

A Win for Sports Coaching on the South Coast

Local coach, Peta Shaw from Bermagui, has been named best Community Coach in NSW for Term 1 and 2 in 2013 for her positive contribution to the Active After-school Communities (AASC) program. The program was delivered by the Australian Sports Commission (ASC), following Peta's nomination by the local AASC regional coordinator, Kate Baker.

The AASC program introduces children to a variety of sports and physical activities in a safe, fun and inclusive environment. Trained Community Coaches play an important part in encouraging children to join a sporting club and get active for life.

Shaw topped a field of over 1000 trained Community Coaches for the delivery of AASC sessions at Bermagui and Cobargo Public Schools over the past few years. She usually partners with her skilled co-coach, Vikki Marshall, President of the Bermagui Surf Life Saving Club (SLSC).

"AASC is a fantastic program. It has given Bermagui SLSC the opportunity to bring surf lifesaving further into the community. Living on or near the coast, it is so important that our country kids are comfortable, confident and, most importantly, safe in the aquatic environment. Being able to promote surf lifesaving skills and water safety through fun and participation is simply awesome," Shaw said.

Shaw has been an active patrolling member of Bermagui SLSC since 2005 and co-ordinator of the Nippers program (junior beach activities) since 2008. As a mother of four, with boys, she also has a great interest in the local AFL and was an AFL Auskick coach in Bermagui from 2008-2011. Cobargo Public School principal, Annie Downes, has been thrilled with Shaw's involvement in her school's AASC program.

"Peta is an enthusiastic, friendly coach who creates warm, inclusive and quality programs for all of the students within the AASC program. The children love the sessions



Peta with Cobargo Public School student, Sarah Moulds, at their latest beach session.

and parents really appreciate the quality of instruction and the care that Peta takes with our children. This program links our children to the SLSC in Bermagui and Peta is an enthusiastic advocate for Surf Life Saving Australia." AASC Director, Pat Scammell, said "Our program relies on high quality coaching for the successful delivery of sports and physical activity sessions around the state. This award is one way of recognising coaches like Peta who excel in this area. Peta is an inspiring coach who has consistently delivered high quality programs throughout her involvement with the AASC program. It's obvious how much the Bermagui SLSC has benefited," he concluded.

The involvement of the local community is the cornerstone of the AASC program, and coaches play a vital role in connecting

schools, sport clubs and the broader community. People from a variety of backgrounds participate as Community Coaches, including school teachers, local club personnel, parents and senior students. All AASC Community Coaches are trained through the AASC Community Coach Training Program.

The AASC program is run in more than 3 200 schools and after school care centres in all states and territories, with approximately 190 000 children participating each semester. The program aims to encourage children to develop a love of sport that motivates them to join a local sporting club and get participants and their families active for life.

For more information about the AASC program visit ausport.gov.au/aasc or contact Kate Baker on 6495 2834.

This month Four Winds invited some local community organisations to an open day at the Barraga Bay building site to see the progress being made on the new concert pavilion. It was certainly impressive and Paul has included a report in Bermagui Banter this month. The sound shell in the amphitheatre was, of course, completed prior to the new building being commenced.

The new pavilion will have absolutely first-class acoustics and the flexibility to be used

as a performance space for workshops. If the space has been trimmed to meet the budget, the quality was not compromised in any way. The development has been financed by grants and donations large and small and when it opens it will be debt free and in no way dependent on finance or support from BVSC.

The Four Winds Festival has a history of engaging with the local community, sponsoring free events during the Festival and supporting the performance arts and music in many ways.

Festival organisers are planning small ‘pop-up’ events for the future, as well as the signature Four Winds festival. The complex will be a very special addition to the area, creating a cultural hub for the community, the region and beyond.

During the open day, Clean Energy for Eternity (Bermagui Chapter) donated \$2 500 to Montreal Goldfields to assist them in upgrading their Off Grid power system.

Letters to the editors

Proof at last

Just wanted to let you know that I saw a koala this morning on Nutleys Creek Rd as I was on my way to work. Incredibly I saw one about 7 years ago very close to this sighting on Black Marlin Drive. Unfortunately many people doubted me 7 years ago. This time though I had my phone with me and managed a photo and some video.

I'm hoping you could put this in the Triangle so that our community know that the koalas are really here and need us to protect them.

Dean from the Crossing also went out to see it and collected some scats...I'm not sure whether he got photos.

I can be contacted by email: kategentle@hotmail.com or on 0448 649 330.

Regards,

Kate Gentle



Hurray for the Triangle

Dear Editors

Feeling a little flat this morning – overtired and too busy, I decided to sit quietly and read the latest Triangle. As I turned each page my spirits lifted. I felt myself becoming excited about the upcoming Cobargo Farm open day and plans to hold the first Cobargo ETC weekend. Peter’s creative contribution left me reflecting on the miracles all around me that I’d been overlooking in the busyness of my days: the magic of the new growth appearing with the changing season, the rich bird life inhabiting our gardens, day old calves shadowing their mothers, fresh eggs that appear on our veranda delivered every week by a friend. Then Linda’s soft footprint story conjured up happy memories of my own grandmother and the cooking we shared.

By the time I’d reached the end, I felt joyful and energized. Thankyou Triangle team, a great read!

Regards,

Kate Gooden Cobargo

Hurray for DOCS

Dear Sir/Madam,

In recent times I have had occasional contact with DOCS. The gossip or news reports have often been scathing, when this government department is called in with an issue with children.

I must stress that my impression of those with whom I’ve dealt has been overwhelmingly caring, compassionate, understanding and beneficial. Therefore, I commend our local office for the work they do in this field.

Yours faithfully,

Shirley Fogwell Bermagui

Watch your Pets

Last Christmas we decided to adopt a cat from Animal Welfare.

We adopted a mature girl called “Bell”. She has become a very appreciated family member. Besides being very loving and patient with the children, she has also been catching rats in our compost heap and has brought us lots of laughter and joy. Being aware of the damage cats can do to our wild life we always made sure our “Bell” was inside before dark.

We live in a quiet street which is surrounded by families some elderly some with children.

Even though we never received any complaints, she might have been a nuisance to some person who doesn’t like cats in their backyard....

On 26 August she got outside at about 4.30 pm and returned home at about 5 pm with a bleeding hind leg and her left front paw hanging down seemingly broken.

The Vet came out to tend to her and an X-ray showed that our cat had been shot.

The bullet was still in her leg. After inspecting the bleeding on her hind leg it showed that the bullet had first gone through her back leg and then into her front leg. The impact of the bullet had splintered her tibia and fibula.

The matter was reported to police and is being investigated.

Our cat has received extensive veterinary care and finally 4 weeks after being shot her front paw has been amputated.

Besides it having become a very expensive affair it also took its emotional toll on our family.

We now have enclosed our carport so that our cat can’t wander anymore.

I hope that other cat owners will read this. Even though there are no laws to stop cats from walking around free, your cat is at risk. I wouldn’t wish any cat owner to go through the ordeal we went through with our cat.

If anybody has problems with a cat please phone our ranger. They can provide cat traps. The animal can then be taken away and put through the system without causing harm to the innocent animal or expensive vet bills.

Marion Bermagui

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Hurray for BVSC

Adam Bonner's tirade against Bega Valley Council and its high handed attitude, once more highlights the sheer ignorance that ratepayers across the country are living under. We are all being conned in a massive scam that has been running since 1993.

Why is there a seeming reluctance amongst rate payers to address the issue of illegality? We know there was a referendum in 1989 about "local Government" recognition. This was resoundingly defeated in every state. Yet in 1993 the state government illegally created the "local government act". This was done in defiance of the "will of the people". This bogus and illegal "act" has never received the required royal assent from the governor. It has NO standing in law. A fact that has been verified by the High Court on numerous occasions. Any doubters on this can simply Google "Rumble VS Liverpool plains Council" to have my statement verified as fact. The simple truth is this, Bega valley council is a registered business with an ABN just like many of your readers have. They are NOT a third tier of government. The notion of "delegated authority" is a myth, the state government can not delegate government authority to a registered business.. it would be like having a McDonald's employee coming onto your land and making demands. It is past time the rate payers opened their eyes to this political con job and started asking questions. If not, you will continue to see more theft of your legal rights over your land. It has been demonstrated time and again that council staff who claim to be "government officers" are committing fraud. That any council employee is a private person, including the general manager and so have no "authority" to trespass on private property and may be charged in the same manner as any other trespasser. All land titles in Australia are held by deed of "Fee Simple" this gives the deed holder absolute rights over their land. This is

enshrined in the Constitution and can not be changed or removed by government without a referendum. Under federal Constitutional law (common law) a land holder does not need to ask permission to build a house, it is his right. Only the apathy and ignorance of ratepayers has enabled these crooks to cast the false web of disempowerment over their eyes. It is high time that people got informed of their inalienable rights and confronted this sham head on

*Michael Jensen
Cobargo*

Although I live in hope of things improving..... This is a direct quote from the Bega Valley Shire Council website outlining their new communications strategy. This is the first point "information bloat to be addressed with a multi-point information tree model of descending information and ascending emotion"

And that's just the start!
Cheers,

*Suzy McKinnon
Cobargo*

Thank You

Having recently broken my foot, I put an SOS out on social media, asking for someone with an automatic car, willing to swap it for my manual CRV for a few weeks, so that I can get around. The response was almost immediate! And I wasn't surprised. We are so fortunate to live in such a wonderful, essentially caring community, willing to look after each other in so many ways.

A BIG thank you Peter and Jurnee. Your generosity has helped me in so many ways. You are gems!

*Elizabeth Andalis
Cobargo*

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Distributed by Australia Post and available from:
Bermagui: 777 Supermarket, Visitors Centre, Library, Newsagency, Bermagui Beach Hotel, Post Office, Bridge Motors, Caltex Service Station, Bermagui Country Club
Central Tilba: The Cheese Shop, Tilba Winery, Dromedary Hotel, Post Office
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Letters should be no more than 150 words. All letters must be accompanied by the writer's full name and give both business and home phone numbers so letters can be verified. Name and address may be withheld if the writer prefers.

All communications should be forwarded to:
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The Triangle is a community newspaper. Its aim is to provide information and news to the people in The Triangle area. The committee is made up of volunteers who donate their time and expertise for the benefit of our readers. *The Triangle* is financially self sufficient through income generated through our advertisers. 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.



Thumbs Up

to the people of Cobargo who willingly offer the use of their cars when someone's car is off the road

and a big thank you to Ray Clements and crew from the Lions Club for feeding all the hungry volunteers on the tree planting days

to the local election candidates who removed their faces from our poles

Thumbs Down

to the football fans who "decorated" the roadside, and notably the bridges, with balloons and streamers. Parts of the wind-shredded balloons ended up in our waterways and as litter.

to smokers who empty car ash trays in beach car parks. The butts are washed onto our beaches. Quit smoking and quit polluting.

to the person having a loud and long Skype conversation on her laptop in the Bermagui Library on a Saturday morning



Email your thumbs to the the_triangle2@bigpond.com

A pot-luck dinner and think-tank at the Hall on 18 September, called to generate ideas for future projects for the Quaama Progress Association (QPA), was a small but lively affair. After a great dinner (who would have thought to do *that* with Brussels sprouts?!) and much conversation we all went home buzzing with the idea of a soon-to-be-confirmed big end-of-year event. I'm sworn to secrecy for now but stay tuned. Other events in the making are a Repair Café and a Secondhand Sunday.

Observant locals may have noticed that the local business sign at the rest area has come down. After it came to the attention of the QPA that tourists were knocking on doors looking for businesses that have closed down or moved away, the committee decided to take the sign down until it can be updated. So if your business details need updating, or if your Quaama business is not on the sign and you'd like it there, please contact Veronica Coen on 6493 8406. And same if you have talents with

paint and brush and can help with the update. But it's October so the next big thing is the Spring Fair on Saturday 19. I love these little Quaama Fairs. I love it that I see all kinds of people that I don't otherwise bump into. I love having a tasty lunch out without having to drive to Bermagui. And I especially love the Verandah Talks, where people stand up and give of their talents and experience and knowledge for the benefit of the community, just like at country fairs of old. Anyway, more details from Veronica Abbott on these pages. See you there.

Let's reclaim our river bank



Honeysuckle strangles this tree near the Dry River bridge.

When I first moved to Quaama there was a walking track that took me through some of the most diverse native vegetation in this area. Small birds were abundant, and grevilleas and many other flowering natives gave shelter to a variety of wildlife. Children rode their bicycles or horses along a well-worn path, or

on sweltering summer days plunged into deep waterholes to cool off. In just a few years all that has changed.

The riverbank area east of the bridge at Quaama Dry River is desperately in need of some help. Invasive weeds such as honeysuckle, willow and blackberry are rapidly overtaking. The weeds also prevent easy access to waterholes, which once were safe for swimming and playing. These trees (see photo) will be killed by the honeysuckle that is currently strangling native vegetation along this stretch of the River.

If enough people in the Quaama village and district are interested in ongoing care of the area, funding could be applied for, under the auspices of the Dry River Landcare group, to employ contractors to carry out an initial clean up.

A committed group would need to be established to carry out ongoing planting and care of the area. It could once again be a play area for families and visitors to enjoy.

To register your interest in reclaiming this area as a playground for our village and your children, please put your name and contact details on the registration sheet at the Quaama store, or contact Chris Post from the Dry River Landcare Group on 0411 594 092.

Rose Chaffey

Quaama/Cobargo Quilters Open Day

The second Saturday in October is coming up again and the Quaama/Cobargo Quilters are hurrying to put the finishing touches on their annual charity raffle quilt.

This lovely queen size quilt in autumn tones has been made up from blocks donated by Mrs Ailsa Mustard and will be raffled for the benefit of the Cobargo Preschool at our annual Open Day.

Quilts will be hung in shopfronts, on awnings, balconies and railings along the Princes Highway and displayed in the Cobargo School of Arts on our beautiful new quilt frames (made by the local Men's Shed). The doors will be open from 8.30am to 3pm, come along and browse our quilt exhibition, apron challenge, doll display etc..

As well as our annual club sales table, this year we are joined by Phyllis (Freddie's patchwork fabrics), Reiko (oriental themed fabrics and gifts), and the Bega Spinners and Weavers.

The Baking Buddies will supply home baked biscuits and the Men's Shed will provide tea/coffee and a sausage sizzle – you won't even have to go home for lunch!

We look forward to seeing you there!!

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Quaama Spring Fair, Saturday 19 October

We've seen all four seasons lately but it must be spring because the Quaama Spring Fair is upon us, on Saturday 19 October. The theme is Youth – Young People – Kids and there's also an emphasis on Spring Cleaning, but in a fun way. So we'll have an under 25s Art Exhibition (labelled and priced art can be delivered to the Quaama School of Arts Hall on Friday 18). And awesome young performers on the stages including some wonderful young women from Quaama at 11.30am – don't miss it.

More great stuff, in no particular order:

The reverse garbage crafting activity returns. And a fabric-painting workshop with Cathy Blake with the opportunity to purchase and customise your own Quaama T-shirt.

Local educator Journee Onawa will give a talk about plans for a new local school.

Rob and Judy Gillies from the Quaama Store are bringing treats and treasures.

There'll be chook tractors on display

The Cooking Competition theme this time is Your Favourite Childhood Recipe. Entries close at 10.55am and judging/tasting/voting finishes at 1pm. We'll want to know why it's your fave, too.

A "Where is that?" Photo Competition – entries close at 2pm.

A Nardy House toy raffle – help a great local organisation.

A community garage sale with a number of sites still available for anyone looking to have a spring clear out.

A n d . . . Q u a a m a Quisine will be cooking up a Mediterranean Feast in the Supper Room.

The program of offerings will be updated on the QPA website – quaama.org.au – where more details will be available in the week before the Fair.

As always, there are opportunities galore for people keen to participate and this time we want to hear from our younger community members especially. If you have something to say, something to sell, something we should all know about or a talent to show off, please contact us and get on the program. There'll be two stages available for presenters and performers. And stall sites are still available –



\$10 each or \$15 powered.

This event is run by the Quaama Progress Association, a small but devoted group. We always need more helpers, so if you are able to contribute some time to help organise the Fair, look after one of the activities or contribute to one of the many tasks that need looking after on the day, please contact Veronica Abbott on 0437 263 128 or email joxamara@hotmail.com.

Veronica Abbott



Bermagui Lions Club last month donated 10 copies of Peter Sykes's "Gary the Gang Gang" to Quaama School library. The club is participating in a world-wide Lions literacy program and schools around Australia all received multiple copies of the picture book. Cobargo and Bermagui public schools also received a stack of the books. Pictured are librarian Kathy and Lions members Cliff and Rita Tarrant and Ray Clements, with kindergarten and 1st grade students of Quaama School.



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Rainfall welcome

September rainfall was delightful!

Last September's rainfall recorded by Lyn and Gary at Coolagolite was 21mm, and this year's September rainfall was heading in the same direction until mid-month, when 102mm was recorded in one day! The dams and the tanks are now full and we can breathe a sigh of relief as we head into spring and summer.

Lanz Bulldog 1950

At the Bega Historical Machinery Club's 5th Annual Show, I spotted a 1950 Lanz Bulldog tractor that once belonged to Darth Terlich, and now belongs to Greg Umbers. The fully restored 50 horsepower, 10.3 Litre, 1 cylinder, 2 stroke tractor apparently has a lot of torque and is unique in the fact that it is started by a blow lamp, which is heated and placed in the front of the tractor to heat the hot bulb. While this bulb

able to locate another head and got the tractor going again. A small patch of remaining paint indicated the original colour and so the tractor was painted in an enamel paint to match that colour. Ross and Greg's ambition is to repaint the tractor in a two-pack epoxy paint as it would have been when new.

Dedication hits a service record

They say good staff are hard to find but when dedication and long term commitment are the driving factors for the rendering of one's service, the job is sure to be done well.

Joy Masterson has been working at federal, state and council elections for the past 45 years, starting in 1968 at the Wandella Hall when she stepped up to replace her uncle Joseph McVeity, and work alongside Dave Evans. On 7 September for the federal election, Joy worked at the School of Arts Hall in Cobargo

and was well and truly ready for a cup of coffee by midday, after starting at 7.30am. Joy says it was the busiest day she has ever experienced, with queues stretching out the door and down the steps. On a number of occasions, some people actually went away and came back later in the day.

Usually one to have the book open at the correct name before the elector reached the desk,

Joy admits that this time she did not know about 50% of the people! On the day, she found the people to be very supportive and co-operative and nobody seemed aggravated due to the waiting time, and that overall it was the most peaceful election she has experienced.

When it's time for the next election, Joy will consider working again as it keeps her active and motivated and in touch with the community.

High level of commitment at Cobargo RFS

On Sunday, 15 September, there was a lot of activity at the Rural Fire Service (RFS) base in Cobargo. Twelve students, three women and nine men from local areas (including one from Brogo, four from Quama, two from Tanja and five from Cobargo), sat for their RFS BF. Cobargo Brigade Captain, Chris King, explained that the BF course is now 'Bush Firefighter' rather than 'Basic Firefighter' as it used to be called.

The RFS BF is an important stepping stone for further advancement in the RFS and is the cornerstone for further studies. After an extensive training program including three days of face-to-face training, two days of practical and one assessment day, the 12 students have met exam criteria. They will now receive individual, post-course training at their respective brigades. Once deemed competent, they will be fully kitted with the RFS protective uniform.

Captain Chris King was not surprised with such a large intake of new trainees, and says that the community spirit of country people is the driving force to joining.

"People want to help out in an emergency." Fire is a serious business and RFS priorities always remain the same, first peoples' lives, then property," says Chris.

Cobargo Fire Brigade is the largest in the shire, with four vehicles, and over 30 operational and highly qualified members. Cobargo RFS covers a large area that is detailed at the front of the fire shed.

Chris is always working to communicate fire safety which incorporates the Bush Fire Survival Plan, teaching people to do something for themselves, especially when it comes down to 'leave early' or 'stay and defend'.

Cobargo RFS open day on 28 September was an opportunity for people to visit the station and ask about joining and their obligations in relation to burning off. People need to notify the Fire Control Centre in Bega, 6494 7400 anytime they intend to burn off, not just when there are fire restrictions.

Chris says it is always good to notify neighbours of when and what you intend to burn, to avoid any unnecessary concerns. If neighbours have been notified and they see smoke, they know what is happening. If 000 is contacted, the RFS must attend, and sometimes



1950 Lanz Bulldog, a worthy restoration project

remains hot, the tractor keeps going. The Lanz Bulldog was first built in Germany, by Heinrich Lanz in 1921 and was later sold to the John Deere company in 1960. They were built to last and therefore make a worthy restoration project.

This particular tractor has been used to run the irrigation pump mounted on the front which in turn is run by a belt off the flywheel. It was completely rusted when it was purchased, as the head was missing and it remained in the paddock where it stopped but Ross Umbers was



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Hope is with new younger players

With the soccer season now over, Squizzy Salter from the Dry River/Cobargo Soccer Club is happy with the achievements for 2013 and as always is on the lookout for new players for next year. Squizzy, a guy who has played soccer since he was four years old, knows that building up a team is a three to four year process and that the current team is just starting to hit its straps. The team's worst injuries for 2013 were a broken nose and a couple of pulled hamstrings! Not bad for a team with ages ranging from 16 to 58 years of age. Overall the DRCS came second last in the competition, but that is definitely not the wooden spoon! Dave Hooper, captain, provided a lovely venue for the end of year presentations. Most improved for the year are Tim and Shawn Lambert. Squizzy says that "it's looking good for next year's junior teams for under 6, 10 and 12 year olds with a number already expressing interest in playing".

If you're interested in joining or getting the kids involved, the soccer season runs from February to September and the team trains weekly, on Wednesdays at Cobargo Oval which is shared between Cobargo soccer, cricket and rugby league teams.

Free 'come and try' night at Cobargo pool on 14 October

Cobargo Amateur Swimming Club 2013/2014 season will begin on Monday 14 October at 5.30pm for 6pm start. Club nights are a fun night for the whole family and encourage children of all ages and abilities to participate and improve their skills in the water. Any children who can swim a lap of Cobargo pool, with or without floaties and/or flippers are encouraged to attend a free 'come and try' night on 14 October to have a go and learn what swimming club is all about. For any further enquiries about the swimming club you can contact Craig O'Meara on 6493 6478 or 0437 936 578.

Kindergarten Cops

You can imagine the excitement for Kinder and Year 1 from Cobargo Public School, when they, along with their teacher Cathy Wilson and support parents, spent some time at the police station on 4 September. The children radioed through to police radio headquarters at Wollongong, inspected the police station and interviewed Robert Dunlop who provided answers to all their questions. They dressed in items of police uniform and were given gifts that can be used in next term's projects.



Kindergarten Cops: students with teachers, parents and our new policeman Robert Dunlop

Scrap the old and welcome in the new

Now able to put a number of frustrations aside, the Cobargo Co-operative has received its brand new fuel tank and customers can again purchase ULP 91 octane petrol, after an uncomfortable and long eight months of a 'not available' situation.

The old 10 000 litre tank was already second hand when it was commissioned at the Co-op site in 1989, but was found in March this year to be faulty, after heavy rain showed that the tank had corroded from the outside and was drawing in water through the bottom of the tank. This tank will now be decommissioned which involves a washout, break down and being sold as scrap because it cannot be reused as a water receptacle due to its heavy metal content.

The new 10 000 litre fibreglass tank comes from Newcastle and is a dual-skinned tank featuring a brine between the inner and outer skin. It is 3.2 metres long and 2.6 metres high and is oval in shape. It will have two concrete ballasts in the hole and a concrete pad on top, and be weighted down with aggregate. All set for a long tenure at Cobargo.

Fuel is a low margin/high turnover product for the Co-op and the unavailability of petrol for co-op customers has not swayed their customer loyalty as Tim Senior reported "even though fuel sales were down, the rest of the business remained on track with expectations."

Cobargo Co-op will place an advertisement in the Bega paper to confirm the availability date.

Cobargo ETC- keep next June long weekend free!

A meeting was held on Tuesday 17 September to get people talking and thinking about how we can pool our creative and practical talents and interests. We want to create an activity filled weekend for locals and visitors to experience all that life in our village and surrounds offer.

The meeting was well attended, with a small but enthusiastic group in agreement that this is something we all can and should make happen. Now is the time for groups and individuals to think about activities they can host - big or small - so that this initiative can gain momentum. Watch the noticeboards

CWA-Come Along

Cobargo CWA hosted two very different workshops which were both well received. A Knife Sharpening workshop was run by Iain Hamilton of Dignams Creek. A group of 35 people learned different methods of sharpening a knife and retaining its edge. Knife safety and handling were also discussed.

A Learning To Meditate workshop on Friday 20 September was well received by everyone who attended, gaining an insight into the important skill of purposeful contemplation.

Nelleka Gorton from CWA Bega shared her expertise with CWA women when she judged the Cobargo branch cookery items ranging from a selection of cakes to handmade

(Continued next page)

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chocolate items. The Branch Cookery Day, successfully organised by Cookery Officer, Debbie Fisher, is a lead up to the Group Cookery Day in March 2014 and then into the State titles for final judging!

Now if all this talk about cakes has your mouth watering then, in the morning, visit the CWA stall at the Cobargo Farm Market Day on 5 October, where the CWA will be providing a treat of slices, cakes and a welcoming cup of tea or coffee

Three new members have been welcomed into the Cobargo CWA group which continues to expand and therefore become more interesting and varied in their outlook and undertakings. If you're interested, come along at 10.30am on the

second Tuesday of the month to CWA Cottage in Bermagui Road Cobargo.

CWA is asking people to start thinking about those who should be thanked and rewarded with the titles of Junior and Senior Citizen of the Year. A candidate is someone who has demonstrated their strong sense of community by their consistent work, helping their neighbour, and rolling up their sleeves when something needs to be done that they can do. Now is the opportunity to say thanks to these people. Ring Mary Williams on 6493 6167 or send your nomination by letter to CWA Cobargo Citizen Of The Year, PO Box 5114, Cobargo NSW 2550.

Reading Tutors Wanted

The YESS literacy program at Cobargo Public School has been powering along and is now in need of more volunteer tutors.

If you love reading and can spare 1½ hours a week to tutor children one-on-one please call Frances Perkins on 6493 6486 or go to www.yess.org.au



Cobargo Market Day 7 December



Calling all stall holders....Cobargo's talent and uniqueness will be centre stage on Saturday 7 December when stall holders from Cobargo and surrounding districts showcase their products, especially catering for the Christmas season.

A number of stalls are already booked and represent the diversity of 'good things' this area has to offer locals and tourists, those who live here or are visiting for a day or more.

Applications are asked to be returned by 15 October so that the stalls can be best allocated to suit stall holders' requirements and public access to those items.

Cobargo Tourist & Business Association (CTBA) aims to have photographs taken on the day that will assist with brochure and website development which will further highlight what Cobargo and beyond have to offer. Contact Vu on 6493 6500 for an email application form or call into Cobargo Tourist Information Centre, Princes Highway, Cobargo.

Sharon Cole
CTBA President

Blessing of the Animals



Cobargo Anglican Church (Hoyer St) will be holding a service to bless the animals on Sunday, 6 October, at 10am. Bring your pet (or a photo) for the Blessing of the Animals service.

Blessing of the Fire Fleets

Now that the 2013 fire season has started, Cobargo Anglican Church will be holding a service to bless all the volunteers who give their time and risk their own safety to help protect our property and us. All members of the Rural Fire Service, from across the area and the community, are invited to attend the Blessing of the Fire Fleet at Cobargo Anglican Church on Saturday, 12 October, at 9am.

Mental Health First Aid Course

Mental health is as important, if not more important, than physical health, but few of us know how to help others. To help address this, a Mental Health First Aid course is being run in Cobargo on 23 and 24 November. This course teaches you how to assist someone who is developing a mental health problem or in a mental health crisis. You will learn the signs and symptoms of a range of mental health problems (including depression, anxiety, psychosis, substance misuse, panic attacks, aggressive behaviours, self-injury, suicidal thoughts and severe psychotic states), where and how to get help and what sort of help has been shown by research to be effective. The course is well recognised and being delivered across Australia and internationally.

The Cobargo Anglican Church is organising this course and subsidising it because they believe that maximising the number of people in our community who have Mental Health First Aid training is important, so we can care for each other. While the Cobargo Anglican Church is supporting the course, it isn't a Christian course. The course is open to anyone over 18 who would like to have the information needed to help others in the community. The cost is \$65 (including refreshments and light lunch both days). For more information or to register, please contact Fiona Kotvojs at Fiona.kotvojs@bigpond.com or ph 6493 6080

WIRES to the rescue

Both these joeys were rescued by WIRES after their mothers were killed by automobiles. They are about seven months old and weigh in at 1.5 kilos. They will stay in care until they weigh five kilos. This will take about a year. At that time they will go to a large contained release site where they'll become a part of a group of roos but a WIRES member will still be keeping an eye on them to make sure that they adjust well and thrive.



Jezza and Belle 'hanging out' together

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Cobargo Anglican Church During The Great War

When war broke out, special services for peace were held across the parish. Ninety people attended these services in Tilba, 68 in Bermagui and, in Cobargo, there were too many to count. A week later, services were held in Quaama, Wandella, and again in Cobargo with large numbers attending all. The sermon the second week was titled 'Red and Blue and White' – no doubt a reflection of the patriotic zeal within the community.

There seems to have been the expectation (certainly the hope) that the war would be over by the end of the year. Yet the war continued for some four years, and our district contributed many soldiers to the war effort. The memorials in Quaama, Cobargo, Tilba and Bermagui are a salutary reminder of how many young lives were lost and how many families the war affected. A Memorial Avenue of trees was planted at what is now the junction of Dignams Creek Rd and the highway, to honour those

servicemen from Dignams Creek who left their families and homes in order to serve the cause. One tree was planted for every man.

With so many young men away, the war was in the forefront of many peoples' minds. Consequently, the practice of self-denial during Lent had a special focus. Through Lent, children attending the Cobargo Church of England saved £1, which was then donated to the patriotic fund. Intercessory services were held for the serving soldiers - the Trinity Church at Tilba was full and overflowing for the intercessory service held there on 2 January, 1916. It was described as bringing a tear to many eyes.

And there were the deaths. Walter Seccombe died in action on 5 March, 1915. The Alms Dish at Cobargo is in his memory. 1917 saw more deaths of young soldiers from our parish. A memorial service was held for Private W Thelan at Dignams Creek on 9 Dec, 1917 (he was with the 45th Battalion AIF and killed at

Ypres), and for John Myles Gough at Cobargo on 29 Dec, 1917 (he was with the 36th Battalion and died at Roven Hospital on 31 October, 1917). The Hymn Book and High Altar at Cobargo are in their respective memories. In 1918, Anzac Day Memorial Services were held across the Diocese with special intercessions. When peace was declared, thanksgiving services were held across the parish, with the prayer being that this had been the war to end all wars.

Do you have memories or 'handed down' stories of attending Church services at Mt. Dromedary, Narira or Verona? Do you have other memories or stories related to the Anglican Church in the Triangle? If so, we would love to hear them. Please contact Fiona on 6493 6080 or fiona.kotvojs@bigpond.com

Fiona Kotvojs

Living Well Gardening Workshops

The Women's Resource Centre is pleased to invite women who are community, public or Aboriginal housing tenants to participate in a series of gardening workshops. The workshops are to be held on Thursdays - 10, 17, 24 and 31 October - from 10am to 1pm, at the Women's Resource Centre, 14 Peden St, Bega. Refreshments will be provided.

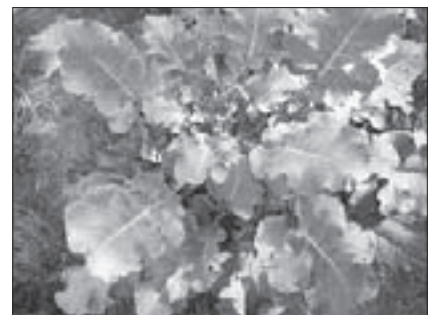
This is an opportunity for women and children to learn about, and gain skills in: permaculture-based garden practices; designing and caring for a food forest; companion planting; compost making and general garden maintenance using alternative controls and more ...

The workshops will also help boost participants' self-esteem and confidence by

working outdoors with other women.

The tutor will be organic gardening guru and permaculture specialist, Kathleen McCann. She will guide participants through a four week course of gardening tips and techniques.

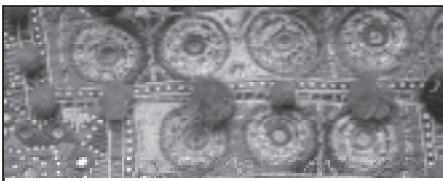
No-dig gardening began during the 1970's, with an Australian woman, Esther Dean. Based in a northern suburb of Sydney on an ordinary house block, she began her no-dig garden mainly due to her ill health. She was not able to work very physically in her garden and decided to try using lucerne mulch as a way to restore the depleted soils on her block. It was from watching the results of using lucerne, and with a few years of experimentation, that she finally came up with



the no-dig technique.

To secure your place, or for more information, phone 6492 1367.

The Women's Resource Centre (WRC) is a non-profit organisation that provides information, referral, support and drop-in service for women of all ages. WRC acknowledges the funding of Dept. of Housing Community Development Grants.



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SPRING SALE
Saturday September 28th & Saturday October 5th

Like the rest of Australia, we are experiencing some beautiful springlike weather here, and much is new and uplifting. A shame for those sensitive to pollens as the scented air is a joy, at my place anyway - wattle blooming, freesias flowering and many other delights of nature almost flavouring the world around us. It is a delight at night, or anytime for that matter, to just breathe in fragrances divine – wattle, freesias and other exotic and native plants around here (hang in there those who are negatively affected by the pollen of these). A ‘newness’ is in the air right now, never mind the official calendar.

New Makimono

Maryanne, a local lady, has now assumed the role of Manager of the long-standing sushi bar in our town, Makimono, next to the Wapengo Bridge. This is a breath of fresh air as, like the promise of spring, a new face gives new life. No, I am not disparaging the business acumen or practices of owners, Dianne and Spencer. Rather, their products continue to be innovative and healthy, and their service, great. Vietnamese coffee anyone? Yes, for those with a sweet tooth, and maybe memories of faraway places, you can now enjoy a freshly brewed cup of java, Vietnamese style. And if you need lemons or avocados or other bits and pieces, drop on by for her readily available and fresh supply, which she also maintains for her purposes. Exotic delights from just down the road.

New Cycleway

It is done! Our new cycleway is complete – well, almost. Still to come are a few seating facilities, to be installed for resting your weary bones, or to simply sit and enjoy the ambience of our amazing harbour sights and sounds. The dogs seem to enjoy it too, as I discovered the morning of my inspection. A couple visiting Bermi, dog in tow - or is that in charge? - offered the thought that a few bag dispensers on poles along the way would be good. This would cater for visitors who forget theirs, or just to encourage use of this new pathway while exercising oneself and one's dog(s). Any thoughts, anyone, on how to acquire and install these? A great place for young families on bikes, or picnicking nearby, to oversee the beginners at play. Overall, glad that it is not

a straight line, it is wide enough for overtaking and it eliminates the hill, albeit a rise near the Co-op, for us less fit ones. Nice one.

New Marina

Twenty-six of the 54 berths are almost finished in the new mariner, along the breakwater reaching into the harbour. A further 18 berths of various sizes are going in on the outer edge, in the not too distant future. It seems Bermagui is a popular port for boats of all kinds - from yachts to tinnies, off-shore, and sports-fishing cruisers and trawlers, with the initial 26 berths already leased and others on the waiting list. Though a percentage are owned by folk in other states or towns, with the additional moorings, locals may now have a better chance of a berth, and it will also help swell the ranks of visitors. Our wonderful town is worth sharing and enjoying so we just might keep an eye out so as not to love it to death. Is there an upper limit on the number of berths possible here? Would it be worth assessing this and establishing the actual number, even making it known, so we do not set unlimited expectations?

New and Yet Old

Psychics – 1, Human error – 0. This is the score after the South Coast Awards for Excellence in Tourism were held on 28 August. As we forecast, Bermagui Sea View Beach Cottages won! Who would have ‘guessed’ it? No, we did not have insider information and no, the *Triangle* is not about to make any more predictions.

Yet, our newly won fame as modern seers could be indicative of many other predictions or ‘psychic’ readings about the place, on a daily basis over the millennia. Let's face it, half our life is down to guesswork, or is it? I strongly feel that we humans have more intuition than we are often ready to accept, and that it is as much about being able to predict outcomes as it is about actually intuiting them. So many parts of everyday life are ruled or managed by our need to make a decision, despite not having any or sufficient evidence to justify it. What is it if not intuition or, at times, faith in the unknown?



Sheena Boughen on site at the building of the Four Winds new pavilion

Sure, sometimes some things go awry and our choice/decision/guess has less than desirable consequences, yet often do we not find things working out OK?

Lady Luck gets a fair bit of press, too, both bad and good, with the result we tend to gloss over how, or if, we can or do influence this choice or that decision. Perhaps we can feel better if we acknowledge, at some level, that each of us has a degree of psychic ability or intuition. As we mature, it is called wisdom - I suspect, alternatively, in the young or novice at something, it is called beginner's luck. Either way, I feel we can own our place as sentient, sensitive and intuitive beings, rather than puppets on strings. OK, how many do we see claiming to have the ‘power’ and others even pay them for it? On the other hand, if it exists, could this facility/ability be really only for our own use and benefit? As an example, heaven knows how we can see elections, for one, as other than a guessing game.

These and more questions may be asked - though not answered - by the *Triangle*, along the road of life.



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New Pavilion for the People

It is exciting to see new buildings that are well designed and positioned in a beautiful setting. That is what we, as a community, now have on the Four Winds site near Cuttagee. Representatives of the Chamber of Commerce and other organisations were recently treated to a sneak preview of the site and its potential, then an enjoyable morning tea, care of the Men's Shed folk.

What a delight to see how man's constructs can be merged with nature to enhance both, while not costing the planet. The design, position and operations of the new pavilion are a credit to the team that has brought it this far, as well as to the vision of committee and other volunteers supporting them. Funded by both state and federal governments, plus donations and some fundraising, this facility is a boon to us and artists of all practices.

Not only will the Four Winds Festival have a new venue for its wonderful performances, the whole community will have open access to hire the venue for events, functions and celebrations, such as weddings and birthdays. We will keep you informed about its opening. So mark it in your 2014 planner to enjoy its amenities for your annual party or concert. World-class, is what it is - right here in our backyard.

New 'Kid' on the Block

This title is perhaps more apt than in any situation I have come across thus far. Most Saturdays, this 'kid', who is only eight years old, is on the block - by the dock, actually - selling his home-grown produce, including veggies, fruit, eggs and flowers of the season - from his own trees and garden! He is Travis Creek and

entrepreneurial skills seem to be in his blood, as he has embraced with vigour and verve his role as provider to the public of healthy, fresh food - all while fishing for another type of fresh catch, off the wharf at the Co-op. His stand is outside The Pineapple House boutique and he is watched over from within, by a caring fellow business person in the guise of Jane Coates, its proprietor. No, he is not an example of child labour, or of a family on its last legs. His mom and guardian, Stacey, wholeheartedly facilitates his 'vocation', in collaboration with Jane and, no doubt, other caring passersby. Is this the new face of our retail world? Could he be angling - excuse the pun - for the top job at Woolies? Let's wish him the best in his career, even at his tender age, and trust that wisdom comes with time so that he may choose local, fresh and seasonal over anything else. This is the message from his generation, I feel.

New Books - Reading Between The Lions

Literacy is an invaluable ability and is foundational for education and social development. Yet, hundreds of millions of adults lack minimum literacy skills and millions of school-aged children



New kid on the block Travis Creek

are not attending school to obtain them. The Lions' Reading Action Program is a ten year global commitment to increasing literacy rates. It's a call to action for all Lions Clubs around the world to organise service projects and activities that underscore the importance of reading, and address specific needs related to illiteracy within their own communities.

The Lions Club are such a supportive influence on our community that it would be a different, and possibly lesser, place without them. May we understand and appreciate their good works among us. Contact Ray Clements on 6493 8472 for more details on how to join or engage with Lions in your village.

Members Monthly Draw
Sat 26th October 7pm

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<p>Wednesday</p> <p>NEW Members Badge Draw 5.45pm, 6.45pm, 7.45pm Raffles 7.30pm Trivia 8.00pm</p>	<p>Wednesday</p> <p>Steak Night in The Terrace Restaurant</p>
<p>Friday</p> <p>Raffles - over 30 prizes First draw 7.30pm</p>	<p>Sunday 20th October</p> <p>Monster Raffle Tickets on sale from 1.00pm Draw commences at 3pm</p>

Lunch Menu 7 days from 12 - 2pm
Restaurant open 7 days from 6 - 9pm

Bingo
Monday 11am

Pool Comps
Wednesday & Friday 7.30pm

NPL Poker
Thursday Registration 6pm

Entertainment for October: Friday 4th; 'Darryl Lamb' Saturday 5th; Candy; Friday 11th; 'Mick On Wheels'; Friday 18th; 'One Each Side' Sunday 20th; Live music from 1pm; Friday 25th; Elvis/Orbison Show-Tickets \$20!Book Now!!

H2o Health & Fitness Studio downstairs in the club- Check out our website for the latest timetable!

Pelican Project



Skipper Garry McKechnie, crew Karlee Taylor, 1st mate Tomek Korman and crew Savaad Wells.

On a cloudy Bermagui morning - with the desired winds strengthening from the south - under brilliant white sails, the marine research and educational vessel, SV Pelican1, set course for the far north Queensland coast indigenous community of Hopevale.

Recently returned from Melbourne and another marine education and research project,

'Two Bays', the Pelican resumes its annual voyage to participate, and facilitate the Hopevale/Pelican project. The project is a long-term collaborative Sea Country program between the Hopevale community and Pelican Expeditions (Saltwater Projects).

The aim of the Hopevale/Pelican project this year is to explore the impact on indigenous people's sense of wellness, through experiences of storytelling using new media. The project is a positive exchange of skills, healing and knowledge. Participants on board experience health and well-being workshops, sailing and marine industry instruction, and environmental monitoring which includes turtle tagging and seagrass mapping. Elders of the community share with young participants cultural skills such as hunting, cooking, weaving and painting.

This year (its 10th), the program is traveling out of Cooktown to work in nearby

Sea Country. The program has been funded this year by Healthscope, who are also including some of their staff to share skills in health and well-being.

Most importantly, the project is directed by the Hopevale community, driven in accordance with community needs and abilities.

After a brief stopover in Bermi in mid-October, the Pelican1 is due to sail to Eden for the Eden Whale Festival - 26 October to 10 November.

We look forward to welcoming our sailors home and joining the crew for the Christmas and summer holiday excursions, enjoying leisurely day trips sailing up and down our beautiful coastline.

Pelican Expeditions are led by Captain Garry McKechnie and Natalie Davey from Saltwater Projects. For a full brief of the Pelican/Saltwater projects go to www.svpelican.com.au

For updates on social media please visit Twitter <https://twitter.com/Pelican1> or Facebook <https://www.facebook.com/GuuguYimithirrSeaCountry>

Men's Shed Deliver for Quilters

On 10 September, Lorraine James (Co-ordinator) and Cheryl Turney (Treasurer) of the Quaama/Cobargo Quilters were delighted to accept a number of quilt stands which had been made by members of the Wallaga Lake-Bermagui Men's Shed.

Lorraine and Cheryl were pleased at how the quilt stands had turned out as they are designed to be user-friendly, can be easily moved, set up and stored and will be put to good use at their open day on 12 October, 2013.

The quilt stands were handed over by John "Robbo" Robinson (President) of the Wallaga Lake-Bermagui Men's Shed, and Steve Knight who had co-ordinated the project.



Steve Knight (Men's Shed) and Cheryl Turney (Quaama/Cobargo Quilters) with one of the quilt stands

Spring Fair On Again

The Bermagui School P&C Spring Fair is on again! The P&C proudly presents this fun family day as its annual fundraiser. Bermagui's Spring Fair will be held on the Bermagui School grounds on Saturday, 16 November, from 10am. The flat will be transformed with carnival rides and face painting for the kids, and a wide range of market stalls, demonstrations and entertainment. Should anyone be interested in having a stall on the day, please contact Lisa on 0438 710 064 or lisa@fishbermi.com. There is an emphasis on local produce for all stalls. The Spring Fair is the major fundraiser for the Bermagui P&C. Free entry- all welcome!

*Lisa Miller Bradley
Bermagui School P&C*

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Bermagui Preschool Sees Red!



Bermagui Preschool students seeing red

Bermagui Preschool joined with other Early Education and Care Services across NSW on Thursday, 29 August, to protest against the NSW State Government's lack of investment in early education, and proposed changes to the funding of community-based preschools and long day-care services. Under the proposed new model, children aged three and under would no longer receive funding. The only three-year-olds who would receive a fee subsidy would be those from an Aboriginal or Torres Strait Islander background or from low-income families.

Preschools and long day-care services

across NSW had a 'red day of action' to highlight the fact that NSW spends less on early education than any other state or territory. A rally and protest at Parliament House in Sydney was also held. At Bermagui Preschool we wore red clothing to show how fired up we are about the lack of funding from the NSW Government.

Bermagui Preschool has received funding from the NSW State Government for many years and it has enabled us to keep fees as low as possible, while providing high-quality early education to the children who use the service. Without the funding to subsidise the cost for parents, fees would be in excess of \$65 per day for a three-year-old child, putting preschool out of reach for a lot of local families. The changes could also cause numbers to plummet, days of operation to be reduced and staff numbers and hours to be cut.

We need greater investment in our children by the NSW Government. We know that children who participate in early education do better in school and in later life. The OECD reported that Programme for International Student Assessment (PISA) test scores have shown that children across the world who access early education have improved cognitive abilities and higher reading abilities at age 15.

But the NSW Government has not increased funding, despite this being the first recommendation of a review they commissioned into funding for early childhood education. The NSW Government has, over a number of years, spent less on early education and care than any other state or territory in Australia. This has meant higher preschool fees and, subsequently,

lower participation in early education than any other state or territory. Australian three- and four-year-olds are engaged in formal early education at one of the lowest rates in the world. The OECD report 'Education at a Glance 2013' showed that only 13 per cent of Australian three-year-olds and 67 per cent of four-year-olds are engaged in early education.

Bermagui Preschool is licensed, and expected to provide education and care for two- to five-year-old children. We cannot understand why we will not receive funding for all children in this age range. The consequences of not funding two- and three-year-olds for small rural preschools will be detrimental - diminishing our ability to provide equitable and accessible early childhood education and care for those who need it most in our communities.

*Narelle Myers, Early Childhood Educator/
Director and Kelly McDowall, Finance and
Administration*

Montreal Goldfield Heritage Day

The annual Montreal Goldfield Heritage Day will be held on 12 October. Gates will be open from 9.30am till 3.00pm, when the last tour will leave. Tours will run at 15 minute intervals throughout the day. Each tour takes about an hour.

As usual, the \$5.00 per person entry fee is fantastic value as it includes a tour plus billy tea and damper at the end of it. And there'll be a sausage sizzle for those who'd like something more substantial while they are listening to the didgeridoo player or the Aussie bush songs; or watching the blacksmith at work, or the gold panning; or travelling back in time with the Historical Society display, and so it goes.

There'll be a bit of thunder when the Ulysses Bike Riders join us for a while. Their bikes are something special to see.

A walk through the Heritage Centre on the way home is special too.

A great day not to be missed.

*Judi Hearn
Secretary, Montreal Goldfield Management
Committee*

Bicycle Safety Public Meeting

A public meeting will be held at the Bermagui Community Centre at 10am on Wednesday, 9 October. The purpose of the meeting is to receive from Bega Valley Shire Council representatives:

- an outline of Council's plans for the further construction of shared pathways and other infrastructure for bicycle riders and pedestrians in and around the town
- an update on Council's Shire-wide bicycle strategy
- a report on Council's response to the resolutions carried at the last Bermagui Bicycle Safety Public Meeting held in May 2011



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Ah, the green green grass of home. In the old money, and depending on whose rain gauge, the 4-5 inches of rain that we received bang in the middle of September was manna. Water tanks topped up and the dust washed down. It's been a dry old argument for too long. Unfortunately the ferocious fireweed is thriving in the conditions around and about. Good to see a few souls bent over with a plastic bag doing the right thing even if it does seem futile to some. It's a bit like elections they say, whatever you pick the politicians always win.

booths line the wall facing the new island Lolly Shop counter. Peter is set to decorate the lounge wall in the coming weeks with more motoring memorabilia. It might have been the Dutch licorice I was chewing but the shop felt like the Tardis as I walked in. It must be a gobstopping treat for kids to walk in that little door for the first time. And a few adults come to that. Peter is doing all the usual coffee doodahs and is developing the limited menu in true Tilba style, making it up as he goes along. Poke your head in for a gander sometime.

in the afternoon. The last time I remember Jim in town was the infamous egg incident as he officially opened the Festival in 1986 as our sitting member. A still exuberant winner of the just run Egg Throw contest tossed his egg to the cheering crowd but unfortunately landed embarrassingly close to Jim's let's say retiring member. An outside bull. Being such the gentleman professional he stayed on the dias and delivered his address, even in his state of undress. Jim was a trooper then and is still doing his bit for the cause 27 years later.



Sorry...Coffee's Off.

Things turned a bit sour for Peter Lollygan at the Sweet Spot during September. The day he officially opened his new retro style coffee lounge inside the expanded shop floor, the Council arrived to dig up the water lines (again...) across the street outside Mockingbird Lane. With the water mains turned off Peter was unable to make coffee, and for the assortment of local rent-a-bums-in-booths promised a free coffee it was a bit of a fizzer.

But Peter's been in stickier situations. He's very proud of his shiny red rear end poking out of the wall as you walk through the new doorway. It's a genuine early 1960's Holden that he's been storing for years for this project. As we sat and talked over an empty table in the retro red root booth he told me that his first sexual experience was in the back seat of the very same model (and that next time he's determined it'll be with a woman.) Chevrolet- inspired upholstered four-seater

Ditto for The Growers' Market every Saturday morning in the Big Hall. If there's someone you've been meaning to see ..apart from the dentist that is..there's a good chance you'll find them there. Lacking a couple of big barn doors on the hall means it's hard to tell without actually sticking your nose in. One of those Tardis moments again, for the grown ups. But I'd have to say the Big Hall could do with an entrance update. For those who've wrestled with those loopy door locks over the past 25 years, doors you wouldn't put up with at home in a fit, you'd know that it's a bit ordinary as the threshold of that wonderful shared community space inside. Maybe it's time for a better vomitorium.

On hall fronts it was busy all day Saturday September 7, what with the federal election and all its comings and goings. I spied the honorable Jim Snow MP (ret.) offering How To Vote bump outside the Small Hall voting gangway

As reported last 'Bites, Richard Tilzey coincidentally celebrated his 70th anniversary on election night in a spooky throwback to the Aussie film classic Don's Party. But there were no dramas at Tilzey Tops on the barmy birthday afternoon. I did look twice on arriving to find Tilz signing his will in front of the kids. Eleanor and Miles flew from the south and west for the big occasion. The birthday that is. Surprisingly Tilz showed no sign of restraint so I guessed everything was in order. Much later he divided up his beautifully decorated trout cake with far more relish though it seemed to me. All good fun.

The hard working Festival Committee turned up for their AGM on September 16 but sadly no-one else did. So it's back to the drawing board and a mark two AGM is to be announced shortly. You have to ask yourself if there's really anybody interested in the Festival going by this response, aside from the enthusiasts on the committee, and they'd be understandably stretching the friendship. 'Never have so many benefited from the work of the few' might be a fitting headstone scratching if the famous long legged Tilba Easter Egg-Stravaganza is laid to rest. Maybe the new Chamber of Commerce committee might have to have a good look at the neglected child. The Festival Committee is after all a sub committee of the Chamber. You'd think the inter-breeding would be rife.

Unfortunately it's just too late for a report on the Rural Fire Service Open Day held on 28 September up at the new digs in Latimer's Lane. More on this event next month. Fingers crossed for some more good rain over October for the firies' sake and everyone's safety. But that green green grass of home is looking good so far. You can almost hear Tom Jones singing down the valleys. I'll have to leaf it there.

Any item for Tilba Bites to jsmall7@tpg.com.au before the 15th of the month if possible. Thanks. Don't forget that the *Triangle* is also online at thetriangle.org.au soon after the paper hits the streets.

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The Triangle's *Eco Edge* Contribution

Local environmental company AKT is again sponsoring a page in the Triangle every month this year. Our brief is pretty broad: the page is to be on environmental themes. So we thought we'd devote part of the page to local environmental news, and open the rest to you, the readership.

Every month we'll publish the best creative contribution – story, essay, poem, painting, drawing, photograph, sculpture (well, OK, a photograph of a sculpture) – we receive. Contributions must be on an

environmental theme. And in December we'll announce the overall winner. This time the competition is open to all ages. We put this idea to Joe Dorado, AKT's CEO, and he's right behind it; he's offering \$400 for the winner. Entries must be received by the 22nd of each month. So put your creative caps on and get creating!

This month's creative contribution is a poem by Wilhelmina van Horssen from Quaama.

The Compost Heap

The concoction is entirely mine,
My design.
First bare soil, moist and soft,
Then kitchen scraps,
Rubbish, some would say,
But for me
Dreams are made from the trash others throw away.

Then manure,
Shit, some would say,
And smelly at that.
But the smell transports me
To the lush growth that will be
If I treat it right, if I tread softly.

Then some weeds,
A darn nuisance some would say,
Bloody useful to me.

And then, when I have built this layer cake,
Magic comes my way when
The fire fang fungus enters the play.
It comes from ...
Well I guess it just hovers in the air
Until it finds somewhere
Cosy, suitable and fair.
Fair to this fungus specifically,
Others may find it most foul.

Unseen by me,
(though I burn with curiosity)
it comes to life and heats
the centre of the heap.
(I know because my curiosity
forced me to plunge my hand in deep,
hot enough to cook the rice)

Passion cannot sustain this fever pitch
And soon the fire fang fungus and the heap
Fall out of love into a meaningful relationship
At least that is what he thinks ...

She pulls free
And is chased with glee by every bacterium
While flirting ferociously with other fungi.

The magic happened there somewhere,
The spirits wrought a change in her.
What first was sharp and angular,
Sticks and branches, leaves and manure,
Now had become soft, cohesive and pure,
Her scent beguiling dark damp earth.

When I spread it and hold it in my hands
I feel the life pulsing.
Barefoot on the soil I dance for joy,
For the pleasure
Of fragrance rising in my nostrils
For the promise of growth,
For the renewal of life.

Wilhelmina van Horssen



AKT, a company of some 32 years' standing, currently is engaging regional skills, talents and attitudes to build machines for a very competitive export market in recycling.

These Triangle artisans are having their skills harnessed into researching and trialling ways of capturing under-utilised proteins, vitamins and oils that are expelled daily from our food industries. These are being reconfigured and redirected away from waste dumps and back into our national resource bank.

As a corporate entity AKT understands well that, over and above book balances, whenever possible companies need to shoulder the additional burdens and special social demands of their own local community.



Akolele and the Lake

Akolele is on the shore of Wallaga Lake and recently, even though the weather had been pretty dry the lake was very high. The mouth had been closed for a while by a massive sand bar. Walking along the lake's edge was still possible although a bit tight in some places and a bit damp in others.

Then in the middle of the month we got some rain, and a few days later some more rain and finally the lake crept over the causeway. Will Akolele go under water? Well no, after all most of it is built on the hillside although I suppose we could slide down the hill into the water if things were bad enough and there were

reports of people board-sailing in the paddock at Serendip. In a quick response to this emergency BVSC sent in the troops (sorry that should read contractors) to open the channel.

Jo Lewis



Lake opening



Pelicans watching

New Triangle area naturopath offers new angle on body-image

Your health is most precious and there is much you can do to safeguard it. Naturopath Ruth Haggar, who recently moved to Quaama (previously running clinics in Gippsland and Melbourne), believes we all have innate healing abilities that can be awakened through the use of natural medicines. Given the right circumstances, it is amazing how the body responds to self-heal. With a background of 30 years in natural health, Ruth uses a range of approaches including herbal medicine, aromatherapy, art therapy and mindfulness meditation techniques.

“Along with most health issues, I specialise in treating anxiety and depression, sleep disturbances, stress, chronic tiredness

and hormonal imbalances,” says Ruth. “Sometimes these issues overwhelm our everyday functioning and yet the solutions can be simple and effective.

“An overactive mind or low grade anxiety can cause a great drain of energy and complicate and exacerbate other health issues. By learning mindfulness meditation techniques, we tune into our stress holding patterns and learn to relax our bodies, while consciously bringing our mind into the present moment. These techniques can be learned very easily and practised during our everyday lives,” she says.

Due to a cultural obsession with youth and standardised beauty, most of us are no longer comfortable within our own bodies. Ruth is

presenting a workshop entitled ‘Body Image, Food & the Feminine’. This is a new approach to weight gain/loss and food and body image issues. Along with a practical component, the workshop uses art, movement, dance and creative writing to address the complex issues that surround our attitudes towards our bodies. It aims to leave us with positive, creative, wholesome and nurturing attitudes that support us to be all that we are and to feel confident in our food choices.

For further info contact Ruth at treadsoftly@live.com.au or 6493 8352 or mobile 0407 510 076.

See advertisement on page 6 of this issue.

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Sustainable Living at South Coast Field Days

South Coast Field Days theme of 'Sustainable Living and Land Use' featured a diverse range of speakers, including Rohan Anderson (Grow, Gather, Hunt, Cook In the Bega Valley) and Daniel O'Brien (Sustainable Egg Production), and introduced the Chicken Caravan. There were also sessions on Broadacre Regeneration, Grey Water Re-use, Composting Toilets, Estate Planning for Farmers, Soils, Biodynamic farming and more.

As well as the main speakers - who were housed in a marquee - numerous small workshops were held throughout the weekend, including a blacksmith making knives, and sheepdog training demonstrations. The 'Making a Buck from Beetroot' students utilised the TAFE Commercial Kitchen to make citrus products which were for sale, with the profit going to charity. Food stalls catered for vegetarians (Red Café) as well as meat eaters (kebabs, sausages and Hard Core Carnivore). The ubiquitous coffee stall was present, complemented by a Chai tent and other great offerings, including lemonade made from real lemons.

Great weather over the weekend and a huge effort by SCPA organiser, Sandra Gauld, and her team of hard working volunteers, combined to make the South Coast Field Days socially and financially successful.



Everyone enjoyed themselves at the SCFD



Sheepdog training



The blacksmith at work

Storytelling for the soul at Tilba

Storytelling is the oldest known form of communication. When we hear a story well told, it deepens us, refreshes our view of the world and takes us to the essence of ourselves – and the vastness of the universe. Stories can heal, too. Scientific research shows that regular writing improves physical and mental wellbeing. It also reduces stress.

On 2 November, award-winning author Claire Scobie will be running a writing workshop on the slopes of Gulaga Mountain in Tilba Tilba. In a safe and nurturing space, Claire will address issues such as what stops us writing and why we lose motivation. We look at how writing with the other, usually left, hand gives incredible clarity and insight. Together we liberate our 'inner story-teller' to find expression for mind and soul.

"I'm excited to run this special workshop on the slopes of the 'mother mountain'," says the Sydney-based author. "The Yuin people, like all indigenous cultures, have known the power of story for millennia. To hold the workshop in this sacred space will allow deepening and enrichment to occur for the group."

Claire is author of the travel memoir, *Last Seen in Lhasa*, about her seven trips to Tibet and her friendship with a wandering Tibetan nun. Her latest work, *The Pagoda Tree* (Penguin), reveals the temple secrets of eighteenth-century Indian dancers.

Drawing on meditative techniques,

life writing and Claire's rich experiences of travelling through Buddhist Tibet and mystical India, this workshop is open to all levels. It will leave everyone with tools and exercises they can use every day to kick start the creative process and stay inspired.

Claire's three tips to keep the pen moving are

1. If you feel overwhelmed, think small. Isolate one thing and write about that for 10 minutes.
2. Spend a few minutes writing about all the stuff that makes you not write: fear of failure, insecurities, exhaustion. By writing about the block, we lessen the fear.
3. Listen to your intuition. You might think you know what you 'should' be writing about but if you stop, breathe and 'tune in' to yourself, your inner voice may be telling you something else

The workshop will be held on Saturday 2 November from 10am to 5 pm at 81 Dromedary Trail, Tilba Tilba, NSW 2546. The cost is \$185 (\$50 deposit to secure your place). Light lunch, morning and afternoon tea will be provided. Bring pen and paper and wear comfortable clothes, one story to write and another to share.

For info about the workshop contact Claire at clairescobie@iinet.net.au or phone: 0414 136 420. For info about the location and deposit or bookings contact Tanmaya at tanmaya@iinet.net.au or 4473 7131

...and at WRC in Bega

Storytelling is a license to dream while you are awake. No pens!! Unlock your creativity and imagination.

Build your resilience through sharing stories with other women. Connect with your history and build awareness of the struggles and the triumphs.

Develop a sense of self, confidence, sense of achievement

Work with Evita Hofstetter accredited member of the Australian Storytelling Guild and network with the Women's Resource Centre.

This course will take place on Fridays for 6 weeks from October 18 to November 22 10.00-12.00 pm. To be held at 14 Peden St Bega, to book a place phone 6492 1367

Women's Resource Centre is a non-profit organisation that provides information, referral, support and drop-in service for women of all ages.

WRC gratefully acknowledges funding provided by ClubGrants; local registered clubs make a real difference to the community.

Last year, New South Wales clubs gave over \$92 million to community groups, charities and sports organisations through the ClubGRANTS scheme.

WRC is one organisation that benefits from the support provided by clubs through the ClubGRANTS scheme.

Contained Impressions - New Ceramics by Simone Fraser

4 October to 18 November, 2013

With elegant forms that are deeply impressed with activated surfaces, there is a slow enveloping chiaroscuro effect in the ceramics of Simone Fraser. Her vessels, as container and contained, have superbly articulated aesthetic expression.

Simone Fraser speaks of time as “part of the fundamental structure of the universe, a dimension in which events occur in sequence ... both directions, without end, collecting and organising our events and experiences”. The wheel is fundamental to the conceptual development of her vessels, creating “a centrifugal form, like a spiralling line ... unfolding its embossed narrative.”

Rapidly drying the surface of her vessels on the wheel, with a blow torch, she manipulates the surface, achieving a complex texture – immediate, and retaining spontaneity. The surface of her vessels record and transmit the striations, erosion and accretion of time. Saturated colour and embossed surfaces are deliberately contrived to stimulate an emotional response to the beauty of her vessels.

Fraser’s work is represented in the National Gallery of Australia as well as many regional galleries and museums. The most

recent acquisition was by the International Modern Pot Museum, Yixing, China. To date she has had over 80 solo and group exhibitions, including: Vessel as Metaphor (ANU Drill Hall Gallery, Canberra, 2013), The 3rd Shanghai International Modern Pot Art Biennial (Shanghai Museum of Arts and Crafts, China 2012), Timelines – solo show (Sabbia Gallery, Sydney, 2011), Together in Harmony (Travelling exhibition – South Korea, 2011), Bravura – 21st Century of Australian Craft (Art Gallery of South Australia 2010), Past and Present – solo show (Narek Galleries, Tanja, NSW 2009), Alan Peascod – influence and dialogue (Wollongong City Gallery, 2008).

Simone Fraser currently lives and works in Sydney and will be at Narek Galleries for her exhibition opening on Saturday, 5 October, at 5 pm.

Narek Gallery is at the Old Tanja Church, 1140 Tathra–Bermagui Rd, Tanja, and is open from 10.30 am to 5.30 pm Friday through to Monday. Telephone director, Karen O’Cleary, on 6494 0112, visit the website: www.narekgalleries.com or email info@narekgalleries.com



Simone’s work *Contained Impressions 12 and 14*

Short + Sweet plays 10 x 10 at Merimbula

That is was Friday the 13th, did not deter an enthusiastic crowd from travelling to Merimbula’s Twyford Hall to attend the opening night of the first Regional NSW ‘Short+Sweet’ theatre production, presented by South Coast Arts. Ten plays of 10 minutes each were performed for a packed hall of appreciative theatre goers.

This festival is yet another example of the amazing artistic talents in our region, encompassing writers, directors, actors, producers, etc.

It was my first experience of such a theatre presentation, but hopefully not my last. What great entertainment, with all artists rising to the challenge of producing crisp, snappy, stimulating and interesting 10-minute, stand-

alone episodes.

Some plays worked better than others, and some appealed to my personal taste more than others. Three I particularly enjoyed:

‘Border Patrol’, written and directed by David Stocker, featuring an elderly lady - wonderfully and endearingly acted by Liz Brennan - pondering problems of society whilst talking to her named garden snail.

‘Bula Rat’ had a very entertaining script by Jamie Forbes, although it was difficult to hear the voice of Dave Stewart.

‘Hop To It’, by Diana Harley was irresistible - two kangaroo brothers discussing the pros and cons of traffic and crossing roads. This was the last play of the evening, and a graphic reminder for a tense journey back up

the coast road!

Congratulations to all concerned. Having been put together after workshop programs in Merimbula - in a matter of three months - there is promise of really big things to come!!

It was a very worthwhile theatre trip.

Karen Rudd



The Woo Hoo’s in Review

The night of Saturday August 3 with the Woo Hoo Review onstage was more than just a gig - it was one of the most pleasurable events organised by the committee in many years.

More than 200 men, women and yes, lots of kids mingled, chatted, munched and danced to two expansive sets by the ever more confident Woo Hoo Review.

Unlike their previous shows in the area, the band seems to be maturing away from full on freneticism, of needing to impress through speed of light virtuosity. Their underlying rhythm pulses, swirls and flows taking the

dancefloor with them. There is space in the new material for evocative lyricism and playful pauses. One audience member (who’d never heard them nor that style of music before) commented with a kind of wonder, “wow - it just moves me into areas I’ve never been before”, which about sums up the Woo Hoo experience. Similarly the presentation, the showmanship. It’s a band that demands to be seen as well as heard. They love the light.

Thanks must be extended to the Arincini Bambini Crew for their excellent catering, Phil Free’s sound, Dinesh Moylan’s lighting and

the Murrah committee members who created from the gate onward the smiley ambience for a potentially memorable evening. And it was.

Biggest thanks go to the audience. The pervading atmosphere over the entire night was one of warmth. You were out to have a good time and a great dance. And you did. How cool was that! You made the night memorable.

For those who didn’t make it - don’t worry, there will be a next time. We’ll just have to wait another year or so.

The Murrah has a new fan - The Woo Hoo Review.

Art in the Triangle

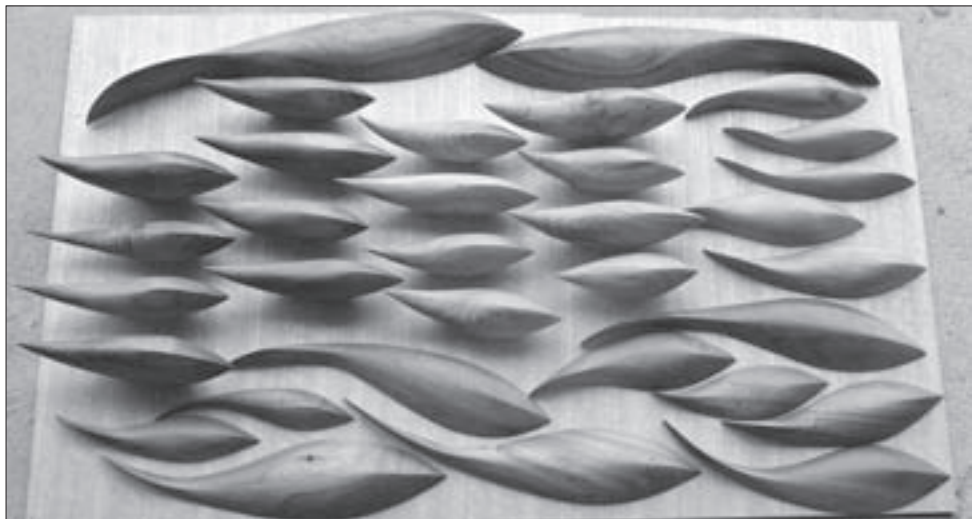
'big catch' on the Edge

'Sculpture on the Edge' will be celebrating the work of local artists at Shop 7 Artspace, from 24 September to 8 October.

The exhibition, entitled 'Locals Rule, OK?', will feature an eclectic mix of pieces by Chris Polglase, Jenny Penno, Anneke Paijmans, Tony Keig, Joy Georgeson, Daniel Lafferty, Gabrielle Powell, Sonja Jacobs, Edward Willson, Chris Nazer, Jenni Bruce and Bethany Thurtell.

One of Joy's sculptures will be raffled during the exhibition.

Pictured right is 'big catch' by Chris Polglase



Welcome Liena Lacey - New Four Winds Festival Producer

Have you seen that gorgeous smile and those shiny eyes around town? That's Liena Lacey, our new General Manager and Festival Producer! She's moved to Bermagui to work four days a week in our office, helping to make Festival 2014 better than ever.

Did you know that she is also a concert harpist and has just received, from Germany, a hand crafted 17th century harp made especially for her? She studied at the Melbourne Conservatorium and the ANU School of Music and was the principal harpist with the Australian Youth Orchestra, performing at the Adelaide Arts Festival and the Sydney Opera House. And hopefully will perform for us soon!

Liena has also just returned from Laos where she spent the last year working with Saoban, a social business that works with village-based artisans across the country providing micro-finance, mentoring and an international market for their products. Her main focus in Laos was helping build business



Volunteers coordinator Rachael Niemoeller (left) and Festival Producer and Four Winds General Manager, Liena Lacey.

and the administrative capacity of the staff.

A social entrepreneur with a commerce degree, Liena was also the co-founder of Harp Centre Australia, a not-for-profit organisation supporting Australian harpists by providing teachers, instruments, strings, music, camps

and festivals. She's part of the team who will host the World Harp Congress in Sydney next year.

She loves crocheting (keep your eyes peeled for guerilla knitting around the place) and, having spent time in Italy, good gelati. Lucky we have the best in the country!

We'd also like to introduce Rachael Niemoeller in her new role as Festival Volunteers Coordinator. Rachael has been part of the Four Winds team for the last few years and, amongst other things, has been the producer of the Narooma Oyster Festival. She's a dynamic and energetic person and wonderful with people. She'd love to hear from you if you would like to volunteer for Festival 2014. Call the Four Winds office to register your interest: 6493 3414. We can't do it without you!

As always, you'll find us on Facebook and at www.fourwinds.com.au.

Keep in touch,

The Four Winds Team

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See back page for events!

Clay Sculpture with Joy Georgeson



wallaga lake totem joy, clay sculpture by Joy Georgeson

Joy Georgeson is a local artist with 30 years' experience teaching art in secondary and tertiary schools and giving workshops in ceramic sculpture. She has exhibited extensively in Australia and overseas.

In November, Joy is offering a two-day workshop in which she will support you to design and create a ceramic totem sculpture suitable for outdoor conditions. Through this process you will learn about suitable clays, various hand-building and decorative techniques, firing processes and supply sources.

The workshop will be held on 9 and 10 November, from 10am to 4pm each day. The cost is \$120.

Materials - including the clay, glazing and firing - can be provided for an extra \$30.

Examples of Joy's work can be seen at the Australian Ceramics Association and Spiral Gallery websites, and at joygeorgeson.blogspot.com.au

For more information and bookings email: artsincobargo@gmail.com or contact Sandra on 6493 7245

'Australia' in London

Our own Wesley Stacey has been honoured by having his photographic work included in the exhibition 'Australia' in London, at the Royal Academy of Arts. The show will run from 21 September to 8 December, and is the most significant survey of Australian art ever mounted in the UK. Focusing on the influence of the landscape, 'Australia' will span more than 200 years - from 1800 to the present day - and will feature over 200 works including paintings, drawings, photography, watercolours and multimedia. Other artists represented include Rover Thomas, Emily Kame Kngwarre, John Glover, Margaret Preston, Sidney Nolan, Arthur Boyd, Albert Tucker, Fred Williams and Shaun Gladwell. For more information, contact Jan Ireland on 6493 3808.

Black Wattle Workshops

'From Reality to Abstraction' - Acrylic and Mixed Media workshop - 28 and 29 September, 2013

'Your True Colours' - Acrylic and Mixed Media workshop - 26 and 27 October, 2013

'Your Personal Landscape' - creative Acrylic workshop - 30 November and 1 December, 2013

Frayed Edges at Quaama and the Lazy Lizard

The 2013 exhibition and sale of work by the Frayed Edges of Quaama will be held in the Side Room of the Lazy Lizard Galley, Cobargo, from Thursday, 7 November, to Wednesday, 4 December.

We are an experimental fibre arts group who meet fortnightly to stitch, felt, paint, glue, bead, tangle, embroider, reinvent and recycle. Come along and see what surprising objects of art we have produced this year - perhaps buy a present for yourself or a friend - or just generally enjoy our creativity!

The Frayed Edges of Quaama meets every second Wednesday, 1-4pm, in Christophers Rd Quaama. For more info call Cathy Blake on 0437 978 845.

Can you make a movie in just 48 hours?

This year, the 6th Annual 48 Hour Film Project returns from 11 to 13 October for a weekend of novice, amateur and professional filmmaking. Filmmakers from all ages and skills compete to see who can make the best short film in only 48 hours.

Starting at 7 pm on Friday, 11 October, teams receive a genre, character, prop, and line of dialogue to work into their film. They have only 48 hours to produce and start uploading a 4 to 7 minute film by 7 pm, 13 October. Start and finish are at the Newtown Hotel, or online.

The winning team receives \$8 000 from Parramatta City Council and goes up against films worldwide for the overall title of "Best 48 Hour Film of 2013." Adding to the stakes, a selection of winning films will be eligible, and screened, at the Short Film Corner - Cannes Film Festival.

Register now at www.48filmproject.com.au



Mother Earth EcoFilm 2013 - BTS Photos (3)



contained impressions - Simone Fraser

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Janet Jones and Eva Louise at Ivy Hill

Ivy Hill's first exhibition after the winter break features paintings by Janet Jones and Eva Louise. It begins on Friday morning, 4 October, in time for the long weekend, and continues to Monday afternoon, 28 October.

After leaving East Sydney Tech in the early sixties, Janet worked in commercial art studios in Sydney and London. Returning to Sydney in 1970, she then began her career as a freelance illustrator for the publishing and advertising industries, working up until her 'sea change' to Narooma in 2005.

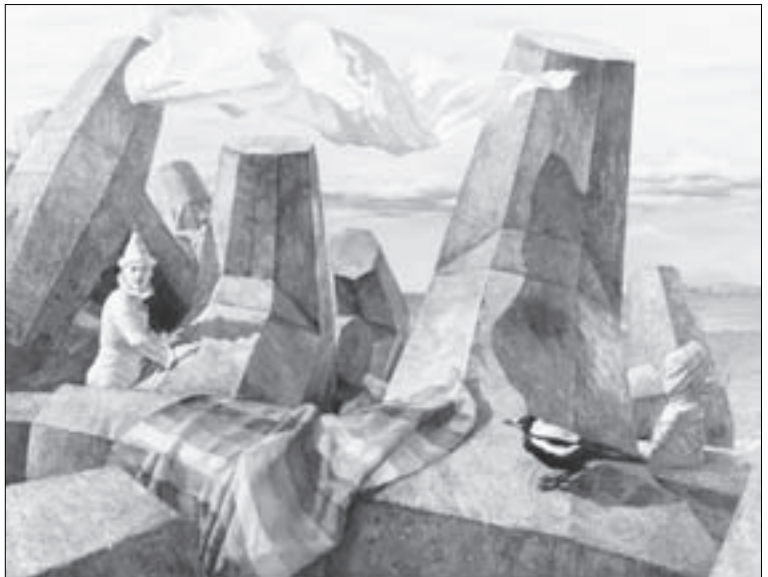
Janet began painting in 1984, joining the Royal Art Society as a student. She was awarded 'Fellow of the RAS' in 2005. She has exhibited regularly in group shows and has had several successful exhibitions. Janet has been a finalist in many competitions, and has won many prizes - including 'People's Choice' in the Portia Geach and in Narooma. Her work hangs in both public collections and many private collections here and overseas.

Eva is a local artist making paintings and drawings that respond to her environment. Prior to moving here six years ago, Eva has lived in Sydney and France and exhibited in Sydney, Byron Bay and Paris.

She has painted landscapes and seascapes

as a way of introducing herself to her immediate surrounds. Working on a landscape brings her to a closer understanding of what she is looking at. Her forest landscapes have a quietude and peacefulness that are absorbed and translated.

Lately she has been making pictures that relate to the sea. Not only to fish and rocks and sea creatures, but also realising our own origins from the ocean and our historic links to water mythology. "The breadth and depth of the ocean may go some way towards encompassing the long journeys that water makes and the time



'Life's a Rainbow' by Janet Jones

of our provenance," said Eva

Ivy Hill is open from 10am to 5pm on Friday, Saturday, Sunday and Monday.

Join us for with the artists, Janet Jones and Eva Louise, from 6pm on Saturday, 5 October. More information at www.ivyhill.com.au

Murrah Hall turns 110

Community-wide invitation to sing Happy 110th Birthday to the Murrah Hall with Dan Scollay's Community Choir, 'That Bunch of Singers'

Saturday, 19 October, starting at 6.30 pm
Dress: Iconic

Followed by 3.6 hours of 97% New and Engaging Variety Entertainment (3% of same old compere)

\$25 Family - \$15 Single

Five Dollar generous serve Murrah curries (inc. vego), gold coin tea and coffee

Come along and sing 'Happy Birthday' to the building that has served you for 110 years. It was made and remade by you, exists for you, and will continue to do so long into the future. Bring your friends and celebrate its existence.

Coming Events for the Lazy Lizard Gallery

October will see the end of the 'It's In The Bag' exhibition, which was a fabulous collection of handmade bags created by nine local women.

Throughout October, the Side Room will host a collection of Patto's Pieces - original jewellery pieces, scrumbled baskets and bags, fibre art covered albums and some felted artworks.

Everyone is welcome to the official opening on Friday, 11 October, at 6pm.

November will see the Frayed Edges of Quama having their second exhibition.

Art@Bermi Exhibition

The October Long Weekend will find the talented Art@Bermi group exhibiting new works. This year the venue will be upstairs at the Bermagui Country Club! The Exhibition, called 'Connections', will see the artists exploring affinities in nature, stilllife and design. The scope of the work will encompass painting, printmaking, sculpture and ceramics. Don't miss this annual opportunity to purchase local art at affordable prices. The Exhibition runs from Friday, 4 October, until Monday, 7 October. Opening hours: Friday 11am-4pm Sat, Sun, Mon 10am-4pm. Meet the artists Sat at 11am and share morning tea while viewing the art.

Jenny Mein on behalf of the Art@Bermi Group

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UNLEADED PETROL NOW AVAILABLE

Many of us are familiar with Indian, Chinese and Thai cuisine but are perhaps less familiar with Malaysian or Indonesian. I have been part of a group of U3A members who shared an Indonesian lunch at the end of their 'Understanding Our Neighbour, Indonesia' course. It was a fabulous feast prepared by the students - starting with Lumpia, (vegetarian spring rolls) and ending with Black Rice Pudding.



Black rice pudding - Indonesian style

In between there were chicken and beef dishes, sambals, rice and a salad with peanut sauce, called Gado-Gado.

Gado means mixed, and this Indonesian classic is a true mixture of lightly-steamed vegetables served with a tasty peanut sauce. There are many recipes available for the sauce,

and a ready-made one can be bought, but the version I made was delicious. The standard vegetables for the salad are potatoes (boiled and sliced), green beans and carrot sticks (steamed, but still a bit crunchy), cabbage or bok choy (just wilted in a steamer), bean sprouts and thinly sliced cucumber. To them I would add or substitute seasonal vegetables such as cauliflower, broccoli, spring onions and peas.

The salad is layered on a platter starting with the slices of potato, then the rest of the drained and fresh vegetables, topped with wedges of hard-boiled egg and half the peanut sauce. Serve the rest of the sauce at the side in a separate dish. A small tin of drained pineapple pieces could be added to the salad if desired.

Saus Kacang - Crunchy Peanut Sauce

- 1 tablespoon coriander seeds
 - half a teaspoon shrimp paste
 - 1 small onion, chopped
 - 2 cloves garlic, crushed
 - 6 cm piece of lemongrass, finely chopped,
 - or 2 teaspoons lemon juice
 - 3 tablespoons vegetable oil
 - 1 cup coconut cream
 - 4 tablespoons crunchy peanut butter
 - 1 tablespoon Asian sweet chilli sauce
 - soy sauce to taste
- Dry roast the coriander seeds and shrimp paste. In a blender or food processor make a paste with the seed mixture, onion, garlic and lemongrass (or lemon juice). Heat oil in

a saucepan and fry paste for a minute, then add coconut cream, peanut butter and sweet chilli sauce - stirring and mashing until well blended. Add soy sauce, briefly cook and taste for seasoning. Set aside to cool. (This may be kept in the refrigerator for up to a week).

Black Rice Pudding

Black rice is available in most food outlets, sometimes labelled "Forbidden Black Rice" because in ancient China it was reserved for emperors and nobility. It has been called the new superfood, but we simply enjoyed it as a dessert.

- 1 cup black rice
- half a cup of sugar, preferably palm sugar
- 1 tin coconut milk

Bring rice, three cups water and a quarter-teaspoon salt to a boil in a large heavy saucepan. Reduce heat to low and simmer, covered, 45 minutes. Rice will be cooked but still wet. Stir in sugar, a good pinch of salt and one-and-a-half cups coconut milk. Bring to a boil over high heat, then turn heat to low and simmer, uncovered - stirring occasionally - until mixture is thick and rice is tender but still slightly chewy (about 30 minutes). Remove from stove and cool to room temperature, stirring from time to time. Divide among eight bowls and drizzle remaining coconut milk over pudding. (Will keep covered in the 'fridge for five days).

Happy cooking Indonesian-style!

Sausages are Winners too

We would like to take this moment to share with you our recent success in the 2013 Sydney Royal Fine Food Show!

The Sydney Royal Fine Food Show showcases Australia's finest produce, awarding the best of the best with a coveted Sydney Royal Medal.

We have been acknowledged with an esteemed industry award for our range of Gluten Free Gourmet Sausages! We were awarded a total of 12 medals, including a Gold Medal for our French Toulouse Sausage.

We would like to send a huge thank you to all of our very valued customers. Without your support, your taste testing with us, and your honest feedback on the sausages, we would

not have such a diverse range of delicious international-tasting sausages.

John and I pride ourselves on supplying a superior product - breeding our own grass-fed, chemical-free beef and lamb, sourcing free-range pork from Melanda Park and using best quality spices and fresh herbs, garlic and wines.

We are the farmer, the butcher and the sales team. We have complete control over the whole process - from our farm gate to your plate.

This award follows great results in our region of the Far South Coast with Australia Meat Industry Council's (AMIC) Sausage King Competition, which was held in July 2013.

We were First place Winners in three

categories - our own Barrabarroo Beef Sausage, Lamb Rosemary with Pine Nuts, and Pork Sicilian Style - along with a second place and four third placings.

To all our distributors, thank you for your support and on-selling our product to your valued customer base. We both know they are, and have been, eating the best of the region's gourmet sausages for some time now. Here's to even more prosperity in the future.

And of course - Johnnie feels pretty bloody chuffed! Me too.

Thank you all. Ciao for now

Wendy and John Tracey

Bermagui Beach Hotel

David and Cheryl Webster and James Hillier, who previously held the lease from '99 to 2002, are back!

There's a revamped menu in the Bistro, revamped bottle shop, monthly specials with the Bottle-O Neighbourhood group lines.

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C'mon - Spring Into It

Spring has arrived and, with it, the start of the gardening year. New growth appears on deciduous plants, perennials wake after their enforced winter hibernation and bulbs pop up everywhere as new life begins.

This month commences with many tasks in the garden, including preparation and planting of the spring vegetable garden, planting of flowering annuals and completion of late-winter and early-spring chores that need finalising before too much new growth appears on plants. Pruning of deciduous fruit trees and roses should be well completed.

Winter spraying must have been completed - in fact, it is now too late to do this task. Please remember that if your fruit trees have broken bud and are flowering it is too late to use the stronger winter sprays, as blossom-burn could take place. Blossom-burn, in turn, leads to poor - or no - fruit development.

New growth on roses and fruit trees are a delicious target for aphids, so keep an eye out for them. Spray with an organic insecticide or a synthetic pyrethroid like Confidor. This will halt their progress.

The vegetable garden should be getting the finishing touches prior to planting. Initially

the garden should be dug over to spade depth and a spreading of lime (500gms per square meter) applied all over. Some well-rotted cow or poultry manure can be added and forked in. Leave this to settle for a week and then get on with planting, as the soils are now warm enough for new seedlings.

If all this preparation sounds too much it should be remembered that a fast-growing vegetable is a delicious vegetable. Plants that grow slowly are usually bitter and poor performers, with small fruit or reduced crops.

When growing vegetables it is important to practice crop rotation. By this I mean don't plant the vegetable in the same position as you had it last season. This applies particularly to tomatoes and potatoes, as these two groups of plants are in the same family and any pest or disease lying dormant in the soil could cause problems with the new crop this season.

One major factor is to only grow as many vegetables as your family requires. It's best to avoid growing crops where the bulk of the harvest comes all at once, unless you can put the extras in the freezer for the out-of-season periods. Another trick is to go for quick-turnover vegetables that can be picked and

replaced regularly - like lettuce, Asian greens, beans and spring onions.

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

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

Finally, remember that the key ingredients for good vegetables are full sun, good drainage and good nutrient supply.



Book Review

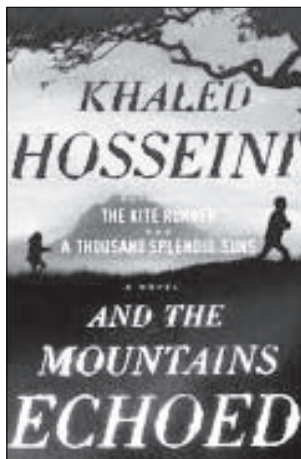
Heather O'Connor

Khaled Hosseini,

And the Mountains Echoed

Bloomsbury, \$32.99

For all of you who loved *The Kite Runner* and *A Thousand Splendid Suns*, you won't be disappointed in Hosseini's latest book, also set in Afghanistan. Beginning in 1952, it traces the story of Abdullah and his sister Pari - children from an impoverished village - who become separated, and whose lives take totally different paths. Moving between war-torn Afghanistan, Paris, the Greek Islands and California, this is another epic story the author tells with great authenticity and empathy for all his characters. This truly international saga covers



generations who have lived through some of the greatest change and turbulence in modern history, none more so than the long-suffering people of Afghanistan.

Some reviewers are of the opinion *And the Mountains Echoed* does not live up to the previous novels. I loved it, not least because he is able to write convincingly about conflict and the destruction it brings, but he also deals beautifully with family and other relationships.

Bring on his next book!



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More Whales About: Take Extra Care or Watch From Shore



Migrating whales are delighting watchers all along the east coast this season. Parks reminds people, both on and in the water, to observe distance regulations for their own safety and that of whales. NSW National Parks and Wildlife Service (NPWS) Marine Fauna Program Coordinator, Geoff Ross, said swimmers, sea kayakers, and surfers were bound by the same regulations as apply to people in motorised boats.

“We are seeing more whales each year, which is a fantastic sign of recovering populations, but it also means people have to learn to live with these animals harmoniously,” Mr Ross said.

“Vessels, including surfboards, must not approach within 100 metres of a whale, and that triples to 300 metres if a calf is

present. “Swimmers cannot approach within 30 metres however we do not recommend people enter the water near whales. “If a whale approaches you, it’s your responsibility to move away calmly and cautiously, considering public safety and the whale’s safety.”

Mr Ross recommended trying land-based whale watching. “Land-based whale watching from a good headland vantage point takes a bit of patience but can yield some exciting experiences.

“From September through November there are a number of whale watching hot spots to try, including Green Cape near Eden, and the elevated areas through Mimosa Rocks and Eurobodalla National Parks.

“When you see a whale, tweet with the hashtag #whaleon to @WildAboutWhales or log the sighting using their free app so others in the area can view the animal and track its movements.

“If you see an entangled marine animal or one in distress, call NPWS on 1300 361 967 and the Organisation for the Rescue and Research of Cetaceans in Australia (ORRCA) on 9415 3333,” Mr Ross said.

The Office of Environment and Heritage works closely with volunteering groups like ORRCA to empower the community to care for their own environment, including wildlife.

Pet of the Month

Puss Puss is a large, friendly, cream male cat about one year old. He was surrendered because his owner had serious health problems and was no longer able to care for him. Sadly for both of them, Puss Puss is now in need of another caring person to give him a loving home.

There were a few re-homings last week but still needing homes are Jessie, the 6 ½ year old female kelpie x; Milo, the male choc point ragdoll cat; Kookie, the male two year old Jack Russell x; and Honey and Sal, the 14-week-old American Bulldog x pups.

Why would you get a pet from anywhere else when the cost is half what you pay when you take on a “free” (but with nothing done) pet? All adult cats are available for \$100 and kittens for \$175. Pup and Dog adoption fee of



\$300 includes de-sexing, vaccinations (two x c5 for pups and two for kittens), micro-chipping, worming, vet check, flea and tick treatment and heartworm testing for dogs.

Animal Welfare League NSW Far South Branch (AWLNSWFSC) is very short on carers so they cannot take any more animals into care until some are adopted. If you would like more information about how you can become a carer or if you are interested in adopting one these pets please call 0400 372 609. AYLNSWFSC Branch now has a Facebook page! - www.facebook.com/AnimalWelfareLeagueFarSouthCoastBranch

To raise much-needed funds, Branch members are holding two raffles. Great prizes include five \$100 gift vouchers donated by Georgies Jewellery, and \$100 worth of Scratch tickets donated by member, Jade. Please show your support by buying some tickets, available at several local vets, and Coastal Grooming, Merimbula, or by calling 0400 372 609

Guidelines for contributors

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

Just a few tips for submitting stories and photos...

1. Stories should be 300 words maximum except by prior arrangement.
2. Photos should be sent as **separate JPG attachments – not embedded into your story**. Please send the original digital photo, uncompressed, so we have as large an image as possible to play with. Please include a caption for your photo at the bottom of the article it accompanies.
3. Please do not send posters or flyers! We cannot reproduce them. 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.
4. Have a think about a headline for your story. Believe us, we’re usually quite braindead at the end of our editorial meeting and can only come up with lame puns and cliches. Don’t leave it to us!

Any questions at all, please email us the_triangle2@bigpond.com.



AL-ANON

Bega, Tuesdays 5pm Catholic Church Hall, Gipps St Narooma, Saturdays 11am, Uniting Church Hall, Wagonga St. Ph Dean 0407 302 545

ALCOHOLICS ANONYMOUS

Bermagui Saturday 2pm, Anglican Church Hall Ph Dave on 6493 5014

ANIMAL WELFARE LEAGUE

Far South Coast Branch Meetings for 2013 at Club Bega at 10am: 16th April, 18th June, AGM - July, 20th August, 15th October, 17th December, 2013. All enquiries phone 0400 372 609. All welcome.

ANGLICAN PARISH OF COBARGO AND BERMAGUI

Christ Church Cobargo: 1st Sunday 10am Holy Communion, 2nd -5th Sunday 8am Holy Communion. All Saints Bermagui: 1st Sunday 8am Holy Communion, 2nd -5th Sunday 10am Holy Communion. St. Saviour's Quaama: 1st Wednesday 10am Morning Prayer, 3rd Sunday 10am Holy Communion

BERMAGUI KNOW YOUR BIBLE

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

BERMAGUI BADMINTON CLUB

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

BERMAGUI BAPTIST CHURCH

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

BERMAGUI COUNTRY CLUB ARTS SOCIETY

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

THE BERMAGUI MARKET

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

BERMAGUI & DISTRICT LIONS CLUB

Needs new members. Those interested please phone Rod Moore on 6493 5068. Meet 1st Thurs. each month at Bermagui Country Club & 3rd Thurs. at Cobargo Hotel at 7.00pm for 7.30pm

BERMAGUI INDOOR BOWLS CLUB

Meets for social bowls in the lower auditorium Bermagui Country Club, Mondays 6.30pm. Ladies and men. Contact Nerida on 6493 4364

BERMAGUI GARDEN GROUP

1st Tuesday Morning every Month 10.00am until 12 noon. Venues vary. For info phone Heather Sobey on 6493 5308

BERMAGUI CROQUET CLUB

Bermagui Country Club, Thursday 2.00-4.00pm. New players always welcome, tuition and friendly games always available, equipment provided. Call Dave, 6493 5014.

BERMAGUI DUNE CARE

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

BERMAGUI SES UNIT

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

BERMAGUI TINY TEDDIES PLAYGROUP

Fridays 10-12 during school term. Newborn, toddlers, all welcome! CWA Hall, Corunna St, Bermagui. Gold coin donation. Lots of toys, other mums and bubs, great for meeting other mums in the area.

BERMAGUI HISTORICAL SOCIETY

Meeting First Wednesday of Month, 2.00pm at Museum in Community Centre, Bunga Street. Researchers & helpers welcome. Ph Errol Masterson 6493 4108 or Denise McGlashan 0488 597 967.

BERMAGUI U3A

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

BERMAGUI WEIGHTLIFTING CLUB Inc.

Gym room Bermagui Sports Stadium. Facilities for Olympic Style Weightlifting and training with weight for all. Coaching is available. Wednesdays and Sundays 4pm to 6pm. Contact John, 6493 5887

COBARGO GARDENING & FRIENDSHIP CLUB

2nd Monday every month - 12 midday. Venues vary For info phone Robyn Herdegen 6493 8324 or Margaret Portbury 6493 6461.

COBARGO SHOW MEETING

2nd Wednesday every month, 8pm - CWA Rooms. Contact Lynn Parr 6493 6795.

COBARGO PRE-SCHOOL

Tuesday - Friday for 3yo and over. Caring for your child's early education. Chris McKnight, 6493 6660

COBARGO PRESCHOOL PLAYGROUP

Every Monday 10am-12pm (school terms) \$4 per family. Bring a piece of fruit to share for morning tea. All Welcome. Phone 6493 6660 for info.

COBARGO SoA HALL COMMITTEE

Meets quarterly. Hall bookings and inquiries: Sheelagh Brunton 6493 6538

1ST COBARGO SCOUT GROUP

Children 6 - 15yrs wanting to learn new skills, enjoy outdoor activities, have fun. Meetings 6.30pm to 8pm in school term Cobargo Showground dining hall. Contact Graham Parr on 6493 6795

COBARGO TOURIST & BUSINESS ASSN

Meetings 2nd Tuesday of every month at Cobargo Hotel, 6pm. Contact: Narelle Cooper on 6493 6655

COBARGO CWA

CWA Rooms, 2nd Tues of the month, 10.30am. cwa.cobargo@gmail.com. Cottage Hire 6493 6428

COBARGO'S LANEWAY MARKETS

Every Saturday morning from 9am til 1pm. An initiative of Cobargo Creators

COBARGO & DISTRICT RED CROSS

for meeting dates or catering enquiries phone 64938141, 64936948 or 64936435

MOBILE TOY LIBRARY

& Parenting Resource Service. All parents of chn 0-6 welcome to join. Cobargo - once a month on a Wednesday 1.30pm-2.30pm at CWA cottage, Bermagui - every 2nd Friday 10.30am - 12pm in the Ambulance station. Quaama - Wed. by prior arrangement. Enquiries: 0428 667 924

SCOTTISH COUNTRY DANCING

Mon 1.30 - 3.30pm, Thurs. 7.30 - 9.30pm: Cobargo School of Arts Supper Room. Information phone: 6493 6538. cobargohall@gmail.com.

SPIRITUAL FOLK CLUB - CONNECT!

Every 3rd Sunday of the month, 4.30 for 5pm. Open mic for songs, poems, stories, testimonies. Narooma Uniting Church hall behind the church, Princes Hwy. David 4473 7838.

TILBA MARKET

Home grown, Hand made, Grow it, Make it, Sew it, Bake it every Saturday 8am to 12, Central Tilba Hall Stall booking essential, phone Kay on 4473 7231

TILBA VALLEY WINES BRIDGE CLUB

1st Wednesday every month from 2pm. All standards catered for - partners not necessary. Visitors to the area especially welcome. Further details: Peter 4473 7308

QUAAMA / COBARGO QUILTERS

Meets Mondays 10am - 3.30pm in the CWA Cottage, Bermagui Road, Cobargo, and welcomes anyone who does patchwork, quilting, or any other needlework. Lorraine James 6493 7175, Mary Cooke 6493 7320 or Cheryl Turney 6493 6524.

QUAAMA INDEPENDENT RIDERS ASSOC.

Meet 1st Wed. of the month Quaama Rodeo grounds, 7.30pm. All welcome. Ph. Katrina 6492 7138.

QUAAMA PROGRESS ASSOCIATION

Meets 2nd Monday of the month, 7pm, at Quaama School of Arts Hall to plan Quaama community events and projects. Membership \$5pa. New members and non-members always welcome. Enquiries: Veronica Abbott 0437 263 128. See www.quaama.org.au

MT DROMEDARY UNITING CHURCH

Bermagui: Sundays 9am at the Union Church, West St. Bermagui, Cobargo: 1st, 2nd & 3rd Sundays at 11am; 4th Sausage sizzla at 7pm & praise night at 6pm, Cobargo Bermagui Rd. Minister Rev. D. Oliphant. Ring Col: 6493 6531 Churches also at Narooma and Bodalla

MYSTERY BAY COAST CARE

Contact: Christina Potts 4473 7053 Meet: 9.30-12.30 3rd Sat Month @ swings. All Welcome.

LIFE DRAWING SESSIONS

Cobargo SofA Hall every second Sunday. Set up, 1.45pm. Drawing, 2-4pm. Naomi 6493 7307.

DIGNAMS CREEK COMMUNITY GROUP

Meets randomly. For info phone Shannon Russack, Pres. 6493 6512 or Merryn Carey, Sec. 6493 6747.

OPEN SANCTUARY@TILBA

Gatherings at Holy Trinity Church Tilba Tilba on the 2nd and 4th Saturday evening of each month at 5pm. Music, meditation and shared reflections, supper afterwards so please bring a plate if able. Meditation group meets every Wed at 10 am. Inq: Rev Linda Chapman 0422 273 021.

NAROOMA & DISTRICTS CAMERA CLUB

Meetings at Anglican Church Hall, Narooma, 7pm; 1st Tuesdays Technical Workshops, 3rd Tuesdays regular club nights. Whether beginner or pro, come and experience the joy of photography in a friendly atmosphere. Dave Cotton 6493 5014.

HEART TO HEART

2nd & 4th Saturday of month from 12:30 to 3.00pm at 2a Brighton Park Road, Beauty Point. Discuss the Ageless Wisdoms of Alice A. Bailey teachings. Phone: Christine on 4476 8732 or Lorraine on 6493 3061

NAROOMA BLUE WATER DRAGONS

A community focused Dragon Boat Club, Now paddling on the Wagonga Inlet, Narooma. For information contact Peter or Kathryn Essex on 4476 3952 or email narooma.bwd@gmail.com

WALLAGA LAKE/BERMAGUI MEN'S SHED

Meets every Thursday from 10am at Umbarra Cultural Centre, Akolele. All men are welcome. For information ring John "Robbo" Robinson on 6493 4357 or Fergus McWhirter on 6493 4360.

THE YUIN FOLK CLUB

Folk Night Evenings, visiting performers, usually first Friday in month (please check first.) For more info, ph Secretary, Coral Vorbach 6493 6758

Community Notices are advertised in *The Triangle* for non-profit groups free of charge. If details of your group change, please advise us at the_triangle2@bigpond.com

For the Fridge Door

DATE	EVENT	WHERE	TIME
Thurs 3	U3A term 4 registration day	Bermagui Country Club	10am - 12 noon
Sat 5	Cobargo Farm Spring Open Day	Bermagui Rd, Cobargo (opp. showgrounds)	9am - 5pm
Sun 6	South Coast Knife Show	Main Hall Central Tilba	10am - 4pm
	Trevor Best	Bermagui Beach Hotel	4pm
	Second Time Round	Tilba Valley Winery	1pm
Wed 9	Bicycle Safety Public Meeting	Bermagui Community Centre	10am
Sat 12	Montreal Goldfields Heritage Day	Montreal Goldfields	9.30am - 3pm
	Quaama/Cobargo Quilters Open Day	School of Arts Hall, Cobargo	8.30am - 3pm
Sun 13	blacksmithing demonstration	Galba Forge, 345 Yowrie Rd, Wandella	1pm - 5pm
	Tin a Tuna	Bermagui Beach Hotel	4pm
Sat 19	Murrah Hall 110th birthday and variety night	Murrah Hall	6.30pm
Sun 20	Brock Lette	Bermagui Beach Hotel	4pm
	Latin Lounge	Tilba Valley Winery	1pm
Tues 22	U3A lunch	Bilyara, 1113 Bermagui-Cobargo Rd	12 noon - 0 3pm
Fri 25	The Elvis and Orbison Show	Bermagui Country Club	8.30pm
Sun 27	Lo Roberts	Bermagui Beach Hotel	4pm
REGULARS			
Sundays	Cobargo Community Church	Wandella Hall	10am
Mondays	Quaama/Cobargo Quilters	CWA cottage, Cobargo	10am-3.30pm
	BINGO	Bermagui Country Club	11am
	Karate	Bermagui Sports Stadium	6.30pm
every second Monday of the month	Tilba CWA meeting	Small Hall, Central Tilba	10am
first Tuesday of the month	Bermagui Garden Group	venues vary: phone Heather on 6493 5308	10am - 12 noon
	Narooma & Districts camera club technical evening	Anglican Church Hall, 13 Tiba St, Narooma	7pm
Tuesdays during school term	Tilba Craft Connect Playgroup	Small Hall, Central Tilba	1pm-3pm
every second Tuesday	mothers group	WRC, 14 Peden St Bega	6pm
third Tuesday of the month	Narooma & Districts Camera Club photo club evening	Anglican Church Hall, 13 Tiba St, Narooma	7pm
Wednesdays	scrabble	Well Thumbed Books, Cobargo	10am
	Wednesday night badge draw, raffles, pool comp, trivia night	Bermagui Country Club	from 5.30pm
	Women's Hoola Hoop classes	Big Hall, Central Tilba	1pm
first Wed of the month	Bermagui Historical Society meeting	Bermagui Museum in Community Centre	2pm
Thursdays	Aqua fitness	Cobargo pool	9.30am
Thursday nights	Dance and Move	Quaama Hall	6-8pm
	Karate	Bermagui Sports Stadium	6.30pm
every second Thursday	Senior's Pick the Numbers with \$5 lunch	Cobargo Hotel	11am
Fridays	Tiny Teddies Play Group	CWA Hall Bermagui	10am - 12 noon
	storytime for preschoolers	Well Thumbed Books, Cobargo	11am
	meat raffles	Cobargo Hotel	5pm
	raffles, pool comp and entertainment	Bermagui Country Club	6pm
Saturdays	Punter's Pick	Cobargo Hotel	5pm
	Live Band or DJ: check with Bermagui Country Club for more information	Bermagui Country Club	8pm
	Under 16s Art classes	behind Cobargo Supermarket	10am-11am
	Laneway Markets	main street, Cobargo	9am-1pm
	Tilba Markets	Central Hall, Tilba	mornings
Sundays	Hoola Hoop class	Big Hall, Central Tilba	2pm
	Spin and Juggle workshops	Big Hall, Central Tilba	3pm
ART			
Fri 4 - Mon 7	'Connections' exhibition, meet the artists on Saturday at 11am	Bermagui Country Club	Fri 11am - 4pm; Sat, Sun Mon 10am - 4pm
Fri 4 - Mon 28	Janet Jones & Eva Louise exhibition, drinks with the artists at 6pm on Saturday	Ivy Hill Gallery, 1795 Bermagui Rd, Wapengo	Fri - Mon 10am - 5pm
Fri 4 - Mon, Nov 18	'Contained Impressions', ceramics exhibition by Simone Fraser	Narek Gallery, Old Tanja Church, 1140 Tathra-Bermagui Rd Tanja	Fri - Mon 10.30am - 5.30pm
Fri 11	opening of exhibition of 'Patto's Pieces'	Lazy Lizard Gallery, Cobargo	6pm

Email your events with date, time and venue to the _triangle2@bigpond.com by the 22nd of the month