

NAIDOC Festival on track

NAIDOC Week is usually celebrated at this time of year but due to COVID-19 restrictions the official celebrations have been postponed, all except the Indigenous Marathon Foundation's NAIDOC Run Sweat Inspire Festival.

Rob de Castella, the founder of the Indigenous Marathon Foundation (IMF) and former world champion marathon runner, said the week promoted physical activity and Aboriginal and Torres Strait Islander cultures.

Over 2000 people signed up nationwide for the virtual running event, including Bermagui locals who participated in the full marathon (42.2km), half marathon (21.1km), 10km and 5km events. All proceeds from registrations continue to assist IMF in creating inspiring young Indigenous leaders and driving positive health outcomes nationally.

This year many running events have gone virtual and runners have been able to participate in their own communities, thanks to the new online format that aligns with COVID-19 restrictions.

Timenah Hunt, a Bermagui local who completed the full marathon, said, '2020 has been a year of unprecedented events, most with negative outcomes. The IMF NAIDOC Run Sweat Inspire Festival was something positive that I wanted to be a part of, and it empowered me to run my first marathon. It was a very joyful experience to be able to run in my hometown of Bermagui. And for the event to connect with people from all walks of life made it very special - but that's the power of running. It would be wonderful to see it an exclusive running event in Bermagui.'

Timenah reached the finish line to cheers and applause from family, friends, and supporters.

NAIDOC Week will be officially celebrated from 8 to 15 November. The 2020 theme is 'Always Was Always Will Be', which reflects how strong and resilient Indigenous culture is.

Debbie Worgan



Timenah is congratulated by her daughter, Arabella, at the finish line.

Things in our Triangle region are opening up and yet changing every day. With the by-election over, COVID restrictions changing daily and future plans cooking, integration of big issues like climate change, inequality and social ecology are also seeping into the picture at local levels.

Lively and positive things are happening in this difficult year. The Battle of the Bards will be megaphoned in an open (and distanced) field in a clash of word-craft skills. Quaama's church and its loss are being acknowledged and plans for Cobargo are developing while some of its assumptions are being challenged. Shifting sands in Bermi are debated while the vegies are thriving at Moodji Gardens. Trees are being felled at a great rate on public and private land while work to support wildlife and forest ecology continues. Locals participated successfully in NAIDOC's Run Sweat Inspire Festival as a virtual event. Alliances in Tilba focus on climate mitigation with significant

practical outcomes.

Around Bermagui and Tilba, community groups are responding to fire lessons to develop shared actions and resilience. Quaama and Cobargo Fire Relief Centres are moving to new locations to keep up their selfless work. The ongoing generosity and kindness continues. For some, challenges to a self-land-purpose-identity nexus arise on a daily basis for defining life choices. And people are there to help.

On the COVID-19 front, positive cases are getting closer. What happens in terms of community transmission is ultimately in our hands with relentless vigilance required by us all. Whipping up cloth masks may become the height of creative expression quite soon. Let's stay smart and stay safe.

The *Triangle* welcomes a new team member, Georgina Adamson, who will be a Bermagui correspondent. Our hearty thanks to Carolyne Banados for her dedicated years in that role.

Letter to the editors

Drink to that

It's great to read through the *Triangle* online and in colour and catch up on the news from my other home. What a wonderful area the Triangle is. If only more places in the world could be like that – caring, calm, conscientious and community-minded. The by-election results prove it too – well, maybe not so much the calm, but definitely caring, conscientious and community-minded. Sometimes you need to be passionate to get what you want.

The big issue here in Scotland is the looming re-opening of the pubs. Looking at how it went in England has given us time to prepare, time to think. In the west of Scotland, in particular, alcohol dependency has been a tragic curse and destroyed many potentially happy lives. Yes, the camaraderie and joy of having a drink with friends is undeniable and a big part of the Scottish identity, but knowing when to stop ... that's the hard bit.

Opening the pubs in England at 6 am seemed a really strange decision but there was logic behind it, resulting in a gradual reintroduction throughout the day, rather than ten thousand drinkers descending on the local at 6 pm. A little bit of wisdom, I suppose.

Sarah Breakey
Edinburgh

Community Notices

In recognition that meetings are not happening at the moment – at least, not in the ways they used to – we're placing 'Community Notices', the inside back page, in storage for the time being.

Let's hope we can bring it back soon. Before we do, we'll be contacting all groups to make sure that details – contact names and numbers, meeting times and places – are still correct.



Kym Hawes, a member of the Deadly Running Group in Queanbeyan, ran the marathon in Bermagui over the week.

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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 1600 in print plus online visits.

Children's moon

Gradually we noticed
Mum's memory was poor
words came less easily
than they had before.

When my sisters stopped speaking
after they had fought
Mum was devastated
but then she just forgot.

Like a daytime moon
she was drifting away
waning, eroding
in front of our eyes.

New appliances were hard
she could no longer learn
my father started cooking
when she left pots to burn.

She still did the dishes
she could manage that much
little things gave her pleasure
a bird in a bush.

Like a dandelion clock
being stripped by the wind
she was shedding herself
less and less left behind.

It took some arranging
but we got them there
to the specialist's suite
where he made it all clear.

My mother said his news
filled her with pain
but by next morning
she'd forgotten again.

Like a daytime moon
only children see
afloat in the blue
she was drifting away

You could still discern her sweetness
her essence if you like
her love of living creatures
her pleasure in life

but now she couldn't keep up
with our conversation
just sat there grinning
in quiet desperation.

Like a dandelion clock
with her wispy white hair
it was all going from her
all that was her.

In the sunset village
Dad tried to keep her clean
but now like a toddler
she would make a scene

and in the respite ward
on visiting day
she hit my sister crying
'Why won't you take me away?'

Like a daytime moon
when the sun is burning
sinking low in the west
while the world keeps turning

So now it was time
to put her in secure care
my father would visit
and feed her there

and she could wander
the winding corridors
unable to frame the thought
'I'm behind bars.'

Like a dandelion clock
one final puff
but the last seed clings on
the seed of love.

A fall, a broken hip,
a deep bath chair
can't let her get up
without a mind to steer.

Now she couldn't speak
couldn't chew her meals
her face looked so bleak
– still able to feel.

Like a dandelion clock
stripped of its seeds.
Like a daytime moon
only children see.

Then a gastro epidemic
swept the nursing home
and when it had passed
my mother was gone.

So now I'm confused
so used to her leaving
and the dream she'll return
it's a strange kind of grieving.

Like a daytime moon
barely there in the sky
though she's long been gone
somehow still here with me.

Kai Jensen



Thumbs UP

To the RSL for
(finally) bowing to
community pressure
and returning the Cobargo RSL Hall
to community use – its originally
intended purpose.

To the people who respect the
endangered shore birds and leave them
alone in their habitats – this means
NOT walking over to their flocks to
take a look and scare them all up into
the air. It's obvious that dogs are not
to be anywhere near the shorebirds and
99.9% of locals know this. We love our
Pied Oyster Catchers, Little Terns and
Crested Terns who come and visit to
breed during the spring and summer
months.

To Ellie at the Quaama Store,
who has sourced 20 donated caravans
(at last count) from local and Sydney-
based social justice organisations and
allocated them to bushfire-affected
locals.

Thumbs DOWN

To the couple
with tennis rackets and
two bull terriers who
attacked the beloved
dogs of a local dog owner in an off-
leash area near Camel Rock. Don't
come back!

To residents of Quaama and
surrounds who have been dumping
rubbish on the grass outside Norm and
Mayda's house on weekends, when the
skip bin isn't there. And to whoever
left two bags of kitchen rubbish there
on Saturday 18 July, you can thank
another resident for finding another
bag and a pair of gloves and cleaning
it all up the next morning after some
critter spread your muck all over the
place.

To the thoughtless, selfish people
who dumped a truckload of rubbish at
the Quaama RMS Depot at the north
end of town. Council have maintained
a skip in the middle of town for people
to use free of charge so what were they
thinking? A couple of gateposts newly
cemented in at the entrance to the
depot might mean that the enormous
pile of mulch in there, which people
have been free to collect, might soon
be off limits – due to this one act of
vandalism. Grrrr ...



Local COVID-19 update

Watching the news and keeping updated can be frustrating. There's plenty of talk about how a second wave should be easier to contain with more testing, how soon we can expect a vaccination, how our 'new normal' could look, and should we be wearing masks?

We seem to have come through the Tathra scare unscathed – contacts have been tested and are negative. We can feel assured that Tathra Hotel followed all COVID-safe hospitality guidelines, which made it quick and easy to contact patrons and was probably the reason for the lack of local transmissions.

But eight positive cases were detected in Batemans Bay – two infected Sydney residents attended the Batemans Bay Soldiers Club multiple times between Monday 13 and Friday 17 July. NSW Health advised that everybody who was at the Club on any of those days needed to be tested and to self-isolate for 14 days.

News just in as I write on 24 July is that there are more Batemans-related cases, and a case associated with Club Narooma, which has closed for deep cleaning. So far there are no detected transmissions from the Narooma case, and it's been eleven

days, and all Club staff have been tested. But we're on high alert.

So our Narooma COVID Clinic has been busy, but thankfully the staff have become very efficient, with waiting times down to a few minutes. Call 4476 2999 to book an appointment or go to www.health.nsw.gov.au and click on 'COVID-19 clinics' for an online booking. The clinic is open every weekday, mornings and afternoons, at this stage. Tests are free but you must have symptoms.

If you've simply been in contact with somebody who was at the Soldiers Club or Club Narooma, and you don't have symptoms, you DON'T need to be tested.

Hospitals continue to offer free testing without appointments – even if you don't have symptoms. The Bermagui Medical Centre does NOT do COVID-19 testing.

The turnaround time for test results is officially 72 hours but in general the results come back faster. It's important to self-isolate while you wait for results (and any time you're displaying any symptoms) – and it's disappointing that a number of people are still not aware of this. There's good information available on the NSW Health website above about isolation

periods, current restrictions, returning to work and more (also in different languages).

GPs continue to offer phone consultations if you're unwell or if you don't wish to come to the surgery. There are restrictions on the eligibility of phone consultations but as long as you contact your own surgery it shouldn't be a problem.

Keep your social distance. Stay home if you can. Wear a mask if you can't. Wash your hands or sanitise regularly.

Last but not least, on a personal level I am saddened by the overall feeling of despair, frustration and anxiety in our community and nationwide. I understand – I sometimes share some of these feelings. But I hope that we all continue to think about ways to be there for each other. There are amazing stories of people thinking laterally and reaching out to each other in different ways. There's always a silver lining and being grateful drives away depression. Keep loving each other – from a distance.

*Dr Gundi Muller
Lighthouse Surgery and Bermagui
Medical Centre*

Masks!

Wearing masks in public may well become a feature. It might even become illegal to go out in public without one, like in Melbourne. Maybe by the time this goes to print!

Any mask seems better than no mask but cotton socks might not do the trick. Bandanas are better.

If a mask gets wet it should be discarded or washed for reuse. So it makes sense to have multi-use, washable masks which prevent larger particle transmission and offer enough protection for shopping etc, instead of surgical (P2) masks that are single-use and hard to purchase. It also makes sense to leave the single-use ones for health professionals as there is short supply.

Which leaves us with home-made masks. Some useful advice:

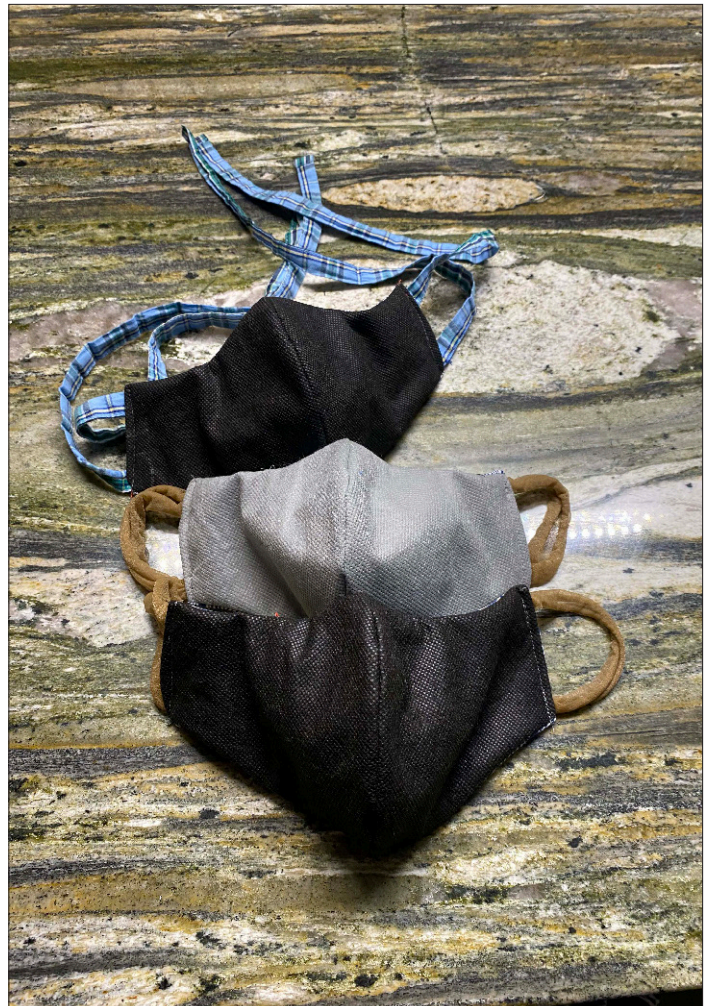
- Use fabric with high thread count and fine weave
- Three layers is great: say, denim inside, then a cotton-poly blend in the middle, then a waterproof like nylon on the outside
- Should fit well around the face
- Ties provide better fit than ear loops.

Here's a link to a good pattern that a talented Triangle seamstress has used successfully: www.fabricpatch.net. It's American so measurements are in inches but you'll cope. There are downloadable patterns and video tutorials. Try 'Jesse's mask'.

If you're handy with a sewing machine, why not make some extras for friends while you're at it!

Or for those with a needle and thread but no sewing machine, go to YouTube and search for 'The Twins Day face mask'. Also American, also in inches, that's fine. She has to talk quietly because her kid's doing homework in the next room, but any fumble-fingered sewing noobie could follow her directions. Even me.

Jen Severn



Odds & Sods

Haywards Beach is always changing. Every day is different from the last – the colour and shape of the waves and the sky, the depth of the channels along the beach, the slope of the sand as it enters the water, and the edge of the minor sandhill between the beach and the scrub. Recently, the changes have been substantial. The sandhill has built up and is now being eroded by high seas into a two-metre sand cliff that runs for hundreds of metres along the beach. Charcoal, and even leaf remnants, are still highly visible on the beach even six months after the fires ended.

At one spot the sand cliff fell away, revealing a profile in the sand – three distinct layers of bushfire remnants. A one-centimetre layer of charcoal, six centimetres of sand, two centimetres of burnt eucalypt leaves and thin sticks, another six centimetres of sand, a final thin layer of charcoal and another fifteen centimetres of sand to the present surface of the sand hill. In only a couple of million years there's a chance those three layers of blackness will be set into sandstone somewhere, and a scientist in a white coat will say, 'They must've had a mighty bushfire when this blackness formed!'

Birds on a wire

You might remember from last month's column that we've had two Isa Brown chooks for several years and they

rule their rose garden/chook pen with much chookly determination. They are Miss Bossy (aka The Fat One) and Miss Skinny (aka The Thin One). So if they weren't exactly disgruntled, they were far from being grunted when we introduced four younger pullets into the enclosure.

The young girls are both timid and pretty; they have rich, variegated patterns in their feathers unlike the Older Two who are solid redheads. Until they arrived here they'd never seen grass, but they bit into the kikuyu and it seemed to taste good. We put up a luxurious, if temporary, shelter for them but they always found their way to the loose wire fence covered with the choko vine and perched there.

After a few weeks we decided to move them in with the Big Girls, who have a sort of quasi-house which was delivered as a flat pack. After a couple of years the paint is peeling off and the wood is rotting, but it will last another few months until the major garden reorganisation happens. Predictably enough, the Big Girls push the Young Ones around, and we keep on finding them back on top of the choko vine, clinging to bare chicken wire. A more insecure and uncomfortable perch couldn't be imagined. We go out at night with the torch and move them back inside only for them to re-appear on the wire. We *locked* them into the comfortable house one night,

but when we went into the cage the next morning they fled the house like they'd been released from prison. The crunch will come when they want to lay eggs. Please, girls, no dropping them from the top of the wire fence.

Pink granite

Up high in the Wadbilliga National Park, where the closest town is Nimmitabel (as the crow flies) there is a creek. The creek bed is smooth, salmon-coloured granite boulders – a beautiful stone. Granite forms in a molten state during volcanic activity, and becomes crystalline during the cooling process. The speed of the cooling determines the shape and nature of the crystals. Erosion and friction determine the size and shape of the rocks, and they vary from the size of a car down to the diameter of a pinhead. The creek's at least a hundred kilometres from the ocean.

But back on Haywards Beach, every so often one of these salmon-coloured granite rocks appears. To my eye they're identical with the rock in the mountains. Did they land in the ocean after the first violent volcanic explosion? Or did they wend their way down the creeks and rivers, out into the ocean and from there onto Haywards Beach? How big were they before they underwent the erosion process? Lots of questions and guesses. Makes for an interesting walk along the beach.

Keith Bashford

Special parish service in Quaama

On Sunday 30 August at 10 am there will be a Special Service of Remembrance and Thanksgiving in Quaama. This will be held on the St Saviour's site in Cobargo Street, Quaama. Bishop Carol Wagner will be our special guest as we remember with great sadness the losses experienced in the summer fires, but also look forward with thanks to the future. We hope many will attend. Bring the family – there will be activities for the children. Please bring your folding chairs or a picnic blanket. After the service there will be a luncheon for all to

share – 'Sunday Lunch with Friends'.

'Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing.' (Mother Teresa). So, let's get together and smile!

Regular services in the Parish: Sundays, 8 am at All Saints, Bermagui and 10 am at Christ Church, Cobargo.

Unfortunately, the OK Shed Op Shop in Bermagui has not re-opened as yet. We shall reconsider the latest COVIDSafe advice in a few weeks. At this stage we are still not accepting donations either, as we

have limited storage space. We will keep everyone updated on our Parish of Cobargo Facebook site.

Please contact Rev. Tim Narroway (0411 825 204) if you or someone you know needs support. 'Answer me when I call, O God. Take away my distress. Have mercy on me and hear my prayer.' (Psalm 4.1)

Love and blessings,

*Chris Richard-Preston,
Chair, Parish Council*



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New Whitlam interview revealed!

Inspired by Professor Jenny Hocking and her relentless search for correspondence relating to Gough Whitlam (Prime Minister, 1972-1975), intrepid *Triangle* contributors have unearthed the following interview with Mr Whitlam conducted in Bermagui in 1995.

Gough and his wife Margaret were

guests for the Four Winds Festival, hosted by Neilma Gantner at Barragga Bay. Helen Blacka at that time was working at the Bermagui Primary School, helping students produce a newsletter, *The Bermagui Wave*; she was readily given permission for the students to interview the ex-Prime Minister, the results of which are

published here.

Were you one of the students? Do you have memories of the occasion? Do you have any further information not revealed in this exclusive exposé? Send your thoughts to contributions@thetriangle.org.au.

Heather O'Connor

Life, Gough and the Republic

Gough and Margaret Whitlam's very good friend, Mrs Neilma Gantner, invited us to her home at Barragga Bay on Easter Saturday to interview the Whitlams. They were in Bermagui as special guests for the wonderful Four Winds Easter concerts.

While we were waiting for the Whitlams, we sat in the courtyard listening to soprano Helen Noonan and pianist Robyn Womersley practising for the concert. We interviewed Mr Whitlam with classical music in the background.

Cassidy, Carly, Jasmin, Yr 6; Daniel, Yr 5; Sally, Yr 4 and Helen Blacka

What did you enjoy most about being Prime Minister?

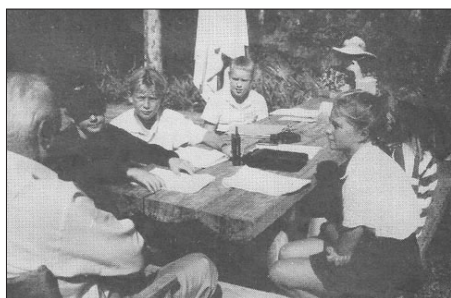
I was able to do some good things for the people of Australia which had to be done, either because they had been neglected by previous Governments or because previous Governments had not thought about doing them.

Do you have a favourite country or city and if so, why?

This is very hard to say, particularly after the number of associations I have had in this country.

At our age, you want to live in a country where you are familiar with things, so obviously we want to live here in Australia. But, if we had to be confined to some other single city, I guess we would live in Rome. In Rome two thousand years ago, people started writing histories and poems and songs and drama. It's also where western science started, you know Galileo, Torricelli and many others.

Of course for the last half century,



Gough and Margaret Whitlam chat with interviewers on Easter Saturday 1995.

it's been the centre of the most popular music ... and a great number of films, good looking clothing and motorcars. But that is only one place.

What I would like to emphasise to your generation is that –

'Bravo, bravo' someone called from the house, followed by much applause. Helen Noonan, accompanied by Robyn Womersley, had just given a rousing rendition of 'Waltzing Matilda'. Mr Whitlam casually turned his head and said, 'I didn't know that they could hear me!' We all laughed.

What you have to realise is that more and more people will find Australia a nice place to inhabit or visit, and more and more parts of the world will be a good place for Australians to inhabit and visit. In Australia now you can learn a great deal about other countries.

Do you still enjoy being interviewed?

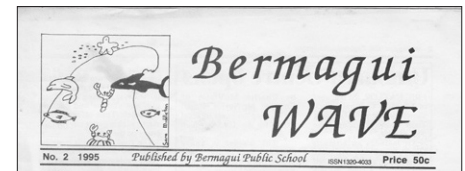
(A very long pause, then a sigh.) On my terms. A great number of people ask to interview me.

Very often they are teachers or students in Years 11 and 12, or students at University, or people who have University degrees and then want to get higher degrees, like a Masters, and have to do a thesis ... Women can be Masters too, gender has not got to that, yet. People don't like to say that they are a Mistress of Arts.

A great number of people want to interview me ... and I am reluctant to be interviewed because some of them, in effect, want me to do their work for them.

Of course, anybody wanting to know the history of this country, or the potential of this country, ought to be familiar with ... and I want you to take this down, I'm sure your school library has it ... 'The Whitlam Government 1972-1975'. The amazing thing is that a lot of people write or ring for an interview yet they can get the basis in that great work.

But if people would like to ask me about some other things where I have had some role and which are not set out in such classic works, or which in fact may have



Front page Banner of the Bermagui Wave, June/July/August 1995

been distorted in some trivial works which others have perpetrated, then I sometimes give interviews to them.

The ABC often asks to interview me on various subjects, partly because I am so distinguished and partly because I am so interesting. I say that I will come on. I don't [pre]record [interviews] with them because they edit them or splice me in with people I wouldn't be seen with.

So, at times I am difficult to interview. But you know Neilma Gantner is a great lady and she inveigled me into doing this interview.

Have you been to Bermagui before?

Yes, but it's a long time ago. When I was first in Federal Parliament in the 1950s, which was probably in your grandparents' days, we would bring the children down during the school holidays in August or September.

In those days, all these places, all these B's – Bodalla, Bermagui, Bega – were dairying places and we would sometimes get a hunk of cheese that was produced along here.

Mrs Whitlam joined us which was great because we had some special questions just for her.

Mr Whitlam then asked us what our parents did, how many kids were at our school and how many teachers were there. He also asked how old our teachers were. We told him middle-aged. He laughed and said that meant they must have been around 30.

Mr Whitlam said he guessed that none of us had ever spoken to anyone as old as him but Cassidy told him that his grandfather was the same age and that his grandfather was a navigator in the RAAF during WWII, just like Mr Whitlam. Mrs

Whitlam quipped from the other end of the table that Cassidy probably meant his great-grandfather.

We decided to continue the interview with Mr Whitlam while Sally asked Mrs Whitlam some questions. Mrs Gantner had put some juice and cookies on the table but Mrs Whitlam said that Mr Whitlam could not have any until he had finished the interview.

(To Mrs Whitlam) Do you think we will ever see a woman as Australia's Prime Minister?

Of course, yes, all good things come to us if we wait long enough.

What was it like being the wife of the Prime Minister?

Well, should I say it's the same and different as being the wife of anybody. You have got to support your husband in everything that he does and you stand there at the ready for extra duties.

But it was very exciting and very rewarding really, because you got to meet a lot of people of every age, all around Australia.

Sally told Mrs Whitlam that her grandmother, Connie Begley, remembered swimming many years ago at the Balmain Baths with Mrs Whitlam. Sally's grandmother was a backstroker while Mrs Whitlam told Sally that she specialised in freestyle and breaststroke.

By this stage we had quite an audience. Helen Noonan, Robyn Womersley and Heather O'Connor (Four Winds Coordinator who had organised the interview for us) had gathered to see how we were going and to meet the Whitlams. Mr Whitlam told them that we had covered the past two and a half millennia.

(To Mr Whitlam) Would you like to see Australia become a republic?

Certainly, certainly. (Cheers from our captive audience.) I think you will see that quite soon. I'm not sure that I will because I haven't got that long to go. But you ought to let your parents know that you think we should have a republic. There are a couple of reasons which are important to you.

I'm not saying anything against the Queen because I don't think anybody could have done that job better than she has. But nobody could do the job satisfactorily.

The Queen is the Queen of 16 different monarchies but of course her principal job is for the United Kingdom. In all the other places where she is Queen, her job has to be done by a Governor-General.

Governors-General usually hold the job for about five years. Some of them have been bad, and some of them have



A captive audience enjoys hearing Mr Whitlam's views on the Republic.

been very, very bad because the position goes to their head. The important thing is that nobody could carry out the job of Head of State of 16 different countries, it's impossible.

The Queen has been to Australia about a dozen times but she can't do anything in Australia. The only thing that can be done as long as we are a monarchy is to have the Queen's stand-in as Head of State - a Governor-General. You need somebody [as Head of State] who is an Australian and who could live here and work full time on that job.

But it's not just that. Take the Olympic Games. There are rules for holding the Olympic Games and in 2000 everyone around the world on television and in newspapers will see photographs of the Olympic Games in Sydney. The rules say the Games in any city must be opened by the Head of State of that country. The Queen is our Head of State, the Governor-General isn't.

So you have the impossible position that all the world would see the Queen open the Games in Sydney. People think that we are an independent country but everybody would say ... 'What is the Queen of England doing opening this thing which represents Australia?' It would be absurd to have somebody from the other side of the world open the Games.

There are also certain non-political, non-controversial things which a Head of State can do to represent a country in other countries. But the Queen can't represent Australia in another country.

If the Queen goes to another country, she represents only Britain. If Prince Philip or any of their children go, they represent only England or the United Kingdom, as it's called technically. The Queen went to Russia a couple of years ago. She didn't represent Australia, she represent the UK. That means we are denied that.

I would also like to mention the flag because it is very important to the Olympic Games. When I was young, the Union Jack was in the top left hand corner [of the flags] in about 20 countries, or more ... Now only about four countries still have the Union Jack there.

Everybody knows that the Union Jack is the British Flag, just as the Stars and Stripes is the US flag, or that the Rising Sun is the Japanese flag, or the Tricolour the French flag. It is very confusing when you see a country whose flag has the Union Jack in the corner. The only other ones that have it now are New Zealand, Tuvalu and the Cook Islands and I don't think you know where Tuvalu and the Cook Islands are.

(To Mrs Whitlam) Stop gesturing!! Will you turn this off, while I turn on! (Pointing to our tape recorder). Mrs Whitlam told him that Mrs Gantner had suggested we bring the interview to a close.

Yes I know! But don't you ... if Neilma had said it I would shut up immediately This is not being taped is it?

We told Mr Whitlam 'yes' and leave the tape running. Everybody laughed.

You can't tolerate your spouse upstaging you in public! I will not ... (He thumps the table) ... I rule our household.

We all laughed at Mr Whitlam. He was very funny.

But I just want to make this concluding remark. What you need as an Australian flag is a flag which has two characteristics. One is a flag which everyone in Australia can identify with - Aborigines, British descendants and migrants from all other countries. The second thing is that the flag must be identifiable ... as relating to Australia.

The only part of the present flag that Australians contributed is the Southern Cross. Everybody in the world would recognise it as our flag.

So you need to have a republic and you need to have a new flag for the Olympics.

The sort of flag that I would recommend to you is ... the Canadian flag. It has three panels, the middle one is wider than the ones on either side. The one in the middle has the maple leaf on it. Everybody in the world recognises that as Canada's flag ...

So what seems to me [what] you ought to have in the middle panel is the Southern Cross. It does not matter whether it is white with blue stars or red stars. But it is an excellent pattern and the two panels on each side should be the same colour, but a different colour to the panel in the middle.

(To Mrs Whitlam) Darling, could you please take over?

Mr Whitlam then had a well-deserved cookie. Jasmin gave Mr Whitlam an Easter Egg because Jasmin's Dad's secretary had worked with Mr Whitlam when he was Prime Minister.

No need to feel helpless!

'Help Getting Help' is a Bermagui-based, not-for-profit organisation which has grown organically since the New Year fires that swept through our homes and lives. The smoke may have gone for now, but the community is still feeling the impact from that horrendous event, and from COVID-19 now too. Help is available and it's free and community-driven.

The volunteers who make this organisation work have already assisted more than 150 families and businesses to avail themselves of over \$2 million in grants and loans for recovery from bushfires and COVID-19. It's not only for Bermagui residents. The model of this organisation should be headed for state and national rollout, judging by its success so far.

'Help Getting Help' is continuing beyond the arbitrary bushfire-related relief fund deadlines of 31 July and 4 August. It has a network reaching well beyond the Bega Valley. Relevant State and Federal Government departments are also involved.

People in the network include professionals, active and retired, of a wide variety. The organisation brings together Indigenous community representatives, trauma counsellors, psychologists and construction experts, and charities such as the Salvation Army, Anglicare and the Minderoo Foundation. The Bermagui Chamber of Commerce and Bega Valley Shire Council have assisted 'Help Getting Help' to ensure that others get the help they're eligible for. And the organisation has great relationships with Council,



Experts in building design or approvals would be welcomed by 'Help Getting Help' at the moment.

Service NSW and the Rural Assistance Authority to cut through red tape and get people the help they need.

What's on offer if you contact the organisation? Or if you're thinking of volunteering?

All information is held in the strictest confidence to make sure that dignity and trust is at the core of all interactions. The four platforms of help on offer are:

- **Help cut 'red tape'** – this is to help people find the information and apply for funds they are eligible for.
- **Help you talk** – there are professionals who you can talk to about the traumas and problems you are still experiencing. You may simply need to talk about your experiences or express yourself to the various officials involved in your recovery journey.

- **Help rebuild** – there are a range of basic house plans available to get the building approval process started as well as people to assist you through the various stages of your rebuild.

- **Help survive and thrive** – this is a service to assist you with start-up business ideas and business plans.

It's a genuine, simple and completely free service which arose out of Bermagui with a group of residents who knew how and what they could do to assist the community.

If you want to be involved as a volunteer, please contact the organisation through their Facebook group (HelpGettingHelp) or phone 0482 729 912. Of particular interest right now would be anyone with experience in building design or approval processes.

Ann Maree Manager

U3A Bermagui and District news

We're monitoring the situation regarding face-to-face classes but for the time being we continue our adventure, offering only online classes in Term 3.

The good news is that our offer of free membership is still available if you would like to join an online class.

Take a look at our Term 3 program on our website, bermagui.u3anet.org.au, and

read all about our classes on offer. You can call the 'contact' person shown alongside the course description if you would like to be included in a ZOOM class.

We have already tempted you with multiple session talks and discussions in Term 3 on Australia's Vietnam War, the Ice Age, Why are we Post Fact? and Buying Wine Online. When you add to these (again

multiple sessions) the Cold War, a poetry workshop, Critical Thinking and Story Writing, I'm sure you'll find something to entice you into the wonderful world of U3A!

*Ruth Perrett
President*

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CWA teamwork in the Triangle

As we announced last month, the State Conference of the NSW CWA will be held in Bega in May 2021, attracting hundreds of CWA members to our region for five days.

The Conference organising committee of eight women from the CWA Far South Coast Group includes three members from the Triangle area. Lynn Lawson of Cobargo is the Secretary for the organising committee, Secretary for the CWA Far South Coast Group and Secretary for the Cobargo Branch. Vicki Hummel is an active member of Bermagui CWA and is inspiring the team with her creative country-style approach to decorating the conference venue, Bega Showground. And I – Annette Kennewell from Tilba Branch – am responsible for local conference tours and publicity.

The Conference committee members are now busily planning Conference requirements, including timelines, accommodation, bus transport, raffle prizes for fundraising, catering, enlisting volunteers and local tours.

For more information on the CWA State Conference in Bega, please contact Lynn Lawson by email fscgcwa@gmail.com.

Annette Kennewell



CWA of NSW State Conference committee members, Lynn Lawson of Cobargo, Annette Kennewell of Tilba, and Vicki Hummel of Bermagui



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‘Have Your Say’. Is this all the community consultation we get?

Okay, let’s agree that Bega Valley Shire Council is incredibly busy and has been through exceptional times – as has everyone who lives here and got through the fires, floods and now ... yes, I am going to call it ... a viral PLAGUE! We’re all pretty exhausted and just wanting some respite from 2020.

So, if standards are slipping it may be understandable. But while ratepayers just get on with their daily lives, BVSC is up to an extraordinary amount of activity. If you look at the agenda for the last Council meeting on 22 July you’ll understand why that meeting went for longer than five hours. There were many items on the agenda which impact on us, the ratepayers, including a rate rise of 2.6% and increases to water and sewerage charges. They also reviewed their own remuneration packages

(but didn’t raise them this time); possible reclassification of the BVSC due to population growth; more about the serious woes in their book-keeping practices (for more, see below); plus decisions to potentially further restrict residents’ use of large areas of our environment beyond the usual breeding seasons, in the name of Wildlife Protection Areas. That is in addition to the usual tenders being awarded and contracts handed out for work in the Shire.

It would seem that we’re expected to watch the BVSC website daily just in case there’s something there on the ‘Have Your Say’ page that affects us and our enjoyment of the spaces we frequent. Keep your eyes peeled, people! You cannot expect Council to consult you before these decisions are made! And the ‘recommendation’

documents are presented as ‘fait accompli’ to the Councillors, who often rely solely on the council employees’ research on a topic before casting their deciding votes. All this is often done with a very low level of community consultation, ie the online ‘Have Your Say’ facility, and not all projects or decisions are even put through this forum.

If you have something to say, please send your communications to council@begavalley.nsw.gov.au and/or to each individual Councillor via email. Your voice is important. You deserve to be heard and your concerns considered – *before* decisions are made that affect our communities.

Ann Maree Menager

Déjà vu for BVSC?

Reading Council agendas and minutes can be a great cure for insomnia. However, the months of June and July 2020 were anything but sleep-inducing.

Amongst some big news, it could be a case of ‘there they go again’. Bega Valley Shire Council has been sacked before – in 1997 – due to poor financial management. An administrator was brought in to manage the finances.

Forward to 2020. On 13 July there was a BVSC Extraordinary Meeting to specifically address some concerning discrepancies in the 2018/2019 and 2019/2020 budgets, with roll-ons into the 2020/2021 financial situation. This Extraordinary Meeting was requested by Councillors Nadin and Bain on 30 June. There was also an independent submission from a concerned CPA accountant, Lucas Scarpin, who presented information to the Council that actual cash in bank of \$65.69 million would not cover the committed funds for projects of \$86.66 million – a

budget shortfall of \$20.97 million. Warning bells are ringing. Scarpin, a former Chief Financial Officer of BVSC who resigned in 2017, has notified Council that it needs to report this situation to the Office of Local Government

The encouraging thing is that, this time at least, the Councillors are aware of the cash flow failings.

Councils have a complicated network of funding sources, apart from the obvious revenue from rates. The thing to watch here was whether Council would revisit raising the rates by 2.6% to cover the shortfall of their cash balances. At a time where we’re all still licking our wounds from the fires, the floods, and COVID-19 and its huge economic kickdown, we hoped that Council could sort out its books without simply asking ratepayers to cover the blowout. There’s also much Federal and State funding extraordinarily allocated for the fire recovery, so it would seem the current cash discrepancy is to do

with the ‘business as usual’ BVSC budget, which we might have trusted to be well accounted for.

Ratepayers expect transparency and accountability of their Councillors and the paid staff who support the Councillors and manage the assets and funds in our Shire. It seems figures are trickier than you would expect.

For now the Councillors have agreed to approach our local member, Minister Andrew Constance, to ask the NSW Auditor General and the Office of Local Government to fund a review of Council’s financial positions as at 31 March 2020 and 30 June 2020, and projected at 30 June 2021, particularly focusing on the restricted and unrestricted reserves and the cash position at each point in time.

For full details, go to the Council Minutes on their webpage.

Ann Maree Menager

CARERS “LOOK AFTER YOURSELF” (LAY) REMINDER

NDIS Plans are due for renewal in the Bega Valley.

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

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The Triangle – we've come a long way

On a cold, blustery winter's day, I decided to sort through my old copies of *The Triangle*. A box had been gathering dust in my garage.

Editions from 2009, the first year of my involvement, held all sorts of stories: the Seaside Fair, dramatic rescues, wayward pets, music festivals, art events, and just the comings and goings of the people who make up our community. It brought back many memories of my early days in Bermagui.

But imagine my delight when I found the very first four editions of *The Triangle*, starting in September 2002. Ironically, the first edition's front page was about bushfires in Yowrie! Editions from 2003 to 2008 revealed stories of long-forgotten events and people. I was fascinated by advertisements for businesses that were no longer here.

Memories flooded back of my first encounter with the *Triangle* team. I was invited to join a meeting at the Cobargo pub. Not being a 'pub person', it was with trepidation that I entered to meet with a group of people I didn't know. But a warm welcome was extended and I quickly became a member of the group.

The Triangle came about through the passion of a few locals who felt that our

region was not being adequately covered by existing local newspapers. With lots of energy and a generous donation from a local benefactor, they set out to produce a publication that told stories from Cobargo,



The very first editions of *The Triangle*, from 2002

the Tilbas and Bermagui (Quaama was added a little later), the towns nestled between our three mountains, Gulaga, Mumbulla and Peak Alone. Thus, *The Triangle* was born ... and some said it wouldn't last a year!

Looking back on those old editions, I'm amazed at how far we've come in 18

years. The first copies were cut-and-paste jobs, photocopied locally. By the time I joined in 2009, we'd moved on to semi-professional desktop-publishing software, and the paper was professionally printed.

In 2009, we were amazed when we filled 28 pages. Today we're battling to keep the contributions confined to 36 pages, and sometimes we go to 40. Yes, we have certainly come a long way. Current editions are taking on a professional look. Our software and layout have improved, our system of accounts are streamlined and computerised, our distribution is widespread, our advertisers are supportive and happy ... and, of course, it's still all achieved by local volunteers.

The Triangle is an important historical record of our communities – the commentary of life in our wonderful area. It tells the stories of the people – the good times, the fun times, the tragedies and the bad times. It is, and will always be, our voice.

Copies of *The Triangle* from its very beginning are now archived with the State Library of NSW and are held locally at Well Thumbed Books in Cobargo.

Carolyn Banados

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As the countryside continued to become drier and drier, people in the community started to become more tense and more concerned that it was becoming another opportunity for fire to return. Fortunately, the rain did come and relieved the pressure for a while. Bombala gathered the most with 160mm, Bega 110mm and locally, Bermagui 84mm and Cobargo and surrounds 52mm to 70mm. It certainly was just the ticket for the winter crops to be enhanced.

Despite all that has occurred, signs of life are abundant around the town. The new RSL Hall committee are doing a remarkable job of rejuvenating the Hall and surrounds with regular working bees. A credit to all involved and a big thanks to the Cobargo Co-operative for their generous donation to help bring a community asset back to life.

The Business Council of Australia is working in conjunction with the Cobargo Quaama Business Recovery group and the

Cobargo Co-op to establish a collective of dongas to be located in the Co-op yard, facing the existing carpark. This will enable six local businesses which lost their shopfronts to trade until the streetscape of Cobargo is rebuilt. The intent is that the cosmetically appealing dongas will be installed by end October.

Meanwhile all community groups are working together excitedly to create and develop a master plan to submit and gain funding for the rebuild of Cobargo. In order to gain a strong knowledge of the community's needs, they've placed survey forms at the post office, general stores at Cobargo and Quaama, and Cobargo Co-op. I encourage anyone who'd like to contribute their thoughts to the final Master Plan to make haste and put pen to paper. The aim is to make Cobargo a great place to visit, shop, work and live again.

During this last month a brunch was held at Cobargo Hotel for fire-affected women, ably organised by Ange Kaine

and Sophie Campbell and special guest speakers Bronny Taylor and Jen Keloiski. A fabulous get-together for all who attended. We wish Bernie and Cheryl Smith a happy retirement from their cartage business, happy 70th to Noel Haase, who celebrated with a small group of family and friends, and congratulations to Helen and Warren Salway who became grandparents to Mikayla May, born to their daughter Angela and her husband Phil. And wishing Robyn Grice and Suzi Nicholls speedy recoveries after their recent illnesses.

It is with sadness we learnt of the passing of another iconic local, Roy Gannon. Roy, who was often misunderstood, was a wonderful, interesting and very kind man who enjoyed sitting on a bench in Cobargo and having a chat about all the goings-on – in the world, and of course in his beloved Cobargo. Deepest condolences to his family.

Mary Williams, Publicity Officer

CWA news

We received a welcome visit at our last meeting from Beth Goodwin, Principal of Cabramatta High School, who came with her sister to bring another donation of handicraft materials for the community.

Her mother was a member of the CWA many years ago and Beth herself has always been community-minded and translates that into teaching 'helping others' as a school culture. There are over 50 languages spoken in the school. The students decided to help Cobargo following the bushfires and the additional crisis of COVID-19. They are also helping Cobargo School and recently despatched a

truck from their community to the Bushfire Relief Centre, with all sorts of goods.

We've been receiving generous donations of craft materials following the bushfires. We were pleased to be able to help the Cobargo and Quaama Quilters distribute quilts, fabrics and craft essentials to our community last month at the School of Arts Hall. In yet another example of the kindness of others, the Jerangle and Peak View branch of the CWA sent individual gifts to each member of Cobargo Branch. We all enjoyed the chocolates!

A feature of our meetings is friendliness and the acceptance of all.

Points of view are received with respect and we're united in our aims to address things that we feel need to be changed in our society – we can get changes made. Under consideration at our branch is the cost of medicinal cannabis – should it be met by the PBS? Another is raising awareness that gambling advertisements are being broadcast at inappropriate times.

As shown, CWA covers a range of interests. We also study other countries, enjoy handicraft and relish our cookery. Mostly we are about friendship and supporting each other, and we always welcome new members. Why not join us?



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Michael Jensen ND. DHOMM. DHM. DTM.

Naturopathy and Bodywork

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Cobargo Bushfire Relief Centre is on the move

For the past six months, the Cobargo Showground has been home to the Cobargo Bushfire Relief Centre. The Showground provided a refuge at the time of the fires, somewhere for people to stay, to eat, to shower and to generally come together as a community at that dreadful time. Since then, the Relief Centre has been providing much-needed assistance to bushfire-affected members of the community by way of donated goods, referrals to services and advocacy with various agencies.



However, now the time has come for the Relief Centre to move to its new home It's at 22-34 Princes Highway, Cobargo, in the cottage where solicitor Steve Ross used to be, just north of the Bakery. All the usual services that people have become used to are available at the new Centre and there is even a 'quiet space' in the side garden for a cup of coffee or tea, a chat or just some quiet contemplation.

Although the space is smaller than at the Showground, there are still lots of donated goods, warm clothing, household items, bedding and the like. There's always a welcome smile from the volunteers and help or advice on how to access grants or other services. Free wi-fi and other admin help is also available if you need to send or receive important documents.

We'd also like to thank Anglicare, Cobargo Community Bushfire Recovery Fund and the Minderoo Foundation for helping to make this move possible. The Relief Centre can now assist the community for as long as it's needed.

On behalf of the community, we would like to thank the Showground Trust for their assistance and flexibility in having the Cobargo Bushfire Relief Centre at their location for as long as they have. It's been a huge benefit to the community that such a facility has been available, but it's understood that they need to move forward with their remediation and new building plans and also make the facility available to other groups in the community.

We look forward to you popping in to say g'day, enjoy a cuppa, see how we can help out and have a look at the new Relief Centre. After all, it's yours to use – please, don't be a stranger! We're open Tuesdays, Thursdays and Fridays 10.00 am – 4.00 pm and Saturdays 10.00 am – 2.00 pm.

*Chris Walters, Joint Co-ordinator
Cobargo Bushfire Relief Centre*



Chris Walters, Danielle Murphy and the garden that visitors can rest in

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Cobargo Conversations

Some thoughts, six months on

The hyperbole and tears are mostly spent and the blackened vestiges of our lives are scraped bare, so what now?

For those of us whose homes were our lives, we have to reinvent ourselves before we can reinvent our lives. Who am I at 67?

Who we were was defined by our lives on the land, our sense of self so tightly bound with our sense of place that loosening those bonds and stepping away is a most difficult process.

I swing. Peak Alone on a clear winter's day still holds my heart while I try to be logical and reasonable and comb the real estate in nearby towns.

Today I am old. I cannot face the challenge of rebuilding in my valley. I still call it 'my valley'. Perhaps tomorrow I will be brave enough. Things change, I change.

Healing is slow and who knows who I will be in a week or a month. In the meantime, the days create their own rhythms, which are simple enough. When in doubt, clean, cook, put one foot in front of the other. Walk, read a book, talk to a friend.

Just when I think I'm capable of making real decisions I find getting dressed too hard.

Sally Raspin



New Cobargo landscape: caged chimney and a lonely palm

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The middle of the year ... and what a year it's has been so far. The cold has set in and most of the community are bunkering down in warm homes. And that rain did come down! Over 100mm and every drop celebrated! Hopefully a few follow-up rain events will dampen the remaining bushland to help ease the threat of more fire in summer. The rain event and East Coast Low also brought spectacularly heavy seas and big surf to Bermagui. A photographer's dream of that one great shot, the sight of huge waves battering the coast brought people onto vantage points along our coastal headlands.

It's been a busy time over the last few weeks of July as school holiday visitors flocked to town. There were some concerns from locals that so many Victorians were here, and, as a 'second wave' of infection spread from Melbourne, many holidaymakers cut their stay short. Then, of course, our NSW holidaymakers filled the gaps. Bermagui has been buzzing, much to the joy of local businesses desperately in need of this influx.

Some concerning anecdotes are floating around about people being abusive when local business owners insist on their COVID safety plans. So many people think they are exempt from requirements like sanitising their hands when entering



The East Coast Low brought spectacular surf to Bermagui (photo: Kryisia St Clair)

a business, filling the sign-in sheet, or abiding by capacity numbers. From what I've heard, the main culprits are the blokes sorry, fellas, but we all must do our bit! The virus is still out there – coming scarily close to home in recent weeks – so we must continue to be vigilant and stay safe.

There's been a fair bit of activity on the fishing scene over the past month. Our wonderful Marine Rescue volunteers have been busy keeping tabs on boats leaving and entering the harbour, as well as having to undertake a few rescues. I'm sure there must be a great sigh of relief from stranded boat crews when they see Bermagui's BG30 dashing to their aid.

So, with the Queensland border open, this will be my last story for a while as I finally head north to see my grandchildren!

Well, actually, it might be my last story full stop. I have decided to hand over the baton to someone else to write Bermagui Banter in the future. I've been doing this for five years, and feel it's time for someone with a fresh, new approach to take over.

I'll remain on the *Triangle* committee as Secretary, and you'll see an occasional article from me when I have something to say! But for now it's farewell. I'd like to thank everyone who has supported me over the years, especially those I call my 'ears and eyes', who fed me snippets of information to follow up on. I've received many bouquets – and a few brickbats – along the way, and I'm always appreciative, even the constructive criticism when I got things wrong!

Summer's coming: let's co-ordinate fire safety now

The Bermagui Badja Fire Edge Community Connection Project started from discussions between neighbours on Nutleys Creek Road, and RFS and SES members. Now's a good time to start sharing some learnings from the fires. COVID-19 got in the way a bit, but summer will come again.

The aim of the project is to assist Bermagui people who were on or near the edges of the Badja Forest Road Fire to collaboratively share experiences, monitor wellbeing, identify concerns and develop joint actions and a collective future vision to increase the community's resilience.

Tim Holsworth (Bermagui RFS Captain) and Martin Wraight (Bermagui SES Captain) encouraged the Crossing to make this happen.

We thought the best place to help communication is by renewing phone and email lists on a road-by-road basis, with each road having someone taking a lead role to update and look after their list. The Crossing has started one for Nutleys Creek Road; Colin Jack is doing one for Elgin Court. Details to be recorded are

Road Address, Names, Email and Phone Number(s). Please suggest others who can help coordinate the roads below, and feel free to show this to them to get them started on their road. There's a Facebook group (Bermagui Badja Fire Edge Community Connection Project) so that people can share good ideas across all the roads or have a one-road discussion as they choose.

We propose a series of meetings at the Crossing Community Hall (392 Nutleys Creek Road, Bermagui) for designated roads/areas. The meetings will be held on Sundays from 2 to 4 pm. We'll adhere to Covid Safety and social distancing, and a maximum of 20 participants per meeting, one person per household.

By the time you're reading this, the Nutleys Creek, Black Marlin and Mangans meeting will have been held. The rest are:

- 9 August: Rileys with Elgin, Westrops, Ridge Rd and houses on forest section of Cobargo-Bermagui Rd
- 16 August: Lyrebird Ridge with Green Tyrells
- 30 August: Head of Cuttagee Rd and

Bermagui-Tathra Rd to Cuttagee

- 13 September: Benny Gowings, Murrah River, Hergenahs and Bermagui-Tathra Rd around Murrah Hall
- 26 September: Fairhaven Point Rd
- 18 October: Beauty Point Rd and Wallaga Lake Heights
- 22 November: Open gathering to follow up joint issues raised

If you can't get to your own road meeting feel free to come to another road meeting as issues will be similar. We'll also send out results by email and in the Facebook group. Please email us (stay@thecrossingland.org.au with the subject 'Bermagui Badja Fire Edge') or phone 6493 3400 if you'd like to attend the meetings, to help us keep track of who's coming, for Covid-safe reasons.

Dean and Annette Turner
The Crossing Land Education Trust
With support from Bermagui RFS and
SES, Resilience NSW
and COORDINARE South Eastern NSW
Primary Health Network

Recovery in the bush: Bermagui Wildlife Support 2020

Our hinterland has been devastated by bushfires but can it survive?

As you travel over the fire-ravaged hills, the lyrebirds still appear sporadically, but the sound of the kookaburra is now rare. Millions of native animals died or lost their habitat.

Our narrow coastal strip, spared from the fires, still provides habitat and allows wildlife to breed. Breeding success in unburnt areas will greatly assist the repopulation of the inland forests as they recover.

Some people say that Australian flora depends on fire to regenerate. Does all that epicormic growth on the gum trees indicate a resilience that will enable survival and regrowth? Yes, but it isn't as simple as that.

The epicormic growth (the little leaves sprouting from the buds that were protected by the bark) are photosynthesising, creating sugars for the immediate survival of the tree. This can be successful, but if the tree is too badly damaged, this epicormic growth will wither and die. Many of the fire-damaged trees in areas of high fire intensity may succumb to this.

If there's growth around the base of the tree, it's different. This can regenerate from underground lignotubers – large roots from which the tree can sprout new growth. Although the above-ground part of the tree may not survive after fire, the lignotuber and root-system can remain alive. These trees should be left alone, as their removal will damage the lignotubers and may prevent the tree from successfully re-growing. In time, these trees will often develop multi-stem trunks and provide important habitat for local wildlife. Let's be careful and watch the bush trying to regenerate.

The unprecedented ferocity of the Badja fire means that our landscape has changed irredeemably. We are so lucky to have our immediate coastal bushland still intact. It's precious, but it's drought-affected. Marsupials, reptiles, birds, insects and frogs are struggling to find sufficient water or food in some areas to sustain viable populations.

Volunteers from the Bermagui Wildlife Support 2020 Group took water and carefully selected fruit, vegetables, seed and pellets to more than 70 feeding stations around our Bermagui district in January. Now we're maintaining just 27 sites and hopefully fewer and fewer, if the weather is favorable and new, edible foliage continues to grow.



A meal enjoyed

On the ground, all plants including weeds help keep the topsoil in place. New grass has appeared for the kangaroos, wombats and wallabies. However, on some of our dry ridges, the regeneration is very slow and it will take time before these areas can support viable populations of fauna.

We're still feeding to assist in the survival of many species.

Great care is taken so birds and animals do not become dependent on the food supplied. The amount offered is a supplement to their natural foraging habits. Best case scenario, now that we have had some rain, the bush will continue to regenerate, wildlife will rejoice and we will be redundant!

*Kerry Davies, Jenifer James and
Rebecca Rudd*

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Bermagui Banter

Welcome! Ten new ambulance staff for Bermagui Station

It's been almost two years since the NSW Government publicly recognised the need for more paramedic staffing for regional towns. Better late than never, I suppose, but ... welcome to Bermagui's new ambos!

In total there will be ten permanent, full-time ambulance staff working in our area. This is in addition to extra staff already in place in Batemans Bay, Moruya and Narooma.

After what has been one hell of a 2020 so far, this news is a real tonic. The tyranny of distance here on our beautiful coastline can mean a brutal wait for urgent medical assistance. More ambulance staff also means more ambulances! We're also gaining ten new permanent residents in our area. This is a fresh injection of full-time professional residents into our community. What great news for all of us!

Paramedic Tom Hawkins and his partner, Georgie Clark, have already arrived. Tom and Georgie have moved from Manly so already know the joys of living by the sea. Georgie is in the process of closing her own architectural business in Manly over the next few months but is moving to Bermagui permanently. Natalie Vetrano is the other ambulance staff member who also commenced here in July. There will be more arriving this month to begin new lives in Bermagui and



Tom Hawkins and Natalie Vetrano will soon be joined by eight more paramedics in Bermagui -- as long as they can find somewhere to live!

the surrounding area.

Do you have a rental property for these very welcome newcomers to Bermagui? If you do, please contact the Bermagui Ambulance Station or your preferred real estate agents. It has always been tough to secure permanent rentals in the holiday

town of Bermagui and the recent fires have seen many rental properties taken up by those who lost everything. If you are a holiday rental home owner, maybe you could consider a longer lease?

Ann Maree Menager

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Bermagui Banter

Moodji is a farm – so they farm!

Some of us remember the horse paddock between Bermagui Preschool and the police station, a pretty desolate space, usually with a lone horse to amuse the kiddies hanging over the fence. But over the past fifteen months the paddock has been transformed into a lush and highly productive garden, feeding and teaching many.

The Moodji Farm project (Moodji meaning ‘friend’) began in 2018, a collaboration between the Bermagui Preschool, Merrimans Aboriginal Lands Council (who own the land), Eat Dirt Permaculture and the community. It was inspired by Bruce Pascoe’s book, *Dark Emu*, to teach the children and community members about the cultural heritage of the local Djiringanj people, through the creation of a bushlands garden and language program.

Since breaking ground in April last year, there has been much community involvement and many workshops, and support from no less than Costa Georgiadis of ABC’s *Gardening Australia*.

Despite the extreme challenges of the year, project manager Dan Bakker, Narooma High School students, preschoolers and volunteers have managed to produce enough to supply boxes of mixed vegetables to the Bermagui Farmers Market – quite a feat.

In Dan’s own words, from a report in the recent preschool’s eNews: ‘After eight months of coastal drought, the venture has since encountered fire fronts, multiple regional evacuations, power

outages, Stage 4 water restrictions, seven weeks of atmospheric smoke, COVID lockdown, a global seed shortage, social distancing concerns and a subsequent downturn in hands-on input.’

Despite these serious issues and doubt cast on funding, they took the attitude, ‘Moodji is a farm – so let’s farm!’

Dan goes on to say, ‘Thanks to the a-little-a-lot contributions of eight local volunteers, we devised a Social Distancing Policy and turned to the soil for recovery via the extensive propagation and planting of thousands of winter veggies to retail at our local market – and so far it appears to be working!’

‘For six weeks the team chipped away daily, seeding trays, preparing new beds, tilling, composting, hand-irrigating, weeding, direct sowing, building propagation hothouses ... the list goes on.’

Recently Moodji drew broad attention when Costa featured the project via a national virtual tour of urban farms, where Dan gave a detailed breakdown of the year’s challenges and achievements while also highlighting what lay ahead for the project. To view Costa’s conversation with Dan, google “the second edible garden” (Moodji comes in at 1hr, 9mins).

To get involved, call Dan on 0427 746 980.

Georgina Adamson



The garden has survived 2020 so far and continues to produce.

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Bermagui gets a new sculpture

The Bermagui Business Award is one of the prizes for artists exhibiting at Sculpture Bermagui. In the past, the prize was provided by Bermagui businesses. However, in 2020, given the difficult circumstances, the Sculpture Bermagui Committee was pleased to step in to ensure that this prize continued.

Edward Willson's 'Fluidity' was the piece we chose. It has now been installed in the garden beside Octopii, opposite the primary school. We invite the community to take some time to pause and enjoy the piece. Sculptures that exist in our everyday world can really inspire us on a daily basis.

One of the nicest things about this prize is that Edward Willson is a local, based in Bermagui. He uses a variety of

media, including ceramics and cement, stone and metal.

Edward studied art at College of Fine Arts in Sydney. He first exhibited in Berlin.

'My work lies in hotels in Mudgee and Batemans Bay, and private collections Australia wide, as well as Germany, France and China,' says Edward. 'My major inspiration is from serpents and human abstract movements, as well the paintings of Francis Bacon. I'm totally fascinated with all stone, but predominantly granite.'

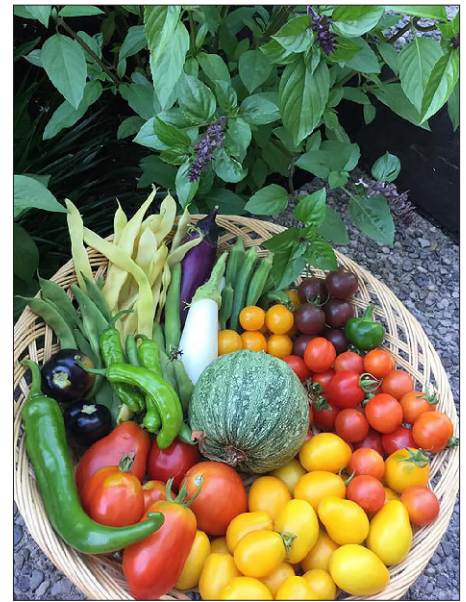
One of the Committee's goals is that, one day, we will develop an extensive and diverse collection of quality sculptures permanently installed around Bermagui for locals and visitors to appreciate.

The Sculpture Bermagui Committee



Sculpture Bermagui acquired Edward Willson's 'Fluidity' for the town.

Bermagui Growers Market takes a break



The Bermagui Growers Market will take a break from the end of July. The reason, of course, is lack of local veggies. We haven't had enough rain and it appears we are back in drought once again. We will return when we can supply you with our wonderful, fresh, local produce.

You will be advised of a return date – sometime in spring. Thank you so much to our local community for supporting local producers. Follow Bermagui Growers Market on Facebook.

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

What will it take to save our Lake?

A drive over the aquamarine Wagonga Inlet always lifts my spirits. It's one of the most beautiful inlets I've ever seen. It's also an official Recreational Fishing Haven.

Those same feelings of peace and tranquillity used to arise in me as I drove over the Wallaga Lake Bridge when the clear, blue-green saltwater tides ran in and out, when the Lake was open to the sea – as it should be. Currently, Wallaga Lake is choked shut and a murky brown, with bubbling algae around its edges and dead fish washed up along the shores. The jellyfish are thriving though ...

You may have thought that the huge 4.9-metre seas that swept into the Lake from the East Coast Low last month would help. But they've done the opposite, with even more sand pushed up across the mouth of the Lake.

During the same weather event, the mouth of the Bega River was opened to ease flooding across the Tathra-Bermagui Road. Council can and will open these water bodies when roads are at risk, it seems, or pre-set maximum depths are reached. Wallaga Lake has to get to 1.2 metres at the measurement point on Regatta Point before the Council will make a move to open it. Even with all of July's rain and big seas, the Lake still fell well short of this, at just over 0.6 metres.

Keeping the Lake open would revive the ecosystem. But rules set years ago are still in force.

Lake Macquarie was declared a Recreational Fishing Haven (RFH) and is a prime example of the rehabilitation



The ocean took matters into its own hands last month.

of a sick lake environment. Fish stocks thrived so the very lucrative mum-and-dad fisher folk came to enjoy some proper, fun fishing, to stay in the caravan parks, and to introduce the next generation of fishers to the sport. Commercial netting licences were bought out and Lake Macquarie became the haven it is now.

Bermagui is renowned for deep sea fishing and, commercially, the tuna catch is a big part of the local economy and heritage. But deep sea fishing requires some serious investment in boats and gear. More accessible is the hook, line and sinker fishing that anyone can do. A section of the Bermagui River is now a RFH and fishing stocks have improved as expected. What

is stopping the same for Wallaga Lake? Plenty of recreational fishing families stay in the three caravan parks on this Lake. There is demand for fishing in the Lake, but ever-dwindling fish numbers.

There is economic value in having a healthy Wallaga Lake for the region. The Department of Planning, Industry and Environment (DPIE) is responsible for the licences given to those conducting commercial fishing activities on Wallaga Lake and could buy out the existing licences that still net fish out of the Lake at an unsustainable, commercial scale. The DPIE can make the RFH a reality. When you buy a recreational fishing licence that money is supposed to be used to protect the recreational fishing areas.

Bega Valley Shire Council has the call on when to open the Lake to the ocean. Where are the voices of the recreational fishing community? Stories circulate that nobody's catching fish in Wallaga Lake. The Lake is sick, yet the authorities are oblivious.

If you're concerned about the health of Wallaga Lake, a good start is to contact Andrew Constance, our local State representative. Bermagui River is being dredged as a part of the \$1.2 million NSW Coastal Dredging strategy. And a Council-run project is using some funding from the fire recovery pool to clean up lake foreshores. Maybe we can voice our concerns about the health of Wallaga Lake and get some solutions from the various authorities involved. Speak up!

Ann Maree Manager



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Shifting sands

There's been a lot of interest, comment, speculation and opinions, good and bad, about the dredging of the Bermagui Harbour and the relocation of the sand to Horseshoe Bay. The body responsible was the Department of Planning, Industry and Environment, with contractors carrying out the works.

Understandably there have been concerns, as it was a very visible project. Thousands of tonnes of sand, sometimes just looking like sludge, being deposited



The sand cliff created could have posed a risk to children.

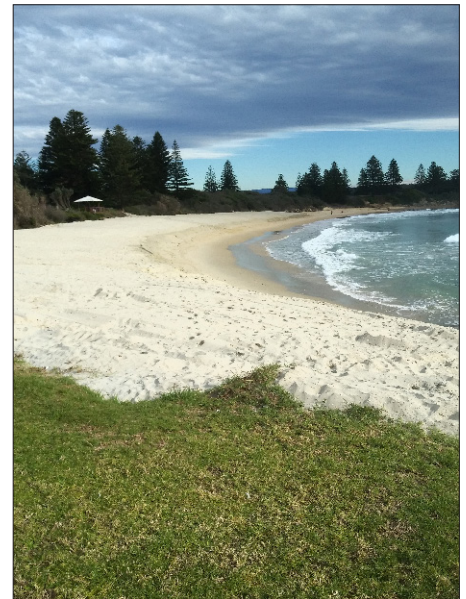
on our precious Horseshoe Bay Beach, was likely to draw comment, and people have been upset.

Naturally curious, I have observed this work from day one and have also spoken with a number of people involved with the wharf – management, directors of the Co-op and fishermen, to ascertain why this work was being carried out. I was assured that it was not to allow bigger boats in, the concern that was being expressed, and that there is a definite limit on the size of vessels entering the Bermagui Harbour.

Apparently, the works are a necessary part of keeping the Harbour accessible for all commercial and recreational fishing, one of the mainstays of this town. Maintenance is required now and again to keep the navigation channels open so the Harbour can function. The last time was in 2003. Prior to the dredging, I was told by several fishermen, both commercial and recreational, there were times when the sand bar made entry and exit extremely difficult and dangerous.

The process of relocating the sand into Horseshoe Bay has been an ugly one and it's been hard to see how the beach can return to its former glory. There's been a lack of information and signage, and a safety issue, especially for children playing on this unstable dune, despite signage to keep off the beach. It could have been handled much better by responsible authorities.

I was interested to see the effect of the high seas and wild weather associated with the East Coast Low that battered us last month. The last time the coast suffered from these conditions most of Horseshoe Bay was heavily eroded and access to the beach damaged. This time, it was pleasing to see that the new sandbank was holding up and there was far less damage to the beach.



The bulldozers have left after levelling the beach to some degree.

When I visited on 19 July the beach was looking good. It had been levelled and groomed and the bulldozers had left. The Bermagui Blue Balls had just returned from their bracing swim and I asked if swimming conditions had changed.

The main complaint was that there was more gravel and shell grit than normal. Let's see if the ever 'shifting sands' will take care of that in the future.

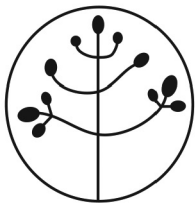
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It's easy to think that spring is just around the corner. Birds are behaving badly, buds are swelling and we've had such mild weather! Wasn't July supposed to be our coldest month? I'm going through far less firewood this year than any year I can remember. I'm not writing off winter just yet, but it does feel so mild, I'm rushing to finish off the winter tasks in my garden before it all gets away.

Others must be feeling the same way, judging from the attendance at a terrific 'Divide and Share' plant swap at Quaama Hall on 18 July. It was organised by plant man Don Firth and Veronica Abbess (his take on her last name) of Bushfire Recovery fame. The front of Quaama Hall was full of plants in punnets and pots and piled up in buckets. It was not only edibles, but ornamentals too for those who are trying to repopulate burned areas in their gardens. It was well-attended with both villagers and people heading in from the bush to see what they might find to put some shrubs and flowers back on their blackened blocks. What a smashing success it was! Thanks to Don and Veronica for putting it on and the Bega Valley Seed Savers and the Bega Garden Club for their assistance in the sourcing of plants.

The Bushfire Recovery Centre continues to operate out of the Quaama Hall but that will be changing. Veronica Abbott is trying to source some shipping containers so that she can set up shop in the Hall grounds, leaving the Hall itself open for the dancers and school performances that will (Covid willing) start up again soon. But, for now, the recovery continues from the Hall with support in many forms. There've been so many donations that



The plant swap was wonderful. One garden's excess is another's bright new corner.



Hello, neighbour! Fingers crossed, the next big thing will be a planting scheme.

the overflow has become a full-blown pop shop. Come and browse through what's on offer and, as you leave, make a donation that goes straight to local fire victims. The supper room continues to be a place of

respite where you can put the kettle on and play a game with friends if that takes your fancy. It was a welcome haven during the rainy days we had in July with a stellar pumpkin soup bubbling on the hob.

Was anyone else shocked by all the trees felled near the rest area? What was once a wooded curve is now bare, overlooked by houses that we'd never before seen from the road. I don't know what the replanting plan is, but I sure hope there is one! If anyone knows, email me at quaama@thetriangle.org.au and we'll all know next month.

The Triangle has its second ever coupon! The Cobargo Hotel is now serving breakfast. Buy a breakfast with coffee and get one free when you cut out and bring along their ad on page 20. Eat inside, eat outside or take away. Covid measures in place.

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As I sit down to write, good rain has fallen, the Eden-Monaro By-election is over, Victoria is in lockdown and NSW is increasing restrictions again. At the same time as our governments are dealing with the urgent COVID-19 health crisis, they are also considering the immediate and longer term implications for the economy. Alongside all this, many are seeing the current upheaval as an opportunity to consider doing things differently and addressing some of the major unresolved issues of our times like the climate emergency and growing inequality. These big issues can seem a long way from our day-to-day lives. However, there are lots of things happening at the local level that impact on our future in important and positive ways. Enjoy reading on.

Back to the Future

The Tilba District Chamber of Commerce is leading a process of community and agency consultation that will feed into the crucial development of the Community Bushfire Protection Plan for the Tilba District.

Firstly – and vitally – a facilitated ‘Back to the Future’ planning forum will be held on Saturday, 15 August, at 2 pm at the Big Hall, Central Tilba. The purpose of this forum is to bring the Tilba District community – residents who live between the three bridges at Dignams Creek, Corunna Lake and Akolele and out to Armitage Road – together to reflect on the experience of last summer’s fires. The forum will consider the preparation and response of the community and agencies by identifying strengths and areas for improvement, and establish priorities in order to prepare and respond to future fire events. Insights gained from the forum will be shared with NSW RFS, who are leading the state process along with Council and other relevant agencies in the preparation and implementation of Community Bushfire Protection Plans.

More information on registration for the forum is available on www.visittilba.com.au/post/back-to-the-future and on their Facebook page (Visit Tilba). Numbers are limited due to COVID-19.

As background to this forum, Tilba District Chamber of Commerce made an excellent submission to the NSW Bushfire Inquiry. Eurobodalla Council has acknowledged this submission and the high priority of Community Bushfire Protection Plans for Central Tilba and Tilba Tilba. The Chamber has also set up a local Tilba District Bushfire Risk Management Steering Committee with representatives from the Chamber, Central Tilba RFS, Tilba Tilba Water Users Association, Tilba Tilba and South Narooma Land Care Group and local community members. The Steering Committee will manage the forum and subsequent involvement in the NSW RFS state process.



Harvey and the new Tilba Teapot produce arrangement

Renewal

Great news - the Tilba Teapot has reopened using the café part, the footpath and the verandah. Still operated by Harvey and Rebecca, it will focus more on coffee, cakes and takeaway meals such as Harvey’s delicious pies and fish and chips. A great addition is a deli section which includes Rebecca’s preserves – as well as fresh fruit, vegetables and eggs. Ellen’s Pantry will focus on more substantial meals. Well done, Harvey and Rebecca – it’s been a hard year but heartwarming to see this commitment to the village, community and visitors. And the Teapot lives on.

Reuse, Recycle, Repurpose

The Tilba Collectibles, Trash and Treasure market has restarted. Held on the second Sunday of each month in the Central Tilba Big Hall, it runs from 9 am to 1.30 pm. Make a note of the dates for the rest of the year – 9 August, 13 September, 11 October, 8 November and 13 December – and come along to find a treasure. For a stall or more information contact Janine, 0400 992 246.

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Join Tilba Tilba and South Narooma Land Care Group



Calling all who care for our precious environment

The 2020 annual general meeting of the Tilba Tilba and South Narooma Land Care Group unanimously agreed to work to improve and protect the natural landscape, waters and ecology of our district.

Proposed actions include:

- controlling or eradicating invasive species of both fauna and flora, especially weeds;
 - maintaining and building healthier soils and waters;
 - sustaining a viable local climate-resilient ecology; and
 - working collaboratively with all relevant stakeholders to achieve positive long term sustainable outcomes for, and to protect, the region's landscape, waters and general ecology.
- Why not join with us in our endeavour? Benefits of membership include:
- being a part of the discussion about key local environmental issues;
 - having your say through our

organisation on decisions which impact on our area;

- hearing from, and working with, like-minded people who want to protect our area;
- accessing important information from sound sources regarding important environmental issues;
- being part of community forums and similar information-sharing opportunities; and
- having an important stake in the long term plans for, and protection of, our region's landscape, waters and general ecology.

Background to the Group

The Tilba Tilba and South Narooma Land Care Group was established in 2015 by a group of local landowners concerned about the impact of fireweed on our environment and livestock.

The Group remains active in pursuing this objective, having organised a successful public forum on the topic in Central Tilba in December 2019 and having secured

commitments, more recently, from both the Liberal and Labor candidates in the recent Eden-Monaro by-election to pursue funding for CSIRO research into finding a biological solution to this invasive weed.

The Group now aims to be a key representative body in our region to ensure the improvement and protection of our unique and beautiful area for the benefit of all.

Annual membership enquiries can be made to Mark Stubbings on stubbingsmark@gmail.com or 0414 223 925 or payment can be made to:

Account name: Tilba Tilba South Narooma Landcare Group
BSB: 082 744
Account no: 91812 7339
Membership fee: \$10

Please provide your name and email address as reference.

Contacts: Geoff Pryor, President, pryorknowledge@iinet.au or 0428 930 196, or Secretary Mark Stubbings on stubbingsmark@gmail.com or 0414 223 925.

Tilba CWA news

Tilba CWA members had our first official meeting in July following the COVID isolation. Although Helene Sharpe wrote a COVID safety plan to meet at our usual location in the Tilba Small Hall, we decided to meet outdoors in the sunshine at Tilba Tilba Oval. It was a cool morning, the fresh air was exhilarating and members sat in a circle sharing good news and ideas.

The main discussion was Vicky Staddon's plans for our Festival of Ecuador at Central Tilba Public School, planned for 25 September. Vicky is organising a Mama Negra procession, colourful costumes for the children, a maypole and cultural music,

plus the delicious food of Ecuador.

Tilba CWA members continued to quietly fundraise with a return to Tilba Market for the start of the school holidays and Federal By-election. Cas Mayfield donated her handmade craft and successfully promoted CWA Cookbooks with traditional country recipes. Annette Kennewell is still collecting bottles and cans from the Drom with 'Return and Earn', our major fundraiser for this challenging year. A big thank you to Wendy and Warren at the Drom for their ongoing support of Tilba CWA.

Another big thank you to Ken and

Linda at the Central Tilba General Store for reminding CWA members about upkeep of the defibrillator. Tilba CWA is donating funds for Malcolm Barry to replace the battery and pads in the defibrillator so it's in working order and available for the community to access.

Zoe Burke, our Craft Officer, has plans for restarting CWA Craft with free workshops soon. Look for updates on our CWA Craft meetings on the blackboard outside Central Tilba Post Office.

Annette Kennewell

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enjoy your first day of Orientation

Day 2

Tuesday November 3 from 9am - 12pm

Enjoy your second day of activities planned by our
Kindergarten Teacher Mrs Renee Lightly ~ please pack
morning tea

Day 3

Tuesday November 10 from 9am - 12pm

Enjoy your third day of activities planned by our
Kindergarten Teacher Mrs Renee Lightly ~ please pack
morning tea



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SHASA – addressing the future for Eurobodalla

Southcoast Health and Sustainability Alliance – SHASA – was formed in 2014 as an alliance of community members with a vision to see Eurobodalla as the ‘Solar Coast’. Its focus is to highlight and support action to mitigate the effects of climate change in the region. While this is a key function, during the last five years SHASA has facilitated significant practical outcomes with ongoing benefits for the whole community.

Solar panels are one of the best ways to make use of an accessible renewable energy source, reduce grid electricity use and save community groups, businesses and households money. There are also significant benefits for social housing as well as those in rental accommodation. SHASA’s first community Solar Bulk Buy was in 2016 with the installation of 50 systems. Subsequent Bulk Buys have been in partnership with local Bodalla contractor Micro Energy Systems Australia (MESA) – Solar Bulk Buy number four is currently open. Impressively, over one megawatt of solar panels have been installed through these bulk buys. In addition, MESA has contributed financially to SHASA with each bulk buy installation. These funds have been used to install solar panels on community facilities – the Moruya Anglican Parish Office and Red Door Hall, Monty’s at the Uniting Church Narooma and the Bodalla Local Aboriginal Lands Council. Assisting other community groups to successfully apply for grant funding has enabled installation of solar panels at the Batemans Bay Surf Club, Rally for Recovery Tomakin and CWA Surfbeach.

The Moruya Repair Café is an exciting new collaboration between SHASA and Eurobodalla Shire Council. Opening on 25 August, the Repair Café is located adjacent to the Moruya Library in the Basil Sellers Exhibition Centre. It will operate from 10 am to 2 pm each Tuesday. Inspired by a movement that started in the Netherlands in 2009 and has now been adopted in



Bodalla Local Aboriginal Land Council Solar Opening

many places around the world, the idea is to set up low-key meeting places where community members can repair broken and damaged household items themselves, supported by specialists in a welcoming, friendly and relaxed atmosphere. Instead of throwing items away, members of the community will be able to bring in items to be assessed and repaired if possible. If repair isn’t possible at Repair Café, the owner may be provided with alternative repair options. Volunteers are needed to assist with assessments and repairs – contact Thomas Schild on 0497 843 111 or Kathryn Maxwell on 0467 558 645, or email contact.shasa@gmail.com.

SHASA is committed to working with other businesses and in 2018 purchased two high quality electric mountain bikes. These are available for hire through Moruya Bicycles. Each year the bikes are on sold to locals and replaced with two new bikes. This is a great way to experience the advantages of electric bikes as well as getting to know the countryside around

Moruya.

An energy audit demonstrates how to make a home more efficient and comfortable – warmer in winter, cooler in summer. For a nominal fee, SHASA offers this service through locally qualified members.

While these are an overview of major SHASA activities, there are many other areas of involvement – funding to create a heatwave and bushfire haven at the Moruya Red Door Hall; investigating a solar farm in Eurobodalla; the possibility of community energy systems in small areas like Tilba and Bodalla; submissions to both state and federal bushfire inquiries; submissions to Council; participating with other local groups to educate and raise awareness.

SHASA has most recently completed a strategic planning process which will guide its activities and projects through to 2030. Its website is also being updated and upgraded. To join and for more information go to www.shasa.com.au.

Stuart Absalom

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Carolyn Killen closes the curtains on Ivy Hill

When Carolyn and Bill Killen decided to move to the south coast of NSW in 2001, they hardly knew anyone and had little knowledge of the area. They were drawn here by the proximity of farm land to the sea, and the tranquility.

Bill's retirement plan was to farm and Carolyn, a self-confessed gallery 'groupie', wanted an outlet for her love of art. She quickly realised that they had relocated to a serious artistic community with few outlets for its work. It was an obvious choice – establish a gallery to support local artists. They renovated the original home to create a natural gallery space – although, Carolyn admits, the family needed a little convincing.

Encouraged by new friends and neighbours Klaus and Brigitte, and Phillip Cox, the Ivy Hill Gallery opened in 2003. Carolyn admits she was a little nervous, having no experience in running a gallery, although she had a great eye for art and her work as a wholesale providore in Sydney meant she had the business skills.

Seventeen years later she has well proven her natural talent, having established Ivy Hill as a 'go to' place for visitors and locals alike to view the work of some of the fine artists of the region.

Carolyn's vitality has contributed to the success of the venture, opening a new exhibition every month. Each exhibition usually has two two-dimensional artists and one three-dimensional artist. In total she has held 115 exhibitions, exhibited the work of 350 artists, and made 4800 cheese biscuits! She is a generous hostess and her openings are always very popular.

Her interest in the cultural life of the region extends beyond Ivy Hill. She and Bill have been great supporters of Four Winds, Sculpture on the Edge (now Sculpture Bermagui) and Zephyrs Jazz.

Ivy Hill has been a perfect fit for the area since the Tathra-Bermagui Road became a popular driving route. The Gallery, and its iconic road number, 1795, became a destination on the road, featuring in the Tathra-Bermagui Art, Food, Wine and Nature Trail developed in 2004. Other operators along the road included Narek at Tanja, Georgina's Cucina and Wapengo Art Studio, Mimosa Wines, Nature Tours on the Murrumbidgee, and the Gelati Clinic in Bermagui. This trail attracted a lot of interest and operated for a number of years.

Sadly, Bill passed away in 2019 and is remembered fondly by the local community – a larger than life, laconic



fella, more at home on his quad in the fields with a faithful kelpie on the back than in the Gallery. Recently Carolyn has passed the running of the farm over to family and has closed the doors of the Gallery. After 17 busy years of scheduling and staging exhibitions, she deserves more time to enjoy the natural beauty of the area – although this busy woman intends to maintain an online outlet for artists and patrons.

The Ivy Hill Gallery and Carolyn's gracious and welcoming presence will be much missed by visitors and artists. She has received many messages from all over, wishing her well and thanking her for her support of the arts in this corner of Australia.

In Carolyn's own words, here are some memorable moments at Ivy Hill Gallery

First Exhibition: Klaus Moje's glass, Brigitte Enders ceramics, Prue Acton's paintings and Merv Moriarty's charcoal nudes in 2003.

Most Challenging: Mounting an exhibition of paintings by Cheryl Davison in New York in 2008. It opened at the Australian Consulate two days after the Global Financial Crisis hit.

Best Attended: Suzie Bleach and

Andrew Townsend's *Itinerant Camel* from Sculpture by the Sea attracted over 200 people to the opening. It subsequently went to Sculpture by the Sea in Copenhagen and then back to its new owner on a property near Broome, WA.

Local historic interest: Six important contemporary artists influenced by time spent on the Cox family property at the Murrumbidgee – Garry Shead, Michael Johnson, his son Matthew, Jon and Tanya Crothers and Philip Cox.

Worst Moment: An artist cancelling two days prior to the exhibition opening.

Best Moment: When the artist who filled in at the last minute had a sellout.

Most Poignant: The Bushfire Benefit and exhibition of paintings by Penny Lovelock, who lost her house at Conjola Park; and Karyn Thompson, who fought to save her house at Verona.

Greatest Disappointment: Having the Tulgeen artists cancel their exhibition due to COVID-19.

Greatest thrill: Being named as a place worth visiting by the New York Times magazine in September 2019.

Greatest joy: Sharing creative spirit with the talented artists of the region and providing a venue for their work.

Carolyn, thank you.

Four Winds continues to engage artists

Despite the fact that Four Winds has not been able to present live music to audiences at its stunning site near Bermagui, it has continued to engage artists in order to support them through what is a challenging time for anyone involved in the presentation of live music.

Four Winds Artistic Director James Crabb has been working with artists to bring audiences Video Casts, during which he interviews and performs with artists associated with Four Winds. The first Video Cast, during which James talks and performs with Scottish fiddle player Chris Stout, is available now via the Four Winds website. Chris was to be one of the international guests at the 2020 Easter Festival.

The second episode will include video and sound material collected in the Antarctic by composer Gordon Hamilton, who composed *Tiny Movements* – the song Four Winds published online at Easter. Four Winds is known as a place of discovery and collaboration so James Crabb conceived these informal Video Casts as a way in which people can discover more about musicians, their lives and their artistry.

Four Winds has also made grants to 14 composers and musicians to support them through this time, when so many have had engagements cancelled. Thanks to the generosity of an independent philanthropic foundation that wishes to remain anonymous, Four Winds was able to support a wide range of artists who together represent the diversity of Four Winds work.

One of the recipients was Bega-based percussionist and music leader David Hewitt, who says, 'This grant came at exactly the right time. Many artists like myself know that this is the perfect opportunity to develop new work, but



One of 14 grant recipients, percussionist and local music legend David Hewitt can continue to be creative.

even in ordinary times it's a challenge to financially support creative time, let alone when other sources of income have been reduced.'

Now that we are into a new school term, the Four Winds Musicians in Schools program begins in five local schools, bringing the joy of singing and percussion to our young people. If restrictions allow, live performances including the Youth

Festival will return to Four Winds in the spring. However, even if audiences are not permitted to gather, Four Winds has plans to record performances from the Windsong Pavilion and make them available online. Keep an eye on the Four Winds website for updates.

*David Francis,
Executive Director, Four Winds*

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‘Japanese Creations’ this month at the Lazy Lizard

For all of us, the world has been turned upside-down several times lately – very disorientating. But sometimes in that sad whirlpool of things you had to abandon, you’ll find something precious and delightful that you’re now able to rescue and bring back to the surface again! So it is with Reiko Healy, and her ‘Japanese Creations’.



A Japanese creation by Reiko Healy

We were all ready to host an exhibition of Reiko’s lovely work in the Side Room in April. But the COVID lockdown came into force, and we had to abandon the project. We were all so disappointed, but it was the right thing to do. Now restrictions are easing and we’re able to invite Reiko back. Fingers crossed, all will be well this time!

Reiko was born in Osaka, Japan, and came to Australia 30 years ago. She has been happily settled in Bega for the past 21 years. Her close affinity with Japanese customs and traditions is vibrantly expressed in her artwork, bringing the ancient culture of Japan alive through her focused manipulation of colour and design.

She uses Japanese handmade paper, Yuzen dyeing technique, and kimono silk and cotton fabrics for clothing and jewellery. She has also been upcycling vintage kimono silk fabric and indigo Shibori tie-dyeing.

Reiko is a member of Spiral Gallery, Bega. She also plays Japanese Taiko Drum and Shinobue bamboo flute and enjoys sharing her Japanese culture with the community. She didn’t just give up on things when faced with the bushfires and COVID-19 ... she used the opportunity to start an online shop.

You can find her on Facebook and Instagram at ‘Japanese Creations’ and ‘Stonewave Taiko’. But, even better, you can come by the gallery and see her work yourself!

Naomi Lewis

Unbelievable – but true!

The tenth birthday of Well Thumbed Books is coming up, but an unprecedented event has just occurred.

Never before have the five board members agreed on the value, or the enjoyment gained, from the same book. But at last! Unanimous agreement.

The prize goes to ‘The Dictionary of Forgotten Words’ by Pip Williams. Not one word of dissent or disagreement! And what’s more, none of us have heard anything but praise. Certainly worth a try from anyone who hasn’t read it.

Heather O’Connor

Triangle Photo Gallery



A steady stream of great photos is arriving for our ‘Portrait’ Gallery, which will be on the website on 15 August.

We’ll send out an email to our online subscribers

as soon as it’s ready to view.

Next month’s theme is ‘Animals’ so check your albums or start clicking. Pets, animals in the wild, let your imagination go...

And get them to us by the end of August. Send them to

photos@thetriangle.org.au

Visit our Website www.thetriangle.org.au



Allan Dummett 0439164176

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Beware flying words in Bermagui this month

Residents are warned to keep a cautious distance from the lawn above Horseshoe Bay at 2.00 pm on Saturday 22 August. The Battle of the Bards will be under way, and shards of powerful verbiage may fly considerable distances.

Detachments of the Bermagui Poets Group and the Well Thumbed Poets will exchange salvos of their best poetry by megaphone. It's rumoured that the Well Thumbed Poets intend to deploy a Haiku Haka.

Judges will monitor the battle and

decide the victors. Anyone is welcome to observe the conflict while keeping a virally safe distance from other spectators.

'With Australia building up its military capacity, we poets want to do our bit,' said Kai Jensen of the Well Thumbed Poets, 'hence these exercises. Some of these poems are very powerful, and would give a potential unnamed Mandarin-speaking North Pacific aggressor pause.

'They're also much cheaper than missiles.'

Participants and spectators will be

bound by strict Covid safety guidelines – and loose poetic license.

The summer grass –
all that remains of
warriors' dreams
– Issa

**The Battle of the Bards
is proudly supported by
*The Triangle***



Couplets at twenty paces? Well, at least 1.5 metres

Book Review

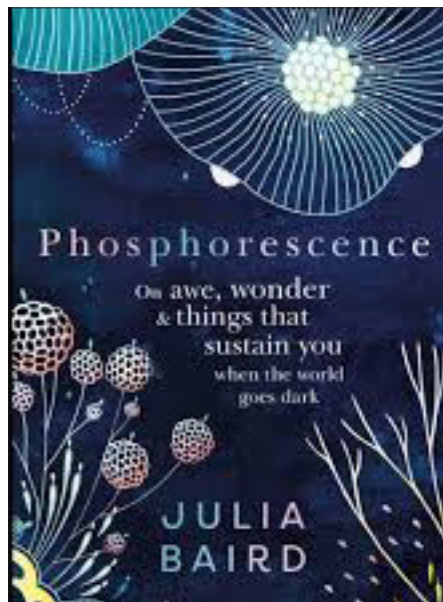
Phosphorescence: On Awe, Wonder and Things That Sustain You When the World Goes Dark

Julia Baird

Harper Collins, \$32.99

I haven't even finished reading this book, but I already know it's worthy of a review. Parts of it have resonated so well with my life that it's almost as if it's been written for me. The book is largely a collection of essays which reflect Julia's search for light and meaning – a search that many people can identify with. Julia writes beautifully and passionately about all sorts of things that sustain her and generate awe and wonder in all of us. These words, 'awe' and 'wonder', come up again and again. Her writing is a seamless blend of science, psychology, personal development and memories. I'm finding it difficult to describe but it's not at all a difficult read. *Phosphorescence* is beautifully written; polished and poetic.

The book assumes that experiences of awe and wonder are good for you – good for your health, general wellbeing and your spirit too. I found myself identifying with so much of what she has to say about



family, friends, illness and health, nature, climate change, even Instagram. She finds her ongoing source of wellbeing through family and good friends and in nature, especially swimming in the sea. 'Social connection and relationships are the single greatest predictor of health and happiness throughout your life.' How true this is.

Although Baird has had her own

Debbie Worgan

health issues, she manages to be very philosophical about life. The nurturing of internal happiness is the 'phosphorescence' she believes can sustain us through even the darkest times.

Many of the chapters seem to be offering wisdom to her children or the next generation. She is full of optimism. The book easily transports us into the deep, inner longings we all have, and then puts them into words. It is so reassuring to see these thoughts shared and expressed. Baird writes that everything is transitory; everything passes and in these trying COVID times, this is important to remember. As the world seems to spin out of control, this book puts a calming perspective on our current, temporary, situation.

Phosphorescence is much more than a self-help book. It is a search for light, awe and wonder. I came to read *Phosphorescence* knowing nothing at all about its content, and it's proving to be a surprise and a delight. It is absorbing, beautiful, unpretentious, inspiring and deeply moving. Julia Baird has written exactly the book we need for these times.

The last throes of winter

Well here we are with winter nearly over and after some very much appreciated rain it feels like spring is just around the corner. New growth appears on deciduous plants, perennials wake after their enforced winter hibernation, and bulbs pop up everywhere as new life begins.

For those who had the misfortune to have lost their gardens in the fires, now is a great time to commence the restoration of your garden to take advantage of the warmer spring conditions ahead.

Pruning of deciduous fruit trees and roses should be close to being completed. Winter spraying must have been completed and, if not, just check that the buds are showing a slight colour and have not burst. If they have burst, then you have missed the boat and any spraying with a winter spray could burn the blossom, leading to less or no fruit set.

New growth on roses and fruit trees is a delicious target for aphids so keep an eye out for them. Spray with an organic insecticide and this will halt their progress.

The vegetable garden should be getting the finishing touches prior to planting. Initially, dig the garden over to spade depth and spread lime (500g per square metre) all over. Some well-rotted cow or poultry manure can be added and forked in.

Bare-rooted asparagus and rhubarb can still be planted along with bare-rooted or pot-grown strawberries.

When growing vegetables, it is important to practise crop rotation. By this I mean don't plant the vegetable in the same position as last season. This applies

particularly to tomatoes and potatoes as these two groups of plants are in the same family and any pest or disease lying dormant in the soil could cause problems with the new crop this season.

Another trick is to go for quick turnover vegetables that can be picked and replaced regularly, like lettuce, Asian greens, beans and spring onions.

Plant taller vegetables like corn and tomatoes on the side of the garden that makes them less likely to shade the rest of the garden.

For more permanent kitchen crops like herbs, it's important to remember that there are three main categories of herbs. There are moisture-lovers like mints and coriander, dry garden herbs like parsley, sage, rosemary and the thymes, and the higher-nutrient leafy forms like the perpetual lettuce, spinach and more of the leafy herbs. So group your plantings accordingly.

This month will see the last chance to plant bare-root fruit trees and roses and, as I have said many times, it's absolutely critical that you pay particular attention to the condition of the plants you are about to purchase.

Poor storage of plants can allow the root systems to dry out. If this has happened the chance of the plant failing to reshoot is very high. Money ill spent.

Look for plants that show no signs of the bark shrivelling or the roots very dry. If there is any indication of this, leave the plants alone. No matter what the discounted price might be, they will be a failure.

Ensure when planting these new plants, to prepare the soil well and water in.

Anyway, now you have all the information you had better get out and get on with it. Till next time, happy planting.

Answers
from back page

carpenter square
screwdrivers 11 bottom drawer 12
cuff 8 hole in board 9 tall jar 10
of hat 6 elbow on lamp arm 7 part
3 drawer handle 4 chest pocket 5 top
1 carpenter's side pocket 2 light bulb

SPOT THE DIFFERENCE

ego 62 tar 63 set
53 beset 56 mess 57 yelp 60 due 61
48 and 50 extras 51 spats 52 curios
38 prudish 41 era 44 oration 45 gloat
30 spoil 33 impel 35 delta 36 oleos
erato 25 sidglances 27 baton 29 doe
droller 18 heart 22 duo 23 hadst 24
10 sideswiping 11 arose 12 dents 15
6 perspiration 7 pen 8 oil 9 tremolo
1 has 2 uzi 3 mud 4 prep 5 sewage

DOWN

66 algae 67 sos 68 nest 69 sport
58 arc 59 sidestreets 64 tie 65 house
53 box 54 gas 55 pundit 56 meaty
rile 47 laurel 49 leanto 51 scandal
moo 40 repeal 42 tog 43 roping 46
dado 32 tiptoe 34 do 37 steep 39
27 boluses 28 arider 30 sallow 31
20 paean 21 modest 23 hes 26 gat
weird 16 ire 17 sidewheeler 19 don
1 humps 6 spot 10 sad 13 azure 14

ACROSS
CROSSWORD ANSWERS

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CWA cooks again

While we like to remind people that CWA is ‘more than tea and scones’, we do find that opportunities to share food and recipes, and to cater, come around frequently. Whether it’s ‘bring a plate’ to the School of Arts on Australia Day, providing lunch for CWA members from up and down the coast at Group Council meetings, or trying new recipes from other cultures in our annual ‘Country of Study’, there’s usually something to whet our appetites. More recently some of our members have been involved in cooking for BlazeAid. However, we’ve become aware that many friends in our community lost their treasured recipe collections in the recent fires, so the three recipes here have a focus on family favourites. Let’s hope we don’t have to wait too long for large gatherings and feasts with family and friends.

Sorrel Soup

Ann Holub

This recipe is as my Ukrainian mother-in-law showed me. The amounts are just really what you have – more or less sorrel depending on how yours has grown. The chicken is optional.

Pick and wash sorrel, cut out stems and cut leaves into 3 cm pieces. Leave aside to drain.

Use chicken or vegetable stock. Boil 4 chicken drum sticks or chicken thighs. When cooked take out and cut meat into bite size pieces and put back into stock with 2 diced potatoes (1cm pieces) and 1 grated carrot. Bring back to boil until soft. Then put sorrel into pot – it will turn a dark green/grey colour.

To serve, dice hardboiled egg or eggs into small pieces and sprinkle over bowls of soup, with a dollop of sour cream. If it’s not sour enough for your taste, add a squeeze of lemon juice.

Savoury Rissoles

Lynne Jones

This recipe was created by my aunty as a family favourite 50 years ago. I remember helping her with our evening meal on a wood stove, and she told me the secret ingredient was the packet of dry Chicken Noodle Soup. I have made my rissoles this way ever since.

Preparation time: 10 minutes

Number of rissoles: 12

500g lean minced beef or lamb

1x10g packet Chicken Noodle soup (1½ tbsp) (4 serves in box)

1 large onion

2-3 cloves grated garlic

1 egg (lightly beaten)

2 level tablespoons tomato sauce

1 level teaspoon salt

Coarsely ground black pepper

½ teaspoon dry oregano

1½ cups home-made breadcrumbs

Plain flour for dusting of rissoles

Place minced meat into a large bowl; add chicken noodle soup, finely chopped onion, grated garlic, egg, tomato sauce, salt and pepper, oregano and breadcrumbs.

Mix all ingredients together with a spatula or your wet hand. Form into 12 rissoles, and roll them into the plain flour.



Flatten between your hands.

Cook over a medium heat in a pan of hot olive oil till light brown on both sides. Do not cook on a high heat because the rissoles need to cook through. Another method of cooking is, after light browning place in a preheated medium oven for 20 minutes. Can be served with brown gravy and steamed veggies.

This recipe is excellent for meat balls (16) to be served as ‘finger food’. No need to roll in flour.

Hamburger Corn Casserole

Serves 12

Sally Halupka

My mother, Edna, often cooked for large crowds, including our family of eight. This was a favourite then and I’ve cooked it many times myself. ‘Hamburger’ is simply a reference to the mince being used. The original recipe served 24 and would have required a cauldron. I’ve halved it to serve 12. I usually prepare half the mix in a 30cm x 24cm baking dish and the remaining half freezes well, even with the sour cream.

1 kg beef mince

1 large onion, chopped

500g corn kernels

2 cans condensed cream of chicken soup

1 can condensed cream of mushroom soup

300g sour cream

1 red capsicum, chopped to size of corn

4 cups cooked risoni pasta

Salt and pepper to taste

2 cups soft breadcrumbs

1/3 cup melted butter

¾ tsp paprika

Parsley for garnish

Brown the mince in a large saucepan. Add the onion and cook until tender.

Add remaining ingredients except pasta. Mix well then add the pasta.

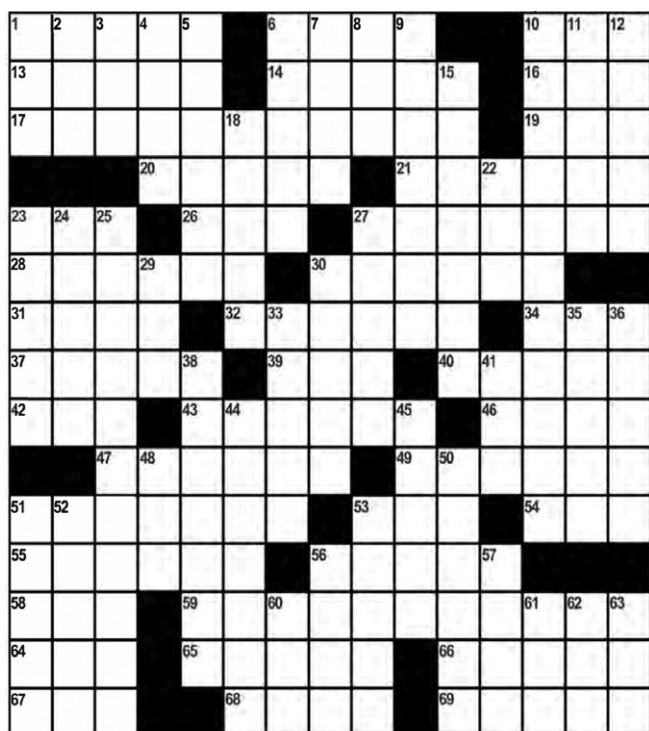
Divide mix into two baking dishes (or freeze half the mix and use one baking dish).

Crumb topping: combine soft breadcrumbs, melted butter and paprika. Sprinkle across casserole in diagonal rows.

Bake at 180C for about 45 mins. Garnish with chopped parsley between the breadcrumb rows.

Game On

CROSSWORD



ACROSS

- 1) Camels' features
- 6) Dog's name in kiddie literature
- 10) Bummed
- 13) Blue shade
- 14) Quite strange
- 16) Fury
- 17) Old-time steamboat
- 19) Mafia boss
- 20) Hymn of praise
- 21) Unassuming
- 23) "_ got the whole world"
- 40) Disgust
- 42) _ out (dress up)
- 43) Rodeo activity
- 46) Make agitated
- 47) Hardy companion?
- 49) Makeshift abode
- 51) Watergate, e.g.
- 53) Part of HBO
- 54) Tank contents
- 55) News channel guest
- 56) Beef-filled
- 58) Circle segment
- 59) They may lead to shortcuts
- 26) Gangster's pistol
- 64) Garbage-bag closer
- 27) Difficult pills to swallow
- 65) Provide with shelter
- 28) Having less rainfall
- 66) Pond growth
- 30) Of a sickly, yellow hue
- 67) "Emergency!"
- 31) It's groovy to a carpenter
- 68) Digs made of twigs
- 32) Walk furtively
- 34) Altar avowal
- 37) Quite expensive
- 39) Bovine bellow
- 69) Baseball, e.g.

DOWN

- 1) Is suffering from
- 2) Submachine gun
- 3) Kind of wrestling
- 4) Get ready for, for short
- 5) It's treated in a plant
- 6) Perspiration
- 7) Ball _ hammer
- 8) Van Gogh medium
- 9) Vocalist's vibration
- 10) Driving recklessly, in a way
- 11) Jumped to one's feet
- 12) Significant impressions
- 15) More whimsical
- 18) The Tin Man wanted one
- 22) Entertaining couple
- 23) Possessed, old-style
- 24) Muse who inspires poets
- 25) Some furtive looks
- 27) Twirler's need
- 29) Unknown Jane
- 30) Overindulge
- 33) Incite to action
- 35) Mouth of the Mississippi
- 36) Blue Bonnet, et al.
- 38) Easily offended
- 41) Influential interval
- 44) "Ontario" anagram
- 45) Exult in victory
- 48) Up-coming link
- 50) Added attractions
- 51) Minor arguments
- 52) Knick-knack
- 53) Attacked on all sides
- 56) Cluttered condition
- 57) Shrill bark
- 60) Up for payment
- 61) Psych 101 subject
- 62) Cigarette substance
- 63) Address a fracture

SUDOKU

7				4				
	4	1			7	3		8
	2				3			9
	8			1				
6	5		2					1
			2					7
5			3		2			9
2			9				1	
			9				2	

CAN YOU FIND 12 DIFFERENCES BETWEEN THESE PICTURES?

