

THE TRIANGLE

COMMUNITY NEWS

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QUAAMA COBARGO BERMAGUI TILBA & LOCALITIES

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Sculpture on the Edge celebrates ten years



Bermagui Mob by David Doyle races over the headland with Tony Millard's *The Choice* seen from the rear



Visitors contemplating Yuri Wiedenhofer's *Black Squares Redux*

The two images above are from the Fire Festival which was the final event at the tenth anniversary of *Sculpture on the Edge*. Chris Polglase's *Vulk* provided a splendid pyrotechnic display with sound effects, while Yuri Wiedenhofer's contemplative *Black Squares Redux* was a study in ordered calm. Works from the

Little Yuin and Bermagui Preschools were innovative and full of fun. A fitting end to a wonderful, gloriously fine ten days of stimulating exhibitions, artists' talks and a most thought - provoking symposium about culture and healing.

Bermagui School students participated in a workshop designing individual skate



Chris Polglase's pyrotechnic *Vulk*

decks which are now on exhibition in the foyer of the Community Centre where children's sculptures from two schools, Central Tilba and Bermagui Public, were displayed during the time of *Sculpture on the Edge*.

Chris Polglase

The 2016 Cobargo Folk Festival played out brilliantly under a dry sky this year. Organisers, performers and attendees are still singing each other's praises. One story was told about a young man with initiative who played the trumpet and piano accordion together, and sang to the awe of the canteen staff, in exchange for a Veggie Burger! The Four Winds Festival 2016 repertoire has thrilled and satiated our appetite for the great Arts. And Central Tilba Easter Festival and Bermagui Seaside Fair were a huge success.

On a different note, when a supermarket closes in a town it's a big deal, it's like a tooth missing in a smile

and Horst and Margaret's contribution to Cobargo will be imprinted into the history of the town. Thank you once again, so very much. And thank you to those who send letters to *The Triangle*. A letter received from David of Quaama gives another view about the event that unfolded at a coffee shop in Bermagui, one of those situations that are a huge learning curve for everyone.

Plenty of people are passionate about a raft of interests and hobbies and want to pass their knowledge on to others. If you are interested in learning then go along and choose your subject at U3A (University of the Third Age), Wednesday 20 April, Bermagui Country Club.

Women, if you are looking for more social activities, with a fundraising aspect, consider the Narooma View Club. Their work supports The Smith Family, a national charity that helps children in need of education.

If all this activity sounds too much then maybe go underground, at Don and Fiona Firth's place at Brogo, 7-8 May. Their amazing sustainable earth home will be explained in detail, crossing many subjects from construction materials to fire proofing. All proceeds will go to the NSW/ACT Cystic Fibrosis Foundation.

There is a heck of a lot to do. It's going to be a great month.

Letters to the editors

Dear Editors,

I may be new to the area after leaving Sydney but it appears the same confrontations over the same issues happen here. Mr. Jones may have to understand that his humour and his 'political' views may be accepted by some but not all.

Also, all who may express a different opinion are not all homophobes or racist and violent. Breaking windows or abusing staff is not acceptable at any time but if you put your views out there on display then don't be surprised at the reactions you get.

You may get support from left of centre leaning publications, you may get support from 'friends and Likes' online but you may find that there are as many who are offended and hurt by a thought bubble written on a blackboard.

Maybe it is a better idea to keep your political views to yourself and your friends who share them. Finally to those who took offence here's a tip, go elsewhere for your coffee, take your business and money to other cafés.

David Karonidis
Quaama

DISCLAIMER

The opinions expressed by contributors to the newspaper are their own, to a greater or lesser degree, and do not necessarily reflect those of the editorial team.

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

All letters to the editor must be signed and are to be considered for publication.

Correction

The Women Wisdom Keepers Retreat was run at the Kamalashila Buddhist Centre. It was not run by the Kamalashila Buddhist Centre as incorrectly stated in the March editorial.

The Kamalashila Tibetan Buddhist centre is NOT running this women wisdom keepers retreat. Rather it's solely the creation of Wendy Dumeresqu who has a business called Radiant Women. Wendy could not find a bush setting with hall and accommodation for her weekend workshop so approached the centre to hire their facility. Kamalashila only runs traditional Buddhist meditation sessions and retreats.

The Triangle apologises for any misunderstanding.



Drumming workshop at the Cobargo Folk Festival in February 2016

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 clichés. Don't leave it to us! Any questions at all, please email us **contributions@thetriangle.org.au**

Thumbs Up



to Cobargo Creators for a fantastic fun fundraiser at the School of Arts Hall

to Bermagui dog owners who clean up after their dogs defecation on others front lawns

Thumbs Down



to Bermagui dog owners who allow their dogs to roam free and defecate on others front lawns which of course is left for the home owners to clean up

SCPA is Moving Along

SCPA South East Producers

SCPA (pronounced scarper, a slang term for 'move along' - possibly derived from 'scarpa' the Italian word for shoe) is an acronym for Sapphire Coast Producers Association.

It originated in the Bega Valley in 1992 but has since changed its trading name to SCPA South East Producers, expanded its interests and extended its reach. Long time SCPA member and current president, John Champagne, describes the organisation as "bringing together agricultural producers in a supportive framework."

SCPA is dedicated to supporting regenerative agriculture, sustainable food production and ecologically sound production practices in South East NSW. Its focus stretches from backyard production to large scale farming, food processing and related services and crafts.

SCPA and the community

The original concept of bringing together local producers and growing the local food economy remains a key imperative of their activities, as does the emphasis on developing strong community connections. If there has been a shift, it is in the increased emphasis placed on bringing together the producers and consumers of local produce.

They currently host the fortnightly Bega market (hopefully soon to become a weekly event) and have an arrangement with the Saturday Market in Central Tilba to help SCPA members selling their produce.

Producers who may not have a sufficient volume of product to justify a market stall can sell through the SCPA stall at many markets and events.

The SCPA Education program supports local trainers and educators running courses on farm or food related skills, sustainable agriculture and soil health, by assisting with insurance and risk management.

Self-funded groups like Bega Valley Seed Savers, Loomgrowers and the Bermagui Urban Food Farmers operate under the SCPA Incorporated Association.

SCPA News is perhaps the most public face of the organisation. This free weekly email newsletter is made up of offerings of products, services or courses. It has a circulation in excess of 2000 subscribers many of whom are from outside the area and it is credited with encouraging visitors to the area, drawn by local events and the



Visitors at the Farms with a Future open day. Geoffrey Grigg with the hat, in consultation

strong community network.

SCPA and Farms with a Future

SCPA recently obtained a grant of \$150 000 through South East Local Land Services for their 'Farms with a Future' project (see farmswithafuture.scpa.org.au) and most of this money will go to farmers.

The grant is aimed at assisting farmers with improvements to soil health, water retention and biodiversity on their farms, creating an ecological system that nurtures both biodiversity and sustainable production.

To take part, food producing property owners are required to attend a Ground Work Day and submit a simple Sustainable Farm Plan for the property. They are then in the running for a grant of \$1000 towards the cost of engaging a consultant to further develop the plan and \$4000 towards the cost of implementing the plan and hosting a Ground Work Day on the property.

This project is particularly (but not only) suited to those who have purchased rundown or damaged land and are now working to bring this land back to a state where it is healthy and productive. It is a three year project with a commitment to run four Ground Work Days each year, twelve in all. Places at the Ground Work

Days are limited to twenty-five at each event.

The first of these was held at Hazelwood Farm near Braidwood and a case study has been published on the SCPA web site. Further Ground Work Days are planned at Provincial Pastures in Brogo, on Tuesday 8 March, at Palarang Organic Meats in Bombala, and at Symphony Farm in Tilba Tilba.

Farms for the Future is part of \$125 million National Landcare Programme Investment

SCPA Organics

SCPA describes this as an independent brand that relies on the integrity of member producers. It is a participatory certification system where members are part of the certification process, reducing the costs and helping them to develop their understanding of organic production processes.

It is consequently much cheaper to run and particularly suitable for small scale producers selling into local markets. It accords with Australian and International Standards but is not suitable for export.

Contact SCPA at scpa.org.au

Cobargo Conversations

After a relatively mild summer with just a handful of hot days, autumn arrived with a fanfare of heat, sending many indoors and to the coast, seeking relief. The heat wave was short lived though, as temperatures almost halved by the middle of March, bringing some relief and much awaited rain. Dare I say that we are all grateful to have enjoyed a summer without a bushfire event in the area. It will however, be burn off time for the local forestry soon enough.

I'd like to take a moment to reflect on this year's folk festival, which was held on the weekend after the last *Triangle* went to print. I made comment in advance in order to not let the event slip by without comment, but this year's festival, as with many others, earned more than that! We



Naomi Lewis and Niki Hutteman at the opening of *Weaving the Spirit*

into not only a well-rounded, developed and run event, but an absolute delight, exceeding all expectations. Throughout the weekend, I was gobsmacked again and again, by the sheer quality and diversity of not only the music, but the forums, workshops, special presentations and the food! And that's before you take in the atmosphere!

The venue, over the preceding week, grew into a small village, full of colour, laughter, music and families, celebrating the coming of age of a dream that began back in 1995, when a couple of local musicians running folk music nights in the village's cafes and organising a festival, hooked up with a group of 'folkies' from the Illawarra who also wanted to start a festival and folk club. I was one of those musicians back in 1995, birthing a baby

that has now well and truly come of age! My heartfelt thanks go to all of those who have nurtured and grown this truly unique event into the wonderful celebration of music and culture that it is today. A gift for all who were lucky enough to have attended. See the folk festival reviews on pages 21 - 23.

With the ending of summer, we also see the end of May Blacka's sensational fruit pies. For the past few years, May has been collecting fruit every summer, blackberries, peaches etc., and making delicious pies to sell for charities like CRABs. And this year, there were even gluten free pies available, for which I am truly grateful. May.... You're a blessing to us all. Thank you. I'm looking forward to next summer's pies.

Last month I reported that Three Wise Mums was closing due to the unavailability of a shop. Well as things turned out, Clearwater Real Estate moved out of town and Three Wise Mums has moved into the vacated shop. It's now dressed and ready to go, looking fresh and smelling great. Welcome back Angela and thanks for an excellent product. We're glad you're still here.

The next Community Doco, *Salute*, will be screened at the Old Butter Factory at 4.30 pm on Sunday, April 17. It is about the famous Black Power salute at the Mexico Olympics in 1968 when American track athletes Tommie Smith and John Carlos stood on the podium to receive their place medals and the repercussions that followed.

March saw a wonderful exhibition at the Lazy Lizard Gallery, presented by local women and artists, Nikki Hutterman and Naomi Lewis. *Weaving the Spirit* is



Angela and Sonya in the new Three Wise Mums, re-opened in the old newsagency

have here, in this little village, a world class event, which with its coming of age, (2016 was the festival's 21st birthday) matured

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HOW: Events* (page: www.radiantwoman.com.au) (phone: 040132796)

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Cobargo Conversations

a collection of intricately fey clothing and art pieces, provoking an essence of magic, beauty and contemplation. The opening was celebrated in the true 'Lazy Lizard way'.

Cobargo CWA News

Cobargo CWA thanks the Yuin Folk Club for the opportunity to cater for the After Party on Sunday at the Folk Festival. It enables us to raise much needed funds as well as challenging our catering skills. It is a busy time, making sure that we keep the food coming to the hungry crowd, but we manage to have plenty of fun along the way. The work begins well in advance with shopping, then preparation and so on.

The next big event last month was the Far South Coast Group Handicraft and Land Cookery Day held at the Bermagui Country Club on 15 March. The ten branches in the Far South Coast enter handicraft and cookery and they are judged by external judges.

The first place winners will enter the State wide competition in May at the State Conference in Cowra. On the day, the most successful entrant in the cooking competition was Cobargo's Norma Allen with her boiled fruit pudding. Norma enters her puddings every year so everyone was pleased to see her win this prize.

Sally Halupka won first prize both for her Sultana Cake and also for her Light Fruit Cake, and she was second with her Pear and Ginger Cake. Debbie Fisher won First Prize for both her Marble Cake and also the renowned Donna Latter Chocolate Cake. Lynne Jones was awarded first prize for her Victoria Sponge, Dot Hathaway was



Norma Allen receiving her Champion Award with judge Beth Downes of Jamberoo and Danielle Brice, Far South Coast Group Cookery Officer

awarded second for her Marble Cake and Bronwyn Beechey scored a third with her Zebra Cake.

Those of us who have been fortunate enough to have sampled these cakes at various testings and at branch competition knew all along that these ladies were champions. Good luck to Norma, Sally, Lynne and Debbie as they take on the rest of the state at Cowra.

In the Handicraft section, the branch entered eight items in the branch competition and also a peg bag which had to be conceived, cut out and constructed by four branch members.

In May two members from Cobargo Branch will be travelling to Cowra for the CWA State Conference to meet up with old friends from across the state and debate important matters of Health, Education, Agricultural and Environment and Transport and Telecommunications. CWA is also involved in lobbying Governments,

both State and Federal to achieve changes that we think are vital to the community of Australia.

Issues such as transition from fossil fuel production and use being transferred to renewable energy production and use are being debated as well as lobbying for more support to rural and remote communities in maintaining access to women's health services.

If you are interested in finding out more about the CWA and what we do or would simply like to come along to one of our meetings to experience for yourself the friendly atmosphere, please join us at our meeting on 12 April at 10.30 am at the CWA Cottage on the Bermagui Road, next to the park, where you are assured of a warm welcome (and a cup of tea).

Mary Williams
Publicity Officer
Cobargo CWA



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Cobargo Conversations

Blow out those birthday candles

It's time to celebrate! Twig & Feather in Cobargo is turning one year old and Monique would like to thank everyone for their support and encouragement in her first year in the business.

Come and join Monique for High Tea and frivolity at Twig & Feather on Wednesday 27 April and help her to celebrate this great milestone.

In the tradition of high tea, there will be a selection of delectable cakes, biscuits, mini cucumber sandwiches and fruit available throughout the day – with gluten free and dairy free options available as well. Not to mention a sparkling fruit cocktail (non-alcoholic) to tickle the senses.

To add icing to the cake, so to speak, Twig & Feather is offering all customers a free Anrol Designs notebook with any purchase over \$20 from 27 April until 30 April (or until stock last – one per customer) and those customers will also go into the draw to win one of two prize packs valued at \$100! So there will be winners all round!

Twig & Feather is the brainchild of Monique Lohse, who gave up her marketing role in Sydney to come back home to Cobargo and set up her own homewares and gift store.

A large focus of the store is the candles that Monique makes herself from natural Soy and Palm waxes, as well as giving people ideas and inspiration about how to decorate spaces in their homes.

'I like to show people how they can be creative with their decorating, and I do this though daily Facebook and Instagram



Twig & Feather

posts and through the displays I have set up in the store' says Monique Lohse.

Stepping through the door of Twig & Feather, your senses are instantly tantalised by the beautiful fragrances wafting through the store, the ambient tunes playing over the sound system and the unique collection of homewares and gifts to suit everyone's style from modern country and classic styles, to retro, contemporary and industrial styles.

So pop in and wish Monique congratulations for completing her first year at Twig & Feather.

For further information, call Monique Lohse on 02 6493 6552 or email info@twigandfeather.com.au

Noisy Nonna Blurb

Isabella and Matilda have a Nonna who cooks a lot. The twins love to help her in the kitchen and they have lots of fun. But...there is a problem!

Georgina Adamson is a real cook and has run a number of establishments in the area. Now her greatest joy is cooking with her twin grand daughters, the inspiration for this children's story.

Join her at Well Thumbed Books, Cobargo on Saturday, April 1 at 10.30am, when she will launch her book and present the Noisy Nonna Show.

Warning to Grown Ups...there will be noise!

Louise Brown



Salute

A film by Matt Norman

Sunday, April 17 will be the next monthly community documentary screening at The Old Cobargo Butter Factory at 4.30 pm

At the 1968 Olympics, two Americans and an Australian ran the fastest 200m in history. What they did next shook the world.

Salute is about that famous black power salute at the Mexico Olympics in 1968 when American track athletes Tommie Smith and John Carlos stood on the podium to receive their medals for coming first and third in the 200 metre dash.

The repercussions were immediate. They were banished from the US Olympic team and were subject to abuse and death threats on their return home.

The third man on the dais had a similar experience, Australian silver medalist Peter Norman, who as punishment for his support of Smith and Carlos was reprimanded by the authorities and never ran for his country again.

The documentary, which was made by Peter Norman Os' nephew Matt Norman, is fascinating as it delves into the history of that moment. It is a reminder of how the world was only forty years ago.

And it is shocking how that moment affected the sporting careers of all three.

Watch the trailer on line at youtube. To cover the costs a \$5 donation is much appreciated. Coffee and tea provided, but please bring your own mug. Please come in big numbers to keep more documentary screenings possible!

Lena

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The Woman in the Grey Suit - A Triangle Whodunnit

Well Thumbed books in conjunction with Four Winds will be holding a 'Sisters In Crime' weekend in October. As a lead up to this weekend we will be running, through *The Triangle*, a **fictional murder**.

In this issue, April, are the facts of the murder and then during the next four months, more details and clues will be given. The idea is that you, the reader, solve the murder. Prizes will be given at the end for the most logical, most entertaining and the most inventive solution.

SE ABC news report – Wednesday 9 March - am

A search has been on-going for a Ms Grayston, who has been missing since Tuesday. Ms Grayston was reported missing on Tuesday evening, when she missed a dinner she was to have attended at the Bermagui Country Club. The Triangle Local Area Command under the direction of Inspector R. Sole, RFS, SES and FART have all been out searching.

SE ABC news report Wednesday 9 March - pm

The body of a deceased female has been found in the bunker of the 16th hole at the Bermagui golf course close to the Ground Under Repair sign. The police are treating the matter with suspicion

SE ABC news report – Thursday 10 March - am

Police have released more information regarding the deceased female found at the Bermagui golf course. The Police have confirmed that the deceased female is a Ms Alex Grayston, who had been reported missing since last Tuesday. Her body has been sent to Sydney for forensic examination. The police have stated that they have found a number of items near the body. These are: a red stiletto shoe, a

number 5 iron, a rake and a fishing knife. Inspector R. Sole from F.A.R.T (Fraud and Regional Targeting) has confirmed that they are treating the matter with suspicion as a large amount of cash has been taken from Ms Grayston's account.

Ms Grayston was in Bega at the invitation of the BVSC to hold a series of meetings giving advice to community groups on best practices, core outcomes and the commitment to contribute to the economic, environmental and social sustainability of communities through the on-going engagement of stakeholders, the active participation of communities.

The current situation demands immediate prioritising of police resources.

Police are now interviewing people who may have had some contact with the female previously.

Triangle readers are urged to think who might be a suspect for this dastardly crime and report their suspicions to Well Thumbed Books in Cobargo for dissemination to Inspector R. Sole. Readers will be kept up to date with regular reports in *The Triangle* over the next few months as the investigation continues.

Neptune's Sister

Cobargo has a new shopping experience for customers looking for bright and funky clothing and accessories. Neptune's Sister is located in Haydon House at Shop 4/50 Princes Highway Cobargo.

Sophie Newton has many years' experience as a retailer and has chosen our beautiful area as her new home.

All stock has been carefully sourced to ensure each item is individual and unique.

The current range of clothing is young and fresh and out there. Her range of Pimpos shoes are definitely one-offs and will suit even the fussiest shoe fanatic.

The handmade jewellery and accessories are gorgeous and will appeal to all kinds of people. Come pop in, have a browse and say g'day.

Sophie Newton

More folk acts on the way to Cobargo



Phillip Henry and Hannah Martin, playing Cobargo Pub on 3 April.

Members of Yuin Folk Club, who bring us the Cobargo Folk Festival, don't rest. Now they've managed to arrange a string of great follow-up acts for the weeks ahead.

Tony McManus and Beppe Gambetta will be on at the School of Arts Hall on Friday 1 April at 7 for a 7.30 start. They are coming to Cobargo after performing at Port Fairy and the National Folk Festival.

This performance will be followed just a couple of days later by Phillip Henry and Hannah Martin at the Cobargo Hotel on Sunday 3 April from 2pm. Voted 2014 BBC best UK folk duo, Phillip is one of the UK's finest slide guitarists and Hannah, a highly accomplished fiddler and evocative songwriter.

Great performances from two internationally acclaimed acts and amazing value at just \$15 for YFC members and \$20 non-members.

On 14 May, Warren Fahey and Max Cullen are bringing Dead Men Talking to the School of Arts Hall - a conversation between Henry Lawson and Banjo Patterson. This show is currently touring Australia and has been playing to packed houses. Watch out for posters.



Sophie Newton outside her new shop in Haydon House in Cobargo

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Bermagui Banter

Bermagui River Saltmarshes are vital for our fish

Healthy estuaries with natural, unspoilt saltmarshes and freshwater wetlands allow over three times more young fish to survive to adulthood than degraded estuaries, so are crucial for coastal ecosystems and Australia's recreational and commercial fisheries, according to Jillian Reynolds, Regional Assessment Officer Aquatic Ecosystems with the NSW Department of Primary Industries and Fisheries. This is the main reason NSW's remaining salt marshes are so highly protected under both Commonwealth and NSW legislation.

At the request of the National Trust Far South Coast Branch, Jillian recently hosted a tour of Bermagui River's extensive protected saltmarshes. She said that the saltmarshes adjacent to Bermagui's South River Road are home to nine of the ten defining saltmarsh plant species—the presence of just one of these species would classify the areas as saltmarsh. Furthermore, the Narrow-leaf Wilsonia, *Wilsonia backhousei*, which is present in large areas of the saltmarsh, is listed as Vulnerable under the NSW Threatened Species Conservation Act. The smaller saltmarsh between the Bermagui Bridge and the Fishermen's Wharf is home to at least six of the ten characteristic saltmarsh plant species.

Jillian's presentation highlighted the crucial role saltmarshes play in providing habitat and food for young fish—fry—making them essential for the completion of fish breeding cycles and hence fish survival. Saltmarshes provide one of the main food sources for young fish—when the saltmarsh is flooded at high tide, crabs and shrimp spawn, releasing millions of eggs and larvae, a major food source for fry.

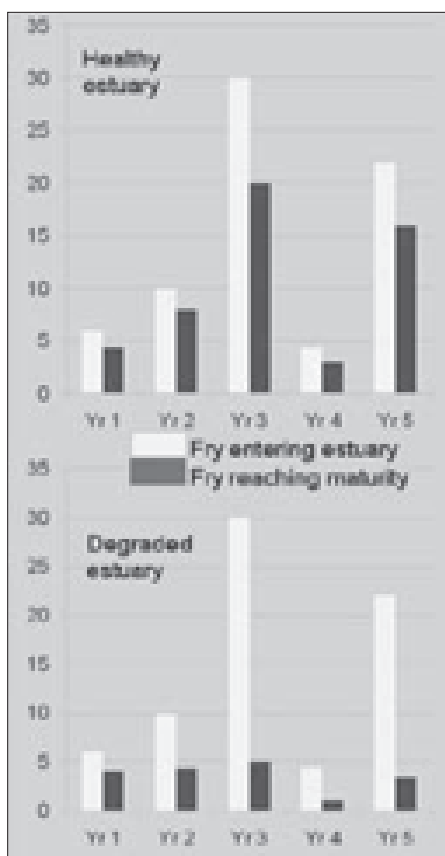
Jillian's data showed that the incursion of urban areas and agriculture on saltmarshes and wetlands reduces young fish survival by over two thirds. Even if a large number of fry enter the estuary from the ocean, without habitat they cannot reach maturity and fish stocks will decline.

In Australia's Eastern states this decline has been dramatic in recent decades.

Daniel Murphy, Coordinator, Environmental Management with the Bega Valley Shire Council, told the audience about Council's saltmarsh preservation and restoration project he is overseeing. This project is reducing erosion in the salt marshes on the banks of the Bermagui River to the east and west of the bridge, using a Federal Government grant.

For more information on enhancing and preserving Bermagui's saltmarsh, a potential Bermagui River Shorebird Sanctuary and other National Trust activities, please call Frances Perkins on 0423 780 498.

Frances Perkins



Fish Breeding in Healthy and Degraded Estuaries (Source: NSW Department of Primary Industries and FishCries, 2015)

Musical fundraiser in Akolele



On 19 and 20 March, Bill and Elizabeth Hawkey opened their home in Akolele as a fundraiser for Afghan women and children. 'Project Hope' was the recipient of close to \$2000 raised by those who attended the musical afternoons. Bill Hawkey, MBE, OAM, has contributed his musical talents to the region since his retirement as Professor and Director of Music at the Australian National University. This is the eighth year that he and Elizabeth have volunteered their talents and warm hospitality to assist their friend, Carol Broadhead, who is the force behind the fundraising. Carol has been assisted over the years by a small group of friends who have offered ongoing financial support for Mahboba Rawi, once a refugee, now an Australian citizen with an Order of Australia awarded for her humanitarian efforts. Mahboba has organised safe housing and education for children displaced by war in her home country, and has gained the patronage of former Governor, Quintin Bryce. Funds raised over the weekend will complete a project to install solar panels in a village in Afghanistan, enabling the people there to become self-sufficient in terms of water and power generation.

Bill delighted visitors to his home with works of Beethoven and Mendelssohn. The combination of beautiful music, food, and the company of friends, has made these annual afternoons of music a wonderful addition to the musical culture of the region. That it also helps ensure a safer future for the children of Afghanistan, is a great gift to our community from these volunteers.

Heather O'Connor

Cesune Park Pet Retreat

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Do you experience anxiety or trouble managing your thoughts?

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If we can understand our minds like we understand our bodies we are giving ourselves the best chance to lead a well, full and authentic life. Mentalisation (what the mind does) is as ancient as human relatedness. Neuroscience took it to the next step. This program comes out of that next step.

For good relationships and good mental health it is vital we understand each other reasonably well. How we do that is a mental capacity. When we talk about mental health, we are talking about our inner world as it is represented by thoughts, feelings, memories and awareness.

Josephine Richardson, Specialist RN, facilitates the course. Josephine undertook her Masters at the University of

Melbourne. Her studies included Research, Pharmacology, Neuroscience and Mind Therapies. This Mental Fitness program is born and based on our contemporary understanding of the brain and evidence from leading developers in the field.

This course will be held at Bermagui on Tuesdays 10am to 11.30am. It starts on 3 May and runs for 10 weeks till 5 July. The cost is \$250.

For more information or to book a place email: neuralpathwayhealth@gmail.com

Education in Mental Fitness encourages us to know each other and ourselves. Ongoing stress shrinks neural pathways. Mental Fitness addresses this directly. Come join a group and get fit this winter.

Josephine Richardson

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Specialist RN and Health Educator,

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The Invitation: come to U3A

'Sorry. What was that mate?'

'I'm asking you to the U3A Info and Rego Day on the 20 April'

'I get the information and registration, but what does U3A mean?'

'The University of the Third Age.'

'University? You've got to be kidding. I left school at fifteen. It's been the school of hard knocks for me ever since.'

'I know. It's a misleading name, but we're stuck with it since a French professor founded it in the early seventies. It just means learning opportunities for people once they've got time to go to daytime classes.'

'That means everyone's old, doesn't it? That must be what 'the Third Age' means.'

'Some groups do have an age restriction but Bermagui & District U3A doesn't. We're a community self help organisation and want it to be open to as many as possible.'

'Right. So I can join even though I'm still working part time? Fine. Do retired professors do all the teaching?'

'Hardly ever. It's mostly people who are passionate about a subject or hobby who are happy to run a class or two to share their knowledge with members who want to learn. For example we had two terrific sessions on 'Understanding Weather and

Climate Change' this past term. And another guy taught basic woodwork to a small group of women. Pretty well anything goes.'

'Oh really. So if I wanted to know how to do something there might be a class?'

'Absolutely. We've had courses in fly fishing, Latin dancing, art history, botany, computing and heaps of other stuff. We also welcome suggestions from members on things they want to learn. A few folk wanted to learn calligraphy and we found a teacher. It's worked out really well.'

'OK. So if I became a member I could offer something I enjoy, like bushwalking?'

'Sure. I know that we don't have a walking group at the moment. There's been a birdwatching group though.'

'So it sounds as though there are all sorts of activities and they're not necessarily high-faluting things for clever people.'

'You're right. And before you ask - membership is only \$25 a year and that allows you to do an enormous range of classes and activities for virtually nothing. There are way over thirty subjects in the Term 2 program.'

'Too many! It will be hard to choose.'

'Yeah. I know. But I reckon that 'Taboo Topics' will be right up your alley.

Lots of controversial subjects, mate! And the Pliability exercise course should be good. I plan to do that, the excursions and the Indian Cookery class. 'Lunch With a Local Treasure' is always top of my list. Great stories and fantastic food.'

'Okay, okay. You've convinced me. Remind me of the date.'

'It's from 10 o'clock to 12 noon on Wednesday, 20 of April in the auditorium at the Bermagui Country Club. You'll be welcomed with open arms. We're a friendly bunch.'

'Thanks mate. See you there!'

Readers can learn more about the courses on offer through the U3A of Bermagui & District by going to our website at www.bermagui.u3anet.org.au

Graham Andrews



On the headland at Sculpture on the Edge was Benched by Gunther Kopietz

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Quaama Harvest Fair and Dog Show - on this month

Quaama will host the 2016 Harvest Fair on Saturday 23 April, from 9 am, at Quaama Hall. There'll be all the usual fare, market stalls, talks, music and Quaama Quisine's famously delicious offerings. Due to popular demand, the menu will be available in take-away portions this time. Bring your own containers to help the environment, or containers will be available.

The Dog Show at last year's fair was just too much fun, of course we're doing it again! Bring your fur-kids along to compete for Best Dressed, Best Trick, Biggest, Littlest, Waggiest, Smileiest, Scruffiest... and if there's a category you'd like to add, just have a quiet word with our Guest Judge, Lisa Harrington of Harro's Dog Grooming Salon in Cobargo, stylist to our doggie stars. Assemble on the lawn at 1pm. Brilliant prizes for all.

I've heard there'll be a Firewood



Prize-winning canine specimens and their humans at last year's Quaama Dog Show.

Raffle too—watch out for tickets at the Quaama Store.

And if you'd like to give a Verandah Talk or book a stall (\$10 or \$15 with power), or for any other enquiries, call Glenna on 6493 8414 or 0408 411 956.

Geoffrey moves to Bega

If you've missed seeing Geoffrey Jamieson sitting out the front of his porch

lately it's because he had a bit of a turn and ended up in hospital last month. And, as happens too often, Geoffrey hasn't come home, but took up residence in a facility at Tura Beach. Gladly, he'll be moving to Hillgrove House in Bega by early this month, a bit closer to home, family and friends. So if you're in the vicinity, pop by and say hello. He'd love to catch up and have a yarn.

Quaama can sing

The Quaama Singers, who graduated recently from the previous Quaama Can't Sing Choir, have been meeting every week for two years now. They have a number of performances under their belts now, including at the Cobargo Folk Festival this year. And they're always after new voices. Tuesday from 5pm at the Hall.

Jen Severn

Reclaim the riverbank at the Dry River working bee

We had a small but very effective group turn up for our working bee at the beginning of March. Because of the dry spell no new planting was done, but we were able to do a lot of maintenance. It's amazing what can be achieved with three on the brushcutters and three on the pruning tools.

The weeds were slashed around the existing plants by the bridge, and

also along the track heading towards the cemetery. This is in readiness for another round of planting once we have enough soil moisture to keep things going.

Most of the planting adjacent to the bridge is going really well, and once they get up a bit, the weed control will be less of an issue.

The next working bee will be on 3 April from 9.30 to 11.30am. Please come

along and join in our project.

Anyone who would like to become involved should contact Chris Post for the Dry River Landcare Group. Please add your email address so that you can receive news and updates.

Phone: 0411 594 092 or Email: dryriverlandcare@gmail.com

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Brogo Underground



The Firth's underground house at Brogo, more photos can be seen at theownerbuilder.wordpress.com

As featured previously in *The Triangle*, this earth integrated house, was built by Don and Fiona Firth between 2008 and 2012. It features acid etched floors, inner courtyards, a colonnaded barrel vaulted singing room, integral fire shelter, stunning stonework and has remarkable thermal properties. Many of the features have been and continue to appear in *Owner Builder* magazine.

The house sits in a delightful garden setting with several kilometers of trails throughout the property. There is also a labyrinth and large netted orchard.

The next scheduled tours are on Saturday May 7 and Sunday May 8 at 9.30am or 1.30pm. Bookings are essential.

Contact donaldofirth@gmail.com or phone 02 6492 7264.

Groups limited to 12 per tour. There will be detailed explanation of construction materials/eco measures/passive solar principles/fire proofing etc.

The property is located halfway

between Cobargo and Bega at 29 Blanchards Road, Brogo, just south of the Brogo River Bridge.

Admission is a \$20 donation to the NSW/ACT Cystic Fibrosis Foundation. Light refreshments are included.

Note: Sturdy footwear recommended if you wish to visit rainforest gullies, enclosed orchard and labyrinth after the formal tour.

The Cystic Fibrosis Foundation's merchandise will be available, there will be a plant stall and a bird feeder raffle.

Cystic Fibrosis (CF) is the most common, genetically acquired, life-shortening chronic illness affecting young Australians today.

All monies received from these house tours will

go to the NSW and ACT branches of the CF Federation. The Federation works to promote research, increases awareness of CF, and provides education, support and advocacy for members.

For more information see: www.cysticfibrosis.org.au/nsw/

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Tilba Bites

We have had an extraordinarily long period of good, consistent rain. Another 64 mm fell in Tilba in mid March. We have been spared the effects of El Niño which is causing such stress in areas relatively close, such as Gippsland. The grass is growing and Nic Dibden says his cows are milking well. They certainly look beautiful in their lush, green paddocks. Congratulations to South Coast Cheese for your recent achievements at the Melbourne Fine Food Awards. The factory continues to develop with the recent installation of a new pasteurising vat for cream and a Belgium made cheese grating machine.

By the time this goes to press the Easter Festival will be over for another year. Such a lot of work goes into creating this event which showcases the Tilba District. This year, Robyn Lucas, sponsored by Bega Cheese, added farm animals to the mix of activities. Well done Robyn for promoting our farming community in this way. I'm sure many children enjoyed feeding and patting your lovely animals.

Another, albeit smaller, event to look forward to is Gayle Donnelly's (pictured here) cup cake stall which she holds every year in August to raise money for the RSPCA. Perhaps we can add to this, Gayle, a festival to celebrate the loyalty and friendship dogs give.

The new series (series 4) of River Cottage Australia airs on 29 March. The River Cottage cooking school is currently running and going very well. Kelly Eastwood, the Food Producer responsible for developing and styling recipes, teaches River Cottage recipes and others, based on what's in season and sourced locally. Nelleke is a CWA judge and teaches how to make tartlets, gateau and filo pastry. Matt the Butcher does his nose to tail class. My husband and I did this class last year and it was great fun. And of course, there's Paul's classes which focus on River

Cottage Australia's recipes as well. His classes book out overnight! People come to the school from all over the country. It's proving to be a huge success and brings lots of business to the local community.

River Cottage hosted its first wedding a few weeks ago. A couple from Sydney married on the farm amongst the old buildings and beautiful trees. River Cottage Australia is in the process of applying for the necessary permits to continue using the farm for weddings and events. This



Gayle Donnelly and Saphie

adds another great wedding venue to the Tilba list. The Central Tilba School of Arts Trust hires the halls for weddings. One held last year had a vintage theme and food was served from little stalls lined up around the big hall. The hall was decorated with framed pictures, old lounge chairs, colourful lights, bunting and so on; it was cute.

Central Tilba celebrated Jane and Alfeo and the Tilba Bakery with a surprise farewell party a few weeks ago. It's always a shame to see a business close. However, we can now welcome Tarquin and Daniel Moore, who have purchased 'Our Place

at Tilba' next to Tilba Leather. Their shop will be 'Arcadia', the name of their existing jewellery business. Tarquin and Dan have been sourcing, making and designing jewellery from small ethically run overseas workshops for over 20 years. They will sell their own designed and make silver and gem set jewellery, as well as locally made and Fair Trade products from around the world. These include Tumut Hand Crafted Millet Brooms, Woven Baskets made from African Elephant Grass, home-ware and clothing, and much more. Welcome to Tilba Tarquin and Dan, and best wishes for your new shop.

The Central Tilba School of Arts Trust (the Halls committee) is working hard to organise the Tilba District Community Ball which will be held on the 14 May. Please make contact with the organizers to get your tickets now; you don't want to miss out! Cobargo band Kitty Kat and the Band of Thieves will be playing and the CWA is putting on an amazing, sumptuous supper.

The halls committee is continuing to implement its building and renovations programs. The halls are now over 100 years old and require ongoing refurbishment. Stewie Long has taken on the Major Works program and our first scheduled project will be to finish the decking between the two halls with fire stairs, in line with our recently renewed DA. The Halls committee is seeking interest from anyone who may wish to run a work for the dole scheme. This is an opportunity to provide local employment and training in a community venture and at the same time to have certain works completed in the halls. Please make contact with Sally Pryor, Secretary on 02 44 737 522.

If anyone has notices or news for Tilba Bites, please contact me at tilba@thetriangle.org.au, or 0427 074 901.

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Tilba Anzac Service

The annual Anzac service will be held at Central Tilba at 11.00 am on Anzac Day. It will be preceded by a march of veterans or their representatives and school children, led by a lone piper. The service will be at the Central Tilba cenotaph. Wreaths will be laid and the traditional service conducted with flag lowering and raising, and live bugle. David Oliphant will provide the commemoration address. Morning tea will be held afterwards at the Little Hall. All are invited to attend.

The Big Hall Centenary Exhibition at Tilba

Friday 22 to Monday 25 April

The Big Hall will celebrate its centenary on the weekend 22 to 25 April 2016. We are seeking any stories, photographs, memorabilia or memories of special moments in its history for contribution towards the public exhibition in celebration. Please contact Vivienne by 15 April at bighallcentenary@gmail.com

On Saturday 23 April, at 2 pm, we are having guest speakers and a vintage fashion parade. Come and join in and have a few cups of tea afterwards. See you there!

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Tilba Fire Brigade

It was a busy last week in February for Central Tilba Fire Brigade with four call outs.

Firstly on 24 February the Brigade was called to assist with a highway accident on the Tilba bypass where a 4WD and caravan had run out of control, travelling south down the hill from the turnoff to the village, and overturned. There was smoke initially, but no fire resulted. Police and Ambulance attended, and the vehicle occupants were taken to hospital.

The towing vehicle appeared to be a write off. About two or more hours later, the Brigade was called upon for traffic control at the scene as the recovery of the damaged van and car took place.

Then, on Sunday afternoon, 28 February, there was a call for a car alight at the corner of Umbarra and Bermagui Roads, Wallaga Lake. Adjacent bush was also burning when the Brigade arrived. The car and bush fires were extinguished.

The very next evening the Brigade responded to a request for assistance in the search for the missing 15 year old boy in the Old Highway area of Tilba, east of Armatage Road.

Not only were Police involved in this search but also a very large number of SES personnel from Bermagui and as far away as Batemans Bay and Bega. Happily, the search was successful and the boy was located by the early hours of Tuesday morning.

The Brigade is keen for new members. Please call Harry Bate on 4473 7259 or Tralee Snape on 4473 7353.

Julie Diben

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Terry Freemantle (Treasurer)
Elizabeth Andalis (Secretary)
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Narooma: Information Centre, Library
Quaama: General Store
Tilba Tilba: Pam's Store, Spires Nursery
Wallaga Lake: Merrimans Land Council, Montreal Store

Deadlines

Advertising: 12pm, 19th of each month

Editorial: 12pm, 22nd of each month

Advertisers please note that an extra fee may be charged for initial ad layout.

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:

Email: contributions@thetriangle.org.au

Postal address:

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

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 comprises volunteers who donate their time and expertise for the benefit of our readers. *The Triangle* is financially self sufficient through advertising income. This is a tight budget and prompt payment of accounts is appreciated. *The Triangle* is published every month except January and has a circulation of 1800.

Local flora reserve saves koalas at a price

Five forests in our southern region have won a reprieve. The creation of the 11 800 ha Murrah Flora Reserve shows that the State Government does have the power to protect forests and, in one fell swoop, can deliver an environmental win. This win will protect a highly threatened remnant population of koalas. But, as local National Parks Association (NPA) President, Dave Gallan, says: "...there is something perverse about using Environmental Trust money to subsidise fuel for log trucks."

Downsides to this action are that: the Indigenous neighbours were sidelined; over 400 000 ha of State Forests in southeast NSW are still at risk of being logged for woodchips; and, to compensate the industry, the State Government granted it \$2.5 million from the Environmental Trust Fund to permit extra logging further up the coast.

At the heart of decades old campaigns has been the aspiration to safeguard Aboriginal culture, lands, and sacred places; to protect wildlife; and, to stop logging which destroys hollow bearing trees upon which threatened species depend.

Scientists find that logging causes soil loss, makes forests more fire prone from water loss, emits carbon, and prevents carbon sequestration. Economists calculate that logging is economically unsustainable. Taxpayers subsidise the sector, and plantations can supply nearly all our timber needs. We see how logging degrades and

silences our forests, and destroys natural beauty.

Climate change threats and efficient overseas eucalypt plantations were not significant factors when the Regional Forest Agreements for the southeast's forests were drafted. Those agreements are due for renewal.

The NPA's plan for the Great Southern Forest (GSF) is based on funding industries and jobs from about \$19.5 million pa from carbon credits from our carbon dense southeast forests via the Emissions Reduction Fund. This would safeguard jobs and wildlife. The Government should stop woodchipping, and create, or boost, jobs in climate sensitive industries such as forest restoration, wildlife protection, and nature based tourism.

The Murrah Forest Reserve is a welcome beginning. But, to protect every native forest dwelling species, no matter where they live in our southern region, our view of the future should be to protect, connect, and begin to restore all our remaining forests.

It is not so much for its beauty that the forest makes a claim upon men's hearts, as for that subtle something, that quality of air that emanates from old trees, that so wonderfully changes and renews a weary spirit. (Robert Louis Stevenson)

Dr Bronte Somerset



Anzac Day services in Cobargo and Quaama

Cobargo

Anzac Day will be commemorated in Cobargo on Monday 25 April with a march starting at 10.30 am outside the Cobargo School of Arts in Bermagui Road.

Local and visiting members of the RSL, serving members of the Australian Defence Force, and exservice men and women and their relatives and descendants are invited to join the march, which will be led by the Seventh Light Horse Bemboka Troop, Cobargo Scout Group, and Cobargo and Quaama schools.

New Zealand exservice men and women and their relatives and descendants are especially invited to march.

Marchers are asked to wear full sized medals as they may be entitled. People wearing a relative's medals should wear them on the right breast. Serving Defence Force personnel may march in uniform, as appropriate.

The Service of Commemoration will commence as soon as the march reaches the Memorial on the corner of Princes Highway and Tarlinton Street.

Local organisations and individuals may lay wreaths at the appropriate time during the Service.

Quaama

A shortened Service will be held at the Memorial in Quaama commencing at 9 am.

Dawn Service

No Dawn Service will be held in Cobargo or Quaama. The closest Dawn Service is in Bermagui.

Bermagui Country Club

www.bermaguicountryclub.com.au

Club - Ph: 64934340

Monday: Bingo, 10.30am

Wednesday: Members Badge Draw, 5.45pm, 6.45pm, 7.45pm

Friday: Members Badge Draw 7.30pm

April Entertainment:

1st: **Darryl Lamb**, 8th: **Jay Podger**, 15th: **Vanessa Lea & Road Train**, 20th: Monster Raffle over \$1000 worth of Meat, Seafood & Fruit & Veg Trays, Tickets on sale from 1pm, Entertainment from 1pm **Struth**, First draw 3pm, 22nd **Wayne Trezise**, 29th: **Joe Driscoll**.

New Year VIEW

Narooma VIEW Club is encouraging women in Narooma and surrounding areas to become a member of our club.

"Narooma VIEW Club is part of a network of 330 clubs throughout Australia," said Cathy Coventry, publicity officer of the club.

"Joining our club is the perfect opportunity to meet regularly with other like-minded women, establish new friendships and help children in need," she added.

"VIEW stands for the Voice, Interests and Education of Women. It is one of the leading women's volunteer organisations and supports the education of disadvantaged children through The Smith Family.

"Our role in the community is underpinned by our support of The Smith Family- a national children's charity that helps children in need with their education. Through our work with the charity we are helping make life changing differences in local children and their families," said Cathy.

In addition to their ongoing support of The Smith Family, VIEW hosts social events throughout the year including, Walk with VIEW, breakfasts or lunch meetings, coach outings, International Women's Day, inter club events with entertainment, guest speakers and fashion parades.

Anyone interested in becoming a member can call Margaret on 4476 7499 for further information or visit www.view.org.au

The 2016 Committee

Broadband for Seniors Kiosk

Women's Resource Centre (WRC) has had a great response to the free basic computers training through the Australian Governments *Broadband for Seniors* program (50 years and over).

Broadband for Seniors is funded by the Australian Government to provide senior Australians, aged 50 years and over, with free access to computers, Internet and basic training to help build their confidence in using new technology. *Broadband for Seniors* has assisted over 650 000 seniors since its establishment in 2008. There are currently nearly 1600 *Broadband for Seniors* kiosks in organisations across Australia.

Broadband for Seniors aims to:
provide senior Australians with access to computers and the Internet via free Internet kiosks;

support senior Australians to gain confidence and build skills in using new technology, enabling them to fully participate in the digital economy;

address the issue of senior Australians feeling isolated and 'left behind' in a technological age; and

build community participation and social inclusion among senior Australians.

Womens Resource Centre offers seniors free 'one on one' tutoring for women who feel threatened by new technology and the Internet. It will enable seniors to learn for free how to use a computer, access the Internet and communicate with friends and family via email. Kiosks are located in community centres like the Womens Resource Centre, retirement villages and clubs interested in participating in the *Broadband for Seniors* initiative.

If you would like to use the computers or gain some computer training just drop in to 14 Peden St Bega Wednesday to Friday between 9.30am and 4pm, or ring Gabrielle on 6492 1367 to book in for basic computer training.

Gabrielle Powell

Understanding our Place - a BVSC community initiative

A series of community engagement activities are planned in town halls and markets in Bermagui, Cobargo and Quama in April and May.

The activities are centred on holding community conversations to help understand our values, challenges and aspirations.

The activities will be facilitated by Council and information gathered from the conversations and the accompanying survey and photo competition will be used to compile a document entitled 'Understanding Our Place'.

The document will be available for use by individuals, community groups, government and other organisations to gain a better understanding of local communities and help inform decisions and actions.

Details of activities and how to participate will be available on Council's website under 'have your say' and in local venues in the next few weeks.

Sophie Thomson

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Do you live outside the Triangle? Be sure to receive your copy every month by subscribing. 12 months' subscription (11 issues) is \$32.00*. Post to The Triangle, PO Box 2008, Central Tilba, 2546.

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Exploring Book Illustration at the Lazy Lizard Gallery



"Is the soup ready yet?" - book illustration by Naomi Lewis

After the success of *Weaving the Spirits*, we have had a minor hiccup with the Side Room for April. As you know, we like to have a changing exhibition there each month, so that there's always something new and different for visitors to the gallery. However, our planned artist had to cancel at short notice, and to fill the gap and still offer something different, children's book illustrator, Naomi Lewis has raided the back shelves of her studio and has pulled out some of her illustration work to put on display.

Naomi has mainly illustrated children's reading books for the educational market, and you'll be able to see some of the original illustrations, plus some 'roughs', and other preparatory artwork, showing the creative process, and also the books themselves. This makes a bright and interesting exhibition that is good fun, and will appeal to all ages.

For those who are intrigued and want to have a chat about the work – Naomi usually looks after the gallery on Wednesdays, and is happy to oblige.

Of course, there's also new and interesting work in the main gallery. Our talented sculptor, John Gosch, has recently brought in some new pieces.... have you checked out his *Chameleon* and *Thought*, his latest in those lovely meditative, circular pendulum sculptures?

Daniel Lafferty has more of his beautiful, big bellied, ceramic vessels, with their gorgeous wood fired colours and textures, and also we have one of his amazing series of ceramic balls that were featured in the *Sculpture on the Edge* exhibition at Bermagui.

With so much to enjoy, there's no excuse for not dropping by for a visit.

Naomi Lewis

Tableau at Narek

Landscape is the primary source of inspiration for Ros Auld. As a ceramic artist she expresses the dynamic forces of the natural world, how it has been shaped, the colours, textures, rhythms and the underlying energy. Her art practice is an evolving process, one that has developed over decades and has consistently been informed by a particular enjoyment in the physicality of ceramics.

Ros Auld spends her daily life embedded in the terrain of central western NSW working in her shed studio at Borenore. Her coil built stoneware forms with slips and crackle glazes are inspired by her surroundings and the impact of constant human movement across that landscape. "Landscape is my source – more the accumulation of recollected impressions than particular sites. I love the weathered

surfaces, textures and subtle colours of the Australian bush, as well as the patterns of cultivated landscapes....The vessels are an ongoing series, where functional form, painterly surfaces and sculptural form can come together. Surface texture, informed by geology and botany, play a major role in the work," says Ros.

Her works have a powerful presence, bringing both the intimate and the monumental to the viewer through the control of positive and negative spaces within her forms and her textural, painterly surfaces.

This exhibition continues till Sunday 15 May. Narek galleries opening hours are Thursday to Sunday, 10am to 5pm and by appointment.

Karen O'Clery



Ros Auld with her ceramic

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The Triangle's Eco Edge Competition

Local environmental company AKT sponsors a page in *The Triangle* every month. Our brief is pretty broad: the page is to be on environmental themes. So we thought we'd devote part of the page to local environmental news, and open the rest to you, the readership, 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 overall winner each year receives \$400.

This month's creative contribution is from Max Harris of Bermagui.

A Walk by Bermi Wharf

I am walking
Peering into the shallows
Beneath the wharf at Bermagui.
I am greeted by the passing black ray
Then it's much larger cousin with spots and grey
streaks
Gliding by
With trevally coasting, cruising nearby
Almost under the ray flaps.
One large kingfish looms
Fins under the pontoon
And departs.

I am walking
Looking, listening.
A strange morning
Promising lots of life.
Shads in thousands streaking close
And shadows of bream
With their black v tails
In the depths behind them.

More leisurely,
Malingering mullet
Sun themselves
Cautiously, just out of reach
Of cormorants whose eyes are
Definitively bigger than their mouths.

I am walking
Onward up the hill to overlook Horseshoe Bay
Checking for deep blue-green gutters that might be
just right
Holding three or four fish species
For me on another day
On a different tide
With a different wind.
Scanning the places to stand and fish
But knowing the rocks are too skinny
All tilted awkwardly by some gnashing of our earth's
teeth.
Rocks that are just too low
So you get splashed
Every day you try.

I am walking
Looking, searching, enjoying, planning,
Finding sandy beach gutters
With not quite enough water
Not quite enough dark green water
To hold bream, flathead and whiting.

And then the headland with its deeper water
And Bonnies in casting range.
Promising colour
With just enough depth always
Even inviting a Hobie trip someday
To hover over where drummer and Groper should
hide.

Next, the crazy sign.
"CLIFF APPROACHING".
So who is Cliff?
Is he dangerous?
Is he approaching me?
Should I retreat?
Or is the cliff alive?
Is it on the move?
Hunting the unwary gazer.
The tourist who lingers too much
Is standing still enough?
Or should I run away?

I am walking, wandering
And I am not alone.
A dad walks with two sons close by
And his autistic son
Twenty paces back
Hands clenched for comfort
The two handed swing.
Legs going left, right
But the arms swinging
Both together
Setting up some ungainly rhythm
That he is comfortable with.
And making his comforting
Self stimulating sounds
Of nnnnnnn and nhnnnn
And oooooooooo
And dad calls
And he jogs
Limping sort of jog
That could be from a sore foot
Or just a habit that he has
And the four of them
Enjoy in their own way
The harbour
The view of Horseshoe Bay
The pontoon
And the passing fish.

Max Harris, Bermagui

AKT International is focused on intergenerational equity, sustainability and ethical trading.

Look at Me at Ivy Hill

At Ivy Hill we are having the exhibition *Look at Me*, a collection of paintings by Wanda Ackerman, Tim Moorhead and Dianne Williams, with ceramics by Jenni Young Bourke. This runs till Sunday 17 April.

Then from 21 April we have long-time friends Olivia Bernardoff and Kate Stevens showing together at Ivy Hill.

It was Olivia's son, Willy, whom Kate painted for her prize winning Portia Geach portrait in 2011.

Both artists graduated with first class honours from the Australian National University in 2001.

The collaborative theme for this exhibition is summer and all it entails, particularly on the Australian south coast.

Come for drinks with the artists on Saturday 23 April. Catalogues at www.ivyhill.com.au

Carolyn Killen



Painting by Wanda Ackerman

Poetry for Breakfast

I thought all poets were like Dylan Thomas, nursing hangovers at eight in the morning, stumbling and mumbling about the sloe black slow black fishing boat bobbing sea.

But no, they were all there at 7.30am, bright-eyed and bushy-tailed, ready to get on with the business of getting and spending.

First up was Evita Hofstetter: "There is shrapnel on my plate..." she started.

Her poem was a heartfelt plea for refugees called "Braided Sorrow". Her performance included unfurling a banner of a list of names of missing people, refugees lost in the great movement of humanity across the planet.

I spoke to Evita afterwards and she told me that she considered poets to be activists, wordsmiths who should provoke and inspire to the greater good.

"Do you have a poem to read?" asked Vic Jeffries, MC for the morning.

"Well, yes, I do happen to have one in my pocket," I replied.

So Sarah, from *The Triangle*, read her poem, Cow 23.

I received a standing ovation, not because I was brilliant, but because that is the tradition when reading poetry before



Poetry in motion: Morris dancer Tom Macdonald

an audience for the first time.

"You're one of us now," I was told.

I wondered whether I felt flattered or scared.

Later Jane Scott read a funny poem about unemployment called 'Dream Job'.

After that two men started to recite Banjo Patterson, forgot the words, and had to leave.

Sarah Gardiner



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When too much fiddle is hardly enough: Cobargo Folk Festival 2016

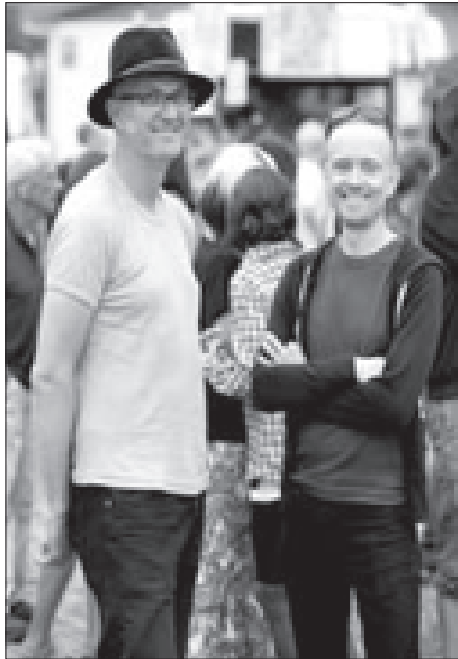
Mike Martin on guitar and **Lindsay Martin** on fiddle, no blood relation but 'brothers in music', performed a set of Mike's songs, his voice deep and resonant. They opened with *Late* - "She's late, late, always late, never, never, never on time", to catch audience members just straggling into the tent. Then a beautiful tune, *Rosie*, a touching tribute to the eponymous Vancouver hooker that Mike, from Candelo, became friendly with ('not intimately'), whose brutal beating caused little general concern.

Another standout was *Stolen*, lamenting the treatment of our indigenous people in general, and the removal of children in particular - pointed lyrics, Mike's soulful voice and Lindsay's fiddle swelling, dipping and fading. "There was no need for a book of words/ No need to steal from a nation/ It's never too late to show respect/The tools of acculturation."

Trouble in the Kitchen is Ado Barker (fiddle), Candelo's Kate Burke (guitar and those beautiful vocals), Benno Stephenson (flute and bodhrán—I'll explain later) and Joe Ferguson on bouzouki, which is a bit like a mandolin but pitched lower. I'd never heard of Trouble but clearly others had—the shed was packed. Even their warm up exercises had people's feet tapping. Ado announced they'd start with two jigs and three reels, although the distinction was lost on me. I found myself wondering, how many notes can you fit in a bar?!

Ado's bow was in tatters long before the first set ended, a halo of loose hairs as he sawed away. He bit off the broken ones between songs.

I loved *Mill Towns*, written by Canadian David Francey, about mill workers and miners. Ado dedicated it to his hometown of Mount Morgan in Queensland. *Don't follow me in boys, don't follow me down*. Mount Morgan, he told us, is a mining town, and the message



Richard Grace, bass player from *Stray Hens*, and **Ado Barker**, fiddler from *Trouble in the Kitchen* - performers enjoying the festival

was heartfelt and strong. And it occurred to me, again, that I love how folk singers aren't ashamed to sing in Australian accents, unlike a lot of rockers.

Then Benno picked up the bodhrán. It's an ancient framedrum, held in one hand and struck with a small, double headed stick, and it's been described as the heartbeat of Irish music. Benno had to disappear offstage for a minute to evict a spider that had set itself up in the goatskin drum, but I don't think the spider would have lasted long. When he returned (Benno, minus spider), I felt those first few beats thrumming some vital organ inside me, and the visceral sensation remained.

Truckstop Honeymoon, a husband and wife team, were too big for the Magpie tent - there seemed to be more audience outside than in. They were hilarious, although we were primed to laugh by those South Carolina accents. Katie and Mike West have toured three continents in a truck with their four kids and that's what they sing about, accompanied by string banjo (him) and upright bass (her). A bit bluegrass, a bit jazz, a bit rock'n'roll. A highlight: Mike's song about Katie coming home from Paris with predilections for accordion music, rosé and camembert. She cut her hair in a bob and spoke like subtitles ... and the soybean fields of South Carolina, it seemed, for her, had lost their magic entirely.

The East Pointers, from Prince Edward Island off the east coast of Canada, are Tim Chaisson (fiddle and lead vocals), Koady Chaisson (his cousin, on banjo) and Jake Charon (guitar). But the song that stood out, for me, was when Tim Chaisson lost his infectious grin and sang a beautiful,



Quaama Can't Sing Choir popped up everywhere!

haunting ballad about a crew member who went missing from a boat. He performed it a capella, with lilting harmonies from the other two. Mesmerising.

Jen Severn



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Cobargo Folk Festival's Great Guitars

How do you cover an event that extends over three days and is packed full of talented performers in many different genres all justifiably claiming attention? Well of course it is pretty much impossible so I will just talk about some of my favorite moments and hope that may convey a little of the essence of the weekend.

As a longtime fan of the guitar, of course I wanted to check out some of the outstanding players that were on the program. Starting on Friday, the first on my list was Daniel Champagne. Daniel is a Brogo boy reputed to be making waves in the US, he is a talented musician with an underlying wild child hidden in his personality. His music is a little hard to classify, but I think maybe it fits into the percussive acoustic guitar description although that is a bit tame, so how about 'Percussive, Alternate Tuned Shred' (Guitar World)? Whatever. I guess it really doesn't matter because when he started to play the audience came alight. A great showman, he does amazing things with percussion, voice and guitar and he certainly carried the audience along with him.

Another quality Friday performance was Desert Child, (guitarists Guy Ghouse

and Damian Watkiss) wonderful songs without words displaying a quirky humour and a sense of fun. Waltzing Matilda played



Fred Smith and Liz Frencham

with rhythms you wouldn't believe and a range that included channeling Irish folk music on an uncomplaining guitar.

On Saturday afternoon a guitar concert was billed. Hosted by Daniel Champagne with five other guitarists (Dom Turner, Pete Fidler, Damien Neil, Guy Ghouse and Damian Watkiss) it was really a competition. They were all on stage at the same time, with no quarter given, taking turns to hold the floor and performing sequentially it was not a one horse race. Desert Child (Guy Ghouse and Damian Watkiss) led off at a blistering pace with the rest of the field not far behind

but the masterful showmanship of Daniel Champagne electrified the audience and soon had him leading by a short half head. Then, as they turned into the straight for the final run to the finishing post, a minor glitch caused a change in the Champagne equipment. He showed the skill underlying the wild child image to lead the field home with a love song as a finale.

Ready for a change of pace I then caught Fred Smith and Liz Frencham. Fred Smith is great songwriter and performer and Liz Frencham has a gorgeous voice and a double bass. Together they presented folk songs for yesterday and tomorrow. There were songs of the suburbs, songs of drought, of loss and survival and of war. Surely some of these songs will define the early 21st century. On Sunday, the last day of the festival, Fred Smith ran a workshop 'Singing in New Guinea Pidgin'. Obviously something that everyone should master so of course I attended. We learned essential words in pidgin, the only one of which I am confident of recalling is 'bagarap' (mess up) and we attempted to sing Fred's song 'Radio Bougainville' in pidgin. It was all a lot of fun but it also demonstrated the depth of the knowledge and experience that underpins the writing of this powerful songsmith.

Jo Lewis



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Harbourside Lamont St Bermagui

During the Cobargo Folk Festival we hosted the delightful guitar duo from Western Australia, Guy and Damian from *Desert Child*. I'd made pear muffins for the first time, simply because I had several ripe pears. They were out of this world!

I've since made blood plum muffins, banana and pineapple muffins and the latest batch from rhubarb and frozen blackberries, another great combination.



Pear Muffins endorsed by Desert Child

Wet mix ingredients:

half a cup each of margarine (or butter)
sugar
golden syrup
2 eggs
1 cup milk
4 fresh pears, peeled and diced

Dry mix ingredients:

3 cups SR flour
2 teaspoons each of cinnamon and mixed spice
4 teaspoons ground ginger

Blend margarine, sugar and golden syrup. Beat in eggs, add milk and mix well. Stir in the pears. Fold in the dry ingredients. Place in prepared muffin pans and bake at 180 C for about 25-30 minutes.

For a change try your hand at a savoury version, wonderful with soups and salads or in a lunch box. Muffins can lift a simple meal into another realm.

Corn and Cheese Muffins

Wet mix ingredients:

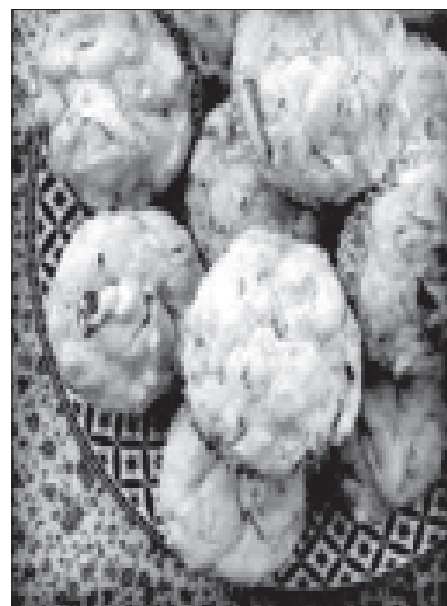
1 large onion, diced
half a cup of milk
3 eggs
1 cup grated cheddar cheese

140 gm tin corn kernels including the liquid, or the equivalent of kernels scraped from fresh cobs

Dry mix ingredients:

2 and a half cups SR flour with a pinch of cayenne pepper

Place wet mix ingredients in a bowl



and stir well. Add the dry mix and combine. Place in prepared muffin pans, top with extra grated cheese and bake at 200 C for 25 - 30 mins.

Muffins freeze well and are a great stand-by for family meals and unexpected guests. Imagine spinach and parmesan; mint and green pea; tomato and herb; mushroom and bacon; chutney and cheese; pesto or peaches and cream!

Happy Cooking!



U3A BERMAGUI & DISTRICT

U3A offers classes taught by local membership for members

Membership is available for the whole community.

TERM 2 INFORMATION & REGISTRATION DAY for enrolment in classes

Wednesday 20th April 2016, 10am-12 noon, Bermagui Country Club

Fishing for knowledge

Favourites continue: Lunch with a Local Treasure, Smoko in the Shed, French Conversation, Linguistics, Book Chat groups, Beginner and Intermediate Computer Clubs, Rug Hooking, Demystifying Technology, Day-Boules and Barbecue, Film and Lunch, Pliability

Courses: Global Dilemmas, The Modern Middle East, Meditation, Poetry Writing, Interpreting Your Dreams, Taboo Topics, Woodwork for Women ...

One-off classes: Community Networks, An Early Qantas Pilot's Story, Making Maple Syrup, A Bush Poetry Refresher Journal and Calligraphy workshop, a writing workshop.

Excursions: Bega Valley Art Gallery 'Flora Australis' and Shirley Hannan Portrait Prize Exhibitions, 'On the Perch' Bird Tour.

Plenty to choose from

www.bermagui.u3anet.org.au 6493 4323

Trees for the planet: find the right place for them

Continuing on from last months' theme of autumn, April is usually the month that we start to notice the beautiful colours of the autumn trees that are dotted around the countryside: shades of vivid yellows, oranges and reds highlighting the gardens that they adorn.

Autumn trees are grown for their beautiful colours, but just as importantly they are also grown for summer shade.

Much care should be taken with the selection of these plants as many are very large trees with invasive roots and need a large parcel of land to grow to their full potential.

When I am asked by a customer about their requirements for a tree I suggest they take a drive around the district and have a look at trees in parks and home gardens to see what they might like. Generally, in this district, a number of the shade trees have been growing for many years and have reached their ultimate size. By doing a bit of research before making a decision about your tree, you will know for sure that a particular plant proposed for a spot in the garden will actually fit that site. Autumn colouring trees come in



Claret ash form lines of beautiful colour

many forms and every one has a particular feature that makes it a bit more special than another variety.

For instance a Claret Ash is a large tree reaching in the vicinity of 15m tall by 12m wide and is more suited to a large space well away from buildings. Its main feature is the beautiful claret coloured foliage in autumn. On the other hand a Chinese Pistacia is a smaller upright tree to 8m by 4m wide with beautiful orange red foliage and is suited to a smaller garden and can be closer to a building.

Deciduous trees also have different moisture requirements so planting moisture requiring plants in a dry garden can cause issues throughout summer or drier periods. An example of this is Silver Birch that

prefers a higher level of moisture particularly in summer compared to a Desert Ash that prefer and copes better with a drier situation.

When trees are used in the overall landscape of a garden the siting is of absolute importance. A large tree can dominate a garden and can often restrict the growth of colourful shrubs that require full sun. If you have a small yard choose a small tree to place on the north or the western side of the house.

With the movement of population to small acreages I am often asked what trees I can suggest for a driveway. Again careful planning of the species used in this situation is very important. Availability of water; animal protection, and as the tree matures, allowing enough room when the tree reaches maturity to allow high vehicles like cattle trucks or furniture removal vans to be able to access the driveway.

In this case use more upright species like some of the newer varieties of ornamental pears. These are more suited as they give height with the avenue effect without taking up too much room. Trees from nurseries are either container grown or bare rooted. At this time of the year you will only find container grown trees in nurseries and although these might be a bit more expensive the tree can actually be seen with leaves on and is then generally alive and kicking.

Care must be taken later in the season if you wait for the bare root trees. Ensure you choose a tree that has been treated with care and has not been allowed to dry out. Otherwise the ability to reshoot is compromised.

Commence the site preparation with hole digging and composted manure added to the soil to give the trees a great start.



When choosing a tree consider how it will fit in your garden when it is full grown

Bermagui Beach Hotel

Monthly specials at the Liquor @ Bottle Shop.
Meals 7 days: Lunch 12-2pm, Dinner from 6pm.
Weekday \$12.00 Lunch Specials. Live Music every Sunday 4-7pm
Enjoy a cold Ale or a Wine with friends then stay for a meal in the Bistro.
Check us out on Facebook or www.bermaguibeachhotel.com.au
Ph: 6493 4206 Fax: 6493 4859



ABC Cheese Factory

37 Bate St, Central Tilba
02 44737387

www.southcoastcheese.com

Locally made South Coast Cheese, Ice Creams, Local jams and preserves, coffee, milkshakes

Open viewing into the factory.
Milk, yogurt and more styles of cheese will be made on site in the coming months

Classifieds

FOR SALE

Fuel stove: Stanley traditional wet back with plate rack, good condition, \$3500 ono, phone 6493 7335 or 0408 607 365

Holden Rodeo Twin Cab Ute, white, 138 500km, LT V6cyl, 3.2lt, manual, canopy, tow bar, nudge bar, roof racks, electric tow brakes, new tyres, 12 months rego, good condition, \$7750, ph: 0419 331 324.

Postie Bike, 2000, good condition, registered till June, starts easy and runs well \$1200; **Honda Generator** 5.5 hp 2.5 kva in good running order \$250, Large vintage cast iron **Bandsaw**, stands 2.2 meters high, Australian made, single phase motor, in good running order, \$800, phone Smilie on 4476 3370

Small wall unit with 3 shelves above a cupboard with 2 shelves. Honey-coloured wood veneer. Height 1.90m, width 0.90m, depth from wall: cupboard 0.41m, shelves 0.25m. \$30, telephone 0459 540 164, pick up in Cobargo

Aluminium windows, four green powder coated sliding with timber reveals: two windows 1800mm high x 1570 wide and two windows 1370mm high x 1570mm wide, \$250 each, as new; **Grosch bottles**, \$1 each, 40 x 473ml and 14 x 500ml, some spare tops and seals, call John on 0418 151 532 Coolagolite

Bermagui Television is for sale. A thriving business since 1986, yes 30 years. Alas, all things come to an end. The business has a large customer base (Domestic & Commercial) in what is basically 'The Triangle' – Bermagui, Cobargo & Tilba, but not exclusively to this area and can be easily expanded by some energetic person. The work mainly involves television antenna installation & maintenance, and some 'free to air' satellite TV (VAST) service. On the job training offered to the purchaser, if required. Expressions of interest invited. Google 'Bermagui Television' and check out the website.

LG 45" LED/LCD TV, excellent condition, some toothprints on remote (puppy) \$350 ono. Call John 6493 8515

Flyscreen door: aluminium, security, 2025 X 785 mm, bronze in colour, excellent condition, \$50, phone Robert 0408 870 138

Round Yard: 18 metres diameter, 27 panels each 2100mm wide & 1200mm high, \$1000, telephone: 6493 8285 or 0400 473 067

Flail Mower PTO Howard Ezeemow (Aust company) 1.5 metres, good condition, spare bearings, always greased and kept under cover, \$1950 ono; **Mig Welder**, gasless 80/100 portable, with spare tips, face mask and manual, good condition, \$249 ono, 0408 661 533

WANTED

Small dingy trailer, unregistered is ok, phone Marianne 0419 173 607

Bantam Chooks, common breed only, rooster and 2 hens, ph 4473 7503

TO LET

2 bedroom flat in Bermagui, close to beach, shops, Club Hotel and all, recent internal renovation, built in wardrobes, new kitchen and bathroom. References required, contact Harvey 0417 489 256

Please note: we will discontinue classifieds after one month unless advised by the advertiser. A small donation (in the tin) will be appreciated for classifieds

Book Review

Heather O'Connor

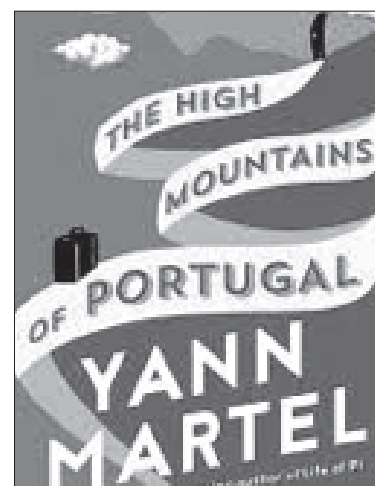
Yann Martel

The High Mountains of Portugal
Text Publishing \$29.99

I confess that the reason why I chose this book was because of a recent trip I took to Portugal, not to mention that *The Life of Pi*, by the same author, is just about everyone's favourite. If I thought it was a bit out there, it is as nothing compared to this 'magic realism' (I think that's how you would describe it).

The book is in three distinct parts, each with a strong link to the high mountains of Portugal, beginning in 1904 and covering the next five decades. The first section, entitled Homeless recounts the story of a young man who is on a quest to find a treasure in the mountains, and to assist him, he borrows one of Portugal's first cars to help him on his way. The book is almost worth reading just for the descriptions of the car and the challenges it presents to this young non-driver.

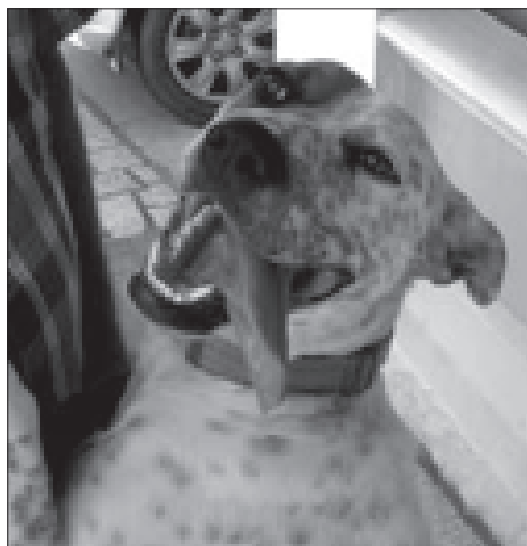
Thirty five years later, under the heading Homeward, a pathologist is tackling a murder mystery worthy of Agatha Christie. The clues all point back to



the adventures of our young hero from Homeless. Finally in Homecoming, we move to the story of a Canadian professor who moves to Portugal to recover from the grief of losing his wife, and in one of the many strange twists to the story, finds himself taking along a young chimpanzee as his chief companion. If this all sounds a bit contrived and confusing, don't be put off – the writing is beautiful and there are great descriptions of deep love and tragic loss. A worthy follow-on from Pi.

Pet of the Month

Deb Cox



Peppi is in need of a forever home

There are 15 kittens available for adoption through Animal Welfare League Far South Coast Branch at the moment. Prices are subsidized in the hope that these desexed rescue kittens will be adopted and that eventually we will be able to stop unwanted litters. The branch finds it very difficult to rehome older cats so they are heavily subsidized by the branch in the hope that they can find forever homes.

There are also several dogs and pups including Peppi the white/red merle 16

month old cattle dog cross. She is an extremely friendly lovable young lady but as she is a working dog breed she will need lots of exercise and activities to keep her happy.

If you would like to apply to adopt one of the lovely companion animals available through Animal Welfare League NSW Far South Coast Branch please call 0400 372 609. Caring is a great way to be able to enjoy the company of a pet if you are between your 'travels' or while you are deciding what type of pet you would like to adopt. If you would like to have a chat about being a carer please call our information line on 0400 372 609.

AWLFSC Branch will be running special desexing drives targeting undesexed cats in our valley over the coming months.

If you know someone who has an undesexed pet, please encourage them to have their pets desexed. If they need financial assistance to do so, tell them to look out for our flyers and applications that will be available at all Bega Valley Shire Vets from April onwards.

Deb Cox



AL-ANON

Bega, Tuesdays 5pm, rear 7th Day Adventist Church,
Upper St (opposite pool)
Ph 6492 0314

ALCOHOLICS ANONYMOUS

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

ANIMAL WELFARE LEAGUE

Far South Coast Branch promotes the welfare of
companion animals and responsible pet ownership.
Meeting at Tathra Beach Bowling Club 11am, Sunday
29th September, Christmas lunch meeting 11am 22nd
November. Call 0400 372 609

ANGLICAN PARISH OF COBARGO

QUAAMA, St Saviour's: 3rd Sunday 10 am, Holy
Communion (HC), 1st Wednesday at 10 am, morning
service. COBARGO, Christ Church: 1st Sunday, 5pm
Evening Prayer/Contemporary Service. 2nd, 4th
Sundays 8 am, HC, 2nd, 3rd, 4th Wednesday 10am,
HC. BERMAGUI, All Saints: 1st, 2nd, 4th Sundays,
10am, HC. 3rd Sunday, 5pm Evening Prayer/
Contemporary Service.
Contact Rev. Joy Harris 6493 4416

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
Ray Clements on 6493 8472. Meet 1st Thurs. each
month at Bermagui Hotel & 3rd Thurs. at Cobargo
Hotel at 6.30pm for 7.00pm

BERMAGUI INDOOR BOWLS CLUB

Friendly, social group meets for Indoor Bowls at
Bermagui Country Club every Monday afternoon.
Names to be on list by 2:30pm, games start at 3.00pm.
No experience necessary, call Nerida on 6493 4364 or
Sylvia on 6493 4992

BERMAGUI GARDEN GROUP

1st Tuesday every Month 10.00am until 12 noon,
venues vary, phone Heather Sobey on 6493 5308

BERMAGUI CROQUET CLUB

Bermagui Country Club, Thursday 2 - 4pm. 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 URBAN FOOD FARMERS (BUFF)

community gardening and growing activities -
various times and sites. 'Grow to Eat and Eat to
Grow'. Contact Paul on 0466 013 153 or visit www.
facebook.com/BermaguiUrbanFoodFarmers

COBARGO DISTRICT MUSEUM

Meeting 5 pm 2nd Wednesday of the month Cobargo
Newsagency : researchers, old photos, information
and new members welcome. Contact
Vicky Hoyer 0422 377 278 or Ken Redman 6493 6406

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, 7.30 pm - CWA
Rooms. Contact Ros Mead 6493 6948

COBARGO PRE-SCHOOL

Child-centred play-based learning for 3-5 year
olds, reflecting Early Years Learning Framework.
Qualified, creative staff. Contact 6493 6660 (Tues-Fri)

COBARGO PRESCHOOL PLAYGROUP

Families welcome every Thursday 9-10.30am. A good
transition for children to become familiar with the
surroundings & teachers. All ages welcome.
Bring along a piece of fruit to share. A small donation
would be greatly appreciated. 6493 6660

COBARGO SoA HALL COMMITTEE

Hall bookings and inquiries: Linda 0407 047 404 or
Janet 0429 464 894 email: cobargohall@gmail.com

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

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 0427 936 424.

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 Thursday of the month, 9am, at Quaama
School of Arts Hall to plan Quaama community
events and projects. Membership \$5pa. New
members and non-members always welcome.
Enquiries: Glennda Heino 0408 411 956. 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 Boddalla

MYSTERY BAY COAST CARE

Contact: Richard Nipperess 4473 7769. Meet: 9.30 -
12.30 first Wednesday of the month at the 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. Phone
0477 610 953 or email narooma.bwd@gmail.com

WALLAGA LAKE/BERMAGUI MEN'S SHED

Meets Tuesdays & Thursdays 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
contributions@thetriangle.org.au

For the Fridge Door

APRIL	WHAT	WHERE	WHEN
Fri 1	Tony McManus & Beppe Gambetta	School of Arts Hall, Cobargo	7.30 start
Sat 2	karaoke	Bermagui Beach Hotel	8pm
Sun 3	Phillip Henry & Hannah Martin	Cobargo Hotel	from 2pm
	Mozart by the Sea	Four Winds Sound Shell, Barragga Bay	2pm
	Dry River working bee	Dry River Quaama	9.30am-11.30am
	'The Jazz Pack'	Tilba Valley Winery	12.30pm
	Emma Jene	Bermagui Beach Hotel	4pm-7pm
Fri 8	ecstatic dance	Quaama Hall	6pm
Sun 10	blacksmithing demonstration	Galba forge, 345 Yowrie Rd, Wandella	1pm-5pm
	'Klaus'	Bermagui Beach Hotel	4pm-7pm
Tues 12	CWA meeting	CWA Cottage, Bermagui Road	10.30am
Sat 16	live band	Bermagui Beach Hotel	8pm
Sun 17	documentary screening: 'Salute'	Old Cobargo Butter Factory	4.30pm
	Mark Whitty	Tilba Valley Winery	12.30pm
	'The Awesome'	Bermagui Beach Hotel	4pm-7pm
Wed 20	U3A registration day	auditorium, Bermagui Country Club	10am-12 noon
Fri 22	full moon dance	Quaama Hall	6pm
Fri 22-Mon 25	The Big Hall Centenary Exhibition, guest speakers & fashion parade on Sat 23, 2pm	Central Tilba Big Hall	from 9am
Sat 23	Quaama harvest fair & dog show	Quaama Hall	9am
Sun 24	Tony Jagers	Bermagui Beach Hotel	\$pm-7pm
ANZAC DAY: Monday 25			
Quaama	short service at the memorial in Quaama		9am
Cobargo	march at S of A hall ; service when march reaches memorial at cnr Tarlinton St and H'way.		10.30am
Central Tilba	service at the Central Tilba Cenotaph		11am
Sun 30	'Lily and the Drum'	Bermagui Beach Hotel	8pm till late
REGULARS			
Mondays	Quaama/Cobargo Quilters	CWA cottage Cobargo	10am-3.30pm
	BINGO	Bermagui Country Club	10.30am
	No Lights No Lycra	Cobargo School of Arts Hall	start 6pm
1 st Tuesday	Bermagui garden group	venues vary, phone Heather: 6493 5308	
1 st Wednesday	social bridge	Tilba Valley Winery	2pm
Wednesdays	pool comp	Bermagui Country Club	from 7.30pm
	Dru Yoga class	Cobargo School of Arts Hall	from 10.30am
1 st Wednesday	Bermagui Historical Society meeting	Bermagui Museum in community centre	2pm
	social bridge	Tilba Valley Winery	from 2pm
Thursdays	Mind Body Stillness Meditation	The Courtroom, Princes H'way Cobargo	10am-11am
Fridays	meat raffles	Cobargo Hotel	from 5pm
	CRABs raffles	Bermagui Beach Hotel	from 5pm
2 nd Fridays	Tilba CWA meetings	Small Hall Tilba	10am
3 rd Sundays	Cobargo/Quaama food swap	venues vary, phone Tam: 0409 882 944	10am-12 noon
last Sundays	Bermagui Red Cross Markets	Dickinsen Oval, Bermagui	9am-12noon
ART			
thru April	Exploring Book Illustration, John Gosch & Daniel Lafferty	Lazy Lizard Gallery, Cobargo	Mon-Fri 10am-4pm Sat till 1pm
till Sun 15 May	'Tableau' ceramics exhibit by Ros Auld	Narek Galleries, The Old Tanja Church 1140 Tathra-Bermagui Rd	Thurs-Sun 10am-5pm
till Sun 17 April	Wanda Ackerman, Tim Moorhead, Dianne Williams, Jenni Young Bourke exhibit	Ivy Hill Gallery, 1795 Bermagui Rd, Wapengo	Thurs-Sun 11am-5pm
Thurs 21 April- Sun 22 May	Kate Stevens & Olivia Bernardoff drinks with artists Sat 23		

Email your events with date, time and venue to contributions@thetriangle.org.au by the 22nd of the month