June.

'Essential Energy recognises that many communities are currently doing it tough. They've experienced droughts and fires and have probably been impacted by the health and economic crisis that is Covid-19. As an organisation, we're doing what we can to support those grassroots organisations that support our communities,' said Chantelle Bramley, General Manager Strategy, Regulation and Corporate Affairs.

'Our employees live and work across regional, rural and remote NSW. We understand how important these

organisations are for strong communities, and we're proud to provide this funding.'

The program is open to any charity, registered not-for-profit or community group within Essential Energy's network area and sees the public voting online for who they'd like to receive a share of the \$175,000 state-wide funding pool.

The entire process, from nominating to voting, can be completed online, so people can show their love for the local community groups and still stay safe and within the current social distancing requirements.

To learn more and vote, visit essentialenergy.com.au/choices. Voting is open from 4 to 18 June.

Maggie McKinney



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So much has now been cleared away. What a relief! Those twisted metal piles and burned-out utes were a blot on the village. Now they're clear places full of possibility, the lovely views over the dairy farm visible from the street for the first time in decades. So what will our village look like in a year's time? We could have a whole new atmosphere with all the changes coming. We hope people build beautiful homes and create happy lives here in Quaama.

While the drought and fires were terribly challenging, Quaama has much to offer. We have a great little school for young families, reliable town water, good phone and TV reception, and only 20 to 30 minutes' drive to Bega or Bermagui, with Cobargo just down the road. And we're a friendly town with an active Hall and numerous community groups. And unlike our friends on the coast, we're safe from tsunamis (a personal favourite), just in case New Zealand explodes. Who wouldn't want to live here?

And don't we feel like we're in the right spot for this pandemic!? We're far away from crowds and germ-riddled surfaces. With a few wipes in our bags, a bit of patience and some common sense, we can easily keep ourselves well. We do need to be vigilant though. Since there are no active cases locally for many weeks now, it's too easy to slacken off and take up our old habits—standing close, touching our faces and forgetting to wash our hands after being out.

This is probably our biggest danger now—that we stop doing what has put Australia at the top of the list of countries that have avoided catastrophe. So yeah, we can't stop and that's just the way it is for the foreseeable future. But sitting here in Quaama with lovely sunny weather and a garden to tend, it's easy to forget the burden of the world outside our Triangular bubble.

Coralie and Chris Pickering of Bermaguer Street have been using their lockdown time creatively by reopening the walk along Dry River with a Bluey theme. Chris broke out the whipper-snipper and blazed the trail. Using tips and tricks she picked up at Playability, Coralie designed a theme for fun and



Wakadoo! Our Dry River walking track just got a lot more fun.

fitness for the whole family. From the cemetery all the way to the rest area, red ties on the trees help you find the way and signs are posted where Bluey will tell you things to do to make your walk even more fun. So if you see people along the river dancing like ballerinas or jumping up and down, odds are they're doing Bluey's bidding. A great initiative the whole community can enjoy.

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Lest we forget their strength and resilience

This year is a special year for the Taylor family of Quaama. Anzac Day also has extra significance. If my father-in-law, Sam Taylor, were alive, he would be 100 years old this month.

Sam died in 2007 at the age of 87, but he may not have made it that far either. He was a prisoner of war, captured by the Japanese in Singapore in 1942 and taken to Burma, where he and thousands of fellow Aussies worked on 'that' railway for three and a half years, often to their death. But Sam made it home.

Sam (Godfrey Ernest Joseph Taylor) was born and bred in Quaama. When he came home, he married his sweetheart, Betty, who had waited for him, and they settled on the family farm at 'Brooklyn', just south of Quaama. Both contributed significantly to the Quaama community. Betty (Bethal Linda Taylor) was a writer and historian and this helped in the 1990s when, dealing with his demons, Sam and Betty wrote down and published his story. What an incredible gift to the family, that they may understand some of what their father, grandfather and great grandfather went through in WWII.

Reading his story always brings tears—the horror, the emotional, physical and mental abuse that they all went

through. Like many other young soldiers who went off to war in the early 1900s, including my own grandfather, Sam had no idea what he would have to call upon to survive. I call upon this intestinal fortitude in my life today, as we all can during this time of unprecedented change and threat to our health and way of life. I often depend on this resilience, stamina, and constancy of attitude. I focus on day-to-day tasks, one step at a time, just as our war veterans had to. Especially the prisoners of war. If they could do it, I certainly can.

They are a powerful ally. They did the hard yards, they made the tough decisions and they made it through. If a young man can experience what Sam went through and live to be 87 years old, there is certainly a lesson there. Sam's book, *To hell and back: His own story*, is held in the national, state and local libraries. In 2013 Richard Flanagan wrote *The Narrow Road to the Deep North*, eerily reminiscent of the soldiers' experience in Sam's book.

This Anzac Day, Pete and I, like so many other Australians, held a dawn vigil in our driveway and honoured those who are veterans of war—not because we believe in war but because we acknowledge the strength and resilience of the men and women of their time, and recognise that



Sam Taylor survived the Burma Railway and returned to Quaama to run the family farm and raise a family with his wife Betty.

we can share in those qualities and bring them to our current experience, including living through the worst bushfire season in Australia's history and dealing with an extremely virulent contagion—to ensure that we not only survive, but prosper, and help our children to aspire to more.

Today, we say thank you to our ancestors – lest we forget.

Helen L S Taylor
25.04.2020

Books, bikes and basketball: Quaama Public School comes back to life

It was great to see more students coming back to school in May. All students have had the opportunity of a face-to-face lesson with almost every teacher. Students have eagerly renewed friendships and enjoyed socialising on the playground, and every staff member at Quaama PS has been working hard to prepare online learning and lessons ready when all students return in late May.

We are extremely fortunate to have received a grant from Schools Plus to help us update and replenish our supply of laptops. This massive donation will help the school to support all students now and into the future.

We have also received \$4000-worth of new books from Dymocks that will go to the library and allow us to put more new books back in the classrooms.

Sapphire Coast Arts and Sports Youth Development Fund have kindly donated funds to buy a new portable basketball ring for the playground. I look forward to seeing lots of boys and girls shooting hoops soon.

We have also had Ken, our General Assistant, put up our new sports netting under the COLA to help stop the balls rolling and bouncing away during the games. The funding for this came from a donation via Holy Family Primary School in Menai.

By the time you read this, work should have started on the new bike track! And you might notice new fencing being put up

around the school over the next few weeks.

Josh Ventura continues work on the orchard, repairing and upgrading this amazing facility. He has put in some raised garden beds and is working busily on frames and irrigation systems. QPS Orchard 2.0 is going to be a major tourist attraction! Thank you Jasmine and Co. for your continued efforts.

Daniel Roe, Principal
Quaama Public School



Kids enjoy their new expanded library thanks to Dymocks

Life goes on! It's not quite the same, although many of us are a bit more proficient with Zoom – and we don't have to drive to meetings, which is good in lots of ways. As restrictions ease, our communities are opening up again – shops are opening, school is going back, some cafés and restaurants are operating. And it's good to be able to see friends and family again. Because not a lot has been happening, finding things to write about has been a challenge. But then, it's been a great opportunity to go looking – so hopefully you will get to know a bit more about the community, so read on.

Tilba Tilba Lake gets some attention



The view from Rob and Sally Hawkins' home on Tilba Tilba Lake

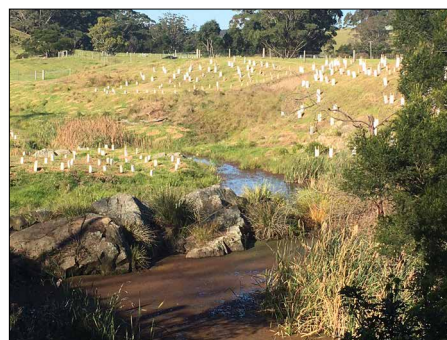
The summer bushfires, followed by the stay-at-home requirements since March, have emphasised the importance of the natural environment that we all value so much. The rehabilitation of Tilba Tilba Lake and its catchment, Victoria Creek (see *May Triangle*), is a good example of how a collaborative approach can benefit the environment and everyone involved. Rob and Sally Hawkins, whose property has lake frontage on the eastern side, appreciate the importance of landowners' participation in improving the aquatic and riparian areas of Tilba Tilba Lake. During

their three years of ownership they have experienced the best and the worst of this lake environment – from the death of aquatic life and the whiff of low water levels during drought, to good run-off, high water levels and abundant birdlife after replenishing rain, to low water levels again when the lake opened in 2019.

Becoming aware of the rehabilitation project through neighbours and the scientific monitoring of lake health, Rob and Sally decided to become involved by fencing off their lake frontage and agreeing to mass tree planting. Rob pointed out that the project had a precedent in the tree planting that had been done at Little Lake (below Tilba Cemetery) ten years earlier, and the consequent improvement in lake health. They're looking forward to the return of aquatic and bird life as the lake environment improves and is less smelly, and the growth of native grasses and plants along the shore.

Projects such as this highlight the importance and interdependence of aquatic, bird and plant life and provide useful insights that can be applied to all coastal estuary management. With a ten-year commitment to this project, Rob and Sally are well positioned to reap the benefits of this project in their stunning new home with its breathtaking views westward across Tilba Tilba Lake to Gulaga.

Not far away, along Victoria Creek, Robyn Lucas and Tony Smith are also



Tree planting at Victoria Creek

participating in this project. Their property, Myrtlevale, has about one and a half kilometres of creek frontage. Robyn and Tony well understand the importance of fencing off stock access to waterways, having been involved in the previous work at Little Lake. Their initial priority was to install water troughs when the creek frontage was fenced off. With this completed, tree planting has begun – 4200 natives in total with a few of Robyn's favourites, Cabbage Palms and Kurrajongs. The Wagonga Rangers from the Wagonga Land Council as well as an enthusiastic group of Wallaga Lake boys are doing the planting – and Robyn is greatly enjoying working alongside them. Future generations will be thankful for this work.

Local collaboration bears fruit

Jo Lane, who lives at Tilba Tilba, has used the Covid-19 crisis as an opportunity to collaborate and create new products, as many small businesses have found necessary. As a marine biologist and owner of Sea Health Products, Jo has developed a range of specialist self-care and cooking products. Golden kelp, harvested locally under licence with great love and care, is the essential ingredient in her products.

Mandatory hand-washing with alcohol-based hand sanitisers can result in sore, cracked hands and fingers, and Kay and Gregg Saarinen of natural skin care range Saarinen Organics, based in Wyndham, saw an opportunity. As graduates from Bega Valley Innovation Hub's iAccelerate program run by the University of Wollongong, Kay was aware of Jo, also a graduate, and her products. Kay approached Jo in response to requests from her customers for a soothing, antibacterial cream which would soak into the skin and not leave an oily film.

Together, Kay and Jo have created a hand cream from seaweed and apple cider vinegar tincture, combined with

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nourishing, antibacterial oils and herbs. It has proved very popular, with fast healing properties. Jo said, ‘I think it’s wonderful during a time of crisis to be able to work with another local business to solve a problem and benefit the whole community.’

Jo and her partner Warren and family travelled overseas in 2019 studying kelp farming in Europe, Asia, North America and Canada on a Churchill Fellowship. Her family business is currently researching and developing kelp farming on the far south coast so there will be more news in the not too distant future. For more about Sea Health Products see www.seahealthproducts.com.au and for Saarinen



Jo Lane with some of her kelp products

Organics see www.saarinenorganics.com.

On our way back ...

On Friday, 8 May, Bate Street, Central Tilba looked a bit different. Many of the shops were open as the restrictions on retail businesses eased. There were lots of smiles and laughter—at safe physical distance. Since then, the weekends and some weekdays have seen more activity and, as of Thursday 21 May, the Drom opened its dining room for lunch and dinner Thursday to Sunday, ten diners only. Many of the businesses have used the downtime to spruce things up so make sure you notice and comment. With regional travel allowed from 1 June, there will be sighs of relief as the wheels of commerce start turning again.

A happy coincidence of dates

In 1980 the Tilba Lake Community (TLC) was established on the headland block of the Haxstead property formerly owned by Jeff Bate. Shareholders from Canberra and Sydney came together to revegetate the land and grow high quality timber with a convivial place to stay (See Letter to the Editors, *Tilba Lake revisited, Triangle* May 2020). This year not only is TLC celebrating an important 40 year milestone but also, one of its driving forces and founding directors, Dr Peter Bolger, celebrates his 90th birthday.

Four decades ago the former grazing land, overlooking two ocean beaches and Tilba Tilba Lake, was suffering the effects of prolonged drought and was bare save for two ancient pines and some shrubs.

Peter says, ‘Unlike some other group ventures of this kind, Tilba Lake Community has thrived both socially and environmentally. This is evident when you look over the well-treed property today.

‘The view from the house across the tops of the planted woodland, the eucalyptus leaf tips catching the sunlight, is a satisfying sight. And it’s virtually all due to the hard work of TLC members.’

At an intimate party recently held in accordance with Covid-19 requirements, Peter said, ‘TLC has given me enormous pleasure. I’ve spent so much time with my partner Liz Dennis, my wider family

and all our TLC friends, building up the property’s natural ecology. It’s also been a privilege to become part of the beautiful south coast region around Tilba.’

Geoff Pryor



The celebration for TLC founding member Peter Bolger’s 90th

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Anzac Day at Central Tilba



John McMahon of Tilba making sure Anzac Day 2020 didn't go unmarked

Anzac Day at Central Tilba is usually a special day for the community, with a march from the Drom, a special service with the laying of wreaths, a piper and a bugler and a morning tea with Anzac biscuits. With all ceremonies cancelled this year, Pipe Bands Australia encouraged pipers to play Amazing Grace at 11 am on 25 April.

Local resident, John McMahon, who has led the parade in past years, decided he would play the pipes at the cenotaph in Central Tilba. The call went out around the community and people gathered in their cars and with appropriate physical distancing along Bate Street. John was joined by Pudge, a bugler who played the Last Post and Reveille. And Arthur Worthley, who represents diggers every year, turned up, not knowing the ceremony had been cancelled.

John was later interviewed by Daniel Doody from ABC SE for local radio. The spontaneity of this gathering was heart-warming. Thanks to John and Pudge for making this special during these strange times.

Tilba CWA continues to 'Zoom'

Tilba CWA members continued to meet fortnightly in May using Zoom technology. Members are looking forward to meeting personally again in June with appropriate social distancing.

Vicky Staddon, our International Officer, announced that Ecuador is the new country of study for CWA this year. Vicky has already contacted Central Tilba Public School to discuss working with the teachers, students and parents to create a 'Festival of Ecuador' later this year, celebrating their unique culture through dance, costumes and food.

If you would like to join our next Tilba CWA meeting on Friday 12 June, please email Helene Sharpe on cwasecretary@gmail.com.

Annette Kennewell

Calendar's soft launch a Covid bust!

Murphy's Law was well in force when the group behind the South Coast Calendar (www.southcoastcal.com.au) did its soft launch, two days before the Covid-19 lockdown. With no one knowing when we would next be able to hold or attend events, why would you need a calendar?

There are many 'What's On' listings out there, but most are restricted in area of interest or are out of date, and they depend on *you* going to *them*. But our South Coast Calendar comes to you!

Now the Eurobodalla is opening up again and businesses are very keen to let you know what they're doing. To start off, shops and cafés will be entering their new opening hours as an 'event' as the restrictions ease. So if you subscribe to the calendar you will automatically get updates on what's happening.

Any local club or body, festival or market, and any Chamber member, will be able to register as a host and add their 'events'. Users can see events on the website, and search using various criteria.

But the most exciting thing is that users can receive notifications of events in their area of interest automatically on their phone or tablet (as long as they have a Google account).

There are how-to documents to help hosts and users get the most out of the calendar.

The South Coast Calendar is a joint initiative between the Tilba and Narooma Chambers of Commerce with the support of the Eurobodalla Shire Council.

Cas Mayfield

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

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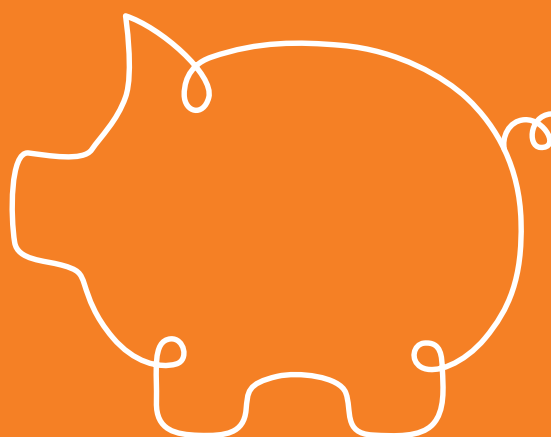
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Our **Community Choices** program lets you vote for charities, registered not-for-profit groups and community groups that most deserve a little boost – we are providing \$175,000 in grants across our network area.

Voting opens 4 June and closes 18 June 2020, so don't miss out on this opportunity to support your favourite local cause.

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A friend told me that 2020 was going to be the year of change and I can only agree with her, but it just seems to be an almost unrecognisable landscape in so many ways. While a change is as good as a holiday, this is shaping up to be the holiday from hell.

We're finally seeing the clean-up of the Cobargo main street but not before a couple of hiccups, and while it all got sorted, we're moving forward to the final reveal of the aftermath and the bare scar that will be left to wonder at. We're grateful and appreciative of the people who are working hard to help with the challenge of the rebuild of our beloved businesses. It's possible that we just won't see again some of the shops that both tourists and our community have grown to love and make a beeline for to get that wonderful gift or treasure.

Covid19 has been an incredible challenge to all of our community and much has been done to keep the wheels turning and our minds lubricated with

technological challenges. I have found myself participating in 'Houseparty' catch-ups with friends, to see their faces and hear their much-missed conversation, and in 'Zoom' meetings in relation to farm business and fire recovery groups, and in teleconferences for many other business and personal needs.

All of this is challenging as mobile coverage is poor and as you strain to hear that important information the line drops out! In Wandella, we have just had our landline fixed and maybe that will reduce some of the frustration. I see you all nod in agreement—but others don't have a house anymore so no landline to reconnect, and that is a far worse challenge.

Farmers are still beavering away on fencelines and paddock clean-ups and unfortunately, despite many crops being sown and ready to start growing, the redlegged earth mite and the armyworms have moved in fast and are now decimating the pasture as fast as it grows. Just another challenge to be dealt with—but it must be

said that, since the fire, one of the people who has been an incredible support to farmers, despite his own ill health, is our Rural Financial Counsellor, Peter Muirhead. In a word: brilliant.

Change is the theme and we have seen Mayor Kristy McBain step down and move into a different career. The management of the Cobargo Co-op had the extremely difficult task of shortlisting and interviewing five applicants, all of whom showed great potential as the new sales assistant, and are now delighted to welcome Golda Dibden to the staff.

Wishing Brian Myers, a speedy recovery after he had a stroke. Brian is a very committed member of the community and certainly has the determination to be back up and running very soon. Congratulations to Lee Sweeney and his partner Dallas who welcomed a baby girl, Amelia. His proud smile was contagious. Congratulations also to delighted grandparents Dennis and Jenny Baker, whose son James and his wife Jade have welcomed baby girl Adeline.

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Andrew Sunder Spencer, 1955 – 2020

Remembering Sunder, one word that comes to mind is ‘dharma’ – service. But also a song – ‘You’ll always find me in the kitchen at parties’. He was always happiest when helping people out, especially if there was a fire to tend, or one to put out.

Sunder wasn’t home when the Badja Road fire ripped through the forest out at Tinpot on New Year’s Eve. He was saving other

people’s houses. So his place burned down, which is why he died in a caravan at the Cobargo Showground a few months later.

Watch the Vice video if you haven’t already (search YouTube for ‘Australia’s Black Summer’) – he was magnificent. He didn’t break down until he mentioned the forest—gone. So his big old heart was already broken, and on Thursday, 7 May, it stopped.

Watch the video, Sunder’s swansong.

Jen Severn



Sunder—happiest when helping

Bushfire Recovery Fund goes to work

The Cobargo Community Bushfire Recovery Fund committee met on 21 May and approved grants for community recovery projects to the value of \$31,828. Organisations funded in this round are the Cobargo Creators, The Crossing Land Education Trust, the Cobargo Community Action Network, the Lazy Lizard Gallery and the Cobargo Bushfire Relief Centre.

To date, the fund has disbursed \$55,826 to support the ongoing work of the Cobargo Bushfire Relief Centre, the recovery and resilience of the local environment and the local arts and cultural sector, and to assist the efforts of community groups directly helping bushfire affected people, especially schoolchildren.

We are in conversation with regard to larger projects arising out of the community consultations that took place before Covid-19 restrictions were imposed. Community consultation on these projects will resume as soon as this is possible.

*The Committee,
Cobargo Bushfire Recovery Fund*

The Art of Isolation

The doors of Cobargo Creators Gallery may have closed as a result of Covid-19 but creativity has kept the doors open in other ways. For the last couple of months everyone on the Cobargo Creators mailing list has received a weekly instalment of inspiration and musical references—and a check on their emotional wellbeing. Song lyrics set the theme for each week’s journey into creativity, with some surprising results. Who would have known that making printing stencils from orange peels would have people recalling family mealtime antics involving orange peel, teeth and talking? If you are of a certain age you will know what we’re referring to!

Capturing and pressing the last autumn flowers has given rise to people receiving a beautiful handmade, flower-embossed card in the post.

People have been encouraged to get to know who they live with well by doing a weekly portrait. Others have adopted a tree and recorded in their favourite medium the changes in the tree over the weeks of isolation. A bit of absurdity has also been encouraged with references to Dr Seuss and those crazy moments when everyone cracked up laughing in the midst of fire devastation.

We all cope in different ways and the Art of Isolation is encouraging creativity as one of the most benign but powerful ways to make sense of the world and reintroduce joy to people’s lives. If you would like to receive the weekly Art of Isolation message, just email mail@cobargocreators.org.

As things become easier, the Art of Semi Isolation will



The Art of Isolation: stage one of pressing flowers

introduce everyone to the Art and Craft bank at the rear of Cobargo Creators. The doors are closed at the moment but exciting renovations and creative programs are in the making, and we look forward to soon inviting you all in—with open arms at a very respectful and thoughtful distance.

Til then stay well, from all at Cobargo Creators.

Cobargo Conversations

Some CWA activities on pause—
but the work continues



The members of Cobargo CWA do not let a pandemic get in their way! They're continuing to have meetings (via Zoom!) and to help in the community. We held the first Zoom meeting last month, a revelation to those who joined in—we even went on a tour of one member's house!

BlazeAid have been recipients of slices and cakes for their afternoon tea on an ongoing basis. However, due to government restrictions, we're no longer able to let local groups use the Cottage. We realise how important these groups are to individuals and we offer our apologies. As soon as we can we'll again re-open for community use.

More importantly, Cobargo CWA has distributed the first round of their donations to people impacted by the bushfires. We've received many donations from other CWA branches and people across the State and we're amazed at their unstinting generosity.

We have also received a generous donation of craft materials from a craft shop that has closed down. All goods are new and we'll give them out as soon as we can. Rest assured that we'll give plenty of notice when we're ready—we're still in lockdown but the good work continues!

*Mary Williams, Publicity Officer,
Cobargo Branch, CWA of NSW*

New playground ready for restless kids

While most of us have been in enforced hibernation, Council's Leisure and Recreation team and local contractors GDB Excavation and Landscaping and Bega Bobcats have been getting on with the village playgrounds project including Cobargo's Apex Park.

Funded under the NSW State Government's Stronger Country Communities Fund and contributions from Council, the renewals will provide local children with functional, safe and imaginative play spaces and areas for families and community groups to gather in a social setting.

'Now more than ever our kids want to access the outdoors and great play facilities,' said Member for Bega, Andrew Constance. 'Kids need outside activities for play and social reasons, but so do parents. The completion of these playgrounds will be the start of bringing communities back together in a fun social atmosphere.'

'With restrictions around COVID-19 starting to lift, I would ask parents to remain mindful of their children and others when they do head back to the local playground. Please don't take your kids out

if they are unwell, and, if possible, sanitise or wash their hands before and after play for the benefit of all,' Mr Constance said.

BVSC's Leisure and Recreation Projects Officer, Glenn Merrick, said, 'Community contributions made in the planning process mean that each playground has unique components, with accessibility improvements a real feature across all the sites.'

'Cobargo's project provides accessible pathways linking the new picnic shelter and accessible table to the playground, with the inclusion of new bench seating and a wheelchair-accessible drinking fountain, and an accessible nest swing with rubber softfall base to provide access for all abilities.'

'It has been constructed in traditional colours to represent the heritage values of the town and features a rainbow-coloured slide and 25-metre flying fox, while the original old rocking horse has been repaired by Council's Works staff and retained.'

'Planting around the park will be an ongoing project for a small group of locals in conjunction with Council staff,' he said.



The covered BBQ in Apex Park—and the children's play area is now accessible and all-ability.

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A picture-perfect scene! The glorious autumn sunshine across Horseshoe Bay makes the ocean sparkle with a million diamonds. Gulaga, standing sentinel over the lush green countryside, looking out to sea. We are truly blessed to live in a beautiful part of the country.

Our days are stretching into winter, usually a time when Bermagui goes into its yearly hibernation. Autumn brings a flurry of activities among many retirees as they hitch up their caravans, pack up their motorhomes and head north to the warmer climate in Queensland. Alas, Queensland is still off-limits at the moment, so some residents may experience their first Bermagui winter in many years!

It's a little sad for those, like me, who wait all year for the leaves to start falling – an indication that the time is closer to spend precious time with grandchildren. But not this year. We have to resign ourselves to stay safe, stay home, until it is safe to travel.

How long have we been in isolation now? Honestly, I can't say. We have all settled into a new way of life. For retirees, life is really not that much different. We have spent time in our gardens, cleaned our houses, maybe started new hobbies and read more books – and we learned to Zoom! For others, it has been a time of hardship and uncertainty as jobs were lost and businesses closed.

Bermagui residents seem to have embraced social distancing and taken isolation in their stride. As we head into the second half of the year, businesses are slowly beginning to open up. Restaurants can have dine-in patrons again, albeit in small numbers. Businesses have made changes to protect staff – lots of 'sneeze screens', a restriction of numbers in shops – and everyone has been abiding by the new rules.

We really have dodged a huge bullet here on the far south coast—we have been virus-free for weeks now. Whether it will stay this way when people start travelling from other areas remains to be seen. Some would like our area to remain in isolation—there have been reports of questions being asked of anyone who has Victorian or ACT number plates!

However, our economy really needs those extra \$\$ that visitors bring in, and will welcome tourists and travellers back. I guess it is just a case of everyone staying alert and vigilant, and adhering to recommendations, ie social distancing and frequent hand-washing.

Many Bermagui businesses have been hit hard with a double whammy of bushfires and coronavirus. Congratulations go to all our restaurants and cafés who have weathered the storm and continued to provide great coffee and food. And, a big thank you to everyone who has continued to support our local businesses with takeaway food purchases.

Harbourside activity

The Bermagui Harbour has been a hive of activity during the last month. Council has completed renovations and rejuvenation to the Bruce Steer Pool. The new toilet block is finished, as well as new picnic facilities, ready for summer. Check out the sunbeds - first in, best dressed!

Dredging of the Bermagui River is now in full swing. The project is funded by the State Government and should be finished in July. It aims to clear navigational channels and remove foreign debris from the river, and is expected to remove over 30,000 cubic metres of excess sand. They will deposit the dredged sand on Horseshoe Bay Beach and Mooreheads Beach as the project proceeds.

There is probably another story to be written about the dumping of sand on Horseshoe Bay Beach ... but not this time!



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The Men’s Shed—nearly there

Big congratulations to the management team of the Bermagui Men’s Shed, who recently secured funding to (almost) complete their new community complex, comprising a huge work shed, a large, multipurpose meeting room, disabled toilets and a parking area.

The team has worked extremely hard for seven years. During this time, they wrote dozens of funding submissions—with many disappointments along the way. It took several years to secure a suitable site close to Bermagui. So there was a huge cheer when they received confirmation of major funds. Full credit goes to those who had the tenacity to keep plugging away. It’s been a long, hard slog, with constant lobbying to government bodies and authorities, and sometimes a case of ‘one step forward, two steps back’.

When they had to vacate their temporary premises last October, members continued meeting (until the Covid-19 lockdown) at the Country Club—but only as a social activity. No projects have been undertaken since then, and all their equipment is safely stored away. Won’t be long now, fellas!

We’re used to seeing the cheerful

Shedders at their famous Men’s Shed Sausage Sizzle outside Woolies. The Covid-19 situation has seen the BBQ tools put down for now ... but several blokes are really happy about the new funds—it would have taken an awful lot of sausages sold to reach their target.

Currently, at the site on Bunga Street, foundations are laid, concrete slabs poured, and site preparation is well under way. Now it looks like the new Shed will be

completed sooner rather than later, and old members will be welcomed back. They hope that many more men in Bermagui will take advantage of this facility, for the friendship, the support and a place to go to learn new skills and participate in community projects.

And, just quietly ... quite a few wives of Shedders will be very grateful that ‘daddy daycare’ is up and running again.



The heat is on! The new Men’s Shed is well and truly under way.

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Winter ocean-swimming at its coolest

Some like it hot, and some ... well, enough said. Just when most sane people are packing away their swimmers, the Bermagui Blue Balls (and Blue Pointers!) are dusting theirs off.

The BBB is a group of hardy individuals who like to meet each Sunday morning at 9.00 am on Horseshoe Bay in Bermagui to embrace the icy water. It's a cold season swimming group, from Mother's Day in May to Father's Day in September.

It's not too bad at the moment, a balmy 17 degrees which will last into July. But, as the weeks progress, it can get much cooler ... very cold ... icy ... freezing ... numbing ...

Why? Well, it's exhilarating. You feel so good when you get out! It's also the camaraderie of other like-minded people who want to challenge themselves and take on the chilly dip, to get the blood pumping and get outside their cosy, slippers comfort zones once a week. And to raise the bar just a bit, wetsuits are seriously discouraged—if you wear one, bring your money for the charity pot!

BBB is a very relaxed group. There are the 'lappers' who swim the length of the bay and back regardless of the temperature; there are the 'teabags' who just stand and jiggle; and there are others who merely come to watch and laugh at us while they remain rugged up in their gloves and beanies. Everyone is welcome; no questions asked.

Once restrictions are lifted, we're looking forward to our usual breakfast banquet provided by the frustrated chefs among us.

By the way, interestingly, BBB comprises a very community-minded group of people who in their day-to-day lives volunteer

in a plethora of roles. These include Marine Rescue, Surf Club, Rural Fire Brigade, Meals on Wheels, coach at the Cricket Club, mentor to Bega Rugby Women's team, committee members of Bermagui & District U3A, Men's Shed and Red Cross blood donors and even a committee member of *The Triangle!*

So, if you want to embrace the joys (?) of winter ocean swimming too, contact Gary Pearce on 0418 617 499 or just turn up at 9 am on Sunday at the Bermagui Surf Club.

Debbie Worgan



Bermagui Blue Balls and Pointers practising social distancing



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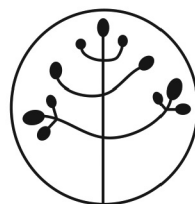
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Bermagui Banter

Is it a sea squirt? Is it a sea cucumber? Is it a sex toy?



A beached pyrosome and a footprint for scale

No, it's a pyrosome – or 'fire body' in Greek!

In April and May these unusual sea creatures started a lot of discussions when they appeared on our local beaches. What were they? Where did they come from? The pink jelly-like pyrosomes first washed up on the sand at Haywards Beach near Camel Rock on 19 April and on 10 May they appeared at Beares Beach. After a few days they dried out and were less noticeable. Nature Coast Marine Group identified them as gelatinous colonial animals called *Pyrosoma atlanticum*. Despite their appearance, pyrosomes aren't closely related to jellyfish.

Comprised of many tiny, individual 'zooids' functioning together as a colony, they are held firm in a hollow tube-like shape by a kind of 'tunic'. Pyrosomes live in the open ocean and are found as deep as 750 metres. The individual zooids clone themselves to reproduce. The 'fire body' name comes from their ability to bio-luminesce. It seems that recent rough seas may have killed them off, which is why they have washed up on our shores. *Pyrosoma atlanticum* are also found on the shores of New Zealand, America and Canada.

Cath Renwick

Garry Himbert, 30 April 1940 - 28 April 2020

The long-serving, much-loved and highly respected timekeeper of the Bermagui Institute Bicycle Division, Garry Himbert, died last week after a short illness.

Born in Germany, Garry and his wife Lyn migrated to Australia in 1965. After spending six months in the Villawood Migrant Hostel they moved to Cooma where Garry worked, along with many European migrants, for the next few years. Garry and Lyn bought a small property near Michelago in 1971 and established a small poultry farm which they ran for 30 years, before moving to Coolagolite in 2001.

Along with many of their neighbours, they suffered badly in the wildfire on New Year's Eve 2019. Their outbuildings were destroyed and their productive orchard badly damaged. However, with trademark determination and courage, and assisted by their daughter who was staying with them at the time, they managed to save their house from serious damage. Yet Garry's Pinarello push bike was not so lucky.

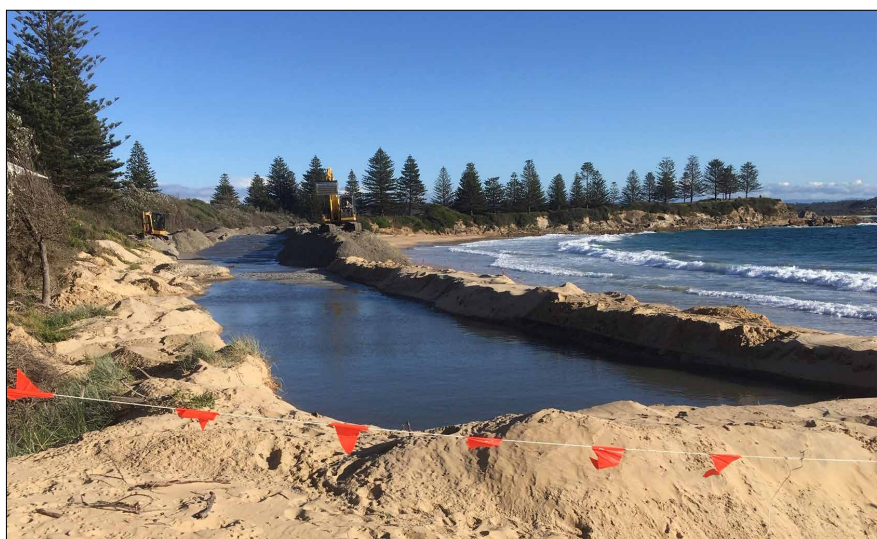


Garry Himbert, a life well lived

A much-loved, family-owned small vineyard in Yowrie was destroyed in the same fire, robbing Garry of one of his great enthusiasms, the annual family wine-making activity.

Many of us will miss Garry deeply, none more so than his life partner Lyn, but we will be consoled by the knowledge that his was a life well lived.

Jack Miller



Dredging operations being carried out to permit larger boats to enter Bermagui Harbour. Dredged spoil is being pumped to the eroded section of Horseshoe Bay Beach to protect the sand dune under the Surf Life Saving Club.

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Memories of a little blue building over the water

I often walk by a little blue building, lying abandoned and forlorn at the eastern end of the harbour, and think how lucky I was to have been a part of the history of that place, an icon in the township of Bermagui.

I know a little of that history, but I can't find a photo of the original building. Maybe someone out there can fill in the gaps.

In the early 60s it was a fish and chip shop run by Elaine and Ron Keating. They first moved a small shed onto the land; later the building was extended onto pylons over the water. Apparently Council wasn't thrilled, but it was there to stay.

The shop employed lots of young locals, keen to make a bit of pocket money, sitting out on the back deck peeling binfuls of potatoes.

The Keatings then passed it onto Harry (the hamburger king) and Glad Mead, followed by Mary Pollard, who decked it out with fishing nets and life buoys.

Helen Blacka and I nervously bought the lease in 1987. We painted the building in hues of soft grey and mauve (you can imagine the comments) and decorated it with mirrors, reflecting the beautiful natural light and sparkling waters with views of



The 'wow factor' – room with a view

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Helen and Georgie on the day they bought the lease

Gulaga. It certainly had the 'wow factor' when you walked into the dining room and looked out.

I'd been running Le Marlin Café around the corner, which had quite a following for fine food, entertainment, great staff and atmosphere. That tradition was transferred to the now aptly named Le Wharf, and opening night set the tone. Jazz divas Madame Pat Thompson and pianist Clare Hansen, and their 'boys', had the place jumping. Much more was to follow with music and cabaret shows over the years.

The food pleased locals and tourists. Produce would arrive at the back door weekly—exotic fruits from Harry Black's orchard, vegies from Ted Shales at Coolagalite, oysters from Wapengo ... I was a happy cook with the pick of fresh seafood as the boats pulled in to the Bermagui wharf to unload. Oysters were shucked and fish cleaned on the back deck, much to the delight of pelicans and tourists.

Helen's son Jason and my son Nick cut their teeth doing odd jobs in the café, just like the early days, and my daughter Jo spent many hours with friends playing under the building, hunting for crabs. Happy days.

But Le Wharf's days came to an end, sadly. Roly, restaurateur from Merimbula, took ownership next, followed by John.

Now the little blue building over the water, part of Bermagui for over 50 years, sits derelict with an uncertain future. It would be sad to see it gone. It's the perfect spot for a fish and chip shop: plenty of parking off the main road, a park with picnic tables, children's playground and toilets, a position overlooking the boats and harbour, Gulaga in the background—and plenty of seagulls and pelicans.

Isn't that what everyone wants when they come to a fishing village?

Georgina Adamson

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From artistic curiosity to ‘Shadey Love’

Gretel Bodiam-Oldfield is passionate about the little slice of paradise she shares with husband Tony in Bermagui. They’ve lived at Bellbird Cottage B&B on Nutleys Creek Road for thirteen years. Her love of creating lampshades is a quirky but not surprising interest, inspired by the surrounding natural beauty.



Gretel’s love of her environment, and of colour, light and design, inspires her shades.

Gretel has always had an interest in colour, pattern and interior design. But more recently she has discovered

a new outlet to satisfy her ‘artistic itch’ and passion for fabrics—lampshades! ‘After all,’ Gretel says, ‘what we create in our home through pattern and light can instantly change mood and environment. We can make our home space unique, a reflection of ourselves—and to connect with our environment.’

Not everyone can afford to buy a beautiful artwork, yet a bespoke lampshade is within the grasp of many. The lockdown has refocused many on the simple but meaningful things in home life. Slow living, slow food and, yes, slow art.

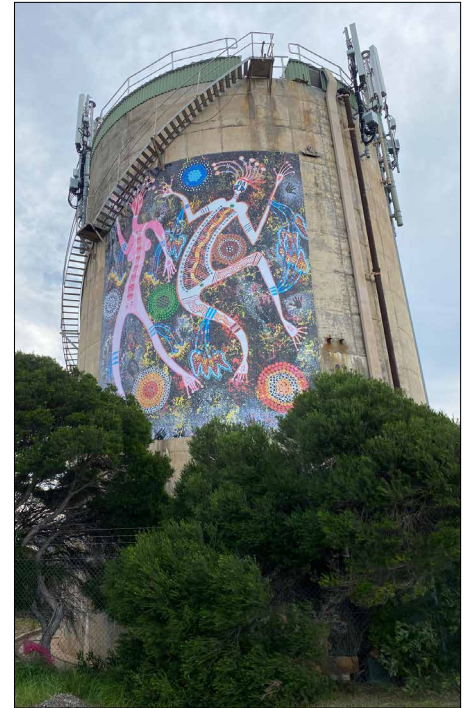
What started as a hobby a couple of years ago, and a fascination with fabrics, influenced by great designers such as William Morris, Alexander Henry and Florence Broadhurst, is now, as hubby Tony says, ‘Gretel’s healthy obsession’.

This obsession continues to grow. Word has spread to new friends through her ‘My Shadey Love’ Facebook and Instagram sites. ‘It’s so good to connect with so many lovely people, and to see my shades bringing them pleasure. I still do a happy dance with every sale. And I love knowing that I’m supporting small regional fabric designers and suppliers.’ Get in touch, she loves to talk fabrics and will help to create that special lampshade, just for you.

You can see some of Gretel’s lampshades in Bermagui at ‘Nestled on Wallaga’ and the Bermagui Visitor Information Centre.

‘Let’s further beautify the homes of the South Coast, one shade at a time,’ says Gretel.

SOLD! Bermi’s water tower and mural now owned by Telstra



BVSC and new owner Telstra have pledged to protect the mural.

Last month, buried in the Minutes of the Bega Valley Shire Council (BVSC) meeting, there was an announcement that the Bermagui water tower had been sold to Telstra. BVSC and Telstra have expressed an aspiration to protect the monumental artwork on the water tower. Let’s hope this aspiration becomes a reality.

In case we forget the details of the artwork on the water tower, here is the story behind the art, taken from an article published at the time the mural art contest winner was announced. Joe McKenzie won the inaugural Bega Valley Mural Prize with his entry entitled ‘Spirit Dance’. The painting was reproduced as a large-scale mural on the Bermagui water tower in conjunction with the Wallaga Lake Community and Merrimans Land Council in 2017. The mural was a part of the ongoing water tower project rolled out in our Shire and included artworks in Merimbula and Eden.

Joe said that the painting was originally an attempt to help his young sons get to sleep. The figures in the artwork are friendly, protective spirits who ward off the bad spirits while you sleep. Joe McKenzie was a new artist who had been mentored by Uncle Danny Eastwood, a prominent painter and cartoonist.

Ann Maree Menager

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Bermagui Banter

Warming yarn

Inspired by the Canberra-based Facebook group, '2020 Fire Relief Crafting Circle', several Bermagui women delved into their stashes of wool to knit or crochet squares. These were to be made into blankets for members of the community who lost their homes in the fires. The squares all measure 20 x 20cm (2020, get it?).

The number of local crafters trebled when donations came from Bermagui CWA and a generous individual member, to buy more wool. Soon, brightly coloured wool from Bendigo Woollen Mills was distributed among crafters, including many CWA members, keen to help after the devastation of the fires.

In mid-March, just before the coronavirus lockdown, a group met at the Bermagui Country Club to lay out all the squares we'd accumulated to select blanket sets to stitch together. There were nearly 300 squares in a wonderful rainbow of colours—more than enough to get started.

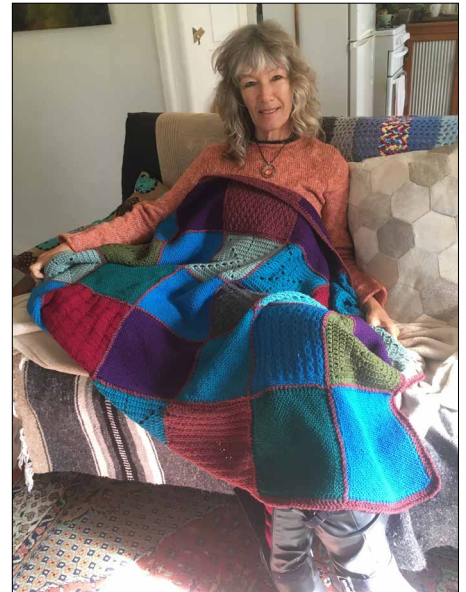
Meanwhile, the Facebook group had grown to over 600 crafters from interstate and overseas, all making squares into beautiful blankets.

As the lockdown continued, we received another donation from the CWA, and another generous donation from a member. More wool was bought and distributed far and wide, keeping isolated hands busy making more squares.

So far we've given away 15 handmade blankets, and many more are coming. We've also been able to provide handmade acrylic blankets made by the CWA Charity Crafters (who usually meet on the second Wednesday of each month).

A huge thank you to all who've contributed to this generous and creative project, and to all the stitcher-uppers. Together we've made 600-plus squares!

I know I'm speaking for us all when I say we hope the love stitched into these blankets will warm hearts for years to come. And if anyone has a stash of yarn



Ruth Haggard of Quamaa, feeling the love

that's languishing in a cupboard, let us know and we'll stitch up a few more!

Cath Renwick

More colourful blankets, their makers and some recipients can be seen on the following page in full colour.



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WARMING YARN



1. Fran Vercoe with a wool blanket stitched together from squares made by many hands.



2. Lesley Ashton and the autumnal blanket she made.



3. Janinka Prately Franki with another colourful creation with squares contributed by many.



4. Michelle Craig created this bold blanket almost single-handedly.



5. Wandella's chilly nights are a bit warmer now for Sharyn Wotton.



6. Caroline Long and Max Rhodes with their blankets after a long day working on the land.



7. Ellis and Josephine Martin snuggle up under their blanket.

- | | | | | |
|-------------------|------------------|-----------------|-------------------|--------------------|
| Ann McDonald | Doreen Goldhagen | Angie Vasey | Janinka Prately | Daisy Trendall |
| Margaret Marshall | Geraldine Marsh | Astrid Dolton | Fran Vercoe | Debbie Worgan |
| Jenny Halliday | Gina Bright | Fay Morrison | Deb Gillies | Lisa Brown |
| Jo Mills | Terry Freemantle | June Rothacker | Maggie Hayes | Maree Selby |
| Kath Preston | Jill Osgood | Lucy Zerob | Lesley Ashton | Sylvie Mester |
| Shirley Carter | Melva King | Marge O'Brien | Roz Bannon | Sharon Cornthwaite |
| Michelle Craig | | | | Eve McConnell |
| Rhonda Byrnes | | | | Gina Hannan |
| Vanessa Williams | | | | Natalie Galvin |
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Winter work

It seems like only yesterday we were struggling with the heat and bushfires and now here we are in another winter. This time of the year brings with it many tasks in the garden, to rejuvenate plants and catch up with the jobs that were missed during the warmer months, for one reason or another.

This month, with plants going into dormancy, start pruning in the rose garden and orchard.

Spring/summer-flowering roses should be pruned reasonably hard, as the new growth they make in early spring will encourage many more blooms. If you are unsure of the severity of pruning then these few tips will help.

- Start by removing all dead or damaged wood.
- Remove any branch that is crossing over another branch or growing into the centre of the bush. The idea is to keep the centre of the bush open in a vase shape to allow for better air circulation. This will decrease the possibility of fungal diseases when the plants come into leaf again in spring.
- Reduce all the other growth by as much as half, ensuring you have live buds below the cut and the uppermost bud is pointing away from the centre of the plant—pointing in the direction you want the new shoot to grow.

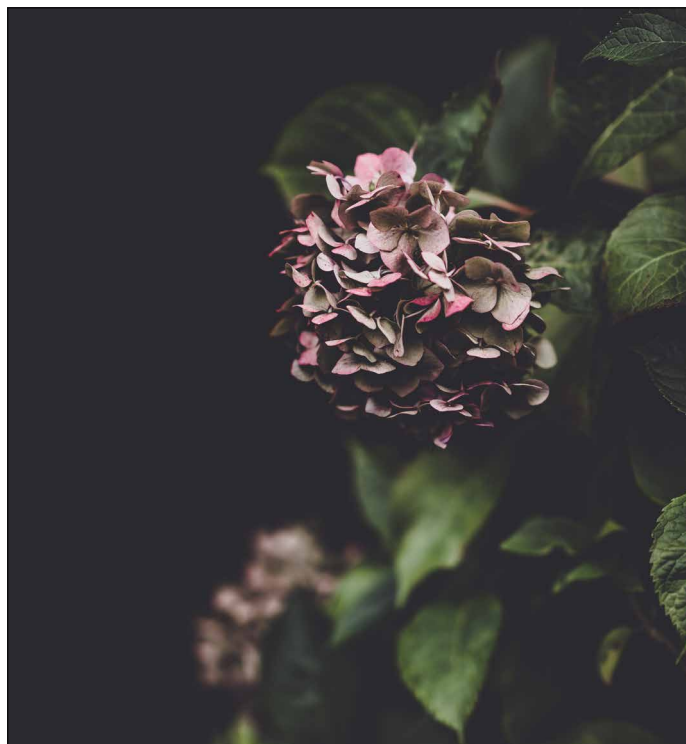
Important to remember when doing your roses is not to prune those that have only one flowering period in summer—generally climbing varieties, as these roses flower on the current season growth and if pruned in winter there will be no flowers. Prune these roses in late summer, after they have flowered.

The pruning of deciduous fruit trees is a bit more complicated and if you are unsure of the technique I suggest you contact a professional horticulturist for some help.

Once all the roses and fruit trees have been pruned, spray with winter oil and a winter fungicide to remove any over-wintering insect pests and fungal problems.

Prune your hydrangeas now—I recommend a similar method to roses. Summer-flowering hydrangeas flower on growth that has been made in spring on new-season wood so the more that this is encouraged, the more flowers you'll have.

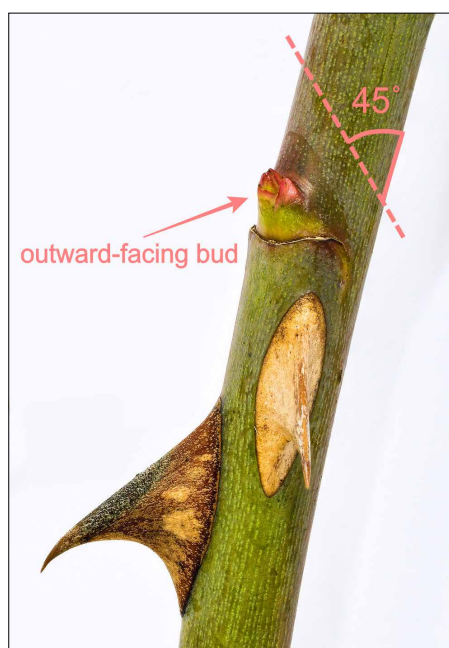
Now is a good time to divide and relocate summer flowering bulbs like dahlia and other herbaceous perennials. Divide them with a sharpened spade and dust with a fungicide to prevent



any damage to the cut. Plant them in the new position with a combination of cow manure, a handful of blood and bone, and your existing soil. Remember that most herbaceous perennials like a well-drained soil, so slightly raised garden beds in full sun are the ideal.







Still on the theme of pruning, remember that not every flowering tree or shrub in the garden needs to be pruned in winter. I have seen many spring-flowering plants heavily pruned in winter fail to blossom in spring. Spring-flowering trees and shrubs develop their flowering buds in late summer and autumn and if these plants need pruning, do it in late spring, after flowering. They then have all the following seasons to develop new flowering wood.

Lastly, remember to ensure all your pruning tools are well sharpened and clean before you start!



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I gave a series of simple cooking lessons for the Women's Resource Centre in Bega many years ago. They were grouped in different cuisines like Asian, Italian or Middle Eastern. Here are a few examples from those different menus. They are good to share now that the social restrictions are slowly being lifted.

Spicy Lentil and Carrot Soup (Vegan)

Serves 4-6

- 3 carrots, sliced
- 1 large onion, diced
- 2 tsp ground cumin
- 4 cloves garlic, crushed
- 4 chopped tomatoes
- ¾ cup red lentils, washed, soaked and drained
- 4 cups vegetable stock
- 1 cup tomato juice
- 2 tbsp tomato paste
- 1 tbsp tamari or soy sauce
- chopped herbs for garnish, eg coriander or parsley

Using some of the vegetable stock, sauté carrots, onions, cumin, garlic and tomatoes. Cook, stirring occasionally, until onion is soft.

Stir in lentils, stock and tomato juice. Bring to boil and simmer for about 1 hour.

When lentils are soft, stir in tomato paste and tamari.

Remove half the mixture and blend until smooth. Return to same pan, reheat and serve garnished with herbs.



Roast Pumpkin, Spinach and Feta Frittata



Serves 6 - 8

- 600g pumpkin, peeled and chopped
- 2 cups chopped washed spinach
- 1 large onion, diced
- 100g feta
- ¼ cup grated parmesan
- 2 tbsp olive oil
- 6 large eggs
- 300 ml thickened cream
- ½ cup shredded parmesan
- Salt and pepper
- 1/3 cup pepitas (pumpkin seeds)

Preheat oven to 200C.

Toss pumpkin pieces in 1 tbsp olive oil and salt and pepper, place evenly on the baking paper-lined tray you will cook your frittata in (approx. 25cm x 30 cm). Roast till tender, about 20 mins.

In large frypan, heat oil and sauté onion until translucent, then toss in the spinach till wilted.

Arrange the onion and spinach around the pumpkin and crumble the feta on top.

Mix eggs, cream, grated parmesan, salt and pepper, and pour on top. Sprinkle shredded parmesan on top. Strew pepitas on top.

Cook for about 40 minutes at 180C till cooked and golden.

Simple Pistachio Ice-cream



Serves 5

- 3 egg yolks
- 85g caster sugar
- 300ml single cream
- 75g ground pistachios
- Chopped pistachios for sprinkling

Cream the egg yolks and sugar together in a mixer until smooth, thick and pale. Transfer to a large stainless steel bowl. Pour the cream into a small saucepan and bring to the boil over medium heat.

Gradually pour the hot cream over the egg mixture, beating continually. Place the bowl over a pot of simmering water (making sure the base of the bowl does not touch the water). And stir with a wooden spoon until the mixture thickens like a custard. Allow the mixture to cool, strew over chopped nuts and pour it into a serving bowl, cover with cling film and freeze overnight.

The Art of Racing in the Rain Garth Stein \$26.99

I imagine this book has a different impact on readers depending on whether they have a dog or not. Enzo the dog is the narrator, the friend, the confidant and ally, with a human soul. Other readers might find it predictable and unbelievable. I believed it because I've seen how my dog looks knowingly at me at times.

The story begins when Enzo (named after Enzo Ferrari, the racing car driver and founder of Ferrari) is dying. The old golden retriever is waiting for Denny, his master and best friend, to return home. Denny is an aspiring racing car driver and much of the racing circuit terminology used in the book was lost on me, but it didn't detract from my appreciation. When Denny returns home to find Enzo unable to move, the dog begins to narrate his life for the reader.

Enzo recounts Denny's life: marriage to Eve, the birth of their child Zoë, and then Eve's decline into ill health. Enzo could

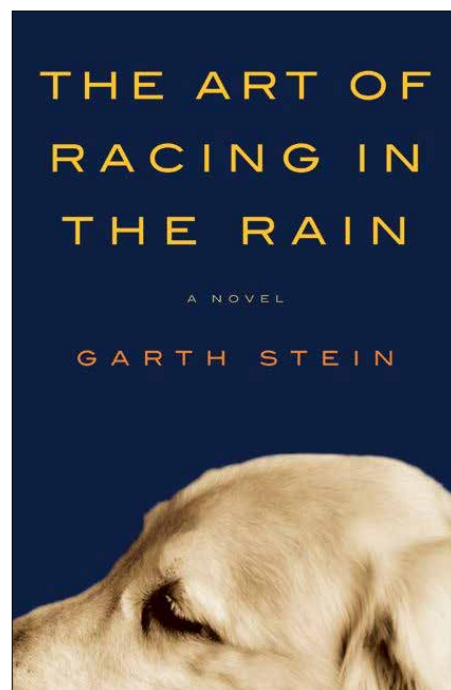
smell a 'rotting wood' odour coming from her head. She is subsequently diagnosed with brain cancer and dies.

The storyline then turns nasty with the always critical grandparents and the often-absent Denny fighting over custody of Zoë. Events continue to spiral out of Denny's control. Then Enzo is hit by a car and Denny, exhausted of money and patience, agrees to an out-of-court settlement with the grandparents. There are more twists and turns, but finally, unexpectedly, Denny wins back custody of Zoë.

Throughout the book Enzo speaks of his belief in reincarnation. So, when Enzo dies eight years later and a young, blond-haired car-racing fan asks for an autograph, Denny is not surprised to discover his name is Enzo.

This book was made into a movie of the same name in 2019, and features Kevin Costner as the voice of Enzo.

If you have a dog, used to have a dog or just love dogs, you will enjoy the human truths that Enzo, the dog narrator, shares with us. It will make you laugh,



cry, and look at your pets in a whole new way. If you aren't already wondering what your dog thinks of you, you will be after reading this.

Pet of the Month

Deb Cox

Two-year-old Kallie has been a constant companion to her carer on their rural property, helping out with all the farm jobs, watching things from the fence post. She especially loves to go for long walks but always keeps close by and comes all the way back home with her carer. She's is a great companion cat for the right person



or family.

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 (AWLNSWFarSouthCoast) 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.

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11. CAREFULLY 13. FOOD 14. WINDOWS
DOWN: 1. CROWDS 2. FACE 3. SIX 5.
FAMILY 7. COUGH 9. HOME 10. COUGH.
11. CHEST 12. ROOM
HOW MUCH HAVE YOU LEARNT?
1. ASYMPTOMATIC 2. CORONAVIRUS 3.
COVID-19 4. INFECT 5. A PANDEMIC 6.
THE NUMBER 40 7. SELF-ISOLATE 8. MAY
HAVE 9. ZOO NOTIC 10. NEGATIVE
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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
kfpreston@bigpond.com

BERMAGUI DUNE CARE

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

BERMAGUI GARDEN GROUP

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

BERMAGUI HISTORICAL SOCIETY

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

BERMAGUI INDOOR BOWLS CLUB

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

BERMAGUI KNOW YOUR BIBLE

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

BERMAGUI & DISTRICT LIONS CLUB

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

THE BERMAGUI MARKET

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

BERMAGUI MEN'S SHED

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

CROSSWORD

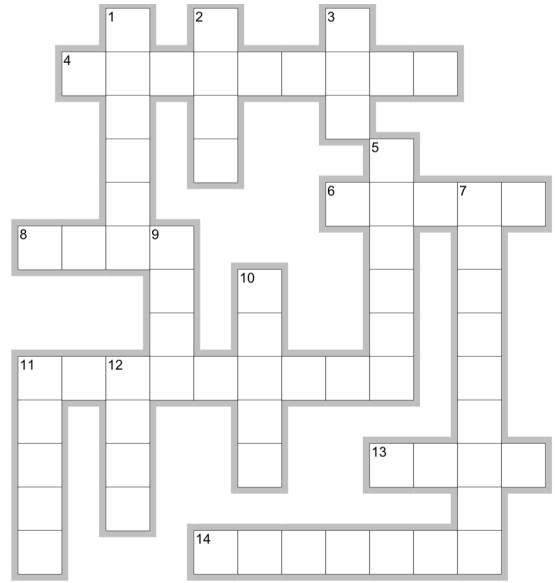
This COVID-19 crossword will remind you of ways you can protect yourself and your family from the spread of this disease. If you've been paying attention to recent news reports, you're sure to do well on this crossword!

Across:

- 4. An important warning sign of COVID-19 is difficulty _____ or shortness of breath.
- 6. Do not shake _____.
- 8. _____ your hands frequently.
- 11. Handle food _____.
- 13. Limit _____ sharing.
- 14. If possible, open _____ to increase ventilation.

Down:

- 1. Avoid large _____ of people.
- 2. Try not to touch your _____.
- 3. Limit close contact with others, staying about _____ feet apart.
- 5. Stay at home if someone in your _____ is sick.
- 7. Disinfect surfaces like tables, desks and _____ regularly.
- 9. Stay _____ if you are feeling sick.
- 10. Always cover your mouth when you _____ or sneeze.
- 11. People with the COVID-19 virus sometimes feel pain or pressure in the _____.
- 12. If someone in your family is ill, give them their own _____, if possible.



HOW MUCH HAVE YOU LEARNT?

This quiz tests some of the terms in current use.

1. People who show no signs of a given disease are

- asymptomatic
- unsymptomatic
- unsympathetic

2. Which is a virus?

- COVID-19
- influenza
- coronavirus

3. Which is a disease?

- COVID-19
- SARS-CoV-2
- coronavirus

4. SARS-CoV-2 can _____ humans.

- defect
- affect
- infect

5. Which is most widespread?

- an outbreak
- an epidemic
- a pandemic

6. The word quarantine comes from

- the number 40
- the term guarantee
- the fraction quarter

7. After showing symptoms he was told to _____ for 14 days.

- quarantine
- self-isolate
- stay at home

8. A person with symptoms of a disease _____ that disease.

- has
- may have
- cannot have

9. A disease that can be transmitted to humans from animals is

- hypnotic
- stenotic
- zoonotic

10. He was happy to learn that his mother tested _____ for this coronavirus.

- negative
- positive
- successfully

SUDOKU

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						5	3	
6	1				3			
								5
	2		9	1	7		6	
8								
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	9	8						
		1		6		3		8

WORD SCRAMBLE

PITRNETOOC	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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VEIRSUOP	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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ESLSINL	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
YTDBINOA	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
RAILV	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>