

THE TRIANGLE

COMMUNITY NEWS

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QUAAMA COBARGO BERMAGUI TILBA & LOCALITIES

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Summer's coming and Tilba's getting ready



Brigade members helped Central Tilba students prepare for the coming months on their own Get Ready Day (photo: Tania Hextell).

Spring – a great time for reflecting and reviewing. And a perfect opportunity for the Tilba Tilba Water Users Association (TTWUA) to hold a working bee to clear the pathway along the water supply line in preparation for the coming summer.

For the past 30-odd years the water supply to Tilba Tilba has been managed by the TTWUA under licence from Water NSW. Originally part of the Bate family licence, it's a historically significant and unique water supply, being one of the very few privately licenced community supplies. As well as supplying water to the village, it was also used as a small hydro-electric system, generating electricity for the dairy on the Bate property, Mountain View, from the early 1930s to the 1950s.

The source of the supply is a spring high up on Gulaga, which has remained amazingly resilient, although water restrictions were only lifted after the good rain in July. As the poly supply line runs through fairly rugged terrain, there is ongoing concern about its vulnerability to fire – the supply line did burn in the 2009 fires.

Water availability and infrastructure is a major issue, heightened by the experience of last summer. Several members, armed with appropriate tools, spent a morning clearing the path – gold star to arborist Garth Atkinson, Sue Smith's son, who demonstrated his skills to great effect!

Meanwhile, on Get Ready Weekend, the Central Tilba Brigade invited the community to the Fire Shed to plan for the coming bushfire season. And to emphasise the Get Ready message, the students at Central Tilba School participated by having their own special Get Ready Day on Tuesday, 15 September. Susie

Michaels, local RFS Training Officer, together with local brigade members, gave the students information about planning and preparing as well as a tour of the Fire Shed – a good lead-up to Get Ready Weekend.

Stuart Absalom

Read more about Tilba's fire season preparations on page 14



Tilba Tilba Water Users Association's working bee last month cleared the pathway along the supply line. L-R: Warren Atkins, Garth Atkinson, Stuart Absalom, Peter Southam, Peter Strain and Harry Bate. (photo: Warren Atkins).

Creative energy seems to be infusing a pathway of renewal, recovery and time for contemplation to distil lessons learned at the individual and community levels. Visions of renewable energy and sustainable living powering our community are being explored beyond concepts and into practical application. Wise counsel and inner reflection advise to take things slowly, particularly big decisions. Perhaps a different and even better future following the bushfire destruction is unfolding as some districts are changing to a younger demographic.

The creative juices are certainly flowing through our arts community, with

art workshops drawing forth expression from harsh experiences. New galleries are opening, established ones re-opening, writers are producing books from the ashes and local youth, from a nation-wide pool, are winning writing awards. Markets, op-shops and men's sheds are re-starting together with resumption of regular events like CWA meetings. Zoom may be giving way to a cuppa.

However, recent local(ish) visits of a COVID-positive Sydney taxi driver remind us to remain safe through aware vigilance. And some utilise the COVID experience to learn the new language of pandemic-speak, and for others, to discover local treasures

on our doorsteps.

With the next fire season upon us, local RFS crews offer support in preparation with 'Get Ready' days, advice in assessing risk, making changes and survival plans. The generosity of spirit of these volunteers highlights the strength of community bonds forged in service. This is also reflected by so many others in shared interactions – giving when we can and receiving when appropriate. A local treasure, Mary Williams, demonstrates ways to strengthen community connectedness with her approach to life – 'paying it forward'.

Letters to the editors

So far so good ...

Disappointingly, a COVID-positive Sydney taxi driver visited Batemans Bay and Ulladulla last month, reminding us that it's still too early to let our guard down ... but generally we're cruising here in the Triangle region.

We're pleased that the Department of Health will continue to fund all GP-run respiratory clinics until the end of March at this point, so if you have any flu-like symptoms and want to be sure, call us on 4476 2999 to make an appointment for testing in our purpose-built clinic at the Lighthouse Surgery in Narooma. The option of having phone consultations with your GP will also continue for now.

No vaccination is in sight for a few more months, so don't throw your masks out yet! Keep the momentum going, stay safe and keep our little paradise COVID-clean.

*Dr Gundi Muller
Lighthouse Surgery and
Bermagui Medical Centre*

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

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

Save the dingo

While it's heartening to hear good news of koalas that survived the bushfires, there are no reports of dingoes escaping the flames or being given consideration and care as native animals entitled to protection.

This iconic animal, with a vital role as apex predator in the eco-system, is being falsely called a 'wild dog' so that instead of being protected it is sentenced to death under the 'Wildlife and Conservation Bushfire Recovery Plan'.

This largely unknown and unadvertised plan authorises the shooting or 1080 poisoning of dogs/dingoes as a way of saving farmers' livestock, while denying possible alternatives to such dangerous methods.

The killing plan also ignores the cultural beliefs of Indigenous people, for whom the dingo is a totem animal to be treated with respect. You don't kill your totem!

It's time for the government to arrest our present wildlife extinction crisis.

*Susan Cruttenden
Dalmeny*

Donations staying close to home

The Red Cross membership of Bermagui have recently made two significant donations: \$1000 was given to the local SES and the second \$1000 went to the Bermagui Men's Shed to help with their new premises.

All our money is collected locally so we were especially pleased to pass it on to local organisations.

*Barbara Harrop
Cuttagee*

To open or not? Continued ...

Further to the letter concerning the health of Wallaga Lake ('To open, or not to open?', September *Triangle*), the main reasons the Lake opens and closes the way it does now are the siltation in the Lake and the way the causeway slows the tidal flow.

The deepest point in the Lake pre-European settlement was 80 metres. The same location is now only 20 metres deep. That's 60 metres of silt!

Rebuilding the causeway to allow a greater and speedier water flow would significantly improve water quality, reduce the frequency of closures and improve the health of the Lake overall.

To improve the environmental outcomes for the Lake as it currently exists, the most effective way is to ban all fishing in the Lake for a couple of years and then allow only recreational fishing. Within three years the fish numbers will increase dramatically – and fish size too. If commercial fishing is banned on the Lake altogether, as it should be, these public waters will again benefit the public, rather than the 29 commercial fishing licensees who are currently riding the Lake into severe environmental damage.

Even the pelicans are staying away because of the lack of fish.

*Keith Bashford
Wallaga Lake*

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Letters to the editors

And there's more ...

I read the letter in the September *Triangle* 'To open or not to open?', noting that it raised some interesting and somewhat contentious points.

In recent times, how long has the lake been open in comparison to how long it has been closed?

The last time we saw the lake manually opened it closed very quickly. Then it remained closed for an inordinately lengthy period, without any chance of opening naturally, until the recent 'great storm' which again forced it to be manually opened.

I note the author's statistic that 'records from 1993 to 2015 indicate that Wallaga Lake was open 61% of the time. What if we took the period from say, 1940 to 2015? Would that figure rise to open 90% of the time? I'd like to know the percentage that the lake has been open for the last 10 years. A recent statistic for the here and now.

Quite possibly, due to the decades of silt build-up and congestion in the eastern basin adjacent to the mouth of the lake, its status is that of an ICOLL no longer being able to open 'naturally'.

ICOLL policy is quoted as stating that 'entrance management (artificial opening) is required for 'the sole purpose of reducing the impacts of flooding on private and public assets''.

The author goes on to indicate that the Australian Height Datum (AHD) 1.1 to 1.25 metre trigger level is so that 'when artificial openings can occur, (they) are set to maximise scouring of the opening ... too low and the scouring will not be sufficient to keep the mouth open for long'.

Yet, a quote from the same policy and management documents the author refers to, suggests that in relation to the six-hourly tidal cycle of an ICOLL - 'High velocity outflows scour out an entrance channel and reduce the build up of a berm to block the entrance'.

This suggests that a key factor in the longevity of the lake being open is the level of tidal scouring on a six-hourly cycle, which is crucial to keeping the mouth open for a sustained period.

Is there any research to directly link an initial opening at between the AHD levels of 1.1 and 1.25 metres to the overall strength and degree of the six-hourly tidal cycle scouring out the entrance? Or are there other factors that influence that? Like the gastric band across the middle of the lake?

On water quality I would like to know

who is doing the water quality monitoring; the periodicity of when the samples are taken; at what locations, and how do they interpret the data?

The issue of endangered vegetation communities looms large. The author states 'There are many Endangered Ecological Communities (EECs) in and around Wallaga Lake requiring periodic inundation which occurs when the lake mouth is closed'. The author lists eleven communities (including 'Wetlands on Coastal Flood Plains' when the lake does not have a 'flood plain').

The Comprehensive Regional Assessment's research of the Shire region catalogues a list of ecological communities in the Bega Valley region that were identified as endangered and none appeared to be communities associated with Wallaga Lake. Also, a little more specifically, an Office of Environment and Heritage NSW threatened habitat search did not show 'Freshwater Wetlands' as a habitat on Wallaga Lake.

Further, in the report of July 2004 titled 'Lake Foreshore Vegetation Management Plan', five vulnerable ecosystems were listed as being in the region, but only a solitary community was identified as being affected by the opening or closing of the lake and that is the Merriwanga Marshes. On the Merriwanga Marshes, there does not appear to be any data or research on that community.

I would genuinely like to see an accurate vegetation map showing the precise location around the lake of all of the 'Endangered Ecological Communities' and an indication as to how the lake open/closed directly impacts upon those communities.

Ultimately, in terms of the lake's health is the AHD of 1.1 to 1.25 metres the only time it should be opened?

It could be argued that, how often to open the lake should be determined by research and data on a wide array of health issues pertaining to the lake, not simply threatened infrastructure and a trigger level between 1.1 and 1.25 metres.

Some comprehensive and ongoing research and data on the array of issues associated with this question would be invaluable, especially if it both informed, and was the basis of, a long term management plan for Wallaga Lake.

In the near future, I will be putting up a video discussing ICOLL policy and Wallaga Lake management issues on my 'Anarchist Angler' YouTube Channel. I will provide the link for that video to *The*



Thumbs UP

To the neighbour who hit my rubbish bin with his ute. He picked up all the rubbish and put the broken lid back on top. He later stopped in to tell me what had happened and to make good on the broken lid.

... and to BVSC garbos, who saw the broken lid and replaced it before the neighbour showed up. Nothing to do!

To Lara Crew, who researched and wrote the Koori choir article in the last edition of *The Triangle*, it was heart-warming. Her continued hard work and dedication are to be commended.

Big thumbs up and thanks to three Campbell lads, Gabadoo, Paul Junior and Lachlan, who've been doing a great job with post-fire clean-up work recently. They were employed by an Indigenous-based company overseen by Laing O'Rourke. They've been much praised for their great work and helpfulness.

Thumbs DOWN

To the local computer fixer who assured me my computer could NOT be fixed, said it would be trashed, and sold me a new one. I have since been phoned by someone who was offered the old one secondhand ... fixed! He'd discovered where I had written my phone number and wondered if the computer had been stolen. NOT IMPRESSED!

To whoever removed the 'No Dogs' sign from along Wallaga Street, Bermagui, near the large sandbar on the north side, clearly visible from the bridge. This is the second time a sign has been removed from there. That sandbar is an important feeding ground for migratory birds and breeding place for a range of shorebirds.

And to the inconsiderates who continue to let their dogs run free in areas that are clearly designated 'No Dogs'. There are plenty of other places to exercise your dogs. I bet you're the same people who don't pick up your dogs' poo.



Triangle. The video will be titled 'Who Killed Wallaga Lake?'.

Mark Dullow
Wallaga Lake

Bushfire planning and preparation – the voice of experience

Amanda Galvin Myers survived the Canberra bushfires in 2003 and the Tathra bushfire (in which nine properties in her street were destroyed) in 2018.

In spring 2019, she and Kalaru resident David Winkworth collaborated on a series of community bushfire preparation activities for residents in the Kalaru, Bournda and Wallagoot area. They were concerned that, despite a number of recent bushfires in the region, little had been done to help people practically prepare for the upcoming fire season.

By New Year's Eve Amanda was living in Brogo ...

Here she shares with *The Triangle* some notes based on her experiences as part of the community presentations on fire planning and preparation. She has a background in national security policy development, critical infrastructure protection, large-scale project management, and environmental policy and design. She and her two pets have evacuated three times due to imminent fire encroachment, and she has faced two stay-and-defend situations alone.

Information and planning resources, including a handy 'Bush Fire Household Assessment Tool', are available at the NSW Rural Fire Service website rfs.nsw.gov.au.

Amanda's list of things to think about

Your **fire protection zone** is the area around your house/structure.

Your **place of last resort** might be your home.

Be **situationally aware** – do you have children/animals/pets? Is your house on a slope/surrounded by vegetation/on the top of a ridge/close to water? What is your house constructed from? What are your access/escape points, by vehicle/on foot? What kind of assistance can you call on/rely on? Do you have health issues? What can you achieve?

Your **vehicle** might be (a) your escape pod, (b) your Plan B accommodation for a while. What can you do to ensure your vehicle is escape ready? Keep spares in the boot (towels, blankets, shoes, change of clothes, toothbrush and paste, nappies, animal water bowls, whatever is relevant to your situation). Keep the petrol tank at least half full at all times. Get into the habit of reverse parking, positioning your vehicle for an easy getaway.

Make your plan for **afterwards**. A fire event usually passes fairly quickly, but your actions and behaviour during the crisis can have long-lasting consequences. Plan for the kind of life that is important to you, afterwards.

You may need **two plans** – one focusing on staying and defending, with the option of leaving, and the other on leaving, realising that you may be trapped and have to stay and defend. You may also need different plans for different home situations: is it school holidays with children around? Are family staying for the holidays? Are you heading into hospital for surgery? Are you pregnant/have a newborn? Did you make your plan, relying on two or more people to carry it out? What if only one person is at home?

Identify your **triggers for taking action**. Mine were a combination of escalating events: a smell of smoke in the morning, but no obvious fire; a rapid change in weather conditions about 11.00 am (extreme heat and wind, very low humidity); a power outage about 12.30 pm; checking online info and realising that (a) the power outage was across two distribution networks, which meant a catastrophic failure due to human error, or an extreme event, (b) the Fires Near Me app showed (i) hundreds of fires across NSW, (ii) three or four local grassfires at Bega, Merimbula, and Tarraganda; at 1.30 pm, informed by previous experience of the 2003 Canberra Bushfires and because I



Around 90 people from the Kalaru and Bournda areas attended a community-led bushfire planning and preparation presentation held at the Tathra RFS fire shed in 2019.

was scared, I grabbed my plan – and started preparing. At 3.50 pm I evacuated the house as the approaching fire was not survivable, with most plan actions achieved, the pets secured, sprinkler on, buckets filled, house closed up but unlocked, note on the front door identifying myself and my animals, with my phone number. It was one of the hardest things I've ever done.

If you decide to leave, your plan will need to be **continually revised** as you will find the circumstances will be beyond your control: heat, wind, panicked wildlife, others driving erratically, trees and branches across the road, directives from emergency services, upset people in your vehicle, the sun might get blocked by smoke and it will be too dark to see. It's ok to stop in a safe space, and take a breath to think rationally.

Be prepared for **noise and heat** – it will be very scary, but you are brave enough, I promise.

Amanda's list of simple things to do RIGHT NOW

Get a map and plan your possible **escape routes**, with options if a road is blocked. Identify large, cleared areas such as ovals, or water bodies, and well-built community buildings, as **places of last resort**. Agree meeting up points with others.

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Develop the habit of **reverse parking**, and keeping the **petrol tank full**.

Think about the impact **no power** will have. What mechanisms require electricity? If you have a stair-lift, will it work without power? Are the **batteries** charged? Do you have extra batteries? You probably won't be able to see what you are doing inside the house as it will be dark – keep a battery lantern handy so you can at least read your Fire Plan.

Have at least **ten buckets**, several metal, and fill these (and the bath, for refilling buckets) first thing. One bucket of water goes nowhere and takes ages to fill in a hurry – you'll need lots. If you can manage, fill the **garbage bins** with water as reservoirs.

Install a **hose connector** inside the house, in case you retreat inside and need water.

Put together a **fire prep kit**: cotton gloves, cotton long-sleeved, collared shirt, cotton hat, trousers, boots (the ground gets super-hot), wet washers/scarves to breathe through, collect empty water/drink bottles and leave in a basket or box, ready to fill when needed, old towels, first aid kit, buy a cotton head mop to dunk in the bucket (to put out embers and reach up to the eaves if necessary), put your garden rakes and other handy tools in a handy location, collect extra hose nozzles and fittings (including

connectors, in case you need to use a neighbour's hose – metal are better than plastic) and keep them together so you can find them, buy a \$10 transistor radio from BigW (plus extra batteries), make sure you have at least two sprinklers (front and back), make some gutter blockers.

Put together a **pet prep kit**: in a container or box, extra kibble, water bowls and bottles, bedding, toys, towels, newspaper/plastic bags (for poo), medications, pet first aid kit.

Regularly **rake and sweep** around your fire protection zone, paying attention to sills, under decks, and cobwebs (which can ignite).

Move flammable things away from the house if possible. Swap out flammable doormats, or bring flammable doormats inside when you are actioning your plan.

Keep an **emergency cash** fund at home, and remember to take it with you.

Take **photos or a video** of each room/shed and its contents, and archive online. If your house is damaged or destroyed, you won't remember what was there.

Reconsider what you have stored in your **shed**. Often it's the things we care about the most (surfboards, bikes, work tools, family heirlooms). Is the shed the best place? So many more sheds burnt down in Tathra than houses. Is anything stored that might explode?



Practical tips and equipment were demonstrated at the community presentation, including this roof-top sprinkler.

Install 'Static water supply' signs if you have a tank, pool etc.

Identify things that are important to you, and (a) keep them in a handy/regular place, (b) keep bags/containers with the actual things you want to take. A pillow case makes a quick container. Hold practice runs, especially with children – it normalises things.

If you're interested in having Amanda speak to your neighbourhood group, call her on 0419 606 001.



Tathra residents attended a series of RFS Community Protection Plan workshops in August 2019. Here escape routes are identified and plotted on a map of Tathra, using residents' experiences in the 2018 bushfire.

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Drip ... drip ... drip ...

I made direct enquiries to the Department of Planning, Industry and Environment to get the truth of the much-feted Brogo water treatment plant – is it a myth or not? It seems it is real! Please see the quote below, taken from the letter I received from the Water Ministerials coordinator in the Water Group of the DPIE this month. Let's mark our calendars for August 2022 as the date the 'Boil Water' notices are no longer a feature of living on the Brogo supply in the BVSC.

'On 31 October 2018, Premier Gladys Berejiklian and Bega MP Andrew Constance announced that a water treatment plant would be constructed at Brogo to address these issues, with funding

of \$10.07m to be provided. Planning for a water treatment plant is an important and time consuming process. Detailed analysis of the raw water was required to choose the most appropriate treatment technology. The preferred concept was developed and a formal review of environmental factors completed during 2019. The January 2020 bushfires burnt most of the catchment and the site of the proposed water treatment plant. This resulted in a 6 month delay in calling for tenders as the impact on raw water quality and preferred treatment plant process was re-evaluated. I am pleased to inform you that tenders were called on 11 August 2020 for the design and construction of a 3.5ML/day water filtration plant for the

Brogo-Bermagui scheme. Construction is scheduled to commence in March 2021 with commissioning of the water treatment [plant] expected to occur in accordance [with] the original schedule, by August 2022. The quality of drinking water in the Brogo-Bermagui region will improve as a result of this significant investment by the State Government.'

If you would like more information about this project please contact the Regional Engineer Water Utilities, Mr Andrew Sloan, on 0409 777 131 or e-mail andrew.sloan@dpie.nsw.gov.au.

Ann Maree Manager

Waste project information sessions in Bega Valley

Bega Valley Shire Council is holding information sessions in our towns and villages to explain the details of their Waste Facility Consolidation and Modernisation Project.

Residents will learn more about Council's plan to reduce waste-to-landfill through transforming the Shire's three main waste transfer stations into resource recovery centres.

The plan involves expanding the kerbside pick-up and bin bank services to an additional 1100 rural households, and redeveloping the existing sites at Eden and Bermagui, as well as a new site at the

Central Waste Facility, leading to a staged consolidation of the Bemboka, Merimbula, Wallagoot, Cobargo and Candelo waste transfer stations.

'In recent years we have successfully moved from multiple landfill sites to one modern landfill facility ten minutes from Bega,' said Council's director of assets and operations, Anthony McMahon. 'However, projections show that at our current filling rate the Shire's landfill will reach capacity in 15 years. We're working to expand this capacity, but as an organisation and society we need to put a greater effort into diverting waste for resource recovery.'

The Triangle-area information sessions will take place at the following venues:

- Bermagui Community Centre on Tuesday, 6 October
- Cobargo Hall on Monday, 19 October and Monday, 26 October

Sessions can be booked for 12 – 1 pm, 2 – 3 pm, 4-5 pm or 5.30-6.30 pm.

The one-hour community information sessions will have limited spaces, and bookings are essential to meet COVIDSafe requirements. To book a place, visit the information session booking page: begavalley.nsw.gov.au/waste-project.

COVERT-19 *A story of the times by John Longhurst*

It was week two of the COVID-19 lockdown and my family had followed all the rules and decided to go further and wear face masks at home. My father gathered the family together and, with a slowness and solemnity that seemed a bit unnecessary, explained the new rules and the importance of remaining solid as a family.

We looked at each other across the kitchen table, nodded, put on our face masks for the new life, and I returned my focus to the laptop screen.

As usual my parents went about various domestic duties and I returned to my game/homework. The conversation followed the fashion of all previous days. My parents would ask me about my day and I would respond in my minimalist manner and my parents would sigh at each other at the brevity of each response.

It was all typically annoying, but the new house rules twigged an idea. I began making voice recordings of their questions over the next week.

Our communications continued as normal and all through face masks. The

only major difference was the new rules meant there was no need for face-to-face interaction.

I used all the voice recordings on my new phone to make detailed responses to all the questions in a fashion that met their expectations and more. I was able to use a new app that would use my voice in the Siri responses, integrate the information into a reply that was completely tailored to the question asked, and further refined to my parents' expectations. I spent the necessary time pre-recording my answers to any expected question and Siri would integrate with added information using my voice.

It worked a charm.

When my mother asked me, 'What did you get up to today?', my phone would recognise her voice and would use my voice for an answer that would take her through the very detail of my day. Siri would integrate information about current weather and any piece of current affairs that lined up with her interests. I could even include a slight change to the menu at the

local cafe or an item on sale at Woolworths that matched her interests.

When my father asked me, 'What did you get up to today?', my phone would respond accordingly, focus on the school subjects he thought I needed to apply myself to more and then Siri would use my voice to touch on the issues of the day that matched his interests – and was even able to out-knowledge him on details close to his heart, such as the current form and injuries of his beloved Carlton football team. He was very impressed with my detailed knowledge of the specials at Bunnings.

My nods at my achievements on the latest game on my laptop matched the virtual conversation.

My parents were very excited about the change in family communications and rewarded me with an increase in my allowance. I used my newfound wealth to purchase technology that would create a hologram of myself for all future family conversations.

Learn to speak 'Coronavirus'

We're into October 2020, and the coronavirus pandemic continues to expand our vocabularies.

It feels like years ago that we learned our first COVID-19 terms – *social distancing*, *flattening the curve*, *hotspots* and *super-spreaders*. We've had to learn the subtle difference between *epidemic* and *pandemic*, *quarantine* and *isolation*, *respirators* and *ventilators*, and *contagious* and *infectious*. The new words and concepts keep coming. Here are some more new terms for this time of *coronapocalypse* or *coronageddon*.

- **Coronaspeck** – The German *speck* translates to *bacon*, so *Coronaspeck* refers to the weight you gain due to overeating when in lockdown. Also known as *isobelly*. Time to *flatten the curve*?
- **Dracula cough, Dracula sneeze** – Preschoolers are directed to 'cough and sneeze like Dracula' by raising their arms to cover their faces
- **Covidiota** – A Spanish term applying to anyone who isn't following lockdown rules. In English you'd say *covidiot*
- **Zumped** – Breaking up with someone over Zoom
- **On-nomi** – The Japanese have created a word for online drinking
- **Quarantini** – What you drink while you're alone at home
- **Zoom-bombing** – When someone who is not invited turns up at your digital get-together
- **Spademic** – Increased online shopping during the pandemic
- **Quaranbaking** – Therapeutic baking during lockdown
- **Hamsterkauf** – From Germany, this term literally means *hamster buying* and refers to people who panic-buy and hoard at home
- **Rona** – An informal and familiar form of *coronavirus*. Also *Miss Rona*, *Aunt Rona* or *La Rona*
- **Cornteen** – an intentional mis-spelling of *quarantine*
- **Doom-scrolling** – Scrolling on our smartphones or computers for the latest depressing posts about the virus
- **Quaranteam** – The very limited group of people you see during self-isolation
- **Moronavirus** - See *covidiot*
- **Coronials, quaranteens, coronababies** – Babies born during isolation
- **Covidivorce** – Marriage break-up as a result of isolation
- **Coronacation** – Isolation-enforced holiday
- **Isofringes** – The self-inflicted and less successful haircuts we have been trialling during isolation.

Ward off dementia – learn a new language!

Debbie Worgan



Triangle Photo Gallery

We have received some great photos for our 'Landscape' Gallery, which will be on the website on 15th October.

We'll send out an email to our on-line subscribers as soon as it's ready to view.

Next month's theme is 'Food'. Think about garden produce, meals you have created, preserves etc. Get them to us by the end of the month.

Send to photos@thetriangle.org.au

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

Postal address:

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The Triangle is a community newspaper. Its aim is to provide information and news to the people in the Triangle area - the area bounded by the three mountains (Gulaga, Mumbulla and Peak Alone). The committee comprises volunteers who donate their time and expertise for the benefit of our readers. *The Triangle* is financially self-sufficient through advertising income. This is a tight budget and prompt payment of accounts is appreciated. *The Triangle* is published every month except January and has a circulation of 1800 in print plus online visits.

From the chook's beak: An update from the Odds & Sods Henhouse

Imagine this. My sister and I have been in our place since we were newly-hatched, high-stepping chicks fresh off the back of a truck from The Farm. I won't go into our early life, but suffice to say that we were pretty happy when we landed in a two-storey place set in a rose garden, with a beautiful pomegranate tree, under which we'd shelter and bathe on hot days. Oh, there were limits and boundaries to be sure. But there we were, right up until a couple of weeks ago, in our happy home.

I call my sister The Fat One and naturally she calls me The Skinny One, and though we've had our differences (she's called The Fat One because when the grain is down she tries to hog it all; on the other hand, though she has my measure on sheer bulk, I can be fast and nippy around the edges – I've even taken food from between her feet!), we have rubbed along pretty well. We sleep beside each other, and she is often scratching, but she's still a warm body on a cold night, and I'm sure she feels the same way about me, though she says I snore (I do NOT snore).

It's true we're no longer young chicks, but we're no more than middle-aged (I once heard someone say, 'Look at those old chooks!' ... makes my blood boil). In fact I have two things to say to that person:

many a fine song played on an old fiddle, and, surprise surprise, I still manage to pop out the odd 85-grammer. Put that in your egg cup and eat it!

Anyhow, a few weeks ago, the Unfeathered Ones turned up with FOUR young chicks: The Young Ones – all batting eyelids and short feathers. My sister and I were furious! We bashed 'em up good and proper. But in only a few weeks they're as big as us! They eat so much and so fast, no manners, all push and shove, and they're starting to peck back.

Then, to cap off a really bad week, the Unfeathered Ones took us all out of our beloved house and garden! They've put us in what used to be the vegetable garden. It's only 20 by 12 metres, and fully enclosed so we don't get to chase the magpies that shared our food. Yes, okay, there's a new house, and yes, it's been nicely decorated by the Female Unfeathered One. The garden had gone to seed, but boy did we make a mess of what remained. Hiroshima revisited.

Normally the Unfeathered Ones make a fuss if we dig in the garden (I do it anyway), but this time they just laughed. They even pushed in a shovel to help us dig deeper.

Just can't understand those damned

humans.

As told to Keith Bashford

Guidelines for contributors

Thanks for your local stories and photos! We love them and they make the *Triangle* our very own. Just a few tips for submitting stories and photos...

1. Stories should be 300 words maximum except by prior arrangement.
2. Photos should be sent as **separate JPG attachments – not embedded into your story**. Please send the original digital photo, uncompressed, so we have a large image to work with. Please include a caption for your photo at the bottom of the article it accompanies.
3. Send all articles as **WORD** or other **TEXT** documents.
4. Please do not send posters or flyers! Instead, write a few paragraphs about your event and include the date, time and venue in that. And attach a photo if you have one.
5. Think about a headline for your story. Please don't leave it to us!
6. Deadline is midday on the **22nd of the month**. Any questions at all, please email contributions@thetriangle.org.au



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CWA of NSW State Conference displays open to public

The local organising committee for the next CWA of NSW State Conference, at the Bega showground in May next year, recently held their third meeting in the Cobargo CWA cottage. All eight CWA members of the organising committee attended: Helen Galton OAM, Nelleke Gorton and Sue Hall from Bega CWA branch; Alison Jenkins from Pambula-Merimbula branch; Lynn Lawson from Cobargo branch; Robyn Wright OAM from Moruya branch; Vicki Hummel from Bermagui branch, and Annette Kennewell from Tilba branch.

Organising Committee President Helen is coordinating and overseeing all planning aspects of the CWA State Conference. Lynn has printed business cards so we can promote the conference to local businesses and our community. Alison and Robyn are working on finalising the raffle prizes. The raffle tickets will be available to buy from your local CWA branch later this year.

Vicki is working on the entertainment and decorations for the conference dinner dance, which will be a country-style bush dance. Nelleke, our culinary expert, is working on catering, including lunches and the conference dinner. Sue is sourcing the conference goody bags, which will promote the far south coast region to all visiting CWA members from throughout the ACT and NSW. Annette is working on three CWA bus tours, including Bega to Tathra, Bega to Central Tilba and Bermagui, and Bega to Pambula and Eden.

One exciting aspect of the CWA



Vicki Hummel from Bermagui branch and Nelleke Gorton from Bega branch arrange colourful tablecloths and napkins for the upcoming CWA of NSW State Conference, in Bega in May 2021.

of NSW State Conference for our local community is that the CWA displays will be open to the public. The Best of the State for CWA Land Cookery and Handicraft will be on display during the conference for locals to see. If you have ever wondered how to cook the best fruitcake, sponge, marmalade, chutney, or relish, this conference will have it all on show. Opening hours for CWA displays will be advertised closer to the conference dates in May next year.

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

Annette Kennewell

Mallacoota Time: solace and healing for those suffering loss

Rising from the ashes of the Mallacoota New Year's Eve bushfires is a poignant and timely book by Milena Cifali.

Highly-regarded creative talent Milena Cifali is an award-winning singer-songwriter and poet. Milena and her partner Jim Horvath lost their home, instruments and beloved parrots in the Mallacoota bushfires on New Year's Eve, 2019. Out of adversity, Milena has written a heartfelt book, sharing her personal journey towards recovery, against the larger backdrop of an unprecedented bushfire season and the coronavirus pandemic.

Mallacoota Time showcases Milena's considerable talents of writing, poetry, lyrics and photography to create a stirring and timely work. At its heart is the search for home, its aim to connect with Australia's fire-ravaged communities and

to provide solace, facilitating healing for all those suffering loss amongst these communities.

On the back of a successful book launch at Four Winds Pavilion, presented by the River of Art Festival 2020, Milena's book is now available at Tilba Post Office, Gulaga Gallery in Tilba, Tilba Teapot art gallery and the Bermagui Visitor Information Centre.

It's also available online through Echo Books and will be available through Well Thumbed Books and Moruya Books.

Milena is currently producing an audio book with Richard Cooke. Her hope is to contribute to the collective healing of this nation after an unprecedented bushfire season. In sharing her journey, her hope is that it helps others on theirs.

Game On Crossword solution

RODE; 64 ESS; 66 TOR; 67 HRS.
STRA; 61 MAGI; 62 URAL; 63
ICE; 57 LUAV; 58 ERIN; 59
SLOGAN; 53 REEFER; 55 ON
SAPS; 46 EROS; 48 CELL; 51
39 RTE; 41 SWANSONG; 43
AMIGO; 34 DETER; 37 MIAMI;
IDIOT; 30 DOSES 31 POSSE; 33
STAB; 26 SERIA; 28 SAHL; 29
13 TUT; 21 FISC 23 FIAT; 25
CLEFTLIP; 11 AIRE; 12 REAR;
ENOS; 8 SANTA; 9 TREATS; 10
SESAME; 5 BLT; 6 RUB; 7
1 BEND; 2 ELBE; 3 DISC; 4

DOWN

SUNG; 73 NEARS; 74 RILE.
SAIN; 70 ACTOR; 71 EGAD; 72
EURO; 65 GIRTH; 68 FARO; 69
57 LESSONS; 60 LEMUR; 64
PERORS; 54 NOLO; 56 ISLE;
49 GEE; 50 TSARS; 52 EM-
44 PITT; 45 LOEWE; 47 ISAAC;
38 TIMER; 40 HISS; 42 BASIS;
SALAD; 35 ADO; 36 CAROM;
27 AT IT; 28 SIDESTEP; 32
DECAF; 22 STAFFER; 24 MISS;
NESS; 18 TBONE; 19 ERAT; 20
ELIE; 15 LUNAR; 16 LIEU; 17
1 BEDS; 5 BREST; 10 CART; 14

ACROSS



Milena Cifali has published a book of loss, grief, healing and recovery.

Happy spring, everyone! Doesn't everything feel a bit lighter? The rain we've had and the lovely warm days, on top of no COVID-19 locally, have made for a different feeling around the place. And things that have been cancelled for many months are starting up again. The fires are back to training again, for one.

Time for a Quaama Hall update. Our Hall has been the centre of bushfire relief this year. Veronica Abbott has done an extraordinary job supporting the fire-affected, which is ongoing. There's still a lot of organising ahead, with funds and goods yet to be distributed to those who are rebuilding, then moving out of pods, sheds and caravans back into proper homes.

COVID-19 has meant that gatherings in the Hall have been axed for the most part anyway, so the relief centre's continued presence there hasn't been a big issue. But Veronica has been working for months on giving the Hall back while still keeping the relief effort happening. She has sourced demountable structures that can be put up in the Hall grounds at no cost to Council. They would provide a space for the continued relief work for probably a year or less, after which they would be gone. She put this proposal to Council months ago and has yet to get approval, but finally Council is pegging out where the new relief centre will go. Apparently they will engage the community first before granting approval. I'm pretty sure we all want to see the Hall being used by community groups again, especially the school, who use it as their auditorium. Let's hope they do whatever they need to do soon and allow the shift to happen.

The supper room provided a wonderful space for the Sapphire Food pantry on Sunday, 20 September. They came along and brought incredible bargains to our town. Cherry tomatoes at \$1 a punnet! Plenty of staples and a few wildcard items too, at a fraction of grocery store prices. It



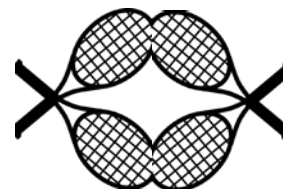
Brogo gardener Barb Maginnity shares the abundance of nature from the back of her ute.

was great.

Outside, people were making nesting boxes to set up high in the trees at home to give the poor birds somewhere to go and multiply. They deserve some bushfire relief too! And a few people brought along plants to sell or just share with neighbours. This will be a regular thing and that is great news for everyone. Be sure to check it out from 12 to 2 pm on the third Sunday of every month.

The Quaama Tennis Club is celebrating the start of tennis season by holding a social day on Sunday, 18 October, hitting off at 2 pm. There'll be

a free BBQ, Lions Club doughnuts, a raffle and tennis for anyone who'd like to have a go. Come and hear what's being planned, renew your membership and see neighbours and friends. Tennis is one of the best possible COVID-friendly sports as players are outside and socially-distanced on opposite sides of a net. What a great time to take up the game. See you there!



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Quintessentially Quaama

Fun, achievement, support and generosity at Quaama School this term

Term 3 has been full of learning and fun. We were very fortunate to have a visit from NSW Sport and Rec (Jindabyne). All the students liked participating in various team-building activities and many students enjoyed the bike activities and challenges. They were also kind enough to give the school six pre-loved BMX bikes to use on our bike track.

This term Quaama students reached their goal of receiving 580 'FishTales' – awards for following school expectations – in a very short time. To acknowledge students' efforts, we had a 'Fun Afternoon' at school. Students were able to play with remote control cars, sidewalk chalk and bubbles, and to ride bikes and play with the 'Imaginasium'. We also had pizza and

ice blocks. Fun was had by all!

We held our annual athletics carnival recently, but without Central Tilba, unfortunately. All students had a great time competing for their sporting house in running and field events. The highlight of the day was seeing and hearing the students encouraging their peers as they gave their best.

Quaama PS is still receiving a steady flow of donations for the students and school. We recently received a very kind donation of 60 handmade pillowcases that students have taken home. Other recent donations have included pre-loved tools (for Father's Day presents), Lego sets, six ukuleles, six recorders, six playground benches and twenty Ikea bean bags. It's so

heart-warming to know people in the local and greater community are still thinking of us and trying to make our lives a little brighter.

We're putting the call out for students starting school next year, and putting together information packs and a video for potential student enrolments. At present we're not able to have our orientation on-site due to departmental guidelines. We're hoping these restrictions will be lifted soon and we can have our 2021 students join us to experience the great opportunities Quaama PS has to offer all students. Please contact the school if you have any questions about future enrolments.

*Daniel Roe
Principal*



Kids participate in team-building exercises.



Donations still arrive, including pillowcases to take home.



Bike track challenges

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Two Sundays

2016

Firies drove into the yard of Quaama's old, loved church sirens hooted long and loud scared maggies from their perch.

Within its humble walls they prayed and sang in earnest voice invoking His protection through the duty of their choice.

And when the call went out to them to fight the flames and heat did they recall assurance from the Blessing of the Fleet?

30 August 2020

Fire had razed the wooden church burnt altar, pew and wall its sacred emblems charred to ash tin roof fell on it all.

Today the members met and prayed, where once the church had stood, to share the common bond of grief within the neighbourhood.

Among the blackened native trees with tufts of new green growth the spirit of the faithful found revival, strength and hope.

Bronte Somerset



Richard Parker, Quaama RFB member, rings the St Saviour's bell at an event on the church site - the bell is all that remains after the New Year's Eve fires.

Things I have learned since Quaama burned



Photo: Aidan Lowe

That the things I valued most I still have: myself, my husband, my family (near and far), my friends and my animals.

That everyone has lost something: buildings, possessions or peace of mind.

That some people are victims and some are survivors (I choose to be a survivor).

To see the gift of the burning – learning more about myself and growing from that.

To find joy in the simplest of things. A new leaf bud emerging from a blackened stick in the garden, green pastures and grazing animals, and now, with the onset of spring, fruit tree blossoms and scents.

To be more flexible and adjust to situations as they evolve.

To look forward because looking back is like standing in quicksand and keeps me stuck.

That there's no right or wrong, just better choices.

To enjoy my own company and listen to my inner self.

That the things destroyed by the fire released me from who I was, so I can be who I am.

To accept assistance even if I think I am okay

To allow up to two hours for a ten minute walk because of all the people I now take the time to chat with.

Judy Gillies

Familiar names fill Quaama RFB positions

The Quaama Brigade held their AGM on 19 September, 2020. Familiar faces continue to fill these important roles that keep our Brigade organised, trained and functional. Here's the results of the voting.

President:	Vic Grantham
Sec/Treasurer:	Petie Tatnell
Captain:	Paul Sheargold
Snr Deputy Captain:	Mick Hockey
Deputy Captain/Equipment Officer:	Volker Aebischer
Permit officers:	Greg Chinnock 0438 938 310 and Graeme Spicer 0400 738 978
Community Engagement Co-ordinator:	Graeme Spicer
First Aid Officer:	Rob Connal

New members are welcome and needed. The Quaama RFB meets every second Saturday at 1.30 pm in the Quaama Fire Shed on Gordon Street. This month, that's the 3rd, 17th and 31st. If you'd like to receive invaluable bushfire preparedness and firefighting training, come along and meet the Brigade. Find out if joining the Quaama RFB is the right thing for you.

Graeme Spicer

The days and nights are getting warmer, the hills are looking greener and there's a lot of bird activity. Soil moisture is apparently the best it's been for a long time at this time of the year, so we can expect good spring growth in our gardens and paddocks. COVID-19 is creating a lot of argy-bargy at state and federal levels with the need to address a health crisis and consider the difficult economic realities. It's gobsmacking, however, that a gas-led recovery is being promoted as the solution when it's as clear as day that this is the ideal time to focus on the transition to renewable energy, away from fossil fuels. It's a credit to our Triangle communities that, as we continue the rebuilding after the devastating summer bushfires and weather the effects of COVID-19, there's the will and creativity to imagine, plan and advocate for a better, more sustainable and resilient future.

Central Tilba RFS Brigade

The NSW Rural Fire Services is a well-known and respected presence throughout regional and rural communities. Often taken for granted in the past, its profile has been significantly raised following last summer, with an increased appreciation of the experience, knowledge and value of this large volunteer-based organisation. Bruce Allen, Captain of the Central Tilba Brigade for 14 years, has been in the RFS for 43 years, joining the Narooma Brigade in 1977, and moving to Central Tilba in 1994. Bruce is also one of three Group Command Officers in the Southern Command Area, which covers the area from the Tuross River bridge to the Bega Valley Shire boundary and has eight brigades.

While COVID-19 initially restricted RFS activities to call-outs only, the Central Tilba Brigade has taken the opportunity to reflect on last summer. The Fire Shed in Latimers Lane has had a roof sprinkler

system installed and now has a diesel-powered generator for back-up power. There has also been increased demand for individual property assessments – these assessments identify risks and provide landowners with measures to address those risks, taking into account fuel loads, structure of buildings, access and ember attack risk. Bruce's experience and knowledge as well as that of his team has been much appreciated by those in the Tilba District who have sought assessments, burn-off permits and property hazard reduction.

The Central Tilba Brigade has 13 new volunteers undertaking training, although training too has been affected by COVID-19. Training happens every Tuesday night at 7 pm at the Fire Shed and anyone who's interested can just turn up then. Alternatively, membership enquiries can be made through the RFS website – rfs.nsw.gov.au or Central Tilba Rural Fire Brigade – NSW RFS on Facebook. Training is comprehensive and there are support services available to members.



Bruce Allen, Central Tilba RFS Captain

Bruce's message to the Tilba community is, 'Don't be complacent that bushfires can't happen again this summer. Please plan, prepare your property and prepare yourself and your family.'

Forum

The record of this forum has now

been completed, circulated to participants and is available to the wider community at visittilba.com.au/blog. The document has also been provided to Eurobodalla Shire Council, NSW RFS, National Parks and Wildlife Service, Forestry NSW and Gulaga Board of Management.

Participants identified 95 guidelines across four areas of interest – Fuel Loads and Hazard Reduction; Historic Villages, Farms and Other Properties; Communication Infrastructure; and Power Infrastructure. From these guidelines, 25 creative solutions have been formulated and first activities have been identified to progress investigations into each solution.

An initial meeting has been held with Eurobodalla Shire Council and relevant agencies – the minutes of this meeting are available for the Tilba District community at visittilba.com.au/blog. The local Bushfire Protection Planning Committee will continue to liaise and advocate over the coming months as the Bushfire Protection Plans are developed and implemented.

Mungala Baagali Gallery opening

A stroll along the shops in Central Tilba will inevitably pass the Tilba Teapot Cafe where Cheryl Davison's new gallery occupies the old dining room of the café. Freshly painted with bright lighting, the small space is vibrant with her artwork and other carefully selected and beautifully displayed items. Officially opened on 17 September to coincide with the River of Art Festival, a small gathering (because of COVID-19) celebrated with Cheryl and her family. Cheryl and her sister, Iris White, shared special reflections about the importance of family, cultural connections and country. For Cheryl, the opening of this gallery is a significant milestone and another new venture in her long and successful creative journey.



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Cheryl Davison's nephew Coby, Cheryl, Tamsin, and her sister Iris at the opening of Cheryl's gallery, Mungala Baagali

This gallery, whose name means 'cloud possum' in the local Dhurga language, is an important addition to Central Tilba. We are indeed privileged to have the opportunity to learn the ancient stories of this culturally important area from such a gifted storyteller and artist.

Tilba Foodshare

Mog Bremner, who started the successful Tilba Foodshare with Annie Fenn four years ago, has decided to take a break. Mike and Charmian Roberts have stepped in and will co-ordinate with Annie. Held on the first Sunday of each month except January, the Foodshare is a great way to share excess fresh fruit, vegetables, seedlings and other homemade produce. It's hosted by a different household each



Tilba Foodshare. See other gardens, share ideas and tips – and food!

month and it's also a great way to see other gardens and share ideas and tips. And, of course, there's always a delicious morning tea to share and, at the moment, the appropriate COVID-19 restrictions. The next Tilba Foodshare will be on Sunday, 4 October. Contact Annie Fenn on 0409 443 064 for details.

Between each Tilba Foodshare, the seedling and plant boxes at the Library Tree in the Central Tilba Carpark, below the ABC Cheese Factory, can be used to distribute seedlings or other plants in excess. Keep an eye on your Tilba community email for notifications.

Tilba Market



Tilba Market – COVID-adapted and going strong

It's been quite a year for this long running market, first with the bushfires and then the COVID-19 restrictions. Fortunately, the SCPA Stall, which brings fresh produce together from several small and home growers, has managed to keep going in some form or other. During July and August, the Tilba Market operated as fresh produce only for a reduced time, with just the SCPA Stall and Sue and Steve from Seamyst Farm at Mystery Bay. With spring, however, the Tilba Market has resumed, albeit with fewer stalls to comply with COVID-19 requirements. Most of the regular stallholders have returned and there is generally an excellent array of locally grown produce – but you have to be early

to get the best! Tilba Market operates every Saturday from 8 am – 12 pm and is also on Facebook.

For enquiries contact 0490 130 478.

Tilba community email

Sapphire Coast Producers Association – South East Producers, commonly known as SCPA, has been supporting, advocating and lobbying for small sustainable producers in the South East for many years.

Among the services available to Triangle communities, not just SCPA members, are the community email lists moderated by SCPA. The Tilba community email list has been operating for some time and has 200 members. SCPA prefers that members live and work in the Tilba district – although people outside the Tilba district can receive emails but are moderated when trying to send to the list (these requirements apply to all the SCPA community emails).

The community email list is a great way to send out business notices, information about community events and other community information. A good example is the Tilba Foodshare, which uses this resource to notify each gathering.

If you wish to join this excellent service and community resource, send an email to tilbacommunity@scpa.org.au asking to join.

'Colour the War Memorial Path Gold' Fundraising for Open Sanctuary

The historic Holy Trinity Church at Tilba Tilba, now known as Open Sanctuary, is in need of significant repairs – a new roof, rewiring and insulation, painting and a new toilet. All this has had Tilba local Robyn Lucas thinking about creative ways to raise the required funds. A trivia night was all set to go in March right at the start of COVID-19 lockdown. Still owned by the Anglican Diocese,

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Open Sanctuary, in need of repairs – come along and contribute a gold coin on 3 or 4 October.

Open Sanctuary is the only continuing local church community, although its community can best be described as multi-denominational nowadays. The Church has intergenerational connections with many in the Tilba district and beyond, and has been

significant for many families celebrating births, marriages and funerals.

Between 9 am and 2 pm on Saturday 3 and Sunday 4 October, come along to the War Memorial path, contribute your gold coin and enjoy a small display showing the history of this wonderful, historic, continuing church.

Tilba Nibbles

Tilba District Chamber of Commerce is currently reviewing its constitution to allow it to broaden its membership. Currently membership is open only to business owner/operators. While this has served the business interests of the community well, the Chamber has identified that there are broader local community issues and non-business community members who are interested and able to have greater involvement. Further information and membership details will be available in the near future.

As part of the River of Art Festival an exhibition at the Central Tilba Small Hall displayed local artists and their work



Central Tilba students performing *Portraits of Resilient Youth*

on Saturday, 19 September. A special presentation featured a collaboration between Amy Spurgeon, Monty O'Brien and students from the Central Tilba School. Made possible by a grant through Regional Arts NSW, the series of video portraits showcases the strengths of young people with a message of hope for the future. 'Portraits of Resilient Youth' was launched at a Red Carpet Event at the school on 18 September and shown at the Tilba Small Hall and The Dromedary Pub over the weekend of 19-20 September.

Tilba halls raise funds to survive a difficult year

Like so many local businesses, the community-owned Tilba halls have been hit hard over the last eight months by the impacts of both the bushfires and COVID-19, which has seriously curtailed our rental income. Thankfully the weekly Tilba Markets have continued, albeit on a smaller scale, the Chambers are meeting monthly in the halls again and the tappers are practising some great dances every week, ready for a time we can all gather again. However, we need to raise at least \$1800 per month just to cover costs such as insurance, rates, water, power, fire safety and general maintenance.

Membership drive

To boost awareness and hopefully increase the halls' income we are undertaking a letterbox drop to Tilba community members. If you'd like to support your community-owned heritage halls, please consider becoming a member and fill in the form provided. Membership entitles you to reduced hall hire rates and a membership card which provides reductions at halls events and fundraisers, plus surprise prizes throughout the year. Single, family and group/business membership rates are available. Join now and your membership is valid for the remainder of 2020 and whole of calendar year 2021.

Solar panels for the Tilba Big Hall

Three locals, Annette Kennewell, Stuart Absalom and Smilie Magill, have been working with SHASA (Southcoast Health and Sustainability Alliance) to get solar panels on the Big Hall. This will reduce costs and potentially earn a feed-in tariff and promote renewable energy. The locals met with SHASA and Steve and Lisa from MESA (Micro Energy Systems Australia) who do the solar installations for SHASA – they propose a 20kW system. No battery storage is included at this time. SHASA has submitted a grant application for \$15,000. The total cost is \$20,000, leaving a shortfall of \$5000. Successful applicants will be announced in December. There's a need for some fundraising, so Sally and Janine's famous sausage rolls get another roll out. Be sure not to miss out! Jump on board to support our halls.

Sausage roll fundraiser, Saturdays 3 and 10 October ORDER NOW!

As we can't have a concert fundraiser, the Committee is currently preparing a culinary extravaganza, making our famous, tasty, homemade sausage rolls to sell during school holidays. Sale by pre-order only: \$20 for a pack of 5 (frozen, ready

to cook). Please email tilbahalls@gmail.com or call Janine on 0400 992 246 to place your order. Pick-up will be between 10.00 and 11.00 am at the Tilba Market on Saturdays 3 and 10 October.

Annual General Meeting, Friday 27 November

The Halls Committee AGM will be held on Friday 27 November at 6pm in the Small Hall and all community members are welcome to attend. If you'd like to be more than just a member we would love to see some fresh faces step forward for roles on the Committee. Nominate for a role – contact the Secretary on 0428 256 082 for a nomination form.

Sally Prior and Smilie Magill

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.

Tilba CWA news

After hibernating since March due to COVID-19, meeting and staying in touch by Zoom or in a local park where we could social-distance effectively, on 19 September Tilba CWA put together an exhibition for the Eurobodalla River of Art Festival at Tilba Hall. Along with many local artists, the CWA table had crochet work by Cas Mayfield (Treasurer) and Janine Halasz, needlework by Janine, and Tilba CWA tea towels designed by Helene Sharpe (Secretary). The CWA display was curated by Zoe Bourke (Craft Officer).

Other displays in the Hall included a Steampunk outfit crocheted by Cas, Gretel Bodiam's beautiful handmade lampshades, Zoe's art installation named *Seed Bank*, and Helene's watercolour paintings. It was a busy day for Tilba CWA because members also cooked up cupcakes, slices and biscuits for the RFS Open Day in Tilba, on at the same time.

People are getting their homes and

properties prepared for the summer bushfire season and were seeking information and advice from the local RFS. It was a busy day in Tilba, though everyone maintained social distancing and wore facemasks, and hand sanitiser stations were placed at every turn.

Tilba CWA continues to fundraise with a return to Tilba Market, the first Saturday of the month, and recycling from The Dromedary Hotel. This year our fundraising activities have been quieter but we recently gave cash donations to help Central Tilba Public School and Little Yuin Preschool. Look out for delicious cashew brownies and other sweet treats at our CWA table at the Tilba Market on the long weekend in October.

Our next Tilba CWA meeting is on Friday 9 October from 10 am at Tilba Oval. This is our AGM and we have invited Lynn Lawson of Cobargo CWA to chair the meeting.

All local women are welcome to attend.

Helene Sharp and Annette Kennewell



Tilba CWA members Jenny Burnett, Helene Sharpe (Secretary), Gretel Bodiam and Annette Kennewell (President)



Zoe Burke with her fish sculpture

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Decisions, decisions

On a blustery September morning in Bermagui, where rain has washed the world clean, and green is everywhere, the orange January skies seem so remote. After my eight months in temporary exile, Bermagui feels a little more like home. And hey, it's not such a bad place to be exiled. Thank you, Bermagui.

We have survived the 'three month blues' and the 'six month wall' and wend our way on to a future we may not yet be able to visualise. Hopefully our brains are slowly recovering and the fatigue and apathy that the trauma has brought are slowly fading. I remind myself that it's OK to feel weary and muddle-headed and that 'this too shall pass'.

For others, the progress is slower. Psychologist Dr Rob Gordon advises that we wait a year or even eighteen months to recover before making the big decisions. Sounds good, but who can wait that long in limbo or in a pod? The road map to grieving is a mud map, sketchy and unsure, and we have all wobbled through the past eight months, grieving as our daily lives allowed. I wonder if we need as much resilience to simply wait out our grief, as we need in any other recovery process. Decisions are still hard. My heart goes out to those who have weathered the winter in pods, vans and sheds, even more so if they have children. I too have lived with no electricity in a caravan in winter with children. I know the toll it exacts on the human spirit.

Now the frost-bleached paddocks are showing green, surviving fruit trees

are blossoming and smiles seem easier. I know it's a cliché but spring is taking hold of our collective spirit, I hope. I sometimes feel a bit inept because I hadn't made any visible progress towards a new life until this month, but the season and the words of Bruce Ackerman, survivor of the 2009 Black Saturday fires, have helped. Bruce's main message is to 'take your time'.

In the Wandella Valley I suspect a renaissance is brewing. Where once a largely older generation lived, several burnt blocks have changed hands and young owners, children of the valley, are taking their place. A new shed here and there, and bright new fences along the road, all speak of an investment in the future. There are already more children on the school bus and who knows what this new energy will bring. Perhaps one day the Wandella Hall will be re-built.

Today Cobargo calls, despite the charms of Bermagui – and there's nothing so warm and familiar as the main street of Cobargo on a Friday or Saturday morning. Conversations intersected by heavy traffic, cars impeded by the odd dog, and change is in the air. I don't know what a new Cobargo will look like, but I know that, with all the energy and thought going into its creation, it will be special.

In the words of Bruce Ackerman, 'Things won't ever be the same again – they can't be. But some things will eventually be even better!'

Sally Raspin

Time to get ready again

The start of the official Fire Danger Season last month is a timely reminder to be prepared for the summer months ahead, and the Cobargo Rural Fire Brigade is working to assist the community.

The Brigade's permit officers are assisting with fire permits where appropriate, as well as advising on a range of issues, including property preparation and fire survival planning.

We also have a range of fire advice material and bushfire survival planning kits available at the Cobargo Co-op, and we're regularly publishing useful tips and advice through our Facebook page (Cobargo Rural Fire Brigade).

We understand that after last summer's bush fires many members of the community may find it difficult to consider these issues, however we're there to support you however we're able, and can be contacted either through Facebook or on rbcobargo@gmail.com.

If you need to obtain a fire permit, please contact Bega Fire Control on 6494 7400 (weekdays 9 am – 5 pm) and you will be directed to one of our permit officers.

Before carrying out your burn, you must register it online, notify your adjoining neighbours at least 24 hours prior to lighting up, and ensure that you have adequate firefighting equipment, human resources and water supply on site to contain the fire if necessary.

Before lighting up, remember to check and consider the weather conditions on the day – particularly if strong winds and/or high temperatures are forecast.

We welcome anyone considering joining the Brigade and experiencing the rewards of volunteering and helping to protect and serve our wonderful Cobargo community. For more information please contact me on 0412 919 708 or come along to one of our training sessions, this month scheduled for Thursdays 8th and 22nd, from 7 – 9 pm at the Station, Wandella Road, Cobargo.

John Walters, President/Secretary



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More info on page 34
Contact Reiko 0474 065 667
stonewavetreasurer@gmail.com

Introducing CaRET – for affordable, renewable and resilient energy

The impetus for a new energy initiative has arisen from initial community consultations held in Cobargo in the days before COVID-19 and attended by more than 150 people from across the district.

With the New Year's Eve bushfires, the destruction of the power grid shut down supply over an area that included Brogo, Wandella, Quaama, Cobargo and Bermagui for at least ten days, and much longer in many places.

Knock-on effects included the loss of fixed-line and almost all mobile telephone and internet communication at the height of the emergency. Sewerage services were affected. Even businesses that were not directly fire-affected had no reliable power so could not trade for a prolonged period.

The Cobargo-Quaama-Bermagui area's power supply passes through many kilometres of rugged, forested country, a serious vulnerability.

Many homes, business premises and farm buildings, and much infrastructure, need to be replaced – a once-in-a-generation opportunity to achieve greater energy security, high levels of energy efficiency and clean energy deployment at an affordable cost. Cobargo and the region could become a showcase for energy resilience, climate protection, economic prosperity and community connectedness. Note that the aim is not to go off-grid but to build in more resilience.

The Cobargo and Region Energy Transition group (CaRET) is a coalition of residents, business owners, farmers and other interested parties working with the community and relevant organisations. Membership is open to all interested



The NYE fires damaged the power grid and shut down supply over much of the Triangle area (photo: John Walters).

individuals.

CaRET aims to:

- promote energy resilience and efficiency, and reduce energy use within the community
- create awareness and support for renewable energy within the community
- develop a Future Energy Plan for Cobargo and the Triangle district to transition to a more resilient energy supply
- achieve a significant increase in local renewable energy generation and move towards net zero emissions
- keep increased financial benefits

locally.

We're already arranging webinars and other expert assistance for energy efficiency measures for homeowners who are rebuilding, and finding ways of supporting households to finance upfront costs.

We're discussing a future energy approach for the region with Council, the NSW Government, Essential Energy and others. CaRET's objectives align with the BVSC's recently announced Climate Resilience Strategy.

*Zena Armstrong
CaRET*



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Cobargo Quaama Business Recovery Group

The Cobargo Quaama Business Recovery (CQBR) Group has formed as a result of the bushfire disaster, to together promote the full recovery, growth, prosperity and resilience of our towns.

There are several key CQBR Group projects completed or under way:

- Updating and installation of two new business directory signs at the United service station
- Replacing the Cobargo community noticeboard that was lost in the fires. The Bega Woodies are building a new all-weather noticeboard in town
- Coordinating Business Council of Australia (BCA) re-tooling vouchers to Cobargo and surrounds
- Cobargo Business Hub
- Cobargo Rebuild Funding Submission.

Update: Cobargo Business Hub

Consultation with the Cobargo and Quaama business communities and the broader community on the proposed Cobargo Business Hub is well under way.

CQBR Group have received a lot of positive feedback already. We thank everyone who has responded with support and questions and look forward to continuing this process.

To date we've received twenty-five letters of support for the Hub proposal from main street property owners and business owners, demonstrating the firm support and acknowledgment of this project as a useful and positive recovery initiative for Cobargo.

Shona Taranto
Chairperson, CQBR Group

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Cobargo CWA news

COVID-19 is providing us with many challenges, both for individuals and for volunteer groups such as CWA. This year it's the turn of Cobargo CWA branch to host the Annual General Meeting for the CWA Far South Coast Group, which comprises branches from Batemans Bay to Eden.

It's usually a straightforward event to organise and one that we look forward to as we welcome a large group of members to our area. But this year has presented us with the aforementioned challenges. Where do we hold it? It seems the best option is at the Showground. Next, how do we organise the catering, etc, etc.

Our last meeting was devoted to discussion of this, among many other items, and with the input of many and varied suggestions and offers of help, we think the challenges will be overcome – a

full report next issue!

We also addressed our Country of Study for this year, Ecuador, and our International Officer is busy dressing a doll in the national costume. Our Agricultural and Environment Officer started a discussion on fireweed, so prevalent this year, and came up with some suggestions. For prevention: healthy competition, don't let paddocks get eaten out, and rotate stock. For eradication: pulling (small areas), weed spray and spot weeding. Last resort is to keep it slashed, but remember the seed has a viability in the ground of up to ten years.

As you can see, we have lively and friendly meetings. If you would like to join us, please ring our President, Ann Holub, on 6493 6228.

Mary Williams



Grass trees (*Xanthorrhoea australis*) in flower on Peak Alone last month (photo: Bhavita)

Ken Alexander 14.11.49 – 17.08.20

Ken was an interesting and intelligent human being. He was generous to his friends, incredibly creative, and had a wild and wonderful medicinal garden as well as his apothecary. His Cobargo home was full of quirky and spiritual objects, reflecting his Buddhist practice. Sadly he lost the lot in the New Year's eve fires.

He was also an alchemist in more than just his medicine, and would make beautiful meals and refreshing drinks. Of special note was his 'Kenichi' (kimchi).

Ken never stopped inquiring and learning and made many trips to China in support of his Traditional Chinese Medicine practice. He was a healer beyond

compare and will be greatly missed.

You could ask Ken a question but should never have expected an answer. Ken's mind always swirled around the infinite field of all possibilities. By asking a question one was endeavouring to pin Ken down, extract one answer ... well, how ridiculous, you may as well whistle Dixie.

Mind you, we did get an answer once, two weeks later ...

We are all unique but Ken's uniqueness was itself unique.

Ken is survived by his children, Larry, Ula and Euan.

Vale Kenny.

Elizabeth Gunn and Martin Fishwick



AGM

Cobargo School of Arts
Committee

Wednesday 14 October,
5.30 pm

Supper Room,
Cobargo School of Arts



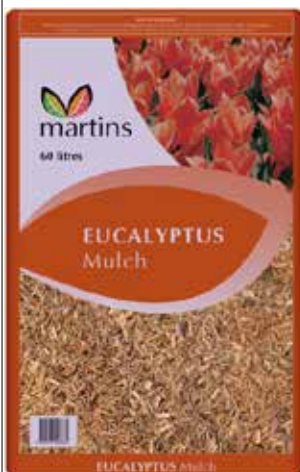
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Margaret Carlin and Cornelia Eichler weeding Linda Sang's garden – perhaps the first in a chain of 'pop-up community gardens' keeping Cobargo gardeners' thumbs green while their actual Community Garden is prepared behind Via Luna and Valiant Coffee on the main street.

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Mary Williams: paying it forward

It was 1991 and Mary Williams was teaching HSC English at Mitchell High, in the western suburbs of Sydney. Choosing which texts she would assign that year, among them she picked Chaucer’s *Canterbury Tales*.

‘I knew they were up to it,’ she says. ‘And when Sydney University offered a Chaucer lecture for HSC students, I told them to get their questions ready.’

‘It was held on a Saturday morning and it wasn’t compulsory by any means. It wasn’t even a school excursion – they had to get there under their own steam. And the whole class turned up! From the other schools there were a couple of kids here, a couple there ... then there was my class, 29 of them, all together and right down the front.’

Mary had warned them that they’d be in the company of students from all the best private schools in Sydney. ‘But don’t be daunted, I told them. Don’t let them put you off!’

At question time, the lecturer took a few questions from the Mitchell kids before asking, ‘Which school are you from? Mitchell? Is that private? Never heard of it.’

‘No, sir,’ said one boy. ‘It’s a state school. In Blacktown.’

‘Well, you should go back to school and thank your English master,’ said the lecturer. The boy pointed out Mary, sitting up the back, and said, ‘Well, there “he” is – you can tell “him” yourself!’

‘But I can’t take all the credit,’ says Mary now. ‘I did love to teach. But they loved to learn.’

Mary was born in Birmingham, England, in 1942. She attended a public primary school before winning a scholarship to King Edward VI High School for Girls. At 18, she married Dave Williams and they migrated to Australia. Dave was soon hired by the Commonwealth Bank and they rented a room in a house in Vaucluse. When Mary found an administrative job with a pharmaceutical company they rented a flat of their own in Paddington.

‘We were saving for our own home and didn’t like to spend too much, but in those days Kings Cross was a wonderful place to stroll around on a Saturday night,’ she says. By 1965 they could afford to build in Springwood, in the Blue Mountains.

Soon they had two sons, Sean and Mark. They moved to the Hawkesbury where they had a few acres, room for a pony. Mary was keenly involved in the children’s primary school and the principal asked her to work one day a week in the library. This led to an administrative job at the local high school, and it was here that she decided she wanted to be a teacher. She enrolled in an external course at the University of New England, gained her Bachelors in English and French, then followed it up with a



Graduate Diploma of Education. She started at Mitchell High, and later worked in Cowra then Cooma.

In 1999 Dave retired and they bought a ten-acre property on Barlow’s Road, north of Cobargo. Mary worked in Cooma for three more years, coming home on weekends, before retiring. She soon joined the CWA Cobargo Branch. She became Branch President in 2007, and President of the CWA Far South Coast Group in 2013. These days she’s Communications Officer of Cobargo Branch and, whether it’s the results of a cookery competition or the progress of a campaign on family violence, we often hear from her on these pages.

‘I’ve made many friends through the CWA,’ she says. ‘And I love the causes that it takes on. It makes things happen.’

Mary has a keen sense of gratitude. ‘I had the benefit of a wonderful primary school teacher in Birmingham,’ she says. ‘She was the one who helped me get that scholarship to the independent high school. One day I thanked that teacher for what she’d done for me – how could I ever repay her? And she said, “Just do the same for someone else”.’

At least two students from that Mitchell High English class chose a career in teaching. And then there was Paul. His younger brother was dying of cancer, and Mary had given Paul her phone number – ‘Call me if you need help. Anytime, day or night.’ And he did call her, in desperation, at two o’clock one morning. They talked and talked.

Paul has a family of his own now and runs a charity that gives disabled people the opportunity to do things they wouldn’t have thought possible. Every year he brings a group to Narooma and they go whale-watching. And he always drops in on Mary while he’s here.

‘Paying it forward’, they call it now. Or, ‘Just do the same for someone else’. And on it goes.

CARERS “LOOK AFTER YOURSELF” (LAY) REMINDER

NDIS Plans are due for renewal in the Bega Valley.

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Bermagui Banter

Georgina Adamson

To market, to market ... the popular Red Cross monthly markets are back, last Sunday of each month from end September. Same location, Surf Club Park, 8 am – 1 pm-ish.

The Bermagui Sustainable Fashion Market will be taking part, showcasing local fashion designers, makers, upcyclers, recyclers. For enquiries or to book, text 0415 117 472.

A tale of two sheds ... Shed No. 1: Bermagui's very popular OK Shed, located at the rear of All Saints Anglican Church, top of Wallaga Street, has reopened. It's now operating Wednesday and Thursday from 10 am – 3 pm. It's looking great as the

busy group of volunteers took advantage of the closure to clear out a lot of excess stock and give the place a spruce-up.

Of course there were a lot of new donations coming in, as many took advantage of 'lock down' to carry out a decluttering of their homes. The girls are doing their best to ensure that people are acting responsibly with distancing and hand-sanitising facilities.

Donations are always welcome, clean and in good repair, but please only leave items on the open days.

And No. 2 ... The Men's Shed. The structure's completed, so it's now time for the internal fit-out and to install

dust extraction equipment. Phil Baldwin anticipates a month till the Shed is fully operational. Meantime, it's open on Tuesday and Thursday for tea, coffee and a chat. New members are always welcome so come along and see what's happening. It's likely that more days will be added in the future, and there's even talk of a Saturday morning session to accommodate those who are working.

The meeting room is still to be erected and the Men hope that other community groups will avail themselves of this space. Contact Phil on 0421 114 882.



Bermagui Men's Shed sharing the space with Bermagui Marine Rescue, who were undertaking some training in 'throwing the line'. Karen was using the traditional method and *The Triangle's* own Debbie Worgan tried out the gas-fired gun with an impressive shot.

Farewell for now, Mick and Fran

It's always a little sad when a small town farewells folk who've played a huge part in the local community, as is the case with Fran and Mick Trenerry. They've been very active members of this town and will be missed. Arriving 15 years ago, they've made a big impact, raising their family, establishing a very successful business, establishing a fine liquor shop serving the town, and playing an active part in the All-Ability program, which set up and ran Kickability. This program enabled kids of any ability to learn football skills in a fun, supportive and inclusive environment. It's been hugely successful with great support from Bermi Breakers and all volunteers.

Mick has been an active member of the Bermagui Cricket Club and played a big part in the refurbished sports pavilion. Mick also brought junior cricket back to the town and worked alongside Dave Allan (Cobargo Hotel) in organising women's cricket academies to come to the south coast, promote women's cricket and showcase the amazing talent our little towns have.

They're off to Adelaide to learn more about the wine industry but assure us that they'll return. Meanwhile they leave the liquor store in the very capable hands of a loyal and hardworking team headed by Fran's brother Tim.

Mick and Fran are a much loved and respected couple and I'm sure the townsfolk wish them well in their new adventure, and look forward to welcoming them back to Bermagui in future years.

Georgina Adamson

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Out and about in Bermagui

After 45 years living in this town, I finally have time to explore, look around and see things I haven't noticed before, being too caught up in the 'busyness of life'.

This is partly due to the new COVID pace, my age and stage of life, and the demands of a small canine friend who loves walking.

There's a rock, and signage, in the cliff top along by the Blue Pool, opposite Montague Street, and I'm ashamed to say I didn't know of its existence, let alone its significance to the Yuin cultural heritage of the area.

Taken from the sign at the site: 'This large ochre-coloured outcrop resembles a Bilima or ocean turtle. Bilima is an important part of the Yuin dreaming stories. His job is to listen and look for the language from the land and to clean and filter the small water systems to keep them fresh and flowing.'



Signage on Bilima Rock, which resembles an ocean turtle, an important part of dreaming stories

Next, a little park I enjoy visiting, and one I always have to myself, is tucked away just over the bridge on the north side, opposite River Rock Café. There's a grassed area, swing and picnic table, almost hidden from view of the road by a border of flowering native plants. From there you can take a stroll out to the site of the old wharf, a level walk bordered by casuarinas and mangroves.

This was the site of the Government Wharf, built in the 1870s when most of the population lived on the north side of the river. There would have been quite a bit of action along the waterway back in



Learn a little Bermi history, tucked away to the north of the bridge.

the day, with Roberts Store and the Royal Hotel (Dunsmore), the Wharf and slipway and School of Arts. Read all about it at the end of the path, where the history is well-documented with photos of some of the original buildings.

On the other side of town, overlooking Horseshoe Bay, and just behind the War Memorial, is another secluded track. It's a level walk along a partly bituminised path lined with native shrubs, with lovely glimpses of Horseshoe Bay below, and it opens out to a grassy knoll with a panoramic vista of the coastline and Gulaga. This is the site of the old Steamship Wharf built in 1888, another episode in Bermagui's maritime history, some of the original timber pylons still visible. There's another picnic table and signage and photos.

The renovations at Bruce Steer are settling in, and I was pleased to see the picnic shelter reinstalled.

Despite grumblings about the natural beauty of this little beach being spoiled, Bermagui has finally provided for people dependent on wheels to have access to the water and wheelchair-friendly amenities. I hope the body responsible has researched well – the ramp stops a few metres from the water's edge and there's still a small step to negotiate, even at high tide. I'm sure it will be rectified before the swimming season.

A new shelter has also been installed above the Pool, on the site of the old toilet block. Some have expressed doubt about its usefulness but it has lovely views of the harbour, the boats and the river mouth, and I think it will be very popular.

Let's hope there'll soon be some

action on the All Abilities Park proposed for Apex Park last June. The area is looking a bit tired and could certainly do with some work. With the final word on the demolition of the original blue fish and chip shop, it would be great to see this area revamped.

Feathered friends from afar are appearing now that the weather has warmed up – not just the human variety. The first migratory birds are arriving after their long journey from the top of the world to feed up on Bermagui's sandbanks and shoreline over summer before their long journey back north to breed.

I've spotted a couple of godwits and hooded plovers feeding at low tide recently. Their story is extraordinary: they journey from as far as Siberia each year to feed, and then return to breed, a round trip of some 25,000 kilometres.

How amazing that Bermagui is one of their destination points after their long trip, facing more and more hazards each year. I'm very interested in their incredible journey, so you will probably be reading updates and reports of sightings on these pages. If anyone else shares my interest, I would love to hear from you.

It's so important that they are left undisturbed while 'fuelling up' so they can conserve their energy for the long trip home. There is some signage around town identifying the various species and their journey, also asking people to keep dogs under control.

Look out for our feathered visitors, they've come a long way and we need to treat them well so they survive and return.

Georgina Adamson

NEED A CAR for a day or two?

The community car is available to borrow.

See one of the women at Well Thumbed Books or book it by phoning

Louise: 0416 039 895

or Linda: 0407 047 404



Bermagui Breakers U16 AFL team showed great skill and accuracy in their 14.1.85 to 4.8.32 grand final win over Pambula Panthers on 19 September. Byron Lonsdale-Patten (pictured snapping for goal) and Matthew O'Meara were main goal kickers for Bermagui. Curtis Jack was voted best player on the day. There was strong crowd support from Bermagui at this and the other games. Bermagui teams played in four grand finals on the day in Merimbula, winning two.

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U3A Bermagui & District Inc

U3A offers classes taught by local members for members. Membership is available to the whole community. Due to COVID-19 restrictions all classes are held online using the Zoom platform

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An overview of courses and activities for this term so far ...

Old favourites such as: Apple Technology, Critical Thinking, Book Chat, Mindfulness, Poetry, Story Writing and Australian Literature.

New Classes/Courses: Taboo Topics, 'Nashos' in Papua New Guinea during the Vietnam War, The Ukraine, Travel Tales: The Pamir Mountains, Trekking back in time - Kashmir to Ladakh, Bushfires (Understanding the basic science & risk assessment) and a journey of discovery into our rugged south east forests.

All details will be available in our Term 4 Newsletter and on our website.

Bermagui Baptist Church – introducing Chris and Prudence Clarke

Chris Clarke, his wife Prudence and their three children came to the coast two years ago from Cooma. For 15 years they have both been involved in church and community ministry. Chris served as a school chaplain in Cooma for almost ten years and has recently stepped into the role of school chaplain at Narooma Public School.

Chris and Prudence have been assisting Bermagui Baptist Church since Pastor Chris Smeda retired in February 2019. The church is delighted that Chris Clarke has accepted the role of permanent part-time Pastor. They are both passionate about the church adding value to their community.

During the fires at the start of the year, Chris served as a volunteer with the RFS in Dalmeny. He and Prudence are invested in supporting both the Church and the community as they recover and rebuild. At the end of March, Bermagui Baptist Church began online services. Chris and Prudence present weekly YouTube videos, using social media and electronic communications to connect with the church.

Bermagui Baptist Church would usually gather at the Union Church in West St but have been gathering at the Bermagui Community Centre since last month, on Sundays at 10.30 am. The church is registered as a Covid-safe organisation. Moving the gathering to the Community Centre allows everyone to worship together while ensuring appropriate social distancing.



Prudence and Chris – passionate about ministry

Chris and Prudence will be available in Bermagui most Tuesdays to support our community wherever it's needed. Chris can be contacted on 0429 861 996

or email bermaguibaptistchurch@gmail.com. Search for 'Bermagui Baptist Church' on Facebook or YouTube to follow and connect with this community.

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Borrow a tool

Bermagui and District Lions Club is pleased to advise all local communities that the Lions Tool Library is now open.

A wide range of tools and equipment is available for loan free of charge. Please call Geoff on 0407 164 466 to talk about inspecting the tools.

A springtime re-awakening of the local art scene

Although it's been relatively quiet in the arts world over the last few months, it feels that, with spring, things are slowly starting to emerge. Across the region, galleries are opening with lots of new work, a little live music and even some theatrical events planned. All, of course, are adhering to precautions, social distancing, restrictions of numbers and sanitising ... the new way of life. And lots on offer online.

Our small communities have been working hard to keep their galleries open. Lazy Lizard in Cobargo doesn't live up to its name at all and has been busy with some interesting exhibitions and events, and Shop7 ArtSpace in Bermagui is gearing up for their annual exhibition in November – more on both on these pages.

Nothing stops Mike and Kim Collingham at Mudworks, Alexander Drive, Bermagui, who have been busy creating some new designs for both their garden and functional ceramics – as well as delivering bunches of beautiful ceramic blooms to lighten the moods and brighten the gardens of local fire-affected households. The gallery is open again, Thursday to Monday, 10 am – 5 pm. Check out their website: www.bermaguimudworks.com.au.

Further afield, Bega Valley Regional Gallery has been busy – the Shirley Hannah Portrait exhibition has just come down and a new exhibition has opened. 'Gangguan Tenggara - Edisi Indonesia' is the fourth and final instalment of the BVRG's South/East Interference project curated by Iain Dawson. It's open till November 7.

An offshoot of Bega Valley Regional Gallery is a new space in the refurbished Merimbula Airport, aptly named Tarmac, and it's showing the works of local artist Susan Chancellor. Her show is entitled 'Road Trip'. It's a series of monotypes, an 'expression of my oft-repeated return trips between the coastal town of Pambula where I live and the city of Canberra.'

Bega Valley Regional Gallery also has a monthly program online. Go to gallery.begavalley.nsw.gov.au and click on 'BVRG AT HOME'.

Spiral Gallery in Church Street, Bega has kept the doors open and currently presents 'InterWoven' till 21 October, the fourth biannual exhibition of amazing, creative weaving specialists from the highlands to Canberra and the south coast. Not to be missed.

South East Arts supports artists in so many ways. It has just launched a series of podcasts with artists around the region, www.artlessbastards.com.au. It's a great way to keep connected with artists and hear their stories. Excellent production by Jazz Williams and Andrew Gray. Looking forward to the next one!

Far South Film was founded in April 2019, a relatively new branch of the arts for the region with a home office at the Murrah. Local film-maker Hiromi Matsuoka has been a driving force, along with Lis Shelley, well known for her long involvement in theatre down Merimbula/Pambula way.

Hiromi and Lis have been doing some exciting things, including putting together the first Far South Film Festival, which



A beautiful ceramic rose from Mudworks in Bermagui took root in a Quaama garden last month.

attracted films from around Australia. Ironically, COVID-19 meant that the Festival reached a much wider audience online. Much planning is going on at the moment and a film industry strategy for the region is being developed, assisted by South East Arts. Read more about Far South Film next month in *The Triangle*, or see www.farsouthfilm.org.au.

Four Winds has many exciting events and performances scheduled from October to December. Due to COVID restrictions, numbers of audience members are very limited, so get in quickly to secure a ticket. Keep up to date with what's happening – join the mailing list at www.fourwinds.com.au.

And the newest gallery to open in the Triangle area is the Mungala Bugaali Gallery in Tilba, a new venture by Cheryl Davison located in the old dining room of the Tilba Teapot Café. Well worth a visit.

Georgina Adamson



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The OK Shed

Partnering with Anglicare

All Saints Anglican Church, Wallaga St. Bermagui
Pre loved treasures/clothes/bargains to be found
Not yet re-opened, hopefully soon!
We are unable to accept donations yet.
Contact: Nancy 6493 3136 or Kath 6493 5887

Four Winds is back!

Four Winds is so glad to be opening the doors again, and it's an incredible program we have to offer you over the next few months.

- Saturday 10 and Sunday 11 October – Sonya Lifschitz 'Stalin's Piano'
- Saturday 24 October – Australian Chamber Orchestra (String Quintet)
- Saturday 28 November – Enigma String Quartet
- Saturday 19 December – Christmas with Luminescence Chamber Choir

Audience numbers will be very limited so, if you haven't already, sign up to our eNews at www.fourwinds.com.au so you are the first to find out when tickets go on sale.

Four Winds is also pleased to inform you that we're going to have an increase in Artist Residencies in the next twelve months. This means more artists staying in town for longer, more workshops, more musicians being inspired by the South Coast and more concerts for you to enjoy.

Four Winds has made a commitment to the digital space as well, so you can expect some beautiful digital content from us in the coming months, including a showcase of our Spring Youth Festival – which is a digital program this year to work with Covid restrictions.

The Four Winds Team



Richard Tognetti of the Australian Chamber Orchestra

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Stalin's Piano –
Sonya Lifschitz
SATURDAY AND SUNDAY
OCTOBER 10 11

CONCERT TWO
Australian Chamber
Orchestra
(String Quintet)
SATURDAY
OCTOBER 24

CONCERT THREE
Enigma
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SATURDAY
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Olga Masters winners revealed: young Bega Valley writers star!

The winners of the Olga Masters Short Story Award 2020, including two young locals, were announced at a small, convivial gathering at Well Thumbed Books, Cobargo on Saturday 19

September.

South East Arts now runs the Award, but Heather O'Connor spoke of the inaugural short story competition, part of the Olga Masters Festival in 2014. Olga's writing bloomed late in her life but earned the recognition of industry greats including Craig Munro, Mary Cunnane and Geordie Williamson, who judged the first Award.

Heather proudly recalled winning the 'White bread, corned beef and pickle sandwich competition' all those years ago – a reminder that although Four Winds' involvement had taken the Festival to a new artistic level, the Cobargo element had kept it firmly grounded in the small town in which Olga spent many of her formative years, a town that inspired her later writing.

The competition winners were:

- First prize: Alison Flett (Adelaide) for *Go Get Boy*
- Runner-up: Jo Langdon (Geelong) for *Under Ivy*
- Youth prize (13-18): Luca Yi (Bega) for *Someplace Else*
- Youth prize runner-up: Helen Lovegrove (WA) for *Boarding and Bagpipes*
- Under 12: Gypsy Rigatos (Candelo) for *Kangaroo*

Luca Yi is the son of Myoung and Marianna, proprietors of Candelo Books in Bega. We were delighted to hear from Gypsy on the day, talking about the inspiration for *Kangaroo* and her writing style, especially her rebellious treatment of tense.

All the stories are at www.olgamastersshortstoryaward.com. The winning story was published in *Island* magazine last month and should be on the website sometime soon.

Jen Severn



Heather O'Connor (left) reminisces about the Olga Masters Festival in 2014. On the right is Under-12 short story winner Gypsy Rigatos.

The Lazy Lizard Gallery has 'Dyemania!'

That's right, we have caught a rather serious case of Dyemania ... the effects of this will be manifest in the Side Room Gallery. The symptoms are predicted to last the whole of October, and be warned, it could be quite contagious!

I guess nowadays we're all quite well prepared to protect ourselves from infections – but it sounds to me as if a small dose of this one could be a lot of fun.

'Dyemania' is a small group of women who get together and enjoy playing with natural dyeing techniques. I guess we can call them 'Dyemaniacs'. They have all developed their own styles and are often inspired by each other's work, experimenting with local leaves and flowers to produce amazing, subtle designs and effects on fabrics. Their philosophy is to have fun, to learn and share experiences, but to have a few laughs along the way – with lots of 'oohs' and 'aahs' when they have a show-and-tell session!

They also like to upcycle and deconstruct fashion items. They use techniques that include anything from overdyeing, ice-dyeing, eco-dyeing, to indigo-stamping and felting. They just love to play!

They have produced some really amazing work, so please come into the gallery this month and admire the beautiful and subtle effects created by these very talented Dyemaniacs.

Naomi Lewis



Dyemania – apparently it's contagious ...

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Artists weave spells at Spiral Gallery this month

This group exhibition brings together creators working on a common theme from the Bega Valley and beyond. The artists use a variety of materials, such as steel, grass, bark, wool, wood, beads, sticks as well as wire and recycled materials. These innovative

makers are always experimenting with fibres – if it's flexible, someone is probably weaving it!

The works comprise sculptural and functional pieces – woven baskets, woodwork, textiles, jewellery, installations and sculptures.

Basket-making and weaving techniques have been passed along generations, re-discovered, and are still being expanded upon today. In early years, basket sizes, shapes and weaves were determined largely by their uses, such as storing and carrying goods. As soon as people were able to plait fibres together, they began to experiment with woven structures and containers.

The weavers, basket-makers and creators from the Bega Valley include Gabrielle Powell, Cathy Jarratt, Claudia Tasche, Hilary Peterson, Nancy Brunton, Sharon Stevens, Robyn Levey, Steve Stafford, Gayle Stockley and Skye Etherington.

The InterWoven exhibition runs from 2 to 21 October at Spiral Gallery, Church St, Bega. Come and meet the artists at the exhibition opening on Friday 2 October, 4 – 6 pm. Numbers are limited. Please abide by COVID-19 restrictions and distancing.

Meredith Hinchcliffe, a craft collector and specialist writer, will open the exhibition. Meredith is a curator, arts lobbyist and craft expert – a true believer in the arts – and she's one of Canberra Museum and Gallery's longest-standing donors, a model philanthropist in the ACT arts sector.

Gabrielle Powell



Community – a woven creation by Erin Griffiths

Shop7 ArtSpace open and planning for 'Harbour'

Shop7, upstairs at Bermagui Fishermen's Wharf, has been open for some weeks now, but with reduced days. Sadly, some members of the team suffered terribly in the bush fires, losing homes, property and equipment, so they're taking time out and focusing on rebuilding their lives. Thoughts go to Jenny Bruce at Brogo and Steve and Helen Stafford from Cobargo.

The rest of the team have been productive during these strange times, with some new developments in their work, including: new jewellery from Shelley Davis and Pauline Balos; 2D art pieces from Helen Morris; new member Nancy Brunton's horsehair, slow-fired raku ceramics; Peter Storey's elegant timber table sculptures, as well as a new range of cards combining his poetry and photography; Lenore Thompson's small, knitted women's fashion garments and new beaded work; and prolific ceramicist Jenny Mein's new glazes and forms.

Malcolm Halliday is hoping to be well enough to exhibit some new photographic prints for the Harbour Show in November, and there will also be some guest artists.

And a good news story for Steve Stafford – he's been able



Pauline Balos's Journey

to replace his workshop and is filling quite a large order for his fine knives.

The annual 'Harbour' exhibition, 5 to 25 November, is the first open event at Shop7 since COVID-19 caused the gallery to close for a few months earlier this year. Entries are still open, closing 29 October. Artists in the region are encouraged to submit a piece in any medium which can be classified to comply with any meaning of the word 'Harbour'.

There's a limit of two pieces per artist and they must be delivered on 4 November between 10 am and 1 pm. Size limits are 1m x 1m for 2D and 80cm x 80cm floor space for 3D. Cost to enter is \$20. Contacts: Jenny Mein 6493 3039, Helen Morris 0429 022 671, Pauline Balos 0468 464 167.

Shop7 ArtSpace is open Thursday to Sunday, 10.30 am – 3 pm.

Peter Storey

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Taiko drumming open days and beginners' classes



Drumming classes start again this month in Cobargo and Bega

Ready to try something new this spring? Play Taiko (drums) with Stonewave, a registered COVID-Safe organisation catering for all ages and skill levels in a fun environment.

Stonewave is holding free, drop-in open days on Saturday 10 October, 1 – 4 pm at the Sapphire Coast Anglican College (SCAC) gym in Bega, and Tuesday 13 October, 4 – 7 pm at the School of Arts Hall, Cobargo. Kids seven and under need parental supervision.

Term 4 classes start the week beginning Monday 12 October:

- Cobargo – Tuesdays, 5.30 – 7.00 pm at School of Arts
- Bega – Thursdays 4.00 – 5.30 pm and 6.00 – 7.30 pm at SCAC gym

Cost: \$20/15 concession for term-based enrolment or \$24/18 casual rate.

Bookings for classes are essential. Information and bookings: Email Reiko, stonewavetreasurer@gmail.com or call 0474 065 667.

AGM

The Triangle Inc Committee

Monday 9 November,
4.30 pm

Well Thumbed Books
Cobargo

Enquiries: secretary@thetriangle.org.au



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Enquiries & bookings - 4473 7308

WHAT'S ON
Music starts at 12.30
free of charge

3rd October	Chris McGrath
4th October	Dave Newman
10th October	3 Hours South
11th October	Tony Jagers
18th October	Sophie Nowlan
24th October	Octoberfest featuring Thundergoose
25th October	Jazz Cats

**Located 8 km south of Narooma
or 4 km north of Central Tilba**

Follow us on Facebook & Instagram for upcoming events

Free art renewal and recovery workshops at Cobargo School of Arts this month

The Renewal Art Project, hosted by Spiral Gallery Cooperative, is an opportunity for local artists and community members to explore their sense of home, the fragility of our environment and the importance of community, after the significant impact of the NYE fires and Covid-19 on the small rural communities of Cobargo and Quaama.

These workshops, on 10 and 17 October, 9.30 am – 3 pm, will be free to participants and materials are supplied. Numbers are limited to 12 each day.

Artist and teacher Veronica O'Leary will lead the workshops, exploring the disaster through painting and drawing. She survived the Tathra fires in 2018 and exhibited her paintings, based on fire, sea and climate change, at the Tacit Gallery in Melbourne in 2019.

Veronica will lead a group of Cobargo and Quaama area residents to explore the themes of loss, environmental change and separation, guiding participants to make drawings using pen and ink techniques. She'll provide photographic resources (or you can bring your own) and show you how to work both internal spaces and landscapes, and the interiors and objects



Finding the precious in the everyday: internal and external landscapes by Veronica O'Leary

which have taken on significance as we live inside.

Participants will build a collage of images on paper to be presented in book form or small paintings. Works will be shown in an exhibition at Spiral Gallery from 29 December – 13 January. 3D artworks focused on recovery and renewal (eg a mosaic from shards?) may be included in the exhibition – email me with information and images.

Workshop bookings are essential. Email spiralgallerybega@gmail.com or call 0427 806 033.

Gabrielle Powell

Community Notices

In recognition that meetings are not happening at the moment – at least, not in the ways they used to – we're placing the 'Community Notices' 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.



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scac.nsw.edu.au



Pet of the Month

Crossbreed Shiloh is two and a half years old and has been waiting patiently for a new owner. She has been in care for a while now, perhaps due to her size, but she's a loving girl with a very placid side. She is house-trained and will sit on command, loves long walks, her toys and basking in the sun. If you can offer Shiloh a loving home, plenty of exercise and continue with her basic training, we'd love to hear from you. She's available through AWL Far South Coast Branch. Please phone 0400 372 609.

All animals available through AWLNSW are microchipped, de-sexed, vaccinated, wormed, and flea- and tick-treated. Their adoption fee is subsidised in the hope that rescue pets will be people's first choice and that eventually we'll be able to stop unwanted litters. Please note that potential dog owners will need to have secure dog-proof fencing and be suited to the needs of the animal.

You can view available animals on our Facebook page (AWLNSWFarSouthCoast) but you will need to call us on 0400 372 609 to enquire about any of the cats, kittens, dogs and pups available for adoption. If you would like to become a member please call 0400 372 609. If you have lost or found a companion animal please call BVSC Companion Animal Facility on 6499 2222.

Desexing is crucial in managing the overpopulation of dogs and cats on our streets. An un-desexed kitten can fall pregnant as young as four months old, leading to generation after generation of kittens – up to 20,000 kittens within two years. A desexed animal is healthier and less prone to disease and infection, is

safer and often lives longer, and doesn't display as many anti-social behaviours.

De-sexing vouchers are available at all vet clinics in our branch area (Bega Valley Shire) for local residents who hold a Centrelink Pension Card. AWL Far South Coast will subsidise the de-sexing by \$125 for female dogs and cats and by \$100 for male dogs and cats. Simply make a booking with your vet, show your pension card and you only need to cover the balance of the de-sexing cost.



Shiloh's a placid girl who loves long walks.

Book Review

Heather O'Connor

Not Just Black and White **Lesley and Tammy Williams** **UQP, \$32.95**

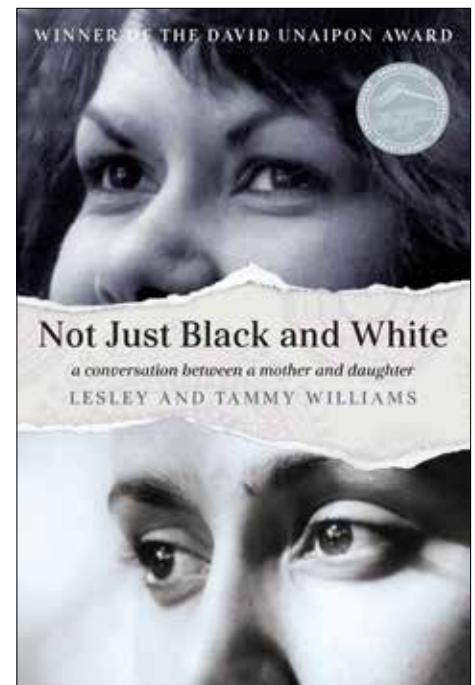
One of the easiest and best ways to learn about Indigenous culture and history is to work your way through the winners of the David Unaipon Award. It was established to celebrate both Indigenous writers of both fiction and non-fiction, in collaboration with the

University of Queensland Press. This award acknowledges the importance of storytelling as the primary method of education.

Not Just Black and White is a conversation between a mother, Lesley Williams, and her lawyer daughter, Tammy. Lesley was born on the Cherbourg mission in Queensland and raised mainly by her grandmother who, well into her seventies, assumed responsibility for all her grandchildren – a not uncommon story even today.

Under the Aboriginal Protection Act, white authorities were able to send very young people out west to work on properties as domestics and farm hands. Given no choice in the matter, hundreds of Indigenous teenagers left family and friends to travel, alone, hundreds of miles inland, to provide this essential workforce, often living in totally inadequate accommodation, being paid 'pocket money' while their wage was withheld by government. It was this injustice, plus the failure to recognise the contribution of Indigenous workers to outback life, that inspired Lesley Williams to campaign tirelessly for over a decade to force the government to offer both an apology and restitution of stolen wages.

Her story is of itself a remarkable



tribute to all those who have campaigned so long about this and other injustices. And the battle continues even today in other states to restore earned wages. If you want to understand the real life consequences of these policies, which continued well into the 1960s, you can do no better than read this heart-warming and inspirational book, one well worthy of the awards it has won.

Classifieds

FOR SALE

TWO WARRE BEE HIVES AND ALL THE GEAR
2 x 4 super (box) Warre hives, bee helmet / jacket, gloves, smoker, hive opening tool, bee brush and the Warre beehive Book. All as new \$450. Smilie 0447 264 177 Central Tilba

RED GUM SLABS
40 mm X 400 wide to 700 wide X 2.600 long, straight edges. \$100 to \$220 Plus some wider (table top) natural edge. Smilie 0447 264 177 Central Tilba

BIG CAST IRON BANDSAW
Old AUSTRALIAN MADE bandsaw (those were the days) 2.200 high X 1.260 long X .710 wide, table is 710 mm X 610 mm Single Phase 3 hp motor. In good working order, \$500. Smilie 0447 264 177 Central Tilba

The home orchard

With the increasing need for self-sustainability, and a move back to the home orchard, you should consider several things to achieve success.

Fruit trees come in many shapes, forms, and varieties, and their individual requirements are important for successful growth, great crops, and a personal satisfaction that you are self-sufficient.

Firstly, sunlight and adequate space is of paramount importance when making your selection. Many trees like apples and pears are large-growing and take up considerable space. They are, when in full leaf, large shade throwers, so good planning is needed as they can shade out other plants around them, particularly if they share space with herbs and vegetables.

Secondly, what requirements might that tree need to produce a good crop? Does it need another variety to cross-pollinate? Will it require more water than other surrounding trees, and can it handle stronger prevailing winds? These are all considerations for the layout.

Another important factor is that many trees require a prolonged period of winter chill for proper maturation of flowering buds, with one- to two-thousand hours of temperatures below 10°C the usual requirement. Given this, many coastal gardeners have poor results with apples, pears, cherries, and nut trees, which all require the chill.

There has been a lot of work done in recent times by plant breeders to develop smaller-growing varieties of trees that will fit into a smaller site, and varieties that are 'self-pollinating,' allowing more trees in the space available. With space in mind,



many are suited to be planted espalier-style, utilising fences within the orchard. These can create garden rooms to add another dimension to the space.

Evergreen fruit trees like citrus, olives, and avocados are another option, and as for deciduous trees, they also throw shade but all year around. Many are grown on dwarfing root stock so adapt well to pot culture and smaller sites. Consider large pots with a premium potting mix and fertilise and water regularly.

Finally, remember that all fruit trees require regular ongoing maintenance: prune at the correct time of year, fertilise regularly to keep them thrifty, and practise preventative pest and disease control. As with all garden plants, prevention is better than the cure.

Talk to your local nursery person, who will guide you in your selection. If you have missed out on the winter bare-root

selection, they will be available later in the season as container-grown plants.



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OPEN 7 DAYS A WEEK
Mon - Sun | 10.00am - 3.00pm

The Bermagui Pick-Up Kitchen is a not-for-profit, volunteer, takeaway kitchen open Sunday evenings at the River Rock Café. All proceeds go to either to the Batwa tribe in Uganda or the Sewing the Seeds women's empowerment project in India.

BPUK was born from seeing our friends and businesses flailing after the

bushfires and then later during COVID-19 lockdown. Dipak and I wanted to offer some kind of relief – at the same time giving ourselves a focus. We came up with the idea of a community kitchen that would provide home-cooked meals at household prices, giving locals a break from cooking every night. We also wanted our efforts to have the most impact for the

small amount of cash we'd earn, and then pass that on.

The modest yet regular donations that come from the meals you buy have been making a big difference in the lives of our friends overseas.

The menu changes weekly and can be previewed on our Facebook page or the community email notices.

The recipe below is from one of my favourite chefs – Ottolenghi – and is surprisingly easy to make.

Thai red lentil soup with aromatic chilli oil and snap peas

Soup ingredients

- 3 tablespoons sunflower oil
- 1 medium onion, thinly sliced
- 1½ tablespoons vegetarian red curry paste
- 2 lemongrass stalks, gently bruised with a rolling pin
- 4 fresh kaffir lime leaves (or 12 dried)
- 250 grams red lentils
- 250 ml coconut milk
- 1½ tablespoons lime juice
- 1½ tablespoons soy sauce
- Salt to taste
- Handful of coriander leaves, roughly chopped
- Handful of sugar snap peas, sliced diagonally

Chilli oil ingredients

- 180 ml sunflower oil
- 1 banana shallot, or 2 regular shallots, coarsely chopped
- 1 clove garlic, coarsely chopped
- 1 tsp peeled and coarsely chopped fresh ginger
- ½ red chilli, coarsely chopped
- ½ star anise pod
- 2 teaspoons curry powder
- 1 teaspoon tomato paste
- grated zest of ½ small lemon



Chilli oil (chillies optional!)

First make the chilli oil. Heat 2 tablespoons of the sunflower oil in a small saucepan. Add the shallot, garlic, ginger, chilli, star anise and curry powder and fry



Snap peas harvested from Moodji Community Garden

over low heat for 5 minutes, stirring from time to time, until the shallot is soft. Add the tomato paste and cook gently for 2 minutes. Stir in the remaining oil and the lemon zest and simmer very gently for 30 minutes. Leave to cool and then strain.

Note about oil: if you want 'aroma' without the heat just omit the chillies completely. The leftover oil is delicious and will keep in your fridge up to a month. It's sensational over eggs, transforms noodles, even cheese sandwiches.



For the soup, heat the sunflower oil in a large pot and add the onion. Cook over low heat, lid on, for 10 to 15 minutes, stirring once or twice, until the onion is completely soft. Stir in the red curry paste and cook for 1 minute. Add the lemongrass, lime leaves, red lentils and 700 ml water. Bring to a boil, turn down the heat to low, and simmer for 15-20 minutes or until the lentils are completely soft.

Remove the soup from the heat and take out and discard the lemongrass and lime leaves. Use a blender to process the soup until it is completely smooth. Add the coconut milk, lime juice, soy sauce and ½ teaspoon salt, and stir. Return the soup to medium heat. Once the soup is almost boiling, ladle into bowls. Garnish with the



The Sewing the Seeds project in India, one beneficiary of the BPUK.

snap peas, coriander leaves and a drizzle of the chilli oil over each portion.

Please note, the soup is a bit spicy even without the chilli oil. You can temper this by reducing the amount of red curry paste and adding more coconut milk.

I often close my weekly menu missives with the tag line, 'There are many hands stirring these pots', and truly there are. Aside from the hands-on involvement, an unexpected joy has been observing how everyone finds their own way of contributing – some with their time, a bag of rice, fresh veggies, a tray of baklava, cash donations, new kitchenware. The list goes on. People basically want to help, because it feels good to be a part of something that's spinning in a positive direction – especially now.

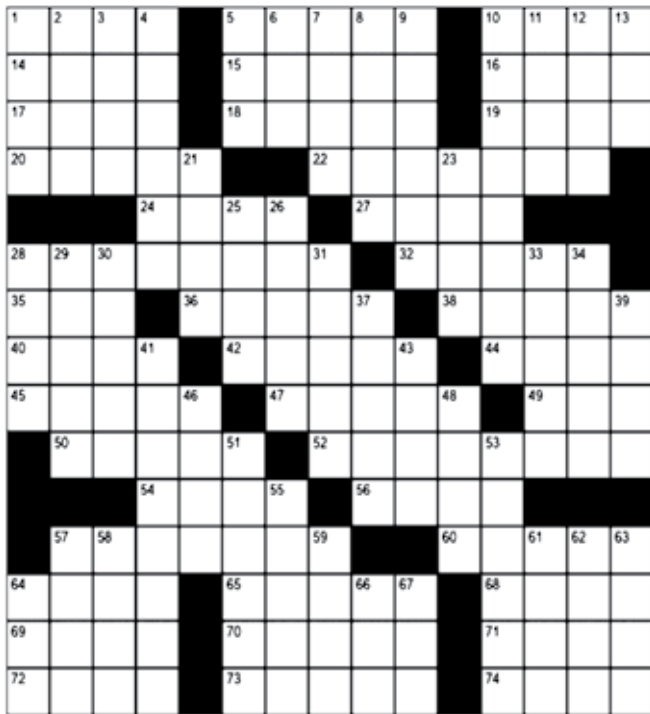


For the Fridge Door

October	What	Where	When
Fri 2	InterWoven Exhibition Opening	Spiral Gallery, Bega	4 - 6 pm
Sat 3	Quaama RFB training session	Quaama Fire Shed	1.30 pm
	Fundraising walk for Open Sanctuary	The Tilba War Memorial path	9 am - 2 pm
	Live Music: Chris McGrath	Tilba Valley Winery & Ale House	12.30 pm
Sun 4	Tilba Food Share	Contact Annie Fenn, 0409 443 064 for details	
	Fundraising walk for Open Sanctuary	The Tilba War Memorial Path	9 am - 2 pm
	Live Music: Dave Newman	Tilba Valley Winery & Ale House	12.30 pm
Tues 6	BVSC Waste project 1 hr information sessions	Bermi Community Centre	12, 2, 4 or 5.30 pm
Wed 7	Restorative stretch, yoga mindfulness class	Cobargo SoA Hall	10 am - noon
Thurs 8	Cobargo RFB training session	Cobargo Fire Station	7 - 9 pm
Fri 9	Tilba CWA AGM and meeting	Tilba Oval	10 am
Sat 10	Art renewal and recovery workshop	Cobargo SoA Hall	9.30 am - 3 pm
	Live Music: 3 Hours South	Tilba Valley Winery & Ale House	12.30 pm
Sun 11	Live Music: Tony Jagers	Tilba Valley Winery & Ale House	12.30 pm
Tues 13	Stonewave Taiko Open day	Cobargo School of Arts Hall	4 - 7 pm
Wed 14	AGM Cobargo School of Arts	Cobargo School of Arts Supper Room	5.30 pm
	U3A Term 4 Enrolment	Online at www.bermagui.u3anet.org.au	
	Restorative stretch, yoga, mindfulness class	Cobargo SoA Hall	10 am - noon
Sat 17	Quaama RFB Training session	Quaama Fire Shed	1.30 pm
	Art renewal & recovery workshop	Cobargo SoA Hall	9.30 am - 3 pm
Sun 18	Food pantry and plant share	Quaama Hall	12 - 2 pm
	Tennis season kick off, BBQ get-together	Quaama Tennis Courts	2 pm
	Live Music: Sophie Nowlan	Tilba Valley Winery & Ale House	From 12:30
Mon 19	BVSC Waste project 1 hr information sessions	Cobargo Hall	12, 2, 4 or 5.30 pm
Tues 20	Taiko drumming workshop	Book with Reiko, 0474 065 667	5.30 - 7 pm
Wed 21	Restorative stretch, yoga, mindfulness class	Cobargo SoA Hall	10 am - noon
Thurs 22	Cobargo RFB training session	Cobargo Fire Station	7 - 9 pm
Sat 24	Octoberfest - Live Music: Thundergoose	Tilba Valley Winery & Ale House	12.30 pm
Sun 25	Live Music: Jazz Cats	Tilba Valley Winery & Ale House	12.30 pm
Tues 27	Red Cross Markets	Bermagui Surf Club Park	8 am - 1 pm
	Taiko drumming workshop	Book with Reiko, 0474 065 667	5.30 - 7 pm
Wed 28	Restorative stretch, yoga, mindfulness class	Cobargo SoA Hall	10 am - noon
Sat 31	Quaama RFB training session	Quaama Fire Shed	1.30 pm

Game On

CROSSWORD



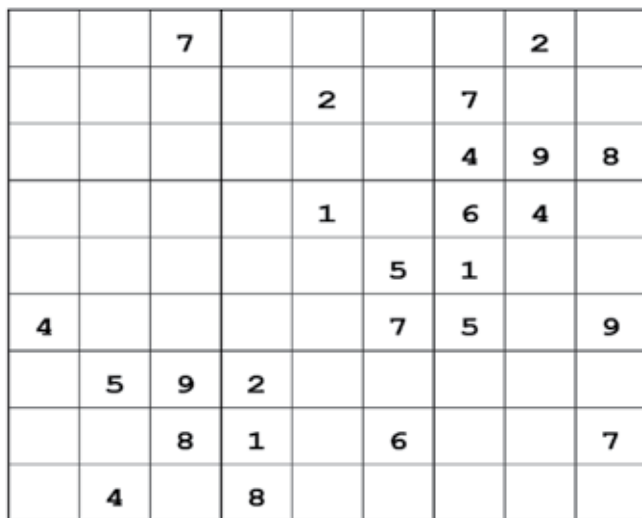
ACROSS

1 Places to sleep; 5 French port; 10 Wagon; 14 Peace Nobelist Wiesel; 15 Pertaining to the moon; 16 Stead; 17 Scottish loch, home to a monster!; 18 Steak order; 19 Quod ___ demonstrandum; 20 Coffee choice; 22 Employee; 24 It's as good as a mile; 27 Busy; 28 Duck; 32 Dish of raw vegetables; 35 Flap; 36 Billiards shot; 38 Stopwatch-holder; 40 Sibilate; 42 Groundwork; 44 Big East team; 45 Lerner's partner; 47 Son of Abraham; 49 How about that!; 50 Former Russian rulers; 52 Rulers; 54 ___ contendere; 56 Any of the Antilles; 57 Teachings; 60 Madagascar monkey; 64 Escudo replacement; 65 Circumference; 68 Casino game; 69 Spahn teammate; 70 Participant; 71 Crikey!; 72 Past perfect tense of sing; 73 Approaches; 74 Make angry;

DOWN

1 Curve; 2 Gen. Robert ___; 3 Round object, often used to store computer data; 4 Opening word; 5 Sandwich initials; 6 Massage; 7 Slaughter in Cooperstown; 8 Vixen's master; 9 Picks up the check; 10 Split labium superioris; 11 Yorkshire river; 12 The back end of something; 13 Boy king; 21 Money-related: Abbr.; 23 Decree; 25 Thrust with a knife; 26 Turkish palace; 28 Satirist Mort; 29 Dostoyevsky novel, with "The"; 30 Prescribed amounts; 31 Deputised group; 33 Uruguayan friend; 34 Discourage; 37 Florida city (USA) 39 Hwys. (USA); 41 Farewell appearance; 43 Enervates; 46 Greek god of love; 48 Unit of an insurgency; 51 Mantra; 53 Joint; 55 In reserve; 57 Hawaiian outdoor feast; 58 Ireland; 59 Lady of Sp.; 61 Biblical gift bearers; 62 Orenburg's river; 63 Got on; 64 Lion tail?; 66 Rocky pinnacle; 67 Hours abbr.;

SUDOKU



Crossword solution page 9

MAZE

