

Coffins and Bras in Cobargo

The energy is building around Cobargo's Eat, Think, Create (ETC) weekend. It seems that wherever I go, someone is preparing, planning or making something for it. Excitement is building all around town. Musical happenings in and around the village into the evenings, a gallery trail, special food from the top of the village to the bottom, a coffin exhibition, a photography exhibition, a free-form dance event, a garage sale, car boot sale, market sale, metal, woodworking and drawing demonstrations, a Demystifying Death & Dying event and the one that really tickles my fancy, 'Cobargo is ted-exed' (five speakers on interesting and controversial subjects) - and that's just Saturday. Sunday features a garden weeds talk, walk and taste event, an artists' garden at Cobargo Farm, soul music at the courthouse and a poetry slam.

Monday will see the closing of the 'Bra Show' and auctioning of the unsold exhibits. This has been a wonderful exhibition, hosted by the Lazy Lizard Gallery and presented by the Frayed Edges of Quaama. The auction will raise funds for the National Breast Cancer Foundation.

There will also be lots of interesting things to see and do around the village. Perhaps one of the most exciting happenings for Cobargo during the ETC weekend, will be Cobargo's 2014 wish list which can be added to in many stores and galleries around the village. The products of the 2011 wish list have been wonderful to see evolve. Equally wonderful is to see what a community can achieve when its members band together. Get thinking about what we can create (together) for our village over the next couple of years.

The Cobargo ETC weekend happens over the June long weekend. If you want more information on times and places, the full program is available at the Cobargo Creators Centre, on the Black Wattle Gallery and Cobargo Creators Facebook page and on posters around the village.

Elizabeth Andalis



The ultimate do-it-yourself project: recently held in the Cobargo School of Arts Hall was a coffin decorating day. The event was put together with generous support from council and John Whyman's Funeral Services. Participants assembled their eco-friendly caskets and began the process of decorating them with their own unique designs. They will be a part of the exhibition at the Demystifying Death & Dying event during the ETC weekend. Pictured below is the 'Bra Show' exhibition in the Side Room at the Lazy Lizard Gallery, unsold exhibits will be auctioned on Monday with proceeds going to the National Breast Cancer Foundation



Congratulations to Bermagui for hosting the Nature Conservation Council Conference on 31 May. In the midst of a tsunami of anti-environment moves from governments at all levels, Bermagui has said 'We care'. The event will be happening just as this paper goes to print so it will not feature in the June issue but the open (free) sessions in the morning cover diverse areas of interest. The panel discussions will range across: coastal development issues and planning; citizen science on the wilderness coast; coal, gas and community; forests and wildlife; burning forests for power; and new forestry regulations and community initiatives. It is quite a program.

Objections to the Woolworths proposed

development in Bermagui have not gone away. We have another letter on the subject in this edition of the paper. It queries the logic of the council decision on the basis of the reasoning behind this approval and the refusal of a similar proposal for a development in Eden. Both proposals were fought on similar grounds and both had wide community opposition to the developments. So why did Bermagui small business lose out?

This month we have all been basking in warm autumn sunshine and to be honest most of us have been enjoying it without allowing the spectre of climate change to come into our conscious mind. But we have been breaking autumn warmth records and it is about time

that it rained again. Meanwhile lets enjoy the spectacular skies in the mornings and evenings and enjoy the warmth as we wait for winter.

The Triangle is in the process of updating the website and in future months our online presence will be changing and developing. The web address will remain the same and the printed edition will still be available as both hard copy and a pdf download. We want the website to eventually offer some additional material, an outlet for local aspiring writers and perhaps some interactive elements. The changes are likely to be ongoing and we will keep you informed.

Jo Lewis

Letters to the editors

A Tale of Two Towns – Eden and Bermagui?

In February 2014 Bega Valley Shire Council voted unanimously to reject a development application (DA) for a supermarket development in Eden, yet in April it voted 5 to 4 to approve the DA for a Woolworths in Bermagui.

Two large supermarket developments, two iconic sites, the majority of two communities speaking out against the proposed development, one cannot help but compare the two very different outcomes.

In Eden, according to the Council's e-news, *"a proposal to develop a large supermarket in the shire's south has been rejected by Council following a strong community campaign to protect local businesses and the town's historical values"*

The mayor, Bill Taylor, thanked the community for *"their feedback during the campaign"*. He was *"encouraged to see the community so involved in the wellbeing of their town"* and seemed most impressed by the number of signatures on a petition. (Council's e-News Eden Supermarket Development Refused, Thursday, 13 February 2014.)

It does not appear that in Bermagui

the mayor placed the same importance on community involvement, on protecting local businesses or on the town's historical values.

At an early meeting Bermagui residents were even told by a representative from council that petitions did not have much weight and the only way to oppose a development was to make a submission, a much harder task than simply signing a name. But in Eden this was obviously quite acceptable. In Bermagui, the fact that 382 individual submissions were written, 351 of which (92%) opposed the Woolworths DA, did not seem to have made much of an impression on certain councillors.

On radio more recently, the mayor claimed the submissions were too emotional to consider. Were residents in Eden unemotional about their proposed loss?

The hundreds of Bermagui residents who turned out on numerous occasions and the expressions of overwhelming objections did not impress either. In Eden the mayor understood the emotions involved. As he said, *"We understand that losing the Hotel Australia would impact on the community as many people in the area remember it as the local, and sometimes colourful meeting place."*

For some reason he did not understand that in Bermagui an iconic piece of land was equally important to residents just as the Hotel Australia was to Eden residents.

For years the Bermagui community accepted that a retirement home would eventually occupy the site, with its internationally acclaimed view across Horseshoe Bay to Gulaga. Bega Valley Shire Council, years ago, had apparently changed the zoning to allow this development. Of course, if wishes could come true, the community would have preferred the site set aside as a park, but, like the Eden site, it was privately owned.

Obviously Councillors Taylor, Britten, Tapscott, Allen and Fitzpatrick are of the opinion that the Bermagui situation is vastly different from the one in Eden. Why would they be unable to *"be on the same page"* as the majority of residents as they were in Eden?

Is the loss of a pub, to them, more disastrous than the destruction of a residential

street and the desecration of the most iconic block of land in a small village.

Or is it because they simply do not know much about the Bermagui community, its village atmosphere and its preference for small family run businesses?

These councillors live in Bega, Merimbula, Lochiel, Cobargo and Pambula respectively. Any poor decisions will never come back to haunt them.

Do they think Bermagui, a town of 1600 inhabitants has greater need for a large supermarket development than Eden, a town of nearly twice the population (2011 Census).

Or does Woolworths have an advantage over other supermarket groups?

Are some councillors, conscientiously, albeit subconsciously, expressing gratitude for Woolworths' sponsorship of Council ceremonies? (Is there no conflict of interests here?)

Perhaps it is another case of *"the bully-boy negotiating tactics"* that Councillor Allen accused Woolworths of way back in May 2007. (BDN 4/5/07)?

Regardless of excuses and taking refuge in the claim that the decision was made entirely on planning grounds, one wonders how fairness and common sense can be applied in Eden and so easily abandoned in Bermagui?

Do concerns for community, local businesses and history apply only in Eden?

Whatever the reason Bermagui will be drastically changed for the worse due to the vote of a few people who know it so little.

Good luck to the people of Eden.

Kerri Binstock,
Bermagui

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Letters to the editors

Just shoot me

Dear Editor

The following item may be of interest to your readers because it is regarding a court case involving a resident of the Triangle.

Your Honour, Ladies and Gentlemen of the jury, in the matter of the Crown v. Lindy Marshall, I am representing myself here today. As to the charge of Getting Old and Causing the Demise of the Australian Economy, I plead guilty. However, I believe there are mitigating circumstances. In the 47 years I worked, I imagined that a proportion on the tax I paid would be used to take care of me in my old age. I understand though, that my contribution has been used on important initiatives like baby bonuses and first home owner grants.

As to the second charge of Being Disgustingly Healthy, I also plead guilty. I realise now it was unpatriotic to choose an occupation that kept me outside in the fresh air, exercising every day. The inevitable conclusion that I may live for another 10 years at least, thereby crippling Australia's future, must be addressed. I can't do anything about the past, but I can try to die earlier. To that end, I have given up taking my dogs on their daily 5 km walk. I have taken up smoking. I eat one KFC and one Maccas meal each day. I am drinking heavily. Hopefully, these measures will do the trick.

I rest my case.

*Lindy Marshall,
Quaama*

Dear BVSC

Mayor, Councillors, General Manager
Re: Possible relationship between Woolworths Bega and proposed Woolworths Bermagui.

1) During BVSC negotiations with Woolworths Bega, a rather unpublicised arrangement/deal/swap/exchange was evidently done involving land in Zingel Place and Council land at Beauty Point, Wallaga Lake.

2) Community concerns request that the following be effectively investigated and answered

3) Apart from then Mayor Tony Allen, who else was authorised to negotiate with Woolworths?

We note that Cr Allen is on the public record accusing Woolworths of using bullying tactics.

4) What guarantees, if any, were given to Woolworths regarding future approval/s for Bermagui Woolworths D.A.?

What other questions need to be asked about these Woolworths proposals and BVSC and Councillors?

5) What pressures, if any, have been applied to Councillors to approve the current Woolworths Bermagui (Fabcot) DA. and who has applied them?

Thanking you,

*Marlene Wall
Wallaga Lake*

Praise for Tilba

Dear Sir/Madam,

I felt compelled to write after a recent, and most magical stay in Central Tilba. The pace of life, peaceful setting, and genuine people combined to make for a memorable trip and my husband and I will certainly be back.

A little disappointed to note a fellow 'tourist', who managed to anger me not once, but twice, during our trip. On the Saturday morning at the Tilba Market, she was heard to utter...the market was, "rather piddling" and "nothing to write home about". The same woman, lunchtime on Sunday at the Dromedary Hotel, caused rather a fuss when accidentally presented with the wrong order during peak service time. I shook my head on both occasions. I think she had completely missed the point of a community like Central Tilba. If requiring the efficiency of a gastro-pub, or acres of markets to trawl, she would do well to head back from whence she came and stay there!

For me, the resounding reasons to visit such a place are small ones. Community. Characters. A slower and simpler way of living. I also like to keep in mind that your facilities are first and foremost YOURS....there to service YOUR community. As visitors we are just lucky to share that briefly. Enjoy it and support it.

I can honestly say I didn't meet a single local who was anything other than warm and welcoming. From Mick and Maz at the pub, Phil with his talk of ghost chillies, darts with Chrissy, Alfie serving up coffee and a chat at the bakery in the early morning, Andrew pointing out to us the secret beach spots, and sundry others suggesting great views and quiet drives.

For me, the highlight of our trip came on the first afternoon we arrived. On walking into the pub, wall to wall with cheery locals, I was greeted with "I remember you", "you sang with the uke players last time you were here", "your boys play soccer don't they?", "you've cut your hair since you were last here...looks great!"

You could have knocked me over with a feather!! THIS is what community is all about... Some urbanites would do well to remember it. As for me, I'm just envious.

I love you Tilba (...and Cobargo, Quaama, Bermi etc) and can't wait for the privilege of coming back!!

*Meredith Sproule
Umina Beach NSW*

ICAC a must

Editor,

Tony Windsor's public call (The Saturday Paper, 26/4 - 2/5) for the establishment of a federal Independent Commission Against Corruption is opportune.

Given the recent revelations in the NSW ICAC involving both Liberal and Labor politicians it is apparent that such a federal body is a must.

I would hope that all decent federal parliamentarians will support its creation as a matter of priority.

*Jack Miller
Bermagui*

Who does the work

The Editorial Committee

Jo Lewis (President)
Paul Payten (Vice President)
Terry Freemantle (Treasurer)
Elizabeth Andalis (Secretary)
Sharon Cole
Sarah Gardiner
Nerida Patterson
Jen Severn
Christine Montague

Advertising

Nerida Patterson 6493 7222 (9am-6pm only)

Layout & Design

Sarah Gardiner & Jen Severn

Copy-Editing

Leanne Lucas

Accounts

Terry Freemantle Phone: 6493 3114
Mail accounts to:
PO Box 2008, Central Tilba NSW 2546

Area Contacts

Bermagui: Paul Payten - 0466 013 153
Cobargo: Elizabeth Andalis - 6493 6738
Well Thumbed Books, Cobargo - 0467 880 476
Quaama: Jen Severn - 6493 8515
The Tilbas: Christine Montague

Printing: Narooma Printing - Narprint
Accounting Service
Fredrick Tambyrajan, Cobargo

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Letters to the editor

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:

The Editors,
The Triangle
PO Box 2008, Central Tilba. NSW 2546

Email: the_triangle2@bigpond.com

ABN: 75 182 655 270

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.

Judgement

Triangle,
After five years of court hearings, the trials of Sr Laurel Lloyd-Jones came to an end last week in a judgement handed down in the NSW District Court by Judge Gibson DCJ.

Sr Lloyd-Jones was sued by Cr Tony Allen (who was Mayor of Bega Valley Shire Council at the time) in 2009 for defamation over statements she made in a letter to the NSW Premier and Minister for Police in that year regarding events in Bermagui in 2006 complaining about Cr Allen's behaviour leading up to and during a meeting with a family in Bermagui in 2006 where he was accompanied by Cr Jeanette Neilson, then BVSC Deputy Mayor.

As a result of a hearing in 2010, the judgement by Judge Colefax SC DCJ in 2011 found Sr Lloyd-Jones to be guilty of four defamation imputations from her statements and ordered to pay \$50 000 in general damages plus \$15 000 in aggravated damages.

On appeal to the Supreme Court in 2012, two of the four imputations were set aside and sent back to the District Court for determination in terms of truth with a reassessment of the damages award. Those imputations were:

The plaintiff, the Mayor of Bega Valley Shire, conducted himself inappropriately as Mayor in that he bullied a woman. and

(c) The plaintiff intimidated a woman by acting in a bullying and overpowering manner over the phone.

The hearing in the District Court was held over three days in March this year with the determination handed down on 17th April 2014. Judge Gibson determined that Sr Laurel Lloyd-Jones succeeded in her defence of justification to both imputations, meaning that both these imputations from her statement in the letter of 2010 were not defamatory because they were true, the then Mayor did bully a woman and intimidated her by acting in a bullying and overpowering manner.

In reassessing the damages, Judge Gibson took into account "reparation for harm done, consolation for personal hurt and distress, and vindication."

Her determination rejected any award of aggravated compensatory damages and

awarded general damages of \$6000 to Cr Allen for imputations (b) and (d) which were not part of her hearing.

Tired and bankrupt, Sr Laurel Lloyd-Jones can now get on with her life as a treasured Good Samaritan of our community who has had to deal with five years of trauma for supporting a distressed local family in need.

Seán Burke

Akolele

Reconciliation and Justice Committee

Dogsh*t

Dear Triangle Editor

As readers may know teams of workers from the Local Aboriginal Land Councils patrol all our local beaches each autumn and spring removing invasive weeds and collecting litter. The excellent state of our local beaches, a delight to locals and our visitors alike, owes much to their thorough efforts.

Their work is, however, being subverted by the bizarre behaviour of a number of local dog owners. These folks dutifully collect plastic bags from the Council-supplied dispensers, collect their dogs' beach deposits therein, presumably so as to be seen to be 'doing the right thing', and then, once the impetus to appear to show consideration for others has worn off, toss the entire package up into the dunes. There it endures far longer than it otherwise would have done.

It is difficult to fathom the 'thinking' of those who engage in this bizarre antisocial behaviour. But perhaps the effort to do so is futile and unnecessary? A traditional method of puppy training is to rub his nose in his offence. Such training might be worth trialling on some of those who strew our beaches with plastic-wrapped dogsh*t. Or perhaps they could be paraded about town wearing a garland of their carefully knotted little packages for an hour or two?

Stuart B Cameron

Protecting the Wilderness Coast Project
Bermagui

You'd better be good

The Editor

Congratulations to Senior Constable Rob Dunlop for retrieving Cobargo's wandering gnomes. Some people think that they might have been kidnapped but I have it on good authority that the wee folk are looking for a new place to live. The Skate Park is nice but it is not the main street. I am aware that the gnomes have written to some local businesses asking for a new piece of prime real estate in the main street. I know that they are disgruntled about being shifted from their home on the great sandy desert and placed beside a construction site. They would be far more grunted with a nice place of their own to be visited by the many camera toting tourists. The Fairies of Yowrie, the Pixies of Quaama and I are fully supportive of a new and suitable home for our dear wee folk.

Sincerely

SANTA

Another mythical creature

Thumbs Up

to Council for
fixing the approach to
Wandella Bridge.



to Lazy Lizard Gallery and Frayed Edges for a great opening night for their bra exhibition. Would have loved to be a traveller coming through Cobargo at 6.30pm, they couldn't help but think 'what a great little town'.



Thumbs Down

to the small-minded person(s) who sent dirty mail and dropped the same flyers at Central Tilba and Tilba Tilba to harass a local woman

Coastline Accounting Services

PO Box 5153
Cobargo NSW 2550

Sue Griffiths

CPA & Registered Tax Agent
ABN: 71 548 654 567

Phone: (02) 6493 7220 Fax: (02) 6493 5658
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The Anzac Day display in the small hall

Welcome to Tilba Bites in winter. At the time of writing though, the sun is shining and the air still has a warm glow to it, albeit a little smoky thanks to some local hazard reduction. It is hard to believe that it is winter. The village is quieter and the shops have slowed down, but people are still smiling and enjoying the sunshine.

Anzac Day 2014 was a special day as always. The Anzac Day display committee of David Oliphant, Sue Munro, Norm Hoyer, Tony Pye, Harry Bate and Mal Dibden spent many hours putting the exhibition together in the small hall for all to enjoy before and after the service. The committee was thrilled with the feedback and congratulations they received. The exhibits told the remarkable stories of both Sister Pearl Corkhill and Bert Latimer. Next year a bigger exhibition is planned to focus on Gallipoli, with 2015 being the centenary year. If you have anything that might add to next year's exhibition please email Harry Bate (hbate@bigpond.net.au).

The parents, students and teachers of Central Tilba Primary School have launched into Term 2 with activities including work on the environment trail, researching and perfecting speeches for the 'Multicultural Perspectives' public speaking competition, practising for the athletics carnival and preparing performances for school assemblies. Kindergarten students

have proudly brought home their first school readers and the Year 1 and 2 students are learning skills needed to self-check their work before presenting it to their teachers. As with all schools, Tilba depends heavily on support and involvement from both parents and the broader community to deliver a rich and diverse program of learning activities for its students. At present there are two projects for which community volunteers are sought. The MultiLit program is an activity which

trains volunteers from the community to assist with reading and development of literacy skills in students. The school is looking for more volunteers to assist in this program. Volunteers work with students for a short period each week. 'Doing things together day' is a new initiative that is currently in the pipeline to bring together people from the community who have skills or interests in a range of different areas and who want to share these with the students. The school is currently calling for expressions of interest from anyone who may be willing to spend an hour per week over a three-to-four-week cycle working with small groups of students and sharing their special interests. Activities could include cooking, sewing, beading, knitting, gardening, photography, music, woodwork etc. Tilba is such an amazing melting pot of talent so please share your talents with our next generation. If you feel you would like to work with the beautiful Tilba children, please contact the school to learn more about these two important projects. All people will be asked to agree to a working with children check, (a requirement for anyone working in the school system). Central Tilba Primary School can be contacted on 4473 7210.

Put Sunday 13 July in your diary. The Tilba Tappers and the Tilbaleles uke group are out to have fun at Tilba Valley Winery for lunch, playing and dancing. Come along from 12 noon for a light lunch and friendly, informal entertainment – a good excuse to have fun in winter.



Elias and Sophie in the outdoor learning area



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It has begun ... after years of debate, planning and fundraising, Bermi will soon have a skate park for our youth. First the bobcat and now the D6 bulldozer are working to create a play space in a green setting close to facilities. It nestles next to the netball court beside the oval on the northwest and expands our village's sporting amenities. Perhaps we will see a skater of skill emerge and take to the world stage and secure a lifestyle as a skateboarding professional. It most certainly is possible as skateboarding made it to the Olympics. Let's trust the skate park does not end up like the netball court next to it.



No Woolies meeting: Seán Burke, MC and Nadine Hills

It's not over yet ... to have a Woolworths or not is still the question on many lips around town. Several recent ABC 7.30 Reports showed some very unfriendly outcomes for small towns after Woolies arrived. These outcomes ring true, loud and clear, for many in this region. Others feel that we cannot do without Woolworths, claiming progress demands such a facility as it would stop the current price gouging in town. A small group of passionate locals held a public meeting on 5 May and updated the 87 present on the options explored and some still to be explored. This peaceful gathering included a good number of older residents, one couple relating their wish to avoid another supermarket and who grow much of what they eat to manage costs. Currently, council has approved the DA. Nonetheless a meeting is being sought with

the CEO of Woolworths to raise his awareness of what is happening on the ground. Jamie Oliver has been approached as he has formed a business relationship with Woolies. Maybe he is interested in how his partner treats his audience beyond claiming to provide 'fresh food'. How much fresher food can one get than produce locally grown and with so few food miles? Would Woolies source our local produce? There is as an online petition on the website (www.communityrun.org/petitions/no-woolworths-in-bermagui) with over 836 names, 500 of which were added in just one week. There is also a Facebook page. Council seems to not recognise the validity of petitions anymore. It may be their prerogative yet is that in the public interest?

Residents feel there is more to be done to protect public interest and maintain accountability and transparency of council. No fat lady is singing about this DA just yet.

It was unusual ... on the foreshore of Horseshoe Bay the other day, a wedding was about to take place when from the heavens appeared a fly-by of five aerobatic aircraft, complete with brief smoke trails from several. But wait ... then came a sixth lagging behind which took a definite detour over the gathering. What a blast it must have been for the bride and groom! I thought these daredevils were booked for the gig, yet they continued on up the coast. Oh well. It could happen here. Another recent TV show on ABC1 showed what can happen in a town or city with some gumption, energy and people support. Called *The People's Supermarket* (check iView for a rerun) it showed several things clearly.

Firstly it exposed the extraordinary quantities of waste being created by large supermarkets, the cost of which is being handed on to consumers. It is common practice to clear shelves and dump stock (though it may still be perfectly edible) just because a new shipment arrived. This is a sin when many in low socio-economic circumstances go without good food. Secondly the UK show illustrated how a community can regain its own power and provide for itself in a different way. Reducing transport costs through choosing local produce and products, saving on waste and being collaborative brings a valuable feeling as part of a township. Self-determination is so rewarding



The Watchman by Edward Willson, a regular exhibitor at Sculpture on the Edge

and a wonderful platform from which to launch activities supportive of community. Self-determination is one tenet of our Constitution indicating that investing in our own ideas, strength and possibilities was the intention for Australians and any town is better off as a result. Bermagui's own Edward Willson took out the Jindabyne Lake Light Sculpture ANU residency prize over Easter with *The Watchman*, a beautiful abstract granite piece which sat easily on its site overlooking the gorgeous lake. The sculpture was quickly snapped up by a local collector and will remain in the high country. Edward, with his wife Alice, owns Frame & Brush, the framing business in Bermagui and is a regular exhibitor at Sculpture on the Edge. Our own Jan Ireland, the driving force behind our own annual feast of sculpture, was a guest judge at the Lake Light Sculpture festival and maintains our link with the rest of the world in the sculpture department, for our enjoyment and inspiration. Nice one Jan.

If anyone is wondering, the purpose of the road works town-side of the bridge is to enlarge the capacity of the water flow into parts of town because a new tank is to be built on top of the hill on Nutleys Creek Road or nearby. More pipework will occur over the next few weeks so let's accept the disruption as happening for a good reason.

It was chock-a-block at the end of day one of the 10th Canberra Yellowtail Fishing Competition. Traffic was queuing eight deep for the ramp on land and water. Dozens of boats and crew again participated in just one of our popular aquatic events.

State of Origin

Wed June 18 & July 9

at Bermagui Beach Hotel

be at the pub over the Origin series for your chance to win a Blues Jumper - just buy a VB product (drawn at half time) three to win!!!

\$4.00 schoolers during game

June long weekend DJ as well as a wild turkey promo

**\$\$\$ to be won
in the AKT competition.**



See page 20 for details

A living legend

How often does an historical society honor a living person? Well this is being done by the Bermagui Historical Society for Leone Creamer, (pictured right).

Leone has been a resident in the town since the 1960s and has lived a very full life with outstanding achievements and community involvement during that time.

Her story is being told as a 'This is Your Life' event at the Bermagui Country Club on 15 June.

Light refreshments will be available at 4.00 pm for those who have travelled a long way on the day. The story will start by 4.30 pm sharp.

A small donation of \$5.00 is requested to cover the event and to assist the valuable ongoing work done by the historical society. It will be a great chance to catch up with Leone and to enjoy this special occasion of fun, of laughter and lots of great memories.

Don't miss out. It will be great afternoon.

*Judi Hearn,
Bermagui Historical Society*



Bermagui Seniors Social Club

Great news! A weekly seniors social club started on Tuesday 20 May at the Bermagui CWA cottage in Corunna St, with Helen Stafford as co-ordinator.

Bega Valley Meals on Wheels Plus was successful in receiving funding from the Department of Social Services to establish the seniors social club for those who are frail and aged and needing more social contact.

The weekly gatherings will begin with morning tea at 10 am which will be followed by discussions, activities and sometimes a guest speaker. A two-course lunch is provided and then more activities till 2 pm. The contribution is \$12 per person.

The Bega Valley Meals on Wheels bus can be booked to pick you up if you need transport and live in Quaama, Cobargo or Bermagui.

Volunteers are valued, non-waged workers for all Bega Valley Meal on Wheels Plus services and will receive training and reimbursement for out-of-pocket expenses. Interested? Check out the website.

To find out more phone 6492 4146, email admin@bvmowplus.org.au or check out the website (www.bvmowplus.org.au).

Helen Stafford

Club AGM will be held
Sunday, 29th June at 10.30am
Member's remember to bring
your Membership Card

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Wednesday &

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Thursday:

Registration 6pm

Have you tried our NEW coffee? I have, yum

18th June, NRL 2nd 'State of Origin' on the Big Screens—prizes to be won on the night

Entertainment for June:

6th 'Darryl Towney', 13th 'Struth', 15th Sunday Raffle - 'Rino & Jade',

20th 'Darryl Lamb', 27th 'Trevor Best'.



Dozer (left) and Brett.

Another Quaama Harvest Fair in April, another great day. Markets, verandah talks, performers, food, friends, fun. And we're always so lucky with the weather. But it could be the last Quaama fair, as request after request for help has brought no response and too much of the burden is falling on too few shoulders. It would be so sad to see the end of these little country fairs, so if you can contribute even a little, let the QPA know. See Veronica's article on the next page for more.

I caught up with Pam Thistlewaite at the shop lately. Pam and Vic's Nissan Skyline had died, so they had just bought a Holden Barina from Quaama Store owners Rob and Judy Gillies. But who did they buy the Skyline from? Former Quaama Store owners Ros and Greg Ruth, in 2009. For Pam and Vic's sake, I'm hoping the next owners of the store happen to have a nice 1965 Aston Martin DB5 they want to offload.

Another successful Food Swap was held at Warren and Veronica Abbott's on 11 May, with happy swappers loading up with fresh produce, preserves and useful gardening items after meeting and socialising with neighbours

over a well-catered morning tea. The next one's on Sunday 15 June, 9 am to 12 noon, at Thea and Tim's place – 72 Barlows Rd, Cobargo. To enquire email River and Tam (river.tam@bigpond.com).

Cathy Blake's 70th birthday was celebrated in heady style with a headwear party on 19 May. I've heard that it was a wonderful night with great entertainment, delicious food and delightful company. Happy Birthday Cathy.

The tennis club's harvest raffle, a wheelbarrow donated by The Cobargo Cooperative, filled with goodies, was won by Josh Brown from Tathra. He was on his way home when we rang him with the news. Josh drove back to Quaama, loaded

his prize of harvest bounty into his sedan, dismantled and squeezed the wheel barrow in, and set off again a happy man.

The committee extends a big thank you to everyone who donated to the prizes and purchased tickets. The raffle raised almost \$500.

The Quaama tennis club wishes to announce that their first AGM will be held on Tuesday 22 July at 6 pm at the Quaama School of Arts hall. The current committee encourages everyone with any interest in the restoration and resumption of play on the tennis courts in Quaama to attend. Families are welcome and please bring snacks and drinks if you wish to make this a social evening as well as fulfilling required formalities. Please contact club president Becky Grenfell with any queries on 0429 306 761.

Lastly, Brett Horne wanted to share a story about his kelpie, Dozer. He was out on his Gator in the paddock one day and it broke down. Brett didn't have his leg on and he was about a kilometre from the house. A long way to hop.

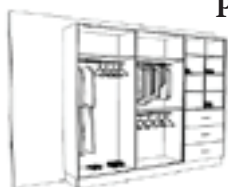
'Go home Dozer,' he said. Ever faithful, Dozer stayed put.

'Home, girl!' he repeated, 'Get Mum!' Dozer wandered back across the paddock a little way, then sat and looked at him, confused. 'Home!' Brett bellowed. Off slunk Dozer.

Back at the house, Rachel knew something was up. Dozer and Brett were inseparable. But here she was, minus Brett, crying in the doorway. Rachel jumped on the quad and, well, here's Brett telling the story so it all ended fine. What a dog.

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Janet from Cobargo Farm is a regular at the Quaama fairs. (photo: Di Manning)

The end of Quaama fairs?

Another fair has come and gone and once again our community has proven how delightful a place Quaama is. The best feedback is when visitors from other areas comment on the community spirit and genuine charm of the setting, atmosphere and local people. And over \$1000 was raised that will go back to the community in various ways.

Thanks to the following for their contributions: the stallholders who brought their amazing wares, wonderful produce and expert information to share with fair-goers; the presenters and performers – thanks for sharing your knowledge, passion and talent; our awesome cooks – great flavours, aromas and service; the Frayed Edges of Quaama who hosted the competitions while promoting their upcoming Bra Show in Cobargo; all the set-up/pack-up/clean-up workers before and after the event. And of course everyone who came and enjoyed the day.

The next Fair *should be* the Fireside Fair on 19 July, but for this to go ahead we need more people to put their hands up for a few key tasks. I

need to step away from the fair work I have done so far so I can focus on other QPA projects. And to ensure the fairs continue we have to have a few key roles covered. These include: recruitment of and liaison with stallholders and siting them just before the fair (a database of emails is already compiled and all the required documents are ready); recruitment of presenters, demonstrators and performers and working with them to finalise the schedule on the verandah; and activities co-ordinator to recruit community organisations to host the BBQ, the competitions and any activities we may like to have on the day.

There are other tasks and anyone who wants to contribute to Quaama Quisine, publicity/promotion, decoration, set-up, revamping the roadside banners, collecting stall fees, MC on the day and clean-up is always more than welcome to join in. Visit the website (www.quaama.org.au) and click 'contact us' to drop us a line.

Veronica Abbott
QPA President

Secondhand Sunday in Quaama this month

Secondhand Sunday is a community event giving residents of Quaama and surrounds the chance to give away useful things they no longer need.

How it works... at 9am on Sunday 29 June 2014 households in the Quaama village area put items that are still useable but no longer wanted at the front of their home. From 9 am until 1 pm, anyone keen on the notion of 'reduce, re-use, revive' can take those things away.

Residents outside the village area can either organise to share the verge of a village dwelling neighbour (secondhand Sunday party, anyone?) or they can join the hillbillies picnic (well, everywhere outside Quaama is a hill!) in the Quaama park between 9am and 1pm where those of us living in the 'heights' around Quaama will gather with our unwanted items and some food to share.

What's the point? We stop usable goods going to landfill; re-using things reduces our impact on the environment; it's an easy way to clear out your house and garage; you never know what treasures you could find; your unwanted goodies could be someone else's treasure; and it's a great example of communities working together.

And there are only three rules: at the end of the event, households are responsible for removing any of their items not picked up by others; once an item has been put out for collection its dollar value is irrelevant, so if you want money for it, don't put it out for taking away; have fun!

Veronica Abbott
QPA President

Reclaim the Riverbank

Things move slowly in the halls of bureaucracy, but that is no reason to give up hope. We are still keeping our eye on the ball as far as getting the Riverbank project up and running.

In my last report I said that preliminary weed control had begun in a confined corner of the revegetation site. There has been a good result, with no apparent damage to native vegetation, but the careful use of chemicals has meant that there is still a small amount of honeysuckle growing up some of the existing trees. This will easily be dealt with through the cut and paint method when spring arrives.

As far as grants go we are still waiting to hear if our application to the state Land and Environment Council has been successful, possibly to be confirmed in June. But in the meantime The Bega Valley Shire Council has announced a round of Community Environmental Grants where groups can apply for up to \$6000. Chris Post and I have pulled together some ideas to apply for funds to help our project along by extending the weed control and revegetation area further into the site along the eastern edge. Once again, we wait.

If our initial grant is successful clearing of dead vegetation could begin in late winter, in time for some spring planting, but definitely in readiness for autumn planting.

As I said, things move slowly, but what a fabulous resource we will have if we can reclaim this area.

Anyone who would like to become involved in the project should contact Chris Post of the Dry River Landcare Group. Please provide your email address so that you can receive news and updates. Email dryriverlandcare@gmail.com or phone 0411 594 092.

Rose Chaffey

Please Help Spread the Word ...

Would you like to be able to do Adult Ed courses in the triangle and surrounds rather than driving to Bega or Batemans Bay?

Well now you can.

Adult Ed believe that there is not enough interest in the 'middle ground' where we live (halfway-ish between Bega and the Bay) for them to run courses here. I've nagged them for almost two years (I'm sure they're sick of me!) and this term they've agreed to run some courses in Narooma. Check out pages 26 and 30 of the Term 2 brochure, visit their website (eaec.edu.au/eurobodalla/lifestyle-courses/) or contact Adult Ed 4472 9202. We only need six people to run any Adult Ed course.

Please share this info with all your friends (Facebook and others) and contacts and with any clubs/groups or activities you are involved in – if you're not personally interested, someone you know might be. If we can fill Narooma courses this time round there will be more courses and locations to choose from in future.

Thanks so much to everyone who passes this on.

Leanne Lucas



Frost in Space, our young performers playing at the 'Little Night In' at the Courtroom in Cobargo

Recent news is that Cobargo Public School has a new appointment to the principal's position. The school extends a very warm welcome to Michelle Simkin. Michelle started at Cobargo on 15 May and filled the position vacated by Annie Downes at the end of last year. Welcome to Cobargo Michelle. Other news at the school is its fundraising disco to be held in the Cobargo School of Arts (SOA) on Friday 13 June. Ooooo, spooky - dress 'scary' or however you want and get to the disco. Also to look forward to is the annual Cobargo school fireworks spectacular to be held at the school in the evening of 18 July. This is the school's major fundraiser and your attendance and participation will support the provision of much-needed materials and opportunities for our children. And it's great fun and a very social night out to boot.

A treat was had by those who attended last month's 'Little Night In'. Artists performed to a packed room; a cosy, warm and welcoming event hosted by wonderful community-minded people. It is great to see such enthusiastic support for performing arts and such talented young performers in our midst. 'Frost in Space' was just one of the acts for the evening. The next Little Night In will be held in the courtroom on the evening of Saturday 7 June. Doors open at 6.30 pm.

More exciting news is the new Cobargo Community Mail List. This list provides a wonderful opportunity for residents of Cobargo and the surrounding area to communicate about things like food swaps, local events, community projects, emergencies, shared resources, transport around the region and more. Visit the website to register (www.cobargocommunity.wordpress.com).

Once you are registered all you need to do is send an email to cobargocommunity@scpa.org.au and everyone on the list will get that email. Replies are sent directly to the sender. For more information email Geoffrey Grigg, the list administrator (geoffgrigg@gmail.com).

Those who attended last month's Cobargo Quaama food swap would like to thank Veronica and Warren Abbott for opening their home to host the swap. It was yet another wonderful, relaxing morning that provided people with an opportunity to pick up fresh produce, preserves and other useful gardening items as well as meet and socialise with neighbours over a well-catered morning tea. The next food swap will be hosted by Thea and Tim out on Barlows Road on Sunday 15 June from 9.00 am to 12.00 noon.

There is great excitement in the Cobargo CWA as two members enter their cakes in the State Cookery Competition at Griffith. By the time you read this in *The Triangle*

the results will be known. I am sure you will hear if they won. The CWA ladies, including the prizewinning cooks, baked up a storm to provide cakes and slices with morning tea at the Cobargo Co-op open day on Friday 30 May. Perhaps you were lucky enough to sample some prize-winning cooking.

On 2 June the Far South Coast Group of the CWA is attending the CWA cottage in Cobargo for a council meeting and, of course, a great feed. Handicrafters meeting dates are changing to the afternoons, following the regular monthly meeting. If you're interested, they will begin at about 12.30 pm on the second Tuesday of each month. If you have ever wanted to knit, sew or crochet, or already know how but would like to meet with others of the same inclination, don't hesitate to join them and have a cuppa. You don't have to join or be a member of the CWA. All crafters and would-be crafters are welcome.

We hope you have all enjoyed the CWA Cobargo ladies on River Cottage Australia. They were due to be screened on Thursday 22 May. They are still promoting Cobargo.

Olga Masters Short Story Award

Entries are now open for the 2014 Olga Masters Short Story Prize worth a total of \$2000. The subject is to be on family life in rural Australia. We will be accepting online entries. It is open to all Australians and permanent residents.

There will be two categories: 21 years of age and over with a prize of \$1500; and under 21 years of age with a prize of \$500

Entries must be a single-authored short story of between 2000 and 5000 words, written in English. There must be no names on the submissions.

Stories must not have been previously published or be on offer to other prizes or publications for the duration of the Olga Masters Prize.

Entry costs AU\$15 for adults and AU\$10 for under 21s.

Entries close at midnight on 1 August 2014. We will be announcing the winners at the Olga Masters Festival in Cobargo and Bermagui on 11/12 October 2014.

For more details go to: www.olgamastersshortstoryaward.com.au

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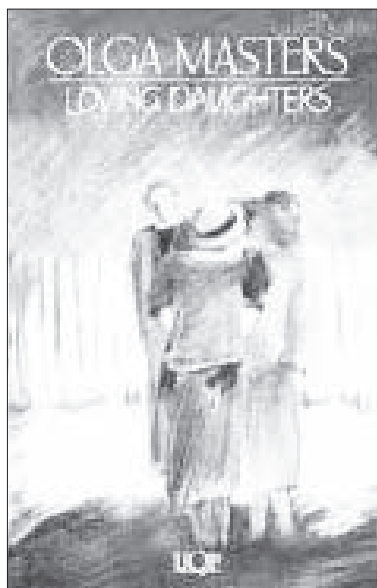


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Reading Olga Masters



You may have driven through Cobargo on a Wednesday evening and noticed activity at the Well Thumbed Books shop.

Meetings are being held there to take an in-depth look at the writings of Olga Masters, the renowned author who lived in Cobargo for part of her life.

The meetings are stress-free with participation by those who want and listening by those who prefer a back seat. We look at the stories, the times, the history and the achievements of this great woman, as well as at some of her contemporary female writers. Such names as Thea Astley, Elizabeth Jolley and our beloved Ruth Park amongst others are examined.

Anyone who would like to attend, the next meeting will be at Well Thumbed Books on 25 June starting at 5.30 pm. We will be looking at *Loving Daughters* by Olga Masters. If possible it will help you to have read the book but, as they are in short supply, we do sufficient reading from the novel to enable you to access the storyline and the humour.

You will be made very welcome at these readings.

Mary Williams

Demystifying Death & Dying - a life event at ETC weekend

Death is the natural end to our lives; an ordinary and sacred experience. We all know we are going to die, but talking about death is not something we as a society generally find easy to do. Death and dying are sometimes referred to as the most significant journey or transition we will make. It is sensible and prudent to be prepared, just as we are in other aspects of our lives. Preparation and dialogue are two of the most useful tools in approaching end of life matters - making dealing with death and dying more manageable for those left behind.

On Saturday and Sunday, 7 and 8 June, we will be offering a life event 'Demystifying Death & Dying' at the Cobargo School of Arts hall.

With the support of industry experts, such as Shanna Provost, John Whyman, Steve Ross, the Natural Death Care Centre and Community Undertakings we will be offering information, workshops, an open community forum, and an art exhibition to demystify some beliefs and misconceptions around dying, death and funerals.

Our vision is to empower individuals and communities by providing practical information to help make better decisions and more considered choices in relation to end-of-life matters. On the weekend we will be offering information to assist you to: better understand what is involved in the process of dying, death & bereavement; participate more fully in any of the stages; complete the relevant & important legal paperwork; clarify your or your loved ones instructions around dying and after death; create a more meaningful funeral to honour and celebrate a life; and have an easier and healthier bereavement.

Cobargo is Ted-Exed



Contributing to the 'Think' part of the Eat, Think, Create weekend, Cobargo's Well Thumbed Books shop will host a 'Ted-ex' event.

This will involve four speakers each talking for 20 minutes on interesting and controversial subjects. There will be 10 minutes after each talk for questions from the audience.

The speakers will start at 11am and there will be refreshments available afterwards.

The line-up includes: Rosemary Beaumont, who will talk about the state of democracy in Australia; Jim Collins, who will tell us about the relationship that he has helped to establish between Bega and a small village in Timor-Leste; Jo Derado will talk about Practices of Farm Fishing; and Mary Williams will speak about Olga Masters, Cobargo's famous author.

The speakers will make you think, make you talk, maybe laugh, maybe cry.

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Off to work at the vacant block

Sophie's Saddle Update



Sophie Wintle, the girl with cerebral palsy who loves riding and horses, now has a saddle that will keep her upright on the horse on her own. It came in time for Sophie to join in the schools' equestrian games in Jindabyne. Although Sophie could not compete she was made to feel exceptionally welcome.

The saddle has been the brainchild of Leone Creamer, Phil Elton and Steve Wintle who have combined forethought and expertise, based on an American model, to bring it about. The Bermagui Lions Club has contributed cash to make the project possible.

The saddle is encouraging Sophie to use her muscles to get more strength and she is improving all the time. She now wants to go on to a bigger horse and to go further afield and her grandfather Steve is working to make this happen.

Left: friends Caitlin Reid and Sophie Wintle. Sophie is riding more comfortably with her new saddle

Success for Caitlin Reid

Caitlin Reid and her horse Asta La Vista have continued their success. Caitlin was recently awarded the Far South Coast Junior Showjumper of the year after her continued success at local shows and at the Bega Showjumping Cup. To follow this up Caitlin and her horse travelled to Jindabyne to represent Bermagui Public School at the Snowy Mountains Grammar Schools Equestrian competition. This event was over four days, the first day was a One Day event involving dressage, cross-country and showjumping. Caitlin was the overall primary school winner of this event. The next three days involved showriding, showjumping, dressage and sporting events. Caitlin won the Champion Primary Rider as well as the Junior Six Bar Showjumping as well as placing in her sporting events. At the end of the competition Caitlin was awarded the Winning Rider from years 5 and 6 and was also awarded the overall high point score for both primary and secondary riders. A huge achievement for a young rider.

Sonya Reid

'Vulnerability in Forced Migration' FREE Community Workshop

In the lead up to Refugee Week 2014, join Australian Red Cross for a free interactive community workshop on asylum seeker issues. By focusing on fact and human stories, the workshop will shine a spotlight on significant humanitarian challenges of seeking asylum and settling in a new country.

The workshop also aims to lay the groundwork for local communities to engage with asylum seekers in the ACT and S/E NSW Region, and ultimately build a more open and accepting society. We want to hear from community members or groups who are interested in engaging directly with asylum seekers or the issues in the community.

The workshop will be held at Australian Red Cross Narooma Hub, Unit 4/114 Princes Highway Narooma (In the arcade in Midtown Narooma near the National Australia Bank) on Wednesday 11 June from 10am to 1pm. RSVP to Tom Noonan tnoonan@redcross.org.au or 0408 205 869.



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Death and Dying Buddhist Teachings

Death is a wonderful subject to consider because it focuses attention on the richness and opportunities of life; facing it enables us to develop resilience and inner strength to loss; and importantly, it enables us to consider our own death experientially. Awareness of death is a central part of all spiritual traditions and powerfully assists spiritual growth.

A weekend of teaching and meditations on death and dying from a Tibetan Buddhist perspective explored this inevitable, yet somewhat sidestepped, experience in a deeply focused and personal way. A blend of teaching, discussion, meditation and contemplation drew on what can be learned about death for people who often encounter death such as nurses, for assisting others dying, for enhancing spiritual practices and for personal preparation.

Awareness of death serves to quickly clarify what is important in life - it cuts through choice-less drift and meaningless trivia. Clarity enables choice about positive orientations in life, how to use our time and how to genuinely contribute to others. As a spiritual practice, attention on death serves to build inner strength and to counter shock, fear and loss at the time of death. Paradoxically, awareness of death deeply enriches living.

Death is successive stages of loss. At the



physical level there is loss of control of the body, its functions, its capabilities. Emotionally there may be fear, sadness, anger, grief - yet also calm, peace and fulfilment. Mentally, death leaves concepts behind and identity dissolves. Spiritually, death transcends what is known. Buddhists experientially practice the successively dissolving process of dying so there is familiarity at the time of death.

Tibetan Buddhist teaching and practices on death and dying draws on three key areas of attention: death is definite; the time of death is indefinite; what can be learned that will help at

the time of death?

Death is definite, inevitable, inescapable – no argument here; no one is hanging around who has outwitted death. It's happening all the time. People die at all different ages. Yet, life can be divorced from this reality. So to devote time facing this certainty connects you with the flow of reality.

The time of death is indefinite. Buddhists meditate on the fact that everything is impermanent. Meditation is an active, creative mode of thinking. Contemplating continuous moment to moment change experientially integrates that we too are impermanent – this stimulates awareness to assist others and to grow spiritually.

What will help at the time of death? From a Buddhist perspective we take only the habit-energies of the mind into death – all else successively dissolves. The time of death is too late to change life habits. It's hard work. The time to change deeply held emotional and mental habits and the body-mind sense of 'me', is now. Buddhist philosophy sees the primary nature of the mind as clear light and the potential at death is to realise this.

Rosemary Beaumont

A Tap on the Shoulder

Last Wednesday a passenger in a taxi heading for the station leaned over to ask the driver a question and gently tapped him on the shoulder to get his attention. The driver screamed, lost control of the cab, nearly hit a bus, drove up over the kerb and stopped just inches from a large plate glass window.

For a few moments everything was silent in the cab. Then the shaking driver said "Are you OK? I'm so sorry, but you scared the

daylights out of me."

The badly shaken passenger apologized to the driver and said, "I didn't realise that a mere tap on the shoulder would startle someone so badly."

The driver replied, "No, no, I'm the one who is sorry, it's entirely my fault. Today is my very first day driving a cab. I've been driving a hearse for 25 years."



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Lyme Awareness Project

Bega Public School hall was the venue for one of 50 events held around the globe last Saturday as part of Worldwide Lyme Awareness Project (WWLAP). Event organisers, a handful of people from the local community who have Lyme disease, said the aim of WWLAP was to raise awareness of illness spread by ticks, which is now reaching epidemic proportions around the world.

Speaking at the event, one of the organisers, Jacqui van Teulingen, said, 'Ticks are considered to be nature's 'dirty needles'. Evidence is emerging that bacterial infections such as *Borrelia* and *Bartonella* and the malaria-like *Babesia* are being widely spread by tick bites around the globe.

'Last year an estimated 300 000 people were diagnosed with Lyme disease (caused by the bite of an infected tick) in the United States alone. Longitudinal studies in Eastern Europe suggest five per cent of the population may have the infection.

'Lyme is emerging as a serious pandemic of this generation.

'Locally, the NSW Government and large sections of the medical profession deny that Lyme disease exists. This makes it extremely difficult for the thousands of Australians diagnosed with Lyme disease to access treatment.

'The aim of WWLAP is to raise awareness of Lyme disease in the community. The best thing we can do is prevent people, particularly children, from developing this debilitating life-long illness by avoiding tick bites in the first instance and by aggressively treating the infection in its early stages should you encounter a tick bite', Ms van Teulingen said.

She continued, 'Once the infection is established it can be very hard to get rid of. The bacteria travel in the bloodstream to different parts of the body where they lodge and cause inflammation.

'The infection has been linked to many conditions including arthritis, chronic fatigue syndrome, neuralgia, multiple sclerosis, Parkinson's disease, fibromyalgia, Alzheimer's, and motor neurone disease. It can also cause heart, gall bladder, thyroid and adrenal gland problems. Current treatments involve antibiotic medications that may need to go on for years.

'Prevention and/or early detection of the infection is a much more successful strategy for treatment of Lyme disease. By organising awareness-raising events like this one in Bega today we hope to give the community the knowledge and the tools to prevent tick bites and to pro-actively deal with their GP to treat illness following tick bites. If we can save one person from succumbing to Lyme disease then the event has been a success'.

For local people with Lyme disease the event provided an opportunity to connect with others and learn about important treatments available locally, from homeopaths, naturopaths and other natural therapy providers. 'The Health Address' was on hand to answer questions and provide treatment options for Lyme disease through rife therapy.

More information on Lyme Disease can be found at the Lyme Disease Association of Australia website (www.lymedisease.org.au/about-lyme-disease) and the Karl McManus Foundation website (www.karlmcmannusfoundation.org.au).

Greg Watts



Lyme disease is carried by infected ticks

Ask not what your community newspaper can do for you ...

It's one of those things you can rely on. A carpet of autumn leaves, the smoke of hazard reduction burns, and *The Triangle* falling on lean times.

Our printing costs have gone up, in fact everything seems to cost just a little more. And, heading into winter, advertising falls away – just a little, while the region hibernates, but enough to make a difference.

When we're flush, we hand it out to the community. Then, a few months later, our treasurer arrives at a meeting with that look on her face ...

Can you help? There are donation tins at every distribution point. If everyone just put a gold coin (or two) in the tin when they picked up their next copy, and maybe the one after that, it would probably see us through. Hell, go wild – make it a fiver!

And if you get your copy delivered, perhaps drop by your local distribution point and make a small donation.

Why do we keep giving away our excess funds, we hear you ask. Yeah, we ask ourselves that too, every winter. But, next time we see that bank balance heading north again, you can be sure we'll do it all over again ...



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Birdwatchers Converge on Narooma

A weekend trip to Narooma was the latest exploration for the Far South Coast Birdwatchers. Enthusiastic birdwatchers came from far afield to join the group, despite an indifferent weather forecast. The group met on the shore of Lake Corunna and then convoyed to the beach where the lake exits onto the sea, cutting through yellow sands and wind-sculptured small trees along the banks.

The next stop was Box Cutting Rainforest, north of Narooma. Walking in cool shade, on dense leaf litter, through this magnificent area of temperate rainforest, everyone appreciated the beauty of spotted gums, intricate liana vines, large staghorns half-way up towering trees, and the carpet of ferns below. It was a joy to see so many birds, including Lewin's honeyeaters and golden whistlers, and a superb lyrebird was heard calling.

The trip continued on to the shore of Lake Mummuga at Dalmeny where there were many water birds, including the elegant outline of a prancing little egret - and several white-bellied sea eagles in full flight. That evening the group enjoyed a delicious fish and chip

supper together, with a chance yet again to observe birds, on the shore of Forsters Bay. These included an exciting sighting of an eastern osprey that flew in twice to capture fish, and an Australasian darter, to name but a couple.

On Sunday morning, during a stroll along Ringlands way walk, a Rufous fantail, a pair of sacred kingfishers, and a beautiful pair of rose robins were spotted, amongst many other enjoyable sightings. The eventful weekend concluded with a delightful walk through the Ringlands rainforest, with its magnificent strangler figs and their awesome root systems. Sightings here included the elusive large-billed scrubwren, for a grand total of 86 different bird



Rose robin (photo by Neill Hayes)

sightings for the weekend.

All are most welcome to join us on any of our future activities. Details can be found on our website (www.fscb.org.au) and we can be contacted on 6495 7390.

Pat Neal

The NOT police report

Akolele had its biggest 'almost a disaster' in Turner Drive recently. The story is about a ute, left in gear and with the handbrake on, which developed a mind of its own. It headed down the hill unsupervised while being chased by its distraught owner.

Very athletic and determined not to let the recalcitrant ute get away the owner caught up with it and managed to get into the cab but he had no time to change its speed or direction. Reveling in its temporary freedom the ute launched itself over the embankment and, complete with driver, landed in a nearby garage. Due to the approach direction it managed to miss two boats and after crashing through the side wall of the garage it came to a halt, fortunately missing the house.

No one was hurt and both parties have insurance so hopefully this event will just become a local legend and have no serious long-term consequences.



What's your story?



Explore the writer in you by joining our upcoming workshop series and get involved in:

- Verbal story creation
- Investigating the 'nuts and bolts' of fiction and non-fiction writing
- Giving and receiving effective feedback
- Exploring the idea that everybody has the right to Write!
- Networking with the Women's Resource Centre

These workshops are run by trainer Leonie Gall, journalist and creative writer. They are to be held on Fridays for 4 weeks from 6 to 27 June from 10.30 am to 12.30 pm at the Women's Resource Centre, 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 services 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.

Our Local Mob of Shearwaters



From left to right are Phil Kingston, Chris Davey, David Priddel, Penny Beaver, Mike Crowley and Amy Harris

Recently I had the pleasure to volunteer for the 54th annual Montague Island shearwater research project along with long-term researchers

survey was an interesting one. Day one started well and then a 2.5-day downpour resulted in 154 mm of rain. Our spirits were not dampened,

Dr Peter Fullagar, Chris Davey and Mike Crowley. The team also included David Priddel (Office of Environment and Heritage NSW), Phil Kingston and Dimitrio Bertzeletos, with Amy Harris (Office of Environment and Heritage NSW joining us on the last day. The project has been monitoring the interaction between short-tailed and wedge-tailed shearwaters since 1960. Basically it requires putting your arm down burrows in the hope that you find a live chick which is weighed and measured and promptly returned to its burrow.

The 54th annual

but our shoes were wet. The results found that the numbers of short-tailed shearwaters were dramatically down, but numbers were higher for the wedge-tailed shearwaters. All of the chicks in the survey were a healthy weight.

As Dr Peter Fullagar explained to *The Mercury* in 2009: short-tailed shearwaters are found across the Pacific, from the Bering Strait down to Antarctica, while the wedge-tailed shearwater is a more tropical species and Montague is about as far south as it goes. For the first five or six years the number of short-tailed shearwaters relative to the wedge-tailed did increase, but that did not continue. In fact the short-tailed has declined slightly since then. Dr Fullagar said, 'Shearwaters live for 30 to 40 years and reproduce for at least 15 years, but during that time they would only produce on average two chicks that reach maturity'.

If you would like more information on the long term monitoring you can go to MIPartners blog site (www.mipartners.blogspot.com.au).

Penny Beaver

Marine park friends

Hi there,

I've just become a founding friend of Batemans Marine Park, and want to ask you to join too.

Did you know that the NSW government is considering opening our protected marine sanctuaries to fishing? Then they plan to go park by park, rezoning boundaries and dismantling protections which could virtually see each park eliminated. Even destructive sea-floor trawling could be on the cards for our protected sanctuaries.

In the face of the biggest rollback of marine protection Australia has seen, please join this major new initiative to save the

sanctuaries that protect our marine life. Visit the website (www.saveourmarinelife.org.au/friends) and become a founding friend of your favourite marine park.

Together, through these growing networks we'll send a powerful message that we want to stop this unacceptable rollback plan. It's free to join and you can unsubscribe at any time.

With just four per cent of our coastline protected in sanctuaries, it doesn't seem like too much to ask to keep our current marine protection in place. Please join today.

Thanks,
Elizabeth

Do you need to catch your breath?

- * Understand and practice stress relief though mindfulness
- * Learn interesting and proven methods
- * Learn how the brain reacts to stress
- * Learn ways to ease the stress reactions
- * Network with the Women's Resource Centre

These workshops are facilitated by Liz Doyle SNSWML generalist counsellor/community educator. They are taking place on Thursdays 1 to 29 May and 5 June from 1 to 3 pm at the WRC 14 Peden St Bega.

Call WRC to make a booking on 6492 1367



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Steel Town Youth Learn Landcare at The Crossing

Thirteen lads from Warrawong High school, who had never been on a school camp before, came to The Crossing in the first week of May to learn about landcare, broad-scale animal systems, forest habitat and design for sustainability. All were from the steel town of Port Kembla and they were chosen as a result of their contribution to the school garden program. They were assisted to come thanks to the generosity of individuals who donated sponsorships to The Crossing's gift fund.

Aaron Sorrenson is a permaculture teacher who has been changing the face of Port Kembla one school at a time by creating amazing school gardens. His young people have been featured on *Gardening Australia* with Kosta. Many of his students began their interest in agriculture at Cringilla Public School where Aaron and his volunteer helpers built a garden on nothing but old heaps of coal slag. I can remember going there eight years ago and there was still smoke coming out of the ground at the edge of the school as the coal slag smouldered underneath. Every kid I met in that garden was able to give me a tour and tell me what each plant was and what it was used for. They were gardening ambassadors and very proud of their achievements.



Warrawong High students on their hike in Nutleys Creek

During their stay Aaron's young people canoed the Bermagui River, contributed to our fencing and landcare tree planting as well as harvested and cooked from our permaculture

gardens. They also completed an overnight hike and habitat survey in Biamanga National Park. They shared stories, laughs and knowledge around a campfire and they got to know the bush.

They all appreciated the opportunity. The thanks they gave us for rallying support to enable the camp to happen, was very heartfelt and we commented to each other that we had not been thanked that well by this age group in many years. Each one wrote a personal postcard of thanks to their sponsors and they left with a determination to allow another group to have the same opportunity that they had.

A huge thanks to the individuals who donated to The Crossing Land Education Trust Fund to allow opportunities for young people who might not otherwise have the chance to get outdoors, learn valuable skills and make a connection with the earth.

Our challenge now is to annually fundraise \$5000 to continue to provide half scholarships to this particularly disadvantaged area, so that a girls and boys group from Port Kembla can extend their knowledge of gardening to include broader scale animal systems, landcare and an understanding of the Australian bush. It is also obvious to us that the beauty of the south east did make a strong impression on the group.

Cheers and once again many thanks for the wonderful support of our community here on the far south coast of NSW. Your donations have made a difference.

A special thanks also to the Board of Management of Biamanga National Park who



The Crossing minibus and trailer in front of Port Kembla Steelworks - we drove them up and back to keep costs to a minimum

have recently made funds available to us to assist with sponsoring any young aboriginal persons who would like to apply for our Sea to Snow Journey.

Dean Turner
Project Director

The Crossing Land Education Trust



Students doing habitat survey in the forest

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The Triangle's Eco Edge Competition

Local environmental company AKT has this year sponsored a page in the *Triangle* every month. Our brief was pretty broad: the page was 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, in a competition.

Every month we will publish the best creative, environmental

contribution – story, essay, poem, painting, drawing or photograph we receive.

So look around and start writing, drawing and photographing. There's a wealth of inspiration around us. The winner receives \$400.

This month's contribution, a poem and the accompanying drawing, is from Mark Evans of Cobargo.

The funnel web spider likes a walk...

The funnel web spider
likes a walk,
rearranging the garden,
shuffling things about a bit,
so look out.

Plenty of swarming insects:
the robin enjoys the platter.

The unflaunting sparrow,
fifty in number,
dove, blackbird and pidgeon,
top notch,
kookaburra sounding
– that was good tucker.

Short bursts of flight for the lorikeet,
sometimes by the car,
king parrots in small flocks
eating wild berries,
they could be a pest.

Remember,
if it bites, stings, stinks, squeezes,
scratches, poisons, kicks,
then you're in a healthy environment.



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.

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. This year AKT donated \$1000 to South Coast Field Days.

But AKT is also active internationally. Because we are about more than just making money, this year AKT International donated £6000 to ABCs and Rice, a charity in Cambodia, to purchase buses as a safe and reliable mode of transportation to and from government school for children living in poverty.



Dogs on Tour



Some of the cast and crew of *The Dog Logs* at Footprint Theatre's fifth birthday party: Anna Auer, Kerry Hynes, Karl Auer, Judy Roberson, Lis Shelley, Jon Bignell

Ever wondered what your dog was thinking?

The answer might be found in Footprint Theatre's latest stage production *The Dog Logs*, touring south east NSW and far northeast Gippsland from 23 May to 15 June.

The Dog Logs by Australia playwright C J Johnson tells the stories of eleven different dogs brought vividly to life in monologue form. The result is highly theatrical, extremely funny, at times very moving, and thoroughly unique. Among the breeds is a tough rottweiler with neighbour problems; an aging mongrel who discovers love late in life; a greyhound who might be too clever for her own good; an extremely suave Afghan hound who's very proud of his studly abilities; a police dog

who finds herself up against some abhorrent lawbreakers; a kelpie with an interesting herding problem; and a New Zealand Customs beagle with attitude.

The concept of dogs telling a story came about when Christopher Johnson, at the tender age of eleven, discovered his pet west highland white terriers mauled by neighbours' dogs. Ten years later, he wrote about the incident from the killer dog's perspective in a monologue called *Borys The Rottweiler*. When this monologue started winning awards, he decided to create the rest of his 'dog monologues'.

Not just for dog lovers, *The Dog Logs* is a unique mix of humour, tragedy, poignancy and romance. These dogs' lives are every bit as rich and complex as our own, as they negotiate love, friendship, revenge, violence – even

sex. Ultimately these stories reflect the major concerns of being human.

Directors Lis Shelley and Graham Brown said 'This is our most ambitious tour yet and a great way to celebrate Footprint Theatre's fifth birthday. We're looking forward to sharing these heart-warming doggy characters with new audiences around the region'.

Injecting a regional flavour the cast includes Robert Buck from Bega, Jonathan Bignell from Delegate, Graham Brown and Kerry Hynes from Merimbula, Karl Auer, Lis Shelley and Anna Auer from Lochiel.

The play is touring extensively in the local region from 23 May to 13 June. To see all the dates and locations visit the website (www.footprint.org.au/events).

Tickets are available now online or by calling 6495 7160. The show is recommended for audiences aged 15 and above.

'Billy's Dream' a Winner



Beautifully Mad's song 'Billy's Dream', written by Tony King, has just been awarded 1st prize for Best Lyrics at the International Songwriting Awards. The judges included Tom Waits and Bernie Taupin.

'Billy's Dream' is one of the tracks from their most recent album 'Spin'.

Beautifully Mad, originally comprising Tony King on guitar with Chris Ralph singing, will be touring Canada as a 4 piece with Hamish Stuart on drums and Peter Badenoch on bass.

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The Gadflys Return

The Gadflys return to Murrah hall with a classic lineup: brothers Phil Moriarty on clarinet, guitar and vocals, and Mick Moriarty on double bass, guitar and vocals; the enigmatic and stylish Elmo Reid on double bass, electric guitar and harmonies; and on drums powerhouse Pete Velzen (Falling Joys) who also sings harmony.

For those who haven't heard them, the Gadflys have a unique sound. Neither a consciously synthesised, nor a faux-reverent imitative grab bag approach is taken in the group's appropriation of, and attitude towards, musical genre and style. Over a 35-year career these fellows have sailed their boat through an ocean of grooves, stopping here and there to explore blues, Irish folk, calypso, klezmer swing, New Orleans jazz, latin rhythms and more - always with an ear for the rootsy and ragged, always careful to retain their own voice and not offer up pastiche and parody, in the name of authenticity.

The Moriarty brothers have been writing and performing original music for close on 35 years. They evince an ear for harmony and



The Gadflys will be playing at the Murrah Hall on Saturday June 7

feel for rhythm that is almost tribal; at once mysterious and familiar. Backed by Elmo and Pete they broke their teeth on dance gigs, pub shows and school formals in the eighties, learning their licks covering everyone from Louis Armstrong to The Supremes, Slim Harpo and the Stranglers.

The Gadflys have done stints on TV, playing their own tunes and backing the likes

of Neil Finn, Glen Tilbrook and Mandawuy Yunupingu. They have five excellent albums, including the hit album *Out Of The Bag*, to their credit and continue to write and play new material. Come along to 'The Murrah' on Saturday 7 June and dance to one of the great 'live' bands.

Winter Season of Art Workshops from Cobargo Creators

It is winter which means it is time for the next season of art workshops brought to you by the Cobargo Creators. On 12 and 13 July the Cobargo School of Arts hall will host a couple of workshops by two very talented local women.

Doris Hoyne who exhibits locally and overseas will share her skills in intaglio printmaking. Intaglio means a hollow-cut design. Your project will be to design a two-colour print by translating a drawing onto an acrylic plate. The beauty of this is that no prior knowledge is required.

Also on offer this weekend is the opportunity to explore

painting watercolours with Jan Ward. Jan will share a wide range of techniques suitable for beginners or for those who wish to master new skills.

Both Jan and Doris have a long history of practising and teaching art.

The cost for the weekend is \$130 with an extra \$25 for materials. Email artsincobargo@gmail.com to book your place or phone Sandra (6493 7245) for further information.

Pictured right is an example of a print by Doris Hoyne





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'Harbour' Art at Bermagui Fishermens Wharf

Artists and crafters from the region have been invited to take part in an open exhibition of their work at the Shop7 Art Space. The exhibition theme is 'Harbour' with artists able to extemporise on the meaning of the word.

Some will feature work related to Bermagui or generic boat harbours whilst others will take a meaning from terms like refuge,

covert, nurture and safety. Twenty artists have agreed to exhibit so far. The exhibition is still open to new entrants.

A new exhibitor to the gallery is Jo Saccomani. Jo will exhibit her many hand built timber boxes which are housed inside each other. Each large box protects and provides harbour for the smaller ones inside. Jo has been a carpenter all her working life and now operates from an original old shed in the heart of Bega. Her woodwork reflects the function and practicality of carpentry. Her objects are simple but satisfying to touch and look at and provide a sense of wonder and fun.

They also hold an inherent order and structure, exciting to acknowledge the hidden potential of what is or could be inside.

Jo teaches woodwork to youngsters with behavioural difficulties as a means of showing the advantage of productivity and achievement. She also enjoys teaching other women.



Jo Saccomani in her workshop in Bega

The 'Harbour' exhibition will run from 29 May to 25 June at Shop7 Art Space upstairs at Bermagui Fishermens Wharf.



Jo Saccomani's boxes within boxes

Historic Photos and Artefacts at Bermagui Marine Rescue

Bermagui locals have contributed to a collection of marine artefacts and photos for a display arranged by the Marine Rescue Service at the Bermagui Fishermens Wharf. In particular local skipper and marine rescue member Keith 'Fingers' Appleby has dug into his collection to produce some gems. Keith was given his nick name after being involved in a freak accident years ago fishing off Tathra, when a winched line removed some of his fingers.

Keith is also a diver and based on information from another local, Frank Puglisi, he located the wreck of the William Dawes, a vessel sunk by the Japanese in 1942.

Bermagui Marine Rescue Service invites people to visit Fishermens Wharf to visit the

display to be held in conjunction with the art exhibition 'Harbour' at Shop7 Art Space. Visitors are invited to do the 'harbour hunt', a walk around the harbour to spot and photograph items of interest then list and mark them on a map. A prize will be presented to the author of the best map and list as judged by 'Fingers' himself. Three items on the list will be 'Fingers' himself, Barney the sea dog and their trusty vessel the Binjarra.

The 'Harbour' exhibition and marine display will run from 29 May to 25 June upstairs at Bermagui Fishermens Wharf. Entry is by gold coin donation in support of the lifeboat service.

Peter Storey



Skipper Keith Appleby in his shed with a personal collection of marine pieces

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Silver beet gratin

This is a different way to use silver beet or rainbow chard. Perfect for a starter or a warming side dish.

1.2 kg or 16-20 big stalks silver beet including stems
¼ cup olive oil
1 quantity herb crust (recipe below)
¼ cup pine nuts

Preheat oven to 180 degrees C.

Blanch silver beet in large pot of boiling salted water, cover and cook for one minute to just wilt.

Drain, cool under cold water and drain again.

Squeeze to remove excess water.

Slice into 3-4 cm pieces including the stems.

Spread out evenly in a shallow 20-30 cm baking dish, drizzle with olive oil and season to taste with freshly ground pepper and salt.

Mix together herb crust and pine nuts, spread evenly over the silver beet and bake until top is crisp (about 35-40 minutes). Serve warm or at room temperature. Serves 4-6 as a side dish.

Herb crust

This is a good recipe to keep in the freezer so make a double quantity. Strew it over cauliflower cheese, use it as a crust for lamb, as a topping for braised vegetables or spooned into mushrooms and baked.

½ loaf day old rustic bread
4 cloves garlic
2 handfuls parsley leaves
1 tsp coarsely chopped rosemary leaves
3 anchovies
60 gm butter softened but not melted
Finely grated rind of 1 lemon
½ cup coarsely grated parmesan

Break bread into rough chunks, removing crusts if they are very hard, and pulse in food processor until coarse crumbs form. Measure out two heaped cups, freezing any remaining crumbs for future use.

Place garlic, parsley, rosemary, anchovies, butter and lemon zest in a food processor to chop finely. Add breadcrumbs and parmesan and pulse to just combine. Herb crust will keep in a container in the fridge for up to one week or can be frozen.

One-pot Spiced apple cake



Apples are bountiful at this time of year. This is one of those easy mix and bake recipes that doesn't require an electric beater or a heavy hand.

250 gm butter
3-4 apples, peeled cored and thinly sliced
2 cups sugar
2 eggs beaten
2 ½ cups plain flour – or substitute a mixture of almond meal and gluten free plain flour
1 tsp baking powder
2 tsp baking soda
3 tsp cinnamon
1 cup sultanas or raisins
½ cup walnut pieces (optional)

Preheat oven to 150 degrees C. Grease the sides of a 26 cm cake tin and line with baking paper (or line a lamington tin with baking paper. You might find the cake cooks a little quicker that way). Melt butter in large pot. Remove from heat and mix in apples and sugar, then the eggs. Stir in flour, baking powder, baking soda, cinnamon and sultanas (or raisins and walnuts, if using) stirring just enough to blend evenly.

The batter will be quite runny. Spread into prepared tin and bake until it has risen and is golden and the top bounces back when pressed (about 1 hour 20 minutes). Allow to cool for 15 minutes before turning out of the tin. A dust of icing sugar before serving looks good. This cake keeps well in fridge for 3-4 days. Also good to serve heated with cream or custard. Serves 8-10.

Book Review

Sarah Gardiner

Isabel Allende

Maya's Notebook

Fourth Estate \$19.99

Isabel Allende's writing is beautiful. Her novels are jam packed with rich descriptions, full-blooded characters and intriguing stories that thread in and out of time. *Maya's Notebook* has Allende's characteristic style, surprising events and eccentric characters.

The story starts when Maya seeks refuge on an island off the coast of Chile. Her grandmother organises this for her so that she can escape the dangers of an alcoholic, drug-addicted lifestyle in Las Vegas and the criminals, including a corrupt policeman, who are out to get her.

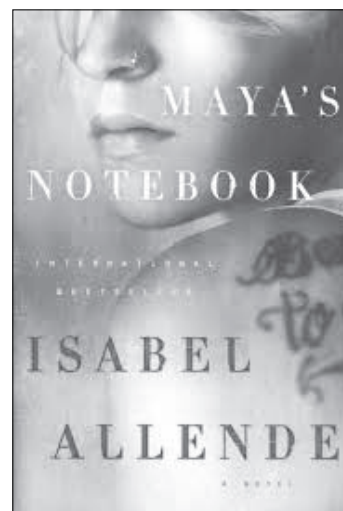
This book is written as a notebook, or

journal, with the plot of Maya's life interspersed with her memories. A story builds where we see the influence the past has in creating the present.

The 1973 coup and consequent Pinochet dictatorship in Chile is one of the past events that influence the lives of those Maya comes into contact with on the island. She experiences this in a very personal way as she becomes a part of the community, living and working within its traditional social customs.

Maya's Notebook explores Allende's recurring themes: the human need to love being more important than the desire to be loved in return; the courage required to accept others as they have become; and the idea of sharing our pain as a way of healing.

Maya's Notebook is a story to take your time over and to savour.



Winter Colour

Well, here we are in winter again. The months go so quickly and during the cooler months of the year our gardens can become somewhat drab and uninteresting.



Snapdragons are colourful annuals that will last until the warmer weather arrives

One should consider adding some colour to the garden and this not only makes the garden look great but lifts our spirits on the cold damp months of winter.

There are many plants out there that can liven up any garden and warm our hearts with their beauty and a good nurseryman will have their nurseries full of colourful winter plants.

Colour can be added by the use of flowering plants or by plants that retain their leaves and have a colour other than green.

Starting off with annuals that can be either planted in pots or the in the ground, these give instant colour and will last until the warmer

weather arrives when we plant summer annuals that can stand the temperature. Pansies, viola, primula, snapdragons and poppies are but a few that come to mind. They can be planted as immature seedlings or as plants already in flower and these give an instant affect. Planted in a full sun position with a compost enriched soil or a premium potting mix and fed with a liquid fertiliser they are a simple an inexpensive way to brighten up your day.

For a more permanent display try using perennials. One important factor to remember with perennials is to be aware that even though they do well in the full sun during winter some might need to be planted under deciduous trees to give them protection from summer sun.

Many perennials add colour by either flower or foliage and the foliage forms can vary from deep purple to yellow and various shades of variegation. One of my favourites are the amazing Hellebore. These beautiful plants range in colour from white to pink and purple with varieties being single or double. Again nurseries specialising in this type of plant will have them in stock now. Other plants to be considered are Polemoniums for their variegated foliage, Penstemon Husker Red for its scarlet foliage and Heuchera for their interesting range of colours.



Hellebore range in colour from white through pink to purple varieties

If annuals and perennials don't take your fancy then consider shrubs that have either a variegated or coloured foliage. Many variegated foliaged plants add another interesting dimension to your garden as their standout beauty in winter is highlighted by the fact that many other plants nearby have lost their leaves.

Abelia, a small shrub suited to either hedging or as a single specimen plant is a great addition to any garden to add all round year interest. Two lovely forms are available at the moment, one with a green and silver variegation and the other green and gold. These two will take part shade or full sun. Other variegated plants include Euonymus, Aucuba and Metrosideros (NZ Christmas bush for the coastal garden).

Single coloured foliage plants that have standout beauty in their foliage but also the added bonus of flowers are also a great addition



New Zealand Christmas bush has bright red flowers. This plant does well in coastal areas

for the winter garden. Loropetalum with its burgundy foliage and pink flowers is a beauty. This can be hedged or used as a single garden specimen.

Teucrium with its silver foliage and purple flowers is a good one for a coastal garden.

One shouldn't forget the amazing selection of Australian natives that flower in the winter and these beauties not only add colour but also supply nectar for honey eating birds that need extra nourishment during the colder months of winter.


The plants that I have mentioned above are but a miniscule of what is available to brighten up the garden and your pots so the rest is up to you. Don't be afraid to use combinations of plants as many annuals, perennials and shrubs work very well together.

Moving along to tasks in the garden, now is the time to commence the winter pruning of fruit trees, roses and perennials. Perennials can be mulched with some straw to protect any new shoots that might try and get an early start before the real cold weather is over. Complete winter spraying of fruit trees and roses with a winter oil and fungicide.

Finally, for this month remember that plants still need water even in winter. It doesn't have to happen as much as in the drier warmer months but it still must happen, particularly pots.

Until next time.

*Keith Mundy
The Spires Nursery,
Tilba Tilba*



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FOR SALE

Windows: houselot, powder coated aluminium, light grey colour. Hilites, Fixed/Sliders, Sliding Door Combos, various sizes. Currently in building pre-renovation. Ring Anthony or Bron on 6493 4477 to inspect.

Fertiliser/seed spreader: Lely 1 Tonne with three point linkage, \$250, located at Brogo, contact Adam on 0432 344 846.

Double hung timber window, 8 pane colonial style, 900 x 520 mm, as new, \$120; Colonial style exterior door, half glass, 12 pane. 2040 x 820 mm, as new, \$120; Interior door & frame, door size 2040 x 615 mm, \$60; Aluminium window with reveal, awning style, black, frame size 2080 x 880mm, window opening 1310 x 800 mm, \$60. Contact Robert 6493 5800

WANTED

Ariens rotary tiller and an old type rowing boat, any condition, ph Jim 6493 4337

Exercise bike: do you have one you're not using? Do you want to give it away or sell it? Please call Ellie on 6493 6738.

6 Litres of raw milk per week, wanting to buy from supplier in Brogo/Angledale/Quaama area. Contact Adam on 0432 344 846.

Place to rent around Quaama, family with 2 primary school aged kids, 3 dogs and 1 horse, around end July for long or short term. Excellent tenants, can also look after stock and property if required. Phone Kate on 6227 9626 or email weejasperweb@gmail.com

Please note: we will discontinue classifieds after one month unless advised by the advertiser



At *The Triangle* we are in the process of refreshing our

Community Notices

page to ensure it is up-to-date and relevant.

Please contact us at the_triangle2@bigpond.com

if you still wish to be included. If you don't have email please call 6493 8515.

If we haven't heard from you by 21 July, we may remove your notice.

Meet at the Hub

There is a new support group starting in Cobargo for people struggling with substance abuse or addiction.

The group is called 'The Hub' and will be holding it's first meeting at the Cobargo CWA Hall on Wednesday 2 July from 7pm to 8:30pm, and each Wednesday thereafter.

So if you're having trouble stopping, staying stopped or cutting back come along and have a cuppa and a yarn in a confidential and non judgemental environment.

Contact Nick on 0457 857 547, Dave 0408 213 984 or Sarah on 0417 684 300

Pet of the Month



The Animal Welfare League (AWL) has many kittens in need of new homes. The adoption fee for kittens is \$175 and includes desexing, vaccinations, microchipping, worming, flea and tick treatment and a vet check. What a bargain: a new friend with the works!

Animal Welfare League (AWL) NSW Far South Coast Branch only has three dogs in care at the moment: Winnie the 26-week-old ridgeback x pup; George, the cute 18-month-old black kelpie; and Buddy, the male one-year-old blue merle, tan and white kelpie x cattle dog.

There are however many cats and kittens needing homes including: Chip and Dale, one-year-old grey tabbies; Stevie the six-month-old white and black male; Jasper, the three-year-old tabby and white male; Aria, the two-year-old harlequin and torti female; and Joanie the three-year-old dark grey tabby female. Cute kittens in need of homes are: Boots, Bubbles, Snickers, Jellybean, Smudge, Sarah, Rosey, Smokey Phantom and Archie.

Cats over one year of age and up to eight years of age are available for \$50 and kittens for \$175. An adoption fee of \$300 applies for pups and dogs up to eight years of age.

Please note that potential dog owners will need to have secure dog-proof fencing and suitability to the needs of the animal. Cat

adopters would need to be able to keep their cat in at night. The AWL adoption fee 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.

De-sex your pets at five months. If you know of someone who has not yet had their pets de-sexed please encourage them to do so before there is another unwanted litter. Some extra money has been raised by branch volunteers to help de-sex cats in the Bega Valley Shire. This is available to those who genuinely need help to de-sex their pets. Please contact your local vet for details.

If you would like further details about giving a pet a home or if you would like to become a member please call 0400 372 609. New members are always welcome. Donations can be sent to AWL NSW Far South Coast Branch, PO Box 1210 Bega 2550. We also have a Facebook page: www.facebook.com/AnimalWelfareLeagueFarSouthCoastBranch.

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

Quaama: St Saviour's 3rd Sunday, 10.30 a.m. Holy
Communion. Every 1st Wednesday of the month 10.00
a.m. Morning Service; Cobargo: Christ Church 1st,
2nd and 4th Sundays; 10.30 a.m. Holy Communion.
Bermagui: All Saints: Thursdays, 10.00 a.m. Holy
Communion; Sundays, 8.30 a.m. 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 1.30-3.30pm.
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 0488 048 701, 6493 6948 or 6493 6435

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

JUNE	EVENT	WHERE	TIME
Sun 1	Mark Whitty	Tilba Valley Winery	from 12.30pm
Wed 4	social bridge	Tilba Valley Winery	from 2pm
Fri 6	Darryl Towney	Bermagui Country Club	from 6.30pm
Fri 6, Sat 7, Sun 8	Cobargo's ETC weekend	Cobargo	Fri evening - Mon afternoon
Sat 7	DJ Shane Leal	Bermagui Beach Hotel	7pm
	The Gadflys	Murrah Hall	7.30pm
Sun 8	blacksmithing demonstration	Galba Forge, 345 Yowrie Rd	1pm - 5pm
	Sarah Date	Bermagui Beach Hotel	4pm
Mon 9	blacksmithing demonstration	Galba Forge, 345 Yowrie Rd	10am - 2pm
Fri 13	Struth	Bermagui Country Club	7pm
Sun 15	Awesome	Tilba Valley Winery	from 12.30pm
	monster raffle	Bermagui Beach Hotel	from 1pm
	Greg Kew	Bermagui Country Club	4pm
Wed 18	2nd State of Origin match celebration	Bermagui Beach Hotel	evening
Sun 22	Tony Jagers	Bermagui Beach Hotel	4pm
Wed 25	Olga Masters reading: 'Loving Daughters'	Well Thumbed Books	5.30pm
Sat 28	Beaten Bodies	Murrah Hall	7.30pm
Sun 29	Alister Spence Trio	Windsong Pavilion, Bermagui	from 2pm
	Trevor Best	Bermagui Beach Hotel	4pm
REGULARS			
Mondays	Quaama/Cobargo Quilters	CWA Cottage Cobargo	10am - 3.30pm
	BINGO	Bermagui Country Club	10.30am
	mindful meditation	CWA cottage, Cobargo	5.30pm - 6.30pm
Tuesdays	Dance and Move women only	Quaama Hall	10am - 11am
	Bermagui Senior's Social Club, ph: 6492 4146	CWA cottage, Bermagui	10am - 2pm
	the Quaama Can't Sing Choir	Quaama Hall	4pm - 5.30pm
	Tilba Craft Connect Playgroup	small hall Central Tilba	1pm - 3pm
first Tues of the month	Bermagui Garden Group	venues vary phone Heather 6493 5308	10am - 12 noon
Wednesdays	Frayed Edges - experimental fibre group	for venues ph: 0437 978 845	9.30am - 1.30pm
	mindful meditation	Namgyalgar Retreat Centre, 9000 Princes Highway Tilba	10am
	pool comp	Bermagui Country Club	from 7.30pm
last Wed of the month	Bermagui Historical Society Meeting	Bermagui Museum in Community Centre	2pm
every second Thursday	Senior's Pick the Numbers	Cobargo Hotel	from 11am
Fridays	table tennis for all	Bermagui stadium	from 3.30pm
	Meat Raffles	Cobargo Hotel	from 5pm
	pool comp	Bermagui Country Club	from 7.30pm
Saturdays	Punters Pick	Cobargo Hotel	from 5pm
	live band or DJ	Bermagui Country Club	8pm
	under 16s art classes	behind Cobargo Supermarket	10am -11am
ART			
till Wed 25	Harbour Art exhibition	Shop7 Artspace Gallery, Fishermen's Wharf, Bermagui	Wed - Mon, 10am - 4pm
Sat 7 - Sun 8	'How I want to be remembered' exhibition	Cobargo school of Arts Hall	from 10am Saturday

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