

# THE TRIANGLE

COMMUNITY NEWS

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BROGO QUAAMA COBARGO BERMAGUI TILBA & LOCALITIES

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## 'Nulla For Nardy' Ride

Nardy House is undertaking a major fundraising effort in order to landscape the area around its new permanent accommodation house. The house is a unique building specifically designed to meet the needs of people with profound physical disabilities. Six people with very high support needs will be accommodated. The house was built by the Nardy House Committee with money made available to the group by the Ryder Cheshire Foundation and contributions from the local community. The facility is due for opening in September.

Gail Drury, a Bermagui local, is riding a bike 860 kilometers across the Nullarbor, west to east, to raise money for the landscaping efforts. Gail will set off on this challenging ride on her seventieth birthday on 3rd August. Only a person with considerable stamina and determination would consider such a ride and Ms. Drury has both. She is a regular on the Bermagui cycling scene and is no newcomer to fund raising.

The first donation for the "Nulla for Nardy" ride has come from a Sydney supporter, Mr Richard Jones, Director of RMG Beer

Plumbing Pty Ltd.

Mr Jones is a contributor to the Charity Ride to raise funds for Nardy House. He is a keen follower of the Nardy House project and he is anxious to see it providing a service from its supported accommodation facility at Quaama.

Gail has raised considerable funds on behalf of charitable organisations by cycling and walking. Her solo efforts for the Australian Dyspraxia Association include walks from Launceston to Hobart (220km) and Canberra to Bermagui (230km). Recent cycling challenges include: the Fitz' challenge (90km), Mt Buffalo Challenge (100km) and the Amy Gillett Grand Fondo (120km).

Gail has cycled all her life and says, "If I can in some way help the great work that Nardy House does by just riding my bike then it's all good". Gail will be supported by driver Dave Bulman who will follow her across the Nullarbor.

Gail will visit schools in the local area in the coming weeks and the children will be able to map her progress on [www.nardyhouse.org.au](http://www.nardyhouse.org.au).



Gail Drury will ride across the Nullarbor to raise funds for Nardy House

Donations to the landscaping may be made on the website or posted to Nardy House, PO Box 387, Bega NSW 2550 or deposited in the Nardy House account at Westpac Bega. All donations over two dollars are tax deductible.

## Prize-winning author to speak at U3A event

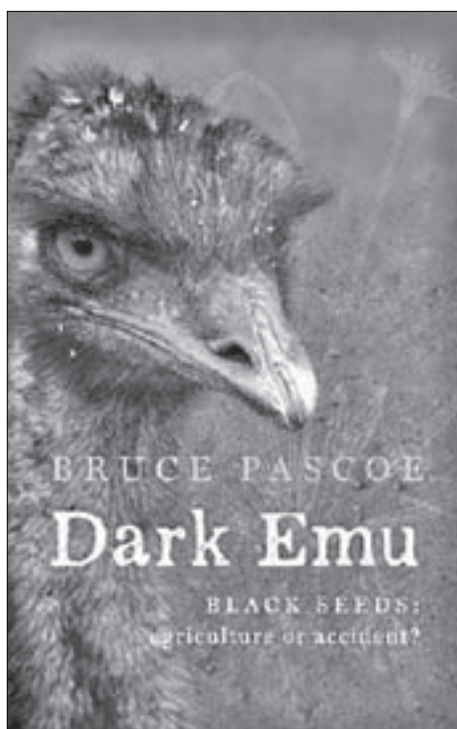
On Tuesday 2 September the award-winning indigenous author Bruce Pascoe will talk about his latest book, *Dark Emu; black seeds; agriculture or accident*. Bruce, a former history teacher from Mallacoota, would like to see his book change the way that history is taught in Australia. He argues, "The common perception of Indigenous Australians leading a 'hunter-gatherer' lifestyle before European settlement is ignoring strong evidence of sophisticated farming and agriculture practices."

Using the diaries of early explorers and many other well-documented sources Bruce makes a compelling case. He is an outstanding storyteller and will keep you entranced during lunch, which is at your own expense. There is a \$4 registration fee.

If you would like to join Bermagui & District U3A members at this special event, contact Dawn Hollins 0429 923 005 or email [courses@bermagui.u3anet.org.au](mailto:courses@bermagui.u3anet.org.au) before 30 August.

Candelo Books from Bega will have a range of Bruce's fiction and non-fiction titles for sale. The Bega Valley Regional Library has a copy of 'Dark Emu'. It's in demand, so put your name on the waiting list and prepare to have your beliefs challenged!

Dawn Hollins



Bruce Pascoe

Disaster and war have been dominating the news in July so perhaps it is even more important for us to concentrate on the power and strength of our local community. So many good things are happening here; mostly they are organised by volunteers, some are NFP Associations or cooperatives, others are more ad hoc groups. Sometimes more formal organisations are involved as with the Bermagui Chamber of Commerce and the proposed ReBoot Bermagui weekend in September.

ReBoot Bermagui is an event that is designed both for locals and for visitors. It will include a 5km and an 8km fun run, a 350m ocean swim, a big healthy Sunday breakfast (that sounds pretty good), a beachside health

clinic, an early morning boot camp, yoga, tai chi, zumba and more. If that all sounds too much there is also bird watching and whale watching walks, surfing and kayaking. Quite a program.

In Eurobodalla there is a new petition doing the rounds. This one is calling for the NBN to revise its proposal for 40m (yes 40 metre) NBN wireless internet mono-pole tower currently intended to be erected within the protected heritage Landscape Conservation area of Central Tilba. It is hard to understand how the proposal got this far and one has to wonder at the value of a heritage or conservation designation when it can be ignored so easily.

One Bermagui event that you may have missed in July was arranged by U3A (University

of the Third Age). It was a very special lunch for local treasure Aboriginal Elder Lou Davis. He told his story with humour and strength, speaking of his childhood, his schooling and his successes. Without any anger or resentment he told of the discrimination that faced him from time to time. He told us of his childhood growing up in a home with no running water and an earthen floor, but essentially a happy time. He told us of his business experiences setting up a graphic design studio and later an agency to place Aboriginal actors. Lou Davis showed himself to be a person who moved easily between two cultures and succeeded in both. It was a delight and a privilege to hear him tell his story.

## Letters to the editors

### Towers or trees?

Dear Editor,

The National Broadband (NBN Co) have a proposed plan to erect a 40 metre high wireless internet mono-pole tower with associated infrastructure WITHIN the Tilba Landscape Conservation Area on a prominent hilltop which abuts Gulaga Mountain National Park. The location is on a property on the Tilba-Punkalla Road just out of Central Tilba, adjacent to the spectacular Seamark granite foothill landmark, forming the eastern slope of the mountain.

This valley is one of breathtaking beauty - its identified significance the very reason for its inclusion in the TLCA. (We can understand why Lifestyle Channel chose this setting for their "River Cottage" filming series right in this area!) The view of the tower from the cottage would be very evident as would be the northern horizon views of the site from Central Tilba and surrounding rural vistas.

We are not averse to the provision of NBN Co services at all, we are just asking them to please consider an alternative and appropriate site in our area. They have told us they will be lodging a DA with Council in the near future and that a community meeting will also be held.

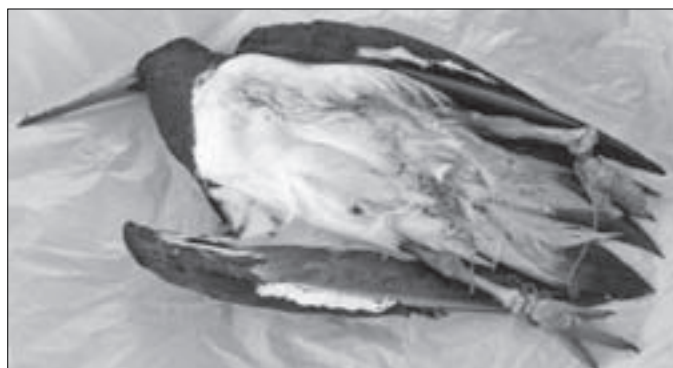
I speak for a group of five very concerned neighbours (Keith, Barbara, Lyndall, Jason and Kylie) - we live just 75, 90 and 200 metres from the proposed site. Far too close! Our properties would be 'umbrellered' by this structure. We all feel very strongly that there has been a lack of careful and sensitive consideration of the longstanding conservation and heritage values in this area as set out in ESC's 'Tilba Villages and Conservation Area Development Control Plan 2012'.

We are very encouraged by the support from many people who have signed our petitions in Central Tilba and at change.org (comments on the latter petition have enabled locals and the much wider community to really have their say in protecting Tilba's unique visual heritage). We have almost 200 signatures to date and thank people for becoming involved.

If you are interested in further information and photographs relating to this, you can find us on the following Facebook pages: Central Tilba NBN Tower Action Group and also Passionfish Candles Facebook. Email: infotilbatower@internode.on.net.

Kind regards,

Barbara Kerslake  
Central Tilba



Discarded fishing line kills wildlife too

### Take care - for the birds too

I would like to thank Mark Thornton for his heartfelt plea asking anglers to take their dangerous rubbish with them when they've finished fishing. Mark pointed out what horrible experiences his dog Bertie had by swallowing fishing hooks that had been carelessly left behind by anglers.

As a member of WIRES, I was already aware of the awful damage that fishing hooks and fishing lines cause to animals. Many pelicans have had to have fishing hooks removed from their eyelids and beaks. Other animals entwined in discarded line eventually die from the wounds.

Attached is a photo of a Pied Oyster Catcher that died from fishing line becoming tightly wrapped around its legs. There are large numbers of seabirds and ocean life that come to terrible grief because of this thoughtlessness.

I wish I knew the answer to this problem. But for now, I always take a bag with me when I walk on the beach and collect any dangerous litter that I come across. Please cut fishing line into small pieces before disposing so that foraging birds at the tip don't become entwined.

Lois Katz  
WIRES Member  
Tathra

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# Letters to the editors

(continued)

## Courage

Hello,

My name is Debbie Itagbo nee Carley. My parents have lived in Yowrie for the past 11 years or so. My father, Denis George Carley, born 24.06.1935, passed 03.07.2014, was diagnosed with Motor Neurone Disease on the 24th February 2013 and given 18 months to live.

My mother Patricia Carley and myself nursed dad at home, as he wanted to pass in his own home with us and not in a hospital. Motor Neurone Disease is the most cruellest disease we have in our world, with absolutely zero cure and not even knowing what causes it, it is simply a death sentence to anyone diagnosed.

My father was the strongest man I know and we think he was suffering for years without saying a word. He and my mum had a wonderful life and I guess he was lucky to reach the age of 77 before being diagnosed, as mostly it is young people as young as 29.

I have worked as a carer in Aged Care, then moved into disabilities at Nardy House in 2008. I had nursed two women in my 16 years as a carer with Motor Neurone Disease or MND as it's known, so was fully aware of what suffering my dad would go through. I guess it was lucky they had me here with my experience to help mum and dad through this sad devastating time. And I'm so proud of them both, as we all went through hell.

Dad had his 79th birthday on the 24.06.2014 and I thought by the 26.06.2014 he was so close to going. So I told him of his

weekend birthday surprise of his son Gary, wife Nascia, his adult granddaughter Rhiannon and adult grandson Luke, his partner Jayme and my parents great grandchildren Bryce, Hunter, Bentley and another boy on the way all coming down from Sydney to surprise him for his birthday.

Also my son Clay who my dad was more of his father than grandfather and his partner Tegan, expecting their first child, also a boy, were coming as well. His face lit up and he pulled himself together for his last weekend with his whole family together, for the first time in years. He enjoyed his weekend immensely knowing it would be his last.

He loved us all so so much and helped us to be the people we all are today, he loved to teach us all about anything and everything. Sadly once everyone left late Sunday night, he went down quickly. He just couldn't take any more suffering, he was exhausted as he fought right to the very end. We organised local nurses to come on the Wednesday 02.07.2014 to insert a Syringe Driver which helps palliative care people to be a little free of pain and ease the anxiety of not being able to breathe, swallow, hardly talk or walk anymore!

I rang my brother Gary and son Clay and said they should come back ASAP as I thought dad would not last much more than 24 hours. We all spent Wednesday 02.07.2014 laughing and loving each other. But he could hold on no longer passing away on the 03.07.2014 in the arms of my mum and myself, at home just the way he wanted...

What I would like is to put a small thank you to some important people who helped mum and I through this tragic devastating time and we couldn't have done it without them. I hope this is possible please?

Firstly mum, myself and family would like to send our love and gratitude to Dr Nghia Tran who was there for us the whole time, whenever we needed him at Cobargo Doctors. We couldn't have asked for a better Doctor to see us through this tough time and for supplying a box of tissues each time the three of us were in his office...

And also send much love and thanks to Vu and Nhu Nguyen at Cobargo chemist for all their help and support.

Janice and Bill Sweeney, Irene and Ken Redman also for their love, help, support and friendship to my mum and dad. My parents and I think the world of you all and appreciate you all so much.

And also Kerryn Dunlop of Cobargo Undertakings for all her help, being our celebrant and supporting and guiding us through dad's beautiful and memorable service on the 11.07.2014.

So many friends and family, some travelling a very long way, turned out for dad's day, we thank you all from the bottom of our hearts.

Patricia, Debbie  
and the Carley family.

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### Letters to the editor

Letters should be no more than 150 words. All letters must be accompanied by the writer's full name and give both business and home phone numbers so letters can be verified. Name and address may be withheld if the writer prefers.

All communications should be forwarded to:

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*The Triangle* is a community newspaper. Its aim is to provide information and news to the people in The Triangle area. The committee is made up of volunteers who donate their time and expertise for the benefit of our readers. *The Triangle* is financially self sufficient through income generated through our advertisers. This is a tight budget and prompt payment of accounts is appreciated. The Triangle is published every month except January and has a circulation of 1800.

## Thumbs Up

... to generous *Triangle* readers who boosted the takings in our donations tins by 50% last month, after our little plea in the July issue, and especially...



... to the two wonderful people who each anonymously donated \$50 to *The Triangle* and to the person who donated \$20. You keep us going!

... to the more than 200 signatories on petitions on change.org and in Tilba, influencing the protection of the longstanding conservation and heritage values of the Tilba Landscape Conservation Area.

## Thumbs Down

...to people who criticise volunteers when they themselves sit back and contribute little else. What do you want - for nothing?



It was sad that the QPA had to cancel the Fireside Fair on 19 July, due to the small number of stall bookings. But as I write this – on 19 July – I look out the window and wonder how many people would have braved the weather to attend, anyway. It's cold and windy, with the sun only making the occasional cameo appearance.

The bigger question is, though, what is the future for Quaama fairs? I've loved those quirky little village events, with their cooking competitions and local market stalls, with our Quaama identities getting up on the verandah to spruik their wares or their opinions, or to push a good cause, or to play a little music. And I've loved buying a mixed plate of tasty morsels to sit with neighbours in the Supper Room at lunchtime.

The QPA is quite clear that its role is to initiate these ideas, then hand them on (like the Tennis Club, which has been taken on with gusto by a group of locals, see next page). It's not the role of the QPA to run things. Well, not forever. So, as has been said before on these pages, if the community wants fairs (and by the turnout at the last nine events, you do) then put your hand up and get involved. There's more on that from Veronica Abbott, QPA President, on the next page.

The Quaama/Cobargo Food Swap this month is at Fiona and Michael's place – 281 Field Bucketts Road, Quaama, 9am to 12pm on

Sunday 17 August. Even in winter there's often an excess of produce, so even if you only have a few lemons or a cabbage to spare, you'll be welcome. And take a plate to share.

The inaugural Quaama Secondhand Sunday took place on 29 June. We had some stuff to put out but there didn't seem to be anything happening in our street at 9am so we thought it was a fizzer and got on with our Sunday. But how wrong we were! It turns out that seven households got together in the park, and there were piles of stuff in other streets. Lots of stuff got taken away – a bonus for the collectors and a saving at the tip for those offloading.

So the plan is to have another one on Sunday 7 September, 9am-12pm. Again, put out anything you don't want, in front of your house on the street, by 9am. Hillbillies (or out-of-towners, if you prefer) can set up in the park. There'll be a sausage sizzle in the park (with veggie alternatives) for a gold coin donation, or BYO BBQ treats. And for those Cobargo people wondering, yes you're welcome! Anyone, in fact, who's willing to travel. Just be aware that you have to take anything home that's not snaffled.

The Quaama Can't Sing Choir, under the leadership of Di Manning, goes from strength to strength. We've been invited to sing at the Frayed Edges' next exhibition opening on

Saturday 2 August (yes, it'll probably be over by the time you read this but that's OK, it's our first outing and a large crowd would terrify us).

If anyone still wants to join the choir, you're welcome. Even if you can sing. We meet 4.00-5.30pm Tuesdays at the Quaama Hall. It's loads of fun.

Bhavita tells me that Ecstatic Dance continues to rock, every second Friday at the Hall, 6 to 7.15pm. They play great dance music and participants are invited to put their own mixes together if they want to. The group has even bought a mixing desk. This month the dates are 1, 15 and 29 August.

It was great to drive past the tennis courts on Sunday 6 July and see lots of cars, and people hard at work clearing so the resurfacing can start. More from Beck Grenfell on these pages. And the Club held its first AGM on 22nd July at the Hall – we'll have a report on that next month.

The QPA will hold its Annual General Meeting on Monday 11 August, 6pm sharp at the Hall. Bring a plate to share. There'll be a very quick meeting then a group discussion about what next for Quaama. All positions on committee will be declared vacant - nomination forms are available on our website, [www.quaama.org.au](http://www.quaama.org.au).

## Full moon celebration takes the chill off Quaama Hall

On the night of 12 July I drove from Beauty Point to Quaama to experience another promising Full Moon Celebration at our beloved quaint little Quaama Hall. The Full Moon rose as I was driving: big, powerful and of exquisite beauty. The air was crisp...the beginning of a very cold winter's night...one where many people would prefer to stay home around the fire enjoying a hot drink and a good book or movie.

We set up the chilly hall, bringing in warmth with candles, music, colourful decorations and loving intentions. People arrived slowly. There might not be many on such a night, we mused... Little did we know. We started with an opening circle of about 25 and people still kept pouring in. It was a

beautiful sight to see so many dance enthusiasts braving the cold with their colourful scarves, hats and jumpers.

Catherine opened the circle with a reminder of this Full Moon's Celebration being devoted to all the influential teachers in our lives ranging from parents, caregivers, teachers to the Masters of all Masters, Gurus and Buddhas. Then we hit the dance floor moving freely to Ruth's awesome mix of African and Celtic rhythms, merging into songs invoking much needed rain and reaching its creative peak with a dynamic classical piece that invoked an endless array of playfulness. Amongst the big children we had a few little ones keeping warm in their dragon skins watching us in awe. The dance concluded with a stillness invoking

piece and everyone being quiet and nourished by the experience.

Afterwards we enjoyed a shared community dinner in the downstairs kitchen area with wonderful home cooked goodies and warming mulled wine. An open door led to a blazing fire around which connections were formed, "long time no see" relations reinvigorated and a general pleasure of hanging out together under an open sky was apparent.

I drove home enlivened by human connection, freed up mind, body and spirit through dancing with kindred spirits and a sense of belonging. What more could I possibly want?

You are warmly invited to be part of our next gathering on Monday 11 August at 6pm.

*Monica Gohlich*

## Reclaim the Riverbank

Stop Press! We've got some money.

Readers may recall that Chris Post and I put in a submission to Council for some funding towards our Reclaim the Riverbank Project. Well, they have come through with the money, or at least approved the grant, so finally we can make a start on slashing weeds and doing a bit of planting in the area next to the rest stop by the bridge. As yet there is no news on the application for funding from the State Government.

All those generous people who signed up to show their interest in the project are invited to attend a meeting on Saturday 16 August at 10.00 am at the Quaama SoA Hall, when we will make a plan of action and set some dates for getting started.

Bring your ideas, your friends and enthusiasm and we'll see what we can do. It's not too late to get involved, the more people we have the easier the job becomes. For more information contact Chris Post 0411 594 092 or email to [dryriverlandcare@gmail.com](mailto:dryriverlandcare@gmail.com).

*Rose Chaffey*



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## No Fireside Fair This Year – What's to Come?

The Quaama Progress Association has hosted nine great seasonal events at the wonderful School of Arts Hall over the last three years. The first was the Restoration Celebration in 2011 – a well-earned knees-up to celebrate the restumping of, and new roof for, the Hall. From this great event came the idea for similar regular happenings and we've since had so much fun hosting eight very successful and community-oriented Fairs.

But this time the interest waned and bookings for the Fireside Fair were way down. We didn't want to put on a mediocre event that diminished the delightful spirit of what has gone before, so we cancelled the Quaama Fireside Fair advertised for 19 July.

We have also decided that the Fairs need new community ownership so that they continue to be a celebration of all that is creative, interesting, sustaining and unique about our little village and surrounds.

With this in mind, the QPA is more than happy to provide an umbrella of support and structure (insurance, approved DA etc) for any other community group, organisation, association, charity or collection of friends who wish to host a Fair and take advantage of a terrific fundraising/awareness/promotional opportunity.

If this sounds like you, please let the QPA know and we'll work together to make it happen.

While it may seem like the QPA has lost some energy for the Fairs, this isn't the case. The key players in the QPA are a very small group and we see our role as initiators and incubators of great ideas rather than the "continuers". With the Fairs in the good hands of another keen group of doers, we can move onto new projects which we will develop, see into reality and



A masterclass in Flamenco at the Quaama Spring Fair, 2013.

then hand on to others who can be passionate about that one special thing. And then we can do it all again!

This is how the Quaama Tennis Club started – now an incorporated body in their own right – and how the Secondhand Sunday events got under way (the next one is already scheduled).

Current projects include establishing a regular cycle of Pot Luck Dinners with guest speakers and relevant topics, and starting a regular drop-in "Repair Café" to help people keep their household items in use longer and learn some maintenance skills of their own along the way. And of course the New Year's Eve Party!

I want to thank everyone who has given their time, energy and community spirit

to ensuring the Fairs have been the best community event possible and look forward to enjoying them again in the future. And to those people who had already committed to being part of the Fireside Fair, thanks for wanting to be there and my regrets that we didn't share your spirit this time.

If you have any thoughts on the Fairs, have an interest in taking them over, or would like to suggest other projects the QPA can kick-start, please let me or another QPA member know, or let us know how we can help you make them real.

You're welcome to come to the AGM on Monday 11 August, 6pm at the Hall, where, after a very quick meeting, we'll be talking about happenings in Quaama in the next twelve months. Bring your ideas, and a plate to share.

*Veronica Abbott*  
President

*Quaama Progress Association*

## Tennis court restoration under way



Brodie and Kya Rixon supervise their dad freeing wire from a post at the Tennis Club working bee in July.

The Quaama Tennis Club had a small working bee with just our QTC committee members on Sunday 6 July. We pulled down all the old wire and rolled it up so we can re-use it for our new fence. Luckily it was still in pretty good condition.

Thanks to Brett Horne and his tractor, we made light work of knocking down the old, rotten posts that need replacing. We also started clearing some of the how-many-years' worth of leaf litter that has gathered on the surface, so it's nearly ready for the bobcat to come in and hopefully restore the old antbed base.

Finally, the paperwork phase is done and we can start the physical restoration process. And eventually get on the court and play a good old game of tennis! I can't wait...

We'll be holding another working bee/ sausage sizzle at the site in the near future and we'll advertise it, so we can hopefully get more of the community involved.

*Becky Grenfell*  
President  
*Quaama Tennis Club*

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## Cobargo Conversations

Chilly, chilly, chilly. Brrr, brrr, brrr. The winter solstice has passed, days are lengthening and winter has finally arrived. Smoking chimneys, red noses, hammers pounding with activity, steamy breaths, chainsaws screeching, happy faces and lots of activity seems to be the go for Cobargo.

A wonderful night was had at Cobargo School's recent Fireworks Spectacular. Squeals of delight filled the air as barbecues smoked a sensation to the nostrils and strains of music melted away the working week. A little after 7.30pm the first explosion of light and sound erupted, transforming into a delightful array of squealing spinners and popping colours. I have no doubt that, as always, this delight was the culmination of many hours of planning and preparation by parents, teachers and students. We have no update from the school as to the financial success of this wonderful annual fundraiser but trust that it was a worthwhile event.

July's Cobargo/Quaama Food Swap was a wonderful event hosted by Tim and Thea in Barlows Road. Thankfully the nasty weather cleared in time and participants were abundant and delighted by Thea's wonderful cooking and Tim and Thea's hospitality. August's food swap will be held on Sunday 17 August between 10am and noon at Fiona and Michael's place – 281 Field Bucketts Road, Quaama. If you're planning to go, take note not to go down Field Bucketts EXT Rd. It's the wrong way! There will be a small sign up on the day to help guide people to the right place.

There's so much happening in Cobargo at the moment!

If you're interested in exploring how meditation can bring benefits to your life, there is a new session beginning on Thursday mornings at 10.00am, at the Courtroom, 36 Princes Highway, Cobargo. During a meditation class of one hour, the principles of Mind Body Stillness Meditation are explored and practised.

There's a new group in town, headed by



Cobargo CWA packing 'Mother and Baby Packs' to go to the highlands of Papua New Guinea.

Mel Britten, called Cobargo Undertakings. Along with Beth Dogan, Lorraine James and Kerryn Dunlop, they assist people when loved ones are lost, giving advice, offering sympathy, direction if needed, or by helping facilitate the whole funeral process. Their website, [www.cobargoundertakings.com](http://www.cobargoundertakings.com), may be able to offer people the information needed to make informed decisions on how to proceed without the costly services of a funeral director.

There is a new Seed Savers group, working towards building our food security by building a secure bank of heritage seeds in Cobargo. They got off to a flying start in June and have just had their second gathering, held at Cobargo's 'Courtroom' just last week. If you're interested in joining this group, contact Mog by emailing [mogbremner@mogajon.com.au](mailto:mogbremner@mogajon.com.au) or Ruta, [sweethomecobargo@gmail.com](mailto:sweethomecobargo@gmail.com). Learn about unusual vegetables (daikon, orach), gain new skills (winnowing seed on a windy morning which is no easy thing!), meet old friends and newcomers to the area and enjoy

fine coffee and cake. An all-round enjoyable morning.

It's wonderful to see people making good use of the new Cobargo Community Mail List. In its short life it has been used to communicate a myriad of local events and happenings. It has also helped people to connect in order to source the items, assistance and information that they might need from the local community egg where to find snails, lost stock etc. To find out more about the mail list or to join go to [www.cobargocommunity.wordpress.com](http://www.cobargocommunity.wordpress.com). Be in the communication loop – join Cobargo Community Mail List. It includes the surrounding areas.

Some of us have no doubt heard that Cobargo CWA scored two seconds at the recent State Cookery Competition at Griffith. Debbie Fisher achieved a second with her delicious Gluten-Free Slice and Sally Halupka with her delicious Sultana Cake. Congratulations to them both. To rate a second in this competition means you have



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achieved success amongst the best! The Far South Coast Group of the CWA came first in the State overall in the Cooking Competition, achieving the most points against 30 other Groups across the State. They also came first in the Handicraft Competition against all of the other Groups. This year the Group is known as the Champion Group!

Another great achievement for Cobargo CWA was packing 25 Mother and Baby Packs to send to the highland mothers in Papua New Guinea. The CWA would like to thank all those in the community who donated either goods or money to help them achieve this tremendous result. They also held a successful cake stall at the Cobargo Co-op Open Day. The CWA thanks the Co-op for giving them this opportunity. It's exciting to know that when you buy a slice or cake from the CWA it could well be from one of their award-winning cooks!

The CWA always welcomes new

members. If you'd like to join, please contact Mary on 6493 6167 or simply go along to the cottage at 10.30 am on the second Tuesday of the month. Share a cup of tea and see what the CWA does. Everyone is also welcome to attend the Craft Afternoons following the meeting. You don't have to be a member! And you don't need to be an expert – learners are most welcome!

Three members of Cobargo CWA recently attended the CWA State Conference at Griffith. The whole city turned out to welcome them, it seemed. A local farmer even arrived at the venue (the Showground) with a trailer full of oranges and invited them to help themselves! The oranges were delicious as were the foods that were prepared for them at the Food Court where all kinds of delicious foods, including smoked goods and, of course, orange juice, were sampled. And, needless to say, given that Griffith is such a wonderful wine growing region, a glass of wine (or two) was on offer

with lunch. A wonderful place to visit for a food and wine experience.

At the gathering, some serious debates were dealt with. CWA members from across NSW voted unanimously to call for a ban on the breeding, rescuing and rehoming of foxes for pets. Members heard that not only was NSW the only state in Australia where foxes have not been declared a feral species, but that fox rescue organisations have now been established in NSW and are rescuing adult foxes and their young and encouraging the public to 'adopt a fox' as a pet. We hope that, with the CWA lobbying the government, this may change!

And finally, our hearts go out to the Gosh family; Gabby, Astrid, John and Ted for the recent loss of their father. Larry Gosh was a well-known local drummer, artist, antique collector and main street proprietor. We send our love and condolences to those bereaved by this sad loss.

## Demystifying Death and Dying Weekend Update

A quick update on the 'Demystifying Death & Dying Life Event' raffle: Ian Campbell will have announced the winners on ABC Radio Tuesday 29 July – good luck everyone! Thanks again for the generous prize donations by Batemans Bay Manor, Art on Hart, Tanwarra Lodge, Beth Dogan & Lorraine James, Bangles Gallery, and Life's Little Pleasures. With the funds raised from the raffle and a generous donation by a beautiful person who came to the weekend events we have now raised enough funds to purchase the cool plate – I'll keep you updated with this. I'm very grateful for the ongoing support and guidance by Jenny Briscoe-Hough (Tender Funerals) and The Natural Death Care Centre.

Special thanks to John Whyman Funerals who made Beth and Lorraine's vision for the Macabre Board Box Exhibition possible with his generous donation of all of the cardboard coffins. Great concept, ladies – it's still got the community talking! Call John or Melissa

Whyman for information about how to purchase any cardboard coffins. Thanks also to Shanna Provost for her wisdom and creative guidance with running the coffin decorating workshop – I'll keep you posted about any future workshops she might run.

The whole event was hosted by U3A Bermagui and District, who offer up endless opportunities for learning.

The Demystifying Death & Dying Life Event and whole 'Eat Think Create' Cobargo weekend was a fabulous experience for the town and visitors – a great example of how coming together as a community, collectively sharing our skills, energy and creative ideas can have a big impact. Heartfelt thanks to all of the stall holders and guest speakers (Jenny Briscoe-Hough, Shanna Provost, Steve Ross, Leanne Lucas and Julie Roberts).

I feel blessed to be a part of such a fabulous community

Debra Summer

## CWA Cobargo asks for help

As part of our ongoing aim to help mothers and babies in the Highlands of Papua New Guinea we hope to collect enough material to send another 25 mother and baby packs. We require some very basic items and we are seeking the help of our local community with confidence as you have always helped in the past.

These packs are given to the mothers of newborn children, who often go home with their babies wrapped in rags and with minimum (if any) supplies of items we consider normal requirements for a new baby and mother.

We are short of cloth nappies (disposable nappies are not appropriate), towels and baby rugs. Used items are fine as long as they are in good condition. If you could check your cupboards, etc. we can assure you that these items will be put to good use. If you can help please email [cwa.cobargo@gmail.com](mailto:cwa.cobargo@gmail.com) or phone Mary Williams on 6493 6167 so we can arrange collection. If you would like to find out more about the Mother and Baby packs do not hesitate to contact us.

When all the packs are ready we send them to CWA Head Office in Sydney to await the next transport to Papua New Guinea.

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## Well Done, Well Thumbed



**Chris Haynes (left) from Well Thumbed Books presenting the cheque to Isobel Blackthorn from Rural Australians for Refugees.**

During the first ETC (Eat, Think, Create) weekend held in Cobargo in June, Well Thumbed Books decided to use refugees and their plight in Australia as a theme.

As well as having books by, and about, refugees for sale in the shop, Well Thumbed offered food from several source countries to taste, including Afghanistan and Ethiopia.

Donations received on the day enabled the bookshop to give Rural Australians for Refugees a cheque for \$500.

Once again the local community has generously supported a worthy cause. We are all looking forward to next year's event.

*Louise Brown*

## Out of death comes life

Cobargo Undertakings was born 8 June, 2014. Donations for its not-for-profit services currently go towards plantings for the proposed Memorial Gardens in Cobargo and eco-coffins to have on hand for families to decorate.

Melissa Britton heads the group. Melissa has been working with council who are in the process of planning a Memorial Garden for the committal, internment (placement) or sprinkling of ashes. Donations for Cobargo Undertakings' services will also help raise money to buy affordable eco coffins and wooden teak coffins to have on hand in case families wish to decorate the coffin before the service. At this stage some Funeral Directors are willing to release a plain box coffin for decoration at a reasonable price when ordering their package.

Cobargo Undertakings' plan proves that funerals don't have to be expensive. The group can assist you and offer you the opportunity to create a respectful funeral for your loved one and give you the guidance and the tools to design a loving, thoughtful, meaningful funeral, coffin and service for you and your loved one.

Kerryn said, "We are all slaves of the clock and time, but in that first moment where we hear that our loved one has died, all sense of time is lost. You are left with huge decisions of what to do next. Cobargo Undertakings is now available to advise you on how to proceed, and to assist where needed."

The Macabre Board Box display, originally conceived by Lorraine James and Beth Dogan, was held on the June long weekend and now has a new home in the main street



for those who would like to see some artistic ideas of what a family could do to their loved one's coffin.

Cobargo Undertakings' new website is [www.cobargoundertakings.com.au](http://www.cobargoundertakings.com.au).

Cobargo Undertakings is not a funeral director. The group merely assists people, gives advice, offers sympathy and direction if needed, or helps facilitate the whole process. Its website may be able to offer people the information they need to make an informed decision on

how to proceed. In this instance, and using the advice offered, the family becomes the funeral director. When using the services of Cobargo Undertakings, the family can use a funeral director for removal of the body and transport to the graveside or crematorium. Cobargo Undertakings can do the funeral or memorial service for you to keep costs down, or you can use the services offered by your selected funeral director or celebrant.

Cobargo Undertakings has a valuable portfolio of information, advice and resources at hand to help with your planning. It has a list of contacts for suitable venues and catering options within the local community along with floral arrangements, music and service options (religious, non-religious etc).

Contact the team for further details. Lorraine James: 0459 022 368, Beth Dogan: 0428 696 623, Melissa Britton: 0401 671 412, Kerryn Dunlop: 0418 761 034. Or go to [www.cobargoundertakings.com.au](http://www.cobargoundertakings.com.au) for more information.

*Kerryn Dunlop*

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## Budding bakers at Cobargo Preschool



Pre-Schoolers at the bakery

The Cobargo preschool had an eventful month with a visit to the local bakery and a tour of the Cobargo farm.

The kids helped to make apple pie and put chocolate icing and sprinkles on cupcakes – and they got to taste the results of their work! Thanks to Stewart and Sharon at the bakery, we might have some budding bakers in the making.

The Cobargo farm was reportedly great fun. Thanks to Janet and the team the kids got to learn about food growing. What an important skill! Carrots grow in the ground, lemons grow on trees, and pork grows in... well... pigs!

Term 4 begins on Tuesday 7 October, but we are happy to take new enrolments throughout the year. A visit is welcome any time, and all are welcome at our official open day to meet the teachers on Wednesday 20 August from 9am to 11.30am. The Cobargo preschool phone number is 6493 6660.

*Helen Howie*

## Party like it's 1959 at Cobargo Hotel this month

The Hoops, one of Australia's best 1950s tribute bands, will be performing at Cobargo Hotel on Saturday, 9 August, at 7.30pm. The band is well known for its explosive live shows and faithfully recreated songs by such all-time favourites as Buddy Holly, Bo Diddley, Ritchie Valens, Eddie Cochran, Elvis Presley, Jerry Lee Lewis, Little Richard, Gene Vincent, Chuck Berry and more.

All four members of The Hoops (Jamie Forbes – lead vocals, rhythm guitar; Pete White – drums; Syd Brassington – bass, vocals; Lyndon Lewis – lead guitar, vocals) have had many years of professional musical experience and offer an electrifying night of nostalgia that will fill the dance floor and knock your bobby sox off. The last time they played in Cobargo outside the Lazy Lizard Gallery at the opening of The Bra Show, 150 people were dancing in the street!

Grease up your pompadours, groove on

over to the Cobargo Pub on the ninth and let's party like it's 1959!

*Julie Steele*



The Hoops – in Cobargo on 9 August

## Meditation class in Cobargo

For many years I've meditated and explored different approaches to the practice. My current focus is Mind Body Stillness Meditation (MBSM), developed by Ian Gawler and Paul Bedson to assist people facing intense health crises and others who are interested in exploring healthy self-care options. Like many meditation practices available today, MBSM has its roots in the Buddhist techniques of mindfulness.

I find meditation something of a paradox. Somehow, by taking time to relax my body, sense the motion of breathing in and out, observing thoughts coming, going without judgment or criticism, my life expands. There's more room to be myself, to be present to the people, animals and nature that surround me and to find creative solutions to events that occur throughout life.

If you are interested in exploring how meditation can bring benefits to your life, join me on Thursday mornings, 10.00am, at the Courtroom, 36 Princes Highway, Cobargo. During a meditation class of one hour, the principles of MBSM are explored and practised.

My working and creative life includes experience and qualification as a counsellor, community educator and art and craft practitioner. To find out more and register your interest, please contact me by phone or email to attend a session. The cost is \$5.00 or gold coin donation. Enquiries phone Lenore Thompson 0412 793 174, email: [lenore@skymesh.com.au](mailto:lenore@skymesh.com.au)

*Lenore Thompson*



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# Bermagui Banter

Paul Payten

Not a lot happened this month in Bermi... or at least, not that I saw. That is how some might see it. In fact, the usual hustle and bustle of village life happened and yet, more quietly because it is winter, of course.

There was no festival or sporting event of note; no fireworks or street parades; little or no crush at the Foodworks and cafes... Yet the hum of Bermi life was audible if one stopped and listened. This is our quiet little community in down season.

## Country Club

Did you know that about the third Sunday of each month there is a Monster Raffle? Tickets on sale at 1pm and the draw starts at 3pm – over \$1000 worth of meat trays, seafood trays and fruit & veg boxes to be won. Live entertainment kicks off with the draw. Wait, there's more... A members' raffle for \$200 is drawn at 4pm that day, too. Check [www.bermaguicountryclub.com.au](http://www.bermaguicountryclub.com.au) for more details of this and other club activities.

## The Homeless



Homeless mother and children

Have you ever been without a base to call home? Anyone you know been in that situation? Even in small towns and villages there is a floating population which are called homeless.

In cities across the world there are armies of such disconnected inhabitants, as that is what they are: disconnected from the society's norms of having a fixed abode. They feel alienated or discriminated against. This sad condition is spreading and it is not dependent on gender, age, health or any other human characteristic. According to research and those working with them on the ground, it can become someone's lot overnight.

Yes, we see dishevelled and unclean street dwellers in the big smoke, usually men, who hold out a cup or hat or have a cardboard sign asking for money. We often assume these represent the entire homeless type and number, yet, not so.

From whole families living in cars or unofficial squats, singles using the couch or floor of a friend, to teenage and younger girls and boys seeking shelter and security on the streets: the shape and situation of homeless people vary dramatically.

Youth make up the largest proportion, as they find their way to independence, plus veterans, mentally ill and the financially desperate feature too.

How is it we have so many disaffected and abandoned in our wealthy and well run country? A series of short films were recently made about this challenging question and are available on [www.screenmyshorts.com](http://www.screenmyshorts.com). They were entries in a global competition, called Project Homeless, designed to give this subject an airing and reveal different perspectives.

The diversity of causes and experiences portrayed in these films is amazing and scary, though they are real and sometimes unavoidable.

I am told that in our own Bega Valley there is an increasing number of homeless who the council and support groups are aware of, so this is being lived out on our doorstep. Maybe we can do something to prevent it. Experienced social workers believe it is about communities supporting those at risk in any way and by accepting their differences or appreciating



Floating factory for tuna

that misfortune can affect anyone. Contact Auswide Reconnect on 6492 3944 to help our youth.

## Another art form of value

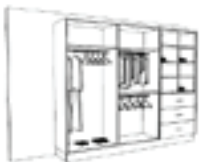
Dan Scollay brings us the 2014 Afro/Gospel Project: A weekend singing workshop and performance, where we can learn African and Gospel Songs and perform them with a funky band. Held at the Mumbulla School Hall in Bega, on 23-24 August, workshops run from 9.30am to 3.30pm Saturday and from 10 am to 3.30 pm Sunday. The workshop fee is \$80 and concert entry fee is \$10 at the door.



Aimee at H<sub>2</sub>O

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# Bermagui Banter

Morning tea and hot vegetarian lunch for both days are optional for an extra \$25. The funky band includes Jess Green – guitar/vocals; Pete Wild – keyboards; Robyn Martin – bass/vocals; and Dave Hewitt – drums. To register, call 6493 5027 or go to [www.danscollay.com.au](http://www.danscollay.com.au). This event is happily supported by the Mumbulla Foundation.

Did you know that music is an ancient healing tool? Vibrations of differing frequency and strength, created by instruments and voice, align with the vibrations within our organs and parts of our body, bringing ease to heal and refresh us. These days it is being recognised as such again, with remarkable results.

There is nothing like singing with a group of people to get the blood flowing and spirits rising, in no time at all. Highly recommended by the writer and many others. Come join our choir.

## What does this do?

As a seaport, we are unique in our Triangle, which means ships come and go here. To be correct, I need to say yachts, boats and the occasional small vessel, no actual ships.

Right now, a rather large vessel, for us, is in port and it had me guessing as to its purpose. So, I went exploring – see pic. My research revealed that it is a tuna long-line fishing boat, which happens to look like a floating factory block: basically, an angular, practical and impersonal box of aluminium, which prowls the sea for its catch.

It is purpose-built and effective at its job and looks the part. Looks quite comfy for its crew and skipper though, who I bet work rather hard, keeping the owner happy and up to quota. Modern technology!

## Take to the water

This may seem a strange suggestion given where we live and its tradition, yet, the suggestion has a special meaning now. We are lucky to have a new facility in town, called H<sub>2</sub>O, that enables our community members to focus on how they purposely take theirs for building a healthier lifestyle.

Yes, we can swim, paddle board or surf and many do. However, professional guidance is now at hand to provide a fun, energetic and vibrant space for people of all shapes and sizes, ages and backgrounds.

H<sub>2</sub>O has a welcoming, friendly team of professionals who help people achieve their goals – whether it's weight loss, to stretch and/or build muscle or increase fitness levels.

Choose from a range of group fitness classes using stationary bikes, hand held weights, circuit based training and more gentle stretch classes. They offer group fitness options six days a week. Also available is a range of equipment for people to work on independently, and in their own time.

Drop into H<sub>2</sub>O and chat with Aimee about your individual needs – call 0450 800 795 or visit [www.h2ofitstudio.com](http://www.h2ofitstudio.com).

## Seaside Fair Shares



**Back L to R:** Greg McLaren, Bermagui Rural Fire Service; Jo Jacobs, Bermagui Seaside Fair; Narelle Myers, Bermagui Preschool and Bermagui Skate Park Association; Bev Fleming, Bermagui Seaside Fair; Tracey Foster, Wallaga Lake Study Centre; Andrew Burden, 1st Cobargo Scout Group; Lea Sutherland, Little Yuin Aboriginal Preschool; Kerri Binstock, Wallaga Lake Study Centre; Errol Masterson, Bermagui Historical Society; John Robinson, Wallaga Lake/Bermagui Men's Shed. **Front L to R:** Neil Rutherford, Bermagui Public School; Denise Page, Marine Rescue Bermagui and Bermagui Seaside Fair; Christine Bimson, Bermagui Seaside Fair. Also present: Norma Reid, Bermagui Netball Association.

The Bermagui Seaside Fair donated a massive \$15,000 to local organisations at its annual donation presentation on Friday 27 June at the Bermagui Country Club. Recipients were Little Yuin Aboriginal Preschool, Bermagui Preschool, Bermagui Public School, Bermagui SES, Bermagui Rural Fire Brigade, Marine Rescue Bermagui, Wallaga Lake/Bermagui Men's Shed, Bermagui Historical Society, Bermagui Surf Lifesaving Club, Bermagui Netball Association, Bermagui Skate Park Association, Wallaga Lake Study Centre, 1st Cobargo Scout Group and St John Ambulance Moruya.

The Bermagui Skate Park was the nominated recipient of funds raised at the inaugural 2014 Umbrellas of Bermagui. The auction of the umbrellas held on the day of the Seaside Fair (Saturday 8 March) raised \$5000 to go towards capital works for the skate park. The Seaside Fair committee added another \$5000 to this to be earmarked for seating and landscaping once the skate bowl is completed.

The Fair committee will also purchase and install a seat near the new marina in Bermagui Harbour for people to sit, relax and enjoy the beautiful view across the river to Gulaga Mountain.

Chairperson of Bermagui Seaside Fair, Jo

Jacobs, said, "It was an auspicious occasion, with our largest total donations in one year to date. It was with great pleasure we were able to make our major donation to the Bermagui Skate Park, a long-standing local project, as well as to projects nominated by our other beneficiaries."

Bermagui Seaside Fair is a not-for-profit incorporated association run by a small team of volunteers. Its members, who plan and stage the annual Bermagui Seaside Fair, are extremely proud to have been able to make donations that now total over \$52,000 and have benefited 26 local organisations.

If you would like to join the Seaside Fair committee, please contact Jo Jacobs on 6494 0191. We have a lot of fun and the personal reward is huge.

**Are you interested in joining a vibrant and thriving local community store, selling organic & biologically grown whole and local foods?**

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# Bermagui Banter

Shake off the winter wobbles and Run, Refresh, Relax and Renew in Bermagui this spring.

To be held on the last weekend in September, ReBoot in Bermagui is a weekend of active participation in a variety of activities in the beautiful Bermagui coastal environment. An event for locals and visitors, ReBoot in Bermagui offers something for everyone with three programs held over two days. Apart from an entry fee for the Fun Runs and Swim, 90% of the activities are FREE. ReActivate, ReJuvenate and ReEnergise program details are available on [www.bermaguichamber.org.au/reboot-in-bermagui/](http://www.bermaguichamber.org.au/reboot-in-bermagui/) and include:

On Saturday 27 September, the program kicks off with early morning boot camp and Tai Chi followed by the Camel to Club and Tilba Rd to Town Fun Runs, Zumba and Yoga.

Bermagui's first Beachside Health Clinic will be open from 9am at the Bermagui Surf

Club and includes seated massage, reflexology, dietary analysis, homeopathic remedies and so much more to help you be the best you can be this spring.

Food stalls and local cafes will be offering fresh food and beverages to keep you fuelled up for the weekend's activities including sea kayaking, surf lessons, guided bird and whale-watching walks and SUP.

After all this morning activity, the Bermagui Country Club is the place to be to watch the AFL Grand Final.

Sunday 28 September, the fun continues with more Yoga, Tai Chi, boxing, Fun and Fit exercise class, golf clinics, tennis, bowls and the Point to Point ocean swim at Horseshoe Bay beach. Those who have registered for the Fun Runs can enjoy the big Healthy Bermagui breakfast outside the Surf Club for FREE – others at a cost of \$10.

Accommodation for Bermagui is all listed



View from Bermagui Surf Club

on the [www.visitbermagui.com.au](http://www.visitbermagui.com.au) website. Spend the weekend or stay a week – this is the place to be on the last weekend in September.

## WOODHEATER & CHAINSAW SALE

Legendary Nectre and Jotul woodheaters and Solo/Efco chainsaws on sale now at

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## Big Cake Bake celebrates Red Cross Centenary

To help celebrate the centenary of Australian Red Cross the Bermagui Red Cross club is hosting a Big Cake Bake Stall at the Red Cross Markets, Bermagui on Sunday 31 August as part of this year's Red Cross Big Cake Bake.

Red Cross Media Adviser Annette Irvine says, "Red Cross has been a big part of Australian way of life for one hundred years. Our Big Cake Bake Stall is one of thousands of Big Cake Bake events being organised around Australia during August.

"The official Big Cake Day is Monday, 25 August. However events can be organised anywhere, anytime during August.

"Get together with colleagues, friends and family to bake your favourite cake, slice, pie, cookie, cupcake or dessert – you can arrange your own event, or bring your cakes to the Stall. It's all for a good cause, lots of fun and absolutely guilt-free," says Annette.

For more information about the Red

Cross Big Cake Bake or to register go online to [www.bigcakebake.org.au](http://www.bigcakebake.org.au), email [bigcakebake@redcross.org.au](mailto:bigcakebake@redcross.org.au), call 1800 652 635 or join the Big Cake Bake online community at facebook.com/BigCakeBake.

Bermagui Red Cross Club is also hosting a historical display at the Bermagui Country Club during afternoons and evenings from Wednesday 13 to Sunday 17 August. The display will feature stories from a number of local volunteers, a DVD presentation and slide show of historical events in which Red Cross played a significant role.

Annette Irvine says, "There will be an opportunity for people to make donations, purchase a memorial pen, and to join our local Club. The more money we can raise, the more we can support the wonderful work of Red Cross."

For event information call Annette Irvine, 0414 779 634 or Bruce Wardley, 0417 014 892.



Bring your cakes to the Red Cross Stall at the Bermagui Market on Sunday 31 August.

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## Birdwatchers' chilly day out pays off

Woolly hats, gloves and warm winter clothes were the apparel of the day when 22 intrepid members of the Far South Coast Birdwatchers assembled at their meeting point in Wyndham, on a cold, grey winter's day. The excursion was to be along Bird Route 3, which is a mixture of open farmland and woodland, skirted in places by the Mataganah and Towamba rivers. The first destination was New Buildings Road; setting out in convoy, and pausing at suitable spots, brilliant coloured Scarlet Robins and Striated Pardalotes were sighted. Continuing on, the group had a glorious view of a Yellow-tufted Honeyeater posing on a bare branch, brilliant yellow and black against the grey sky. The road wound downwards towards the Towamba River; a group of 30 Little Ravens were fluttering and feeding amongst tall grasses, and a little further on 15 White-winged Choughs were too busily engaged to be concerned by the stream of vehicles.

Next stop – New Buildings Bridge, over the Towamba River. Sometimes a raging torrent with scarcely believable flood levels, today shallow waters gently murmured over smooth rocks. Reconstruction of the bridge and surrounding area appears to have caused a decline in the bird population here, which was disappointing as we have had good sightings previously. Travelling on towards Rocky Hall,



Yellow Tufted Honeyeater

the group stopped at a small picnic area for welcome hot drinks and lunch. With many good sightings now “in the bag”, this was a pleasant time, but due to a chilly sprinkling of rain, the general consensus was not to linger.



Birdwatchers on the trail

Resuming our trip, we went on towards the delightful Big Jack rest area: peaceful and enchanting, and surrounded by tumbling boulders in the river bed. Magnificent Eucalypts reached upwards, their trunks shades of pale to deeper hues – a painter's paradise. This was definitely a place for the group to spend more time when the weather was a little more accommodating. Sightings here included Silvereyes, White-browed Scrubwrens, and, soaring overhead, three Wedge-tailed Eagles.

Despite the bleak weather, 45 species were sighted, and the company of fellow enthusiasts made for a very enjoyable winter's outing.

The next walk will be at Tathra Forest Reserve on Sunday, 27 July, and new faces are always welcome. Contact information and details of club activities can be found on the website: [www.fscb.org.au](http://www.fscb.org.au) or phone 6495 7390.

*Pat Neal and Alison Hayes,  
Publicity Photos by Neill Hayes*

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[the\\_triangle2@bigpond.com](mailto:the_triangle2@bigpond.com)

if you still wish to be included.

If you don't have email please call 6493 8515.

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

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**Little Yuin's budding artists**

Well, winter is here. It's chilly at night, but we have been blessed with the most beautiful of days which are keeping a few visitors in town.

Sunday 13 July saw the Winery filled with family, friends and some strangers, to watch and listen as the TilbaLeles Ukulele group strummed their stuff and the Tilba Tappers strutted their stuff. Bev Long has more patience than most to guide this motley crew (and yes I am one of them) to perform and enjoy themselves. The audience showed much appreciation, calling for more.

Peter and Ruth from the Winery did a special performance of Singing in the Rain. The Umbrellas were tossed aside within the first couple of bars, but the Ponchos survived the number. A great time was had by all with the winery putting on a great buffet and of course great wine. The Winery is closed during August but open again soon. It's a great place to relax in the beautiful surrounds, have a nice meal and glass of wine. Peter puts on some great entertainment and his crew looks after their visitors well.

Around 40 adults and children visited Little Yuin Aboriginal Preschool Open Day

on Wednesday 16 July. The children enjoyed showing their school with its state-of-the-art facilities to their parents and visitors including potential new parents and children, two Eurobodalla Shire Councillors, Katungul Aboriginal Health Service, Department of Education staff and NSW Police representatives. Red Cross sponsored the catering, providing nutritious fruit cups, healthy salads and a barbecue.

"We're very happy with the response from the community and those groups who consistently support Little Yuin to be its best," said Lea Sutherland, Director of Little Yuin. She said that parents interested in sending their children to Little Yuin didn't have to wait until the end of the year or for another open day to check out what the preschool has to offer. Parents can phone the preschool on 4473 7396 to find out the best time to visit. Children

from two to five years from all cultures are welcome to become part of the Little Yuin community.

There will be a great Taize Singing workshop at Open Sanctuary Anglican Church, Tilba Tilba on Saturday 9 August, led by Dan Scollay. Arrive at 1.30pm for a cuppa with 2pm start, cost \$5-00. Taize singing comprises beautiful repetitive chants, having

originated from the town of Taize in France after the Second World War, as a means of bringing all people together in harmony. Even if you don't think you can sing, the acoustics in the church make everyone sound good. All are welcome. For further information contact Lyndall Magnusson on 4473 7595.

As reported in last month's *Triangle*, the Tilba Festival AGM was held last month. It was disappointing not to have any new faces turn up, but a committee was formed and all are eager to start working on the 2015 Festival. The Committee is: President Sally Pryor, Secretary Christine Montague, Plant Officer Phill Stokes, Treasurer Peter Lonergan, Publicity Officer Erica Dibden, Stalls Coordinator Sally-Anne Bertram, Volunteers Coordinator Karen Walters. Entertainment Officer yet to be confirmed. If you would like to be involved in any capacity, be it big or small, please call Sally Pryor on 4473 7522 to discuss. The Festival is a great day and raises much needed funds for local not-for-profit organisations, as well as showcasing our beautiful town.

If you have anything you would like to add to the Tilba Bites please feel free to contact me on [montaguechristine@hotmail.com](mailto:montaguechristine@hotmail.com) or phone 4473 7621.

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### Recent spate of fire calls in Tilba

The Tilba RFS is concerned at the relatively high number of fire callouts over the past few weeks. It is the winter season, and one would normally expect this to be a period of low fire emergency. However, there have been several instances of people lighting fires, having them escape, and calling for assistance.

In the most severe of these instances, there has been the need for Tilba to call for backup resources from a number of other fire brigades. In one instance this included Cobargo, Bermagui, Dalmeny, and in another Narooma and Dalmeny.

What is disappointing to the Brigade is that in both of the major events the required procedure had not been followed, of notifying Fire Control in Moruya on 4474 2855 of the

intention to burn. Furthermore, it would seem that in neither case was due process followed in lighting up in conformance with government requirements.

These rules are there to ensure fire and community safety and should be followed. Anyone not familiar with these rules is requested to acquaint themselves with them before lighting up. They specify what is allowable to light, under what conditions, and that 24 hours' notice be given to all neighbours, and especially Fire Control in Moruya.

There have been at least two other callouts where a fire has been reported by a passer-by, and because Fire Control has not been notified of the burn, the Brigade has had to respond when it might otherwise not have had to do so.

This is an unnecessary and unfair impost on your volunteers.

The Tilba RFS requests most strongly that community members make a greater effort to comply with fire lighting requirements.

It should be noted that the Bush Fire Danger Period will commence on 1 September 2014 in Bega Valley and Eurobodalla districts, and all property owners will then require a fire permit from the RFS to light a fire.

In all cases, property owners need to ensure they have adequate resources, solid control lines, and are aware of forecast weather conditions before the light up. Seek advice if needed.

### Tilba fires say "Help us to help you"

Starting in September, Tilba Fire Brigade will launch an ambitious program to update their database on all houses in their area. They will be coming around knocking on doors, and looking forward to saying hello, and getting to know you and seeking your assistance. This project will start in Mystery Bay, and is expected to take a couple of years to complete for the entire area. The aim is to obtain as much specific information as possible about risk areas of homes in case of a fire event.

Some of the things we would like to know for our fire fighters' safety are:

- The locations of:
- Your fuse box
- Gas bottles
- Hazards like fuel etc

Water supply

Solar Photo-voltaic system

We will GPS your location and give you the co-ordinates, if you would like them. Your address and location can help our fire fighters gain much more information and know what we are dealing with before we get there. We ask for your approval for inclusion in the database. Participation is voluntary, but it will help us to help you.

Remember that during the winter months, fires starting in homes are more common. Higher winter risk areas include electric and gas heaters, electric blankets, open fires, combustion heaters and lint filters in clothes dryers.

In addition, we ask you to note that

while no permit is required for burning piles of rubbish during the winter period, it is still required that you give 24 hours' notice to your neighbours as well as Fire Control in Moruya on 4474 2855. Brochures are available. Ring 4474 2855 for more information.

#### Outlook for summer

The latest weather prediction coming from sea temp is that there is an 80% chance of a late winter, early summer El Nino. It is thought that if this event occurs it will be reminiscent of the 1982 drought. From experience, most El Nino events happen shortly after above average rainfall. So now is the time to get ready.

*Harry Bate*

In the beginning.....

In ancient Israel, it came to pass that a trader by the name of Abraham Com did take unto himself a young wife by the name of Dorothy.

Dot Com was a comely woman, broad of shoulder and long of leg. Indeed, she was often called Amazon Dot Com.

And she said unto Abraham, her husband, "Why dost thou travel so far from town to town with thy goods when thou canst trade without ever leaving thy tent?"

And Abraham did look at her as though she were several saddle bags short of a camel load, but simply said, "How, dear?"

And Dot replied, "I will place drums in all the towns and drums in between to send messages saying what you have for sale, and they will reply telling you who hath the best price. The sale can be made on the drums and delivery made by Uriah's Pony Stable (UPS)."

Abraham thought long and decided he would let Dot have her way with the drums. And the drums rang out and were an immediate success. Abraham sold all the goods he had at the top price, without

ever having to move from his tent.

To prevent neighbouring countries from overhearing what the drums were saying, Dot devised a system that only she and the drummers knew. It was known as Must Send Drum Over Sound (MSDOS), and she also developed a language to transmit ideas and pictures - Hebrew To The People (HTTP).

And the young men did take to Dot Com's trading as doth the greedy horsefly take to camel dung. They were called Nomadic Ecclesiastical Rich Dominican Sybarites, or NERDS.

And lo, the land was so feverish with joy at the new riches and the deafening sound of drums that no one noticed that the real riches were going to that enterprising drum dealer, Brother William of Gates, who bought off every drum maker in the land. Indeed he did insist on drums to be made that would work only with Brother Gates' drumheads and drumsticks.

And Dot did say, "Oh, Abraham, what we have started is being taken over by others." And Abraham looked out over the Bay of Ezekiel, or eBay as it came to be known.

He said, "We need a name that reflects what we are."

And Dot replied, "Young Ambitious Hebrew Owner Operators."

"YAHOO," said Abraham.

And because it was Dot's idea, they named it YAHOO Dot Com.

Abraham's cousin, Joshua, being the young Gregarious Energetic Educated Kid (GEEK) that he was, soon started using Dot's drums to locate things around the countryside.

It soon became known as God's Own Official Guide to Locating Everything (GOOGLE).

That is how it all began. And that's the truth.

## Belongings

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## Our Education Shame

To a scientist, culture refers to the sum total of the learned wisdom handed from one generation to the next. This is a basic form of behaviour in social creatures embedded to the point where it is a key factor for many advanced species, especially for humans. The survival of our way of life depends on our education system carrying out this function effectively. Education of the next generation is a fundamental community responsibility.

The knowledge accumulated over the last 5000 years of human culture was handed to my generation free of charge by my predecessors. I am shamed by the increasing process in Australia of asking the young people of today to pay for what they should expect to be their legitimate inheritance.

The imposition of the free market forces philosophy on the education sector is destroying the whole fabric of what was once a world-renowned system. Whatever his motives Henry Parkes 'got it right': free, compulsory and secular. Whitlam's commitment to equal opportunity for all students highlighted another of the basics. These four principles have a basis in common sense for those of us interested in the overall welfare of our Australian community.

The antithesis of a free education system is one where the availability of educational resources for a particular student depends on the wealth of the parent. Surely by ensuring that those students with intellect and energy receive a first-rate education the best interest of our community will be served. When a scarce university resource is allocated to fee paying students (whether from Australia or overseas) and talented, energetic students are denied access, our best interest is not being served. This process of a first-rate education being available only to the wealthy is unjust and counterproductive.

The whole process of considering educational institutions as businesses and the students as customers is destroying the

system. Universities competing for 'customers' simply means that those institutions which cut costs and the quality of their services and set lower academic standards will supersede those with more expensive, quality courses with higher standards. Students will patronise the cheaper easier-to-attain degrees. This is already happening. The teaching in universities across Australia is increasingly carried out by casuals who, if they want employment next year, know they must pass students.

This process will destroy TAFE colleges. Any suggestion that providing the range of courses in rural areas where TAFE is involved can be organised as a commercial business is nonsense. The number of students involved in isolated areas is small. The overall effect of withdrawal of funding will be the withdrawal of services.

Tackling the secular issue would seem to be a lost cause. The sure way to guarantee the future of multicultural Australia is to send our kids from the various ethnic and religious groups to the same school. School days friendships last. By nature children ignore their parents' hang-ups. On a practical level many Australians send their children to church schools simply because they are better resourced than the state system. Equitable funding can lead to more secular education. Certainly with global anarchy breaking out between differing religious and racial groups, having a secular alternative to the well-funded church schools is needed to ensure multicultural Australia.

Maintaining a multi-racial mix in our schools is equally important. Cheap, fast air transport and environmental problems have truly globalised human activities. None of our historical philosophies and cultures, from the tribal aboriginal way of life, Islam, Judaism Christianity or atheist capitalism provides the answers to the global problems our children and grandchildren must face. All can contribute.

Blending children from the broadest possible cultural backgrounds in our schools is a fifth basic which, in the twenty-first century, must be added to the list of fundamentals driving education policy.

Equality of opportunity is a key value at risk in Abbot's Australia. For the first time in years a debate about funding was resolved with consensus by Gonski. Despite pre-election assurances the Abbot government has backed off funding this reform. This is probably because it lacks a real commitment to an Australia based on equality. The Labor Party has not spelt out where this funding is to come from. They seem to lack the political courage to spell out the cost and make it clear to the electorate how the community must pay. I believe with skilful presentation Gonski is a political plus for any group. Community ownership of Gonski depends on the public knowing how and what they are paying for it. Another Medicare-type levy? I believe it is that important.

In overview there is an urgent need for a political grouping in Australia to defend our education system, to reject this concept of education institution being just another competitive business. They need to acknowledge that education is a basic community responsibility, to affirm that our youth have a right to a first-rate education which develops to the maximum whatever talents they have and to make clear to the Australian electorate the cost of this process.

*Jim Collins*



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## Recurrent Funding for Nardy House Permanent Accommodation

Nardy House has received notification of recurrent funding from the NSW Department for Ageing, Disability and Homecare for its permanent accommodation house at Quaama. The house, specifically designed to meet the needs of people with profound disabilities aged 0-65, is due to be officially opened in September.

The house was constructed using donations and a philanthropic grant from the Ryder Cheshire Foundation. The Lowndes Foundation left money to the Ryder Cheshire

Foundation. This money had to be spent in NSW and Nardy House was fortunate in receiving this donation. The Committee was able to pay for all construction costs up to the framework and then a local donation from a Quaama local paid for the roof.

It was at this stage, when it appeared that the building programme would grind to a halt, that the Ryder Cheshire Foundation assisted. The assistance from local individuals, relatives of locals, organisations and businesses has also helped Nardy House achieve its main aim: permanent accommodation for people with profound physical disabilities.

Nardy House CEO, Denise Redmond is delighted with the outcome. "We have had a long struggle to achieve our aim and have had to prove ourselves many times over. This struggle has taken place over two decades. We achieved some aims during this time but our main goal remained elusive.

"We are now there. We are at the plumbing fit-out stage and getting the finishing-up work done. Once we have our recurrent contract in

place we will be advertising for positions at the House. The bulk of the recurrent figure of \$1.2 million per annum will be spent on staffing our facility. We do our best to minimise the administration costs associated with the organisation.

"Our six-bed specialised respite facility is operating at capacity and we employ 18 people – full-time, part-time and casually. We will need more skilled employees to work in the supported accommodation.

"We have had solid and consistent support from the local member for Bega, Andrew Constance. He demonstrated an understanding of our project from his early days on the political scene. He has also demonstrated an empathy for carers and people with profound physical disabilities. This empathy was notable in his role as Minister for Ageing, Disability and Homecare and continues in his role as Treasurer.

"We are looking forward to providing a unique supported accommodation facility to the regional people who have supported us over such a long period of time."



**Gail Drury outside Nardy House Permanent Accommodation.**

## March, Australia!

A rally uniting Australians for better government will be taking place in Bega at midday on Saturday 30 August 2014.

The march is part of a nationwide event taking place over the weekend of 30-31 August organised by March Australia, protesting decisions and policies made by our government. March Australia is a grass roots people's movement which staged the "March in March" rallies across Australia and more recently marches in May to protest against decisions made in the recent budget. It is made up of a diverse range of people from all ages and backgrounds with one common agenda, to provide a platform for people to have their say.

"The march in Bega is a chance for local community groups and key individuals to highlight the 'human cost' of the government's decisions", said Anna Reilly, local coordinator of March Australia Bega Valley. "It's about the

community being able to gather together and send a strong message at how dismayed and angry we all are at the government's inhumane stance in dealing with the people they are sworn to protect."

The march will start at the war memorial in Bega and end at Littleton Gardens where the community will have a chance to hear from local groups how the budget's cuts are directly affecting their services and in turn the most vulnerable people in the area.

"These policies are designed to rip at the very heart of Australia and destroy the equality and freedom so vigorously fought for by previous generations," said Ms Reilly.

Local contact: Anna Reilly 0432 455 775. Facebook: [www.facebook.com/marchaustraliabegavalley](http://www.facebook.com/marchaustraliabegavalley). Email: [aewreilly@hotmail.com](mailto:aewreilly@hotmail.com)

*Anna Reilly*

## Trivia Night for WIRES

On Saturday 2 August WIRES will be having a Trivia Night from 6.30 to 9.30pm at the Tathra Country Club.

The cost is \$10 per person to be paid upon arrival. Come on your own or with a couple of friends or more. We'll organise people into tables as they arrive.

Please bring your own snacks or purchase food from the Chinese Restaurant at the club. Drinks to be purchased at the bar (no BYO).

Please contact Lois Katz at [loiskatz@hotmail.com](mailto:loiskatz@hotmail.com) if you would like more information.

It should be a jolly evening!



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## The Triangle's Eco Edge Competition

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

Every month we will publish the best creative, environmental contribution – story, essay, poem, painting, drawing or photograph we receive.

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

This month's contribution is a poem by Averil Fink of Brogo. If it sounds familiar, we published it in part in May, after a miscommunication. We're happy to publish it again - and in August this time, too. Thanks to Naomi Lewis for the illustration.

### The August Wind

What Norm our neighbour used to say was:  
if it blows for a day it'll blow for three...

It's August, and in the hours before dawn  
every corner of the sky's been swept,  
and day unveils the sharpened line  
between the mountain and the pale air.  
Even from this distance it seems that each shone leaf  
on every tree is jostling to be seen.

At the foot Bodalla silver wattle,  
hidden all year round amongst the black,  
leaps out of ambush  
to lead the parade heading south,  
followed by finches flick'ring on the grass,  
peach blossom in the pass,  
willow in new leaf along the river,  
treecreeper nesting, wren at the glass,  
scissor-grinder, honeyeater, pardalote,  
thrush and currawong,  
four echidnas in a line,  
black snake brilliant on the track,  
and old stumpy-tail goanna  
back for one last time.

Wallaby watch silent from the dam,  
a joey leaning further from the pouch,  
all observed by eagle eye  
that dissolves back into sky.  
Black wattle will bring up the rear  
once silver's pods have formed and start to fall.

It was common once to burn between the blossomings,  
right up 'til October,  
but now the window's narrowing  
between the days of frost-damp  
(still there mid afternoon, wet blanket  
beneath the longer light and warming air,  
when to try and burn is a total waste of time)  
and the days when already it's too late,  
much too late to burn,  
precocious summer pushing into spring,  
heat's colonies extending year by year.  
It was twelve years ago today the mountain caught,  
from cattle pyre lit early in the day.  
The nor' westerly sprang up at ten  
and in a bound the flame had jumped the trail.  
A whole month trains roared behind our backs.  
The smoke blew east, and every night we saw  
vermillion etch new hills within the mountain,  
the necklace moving slowly up  
and round and over to the coast.  
Lizard boulders shed their skins of stone  
and the chimneys and the snicket purged.  
The flat rock tessellated and the earth burnt down to clay.  
But below the guardian rock: not gone,  
not gone the eagle tree, its ancient nest still there  
though piled high with timber, dry as kindling.  
Drought consumed the regrowth twice,  
but then came rain and mollicoddling seasons.  
Now the veg is drying off again it's time to burn,  
but pick your day and watch the wind  
cos' as Norm would always say,  
if it blows for three it'll blow for nine.

*Drawing by Naomi Lewis*

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

As a corporate entity AKT understands well that, over and above book balances, whenever possible companies need to shoulder the additional burdens and special social demands of their own local community. This year AKT donated \$1000 to South Coast Field Days.

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





## Bega Valley Rural Australians for Refugees plans another Homestay Holiday

In May three generous-hearted families gave freely of their time and homes to provide a group of asylum seekers a two-week holiday under the auspices of Bega Valley Rural Australians for Refugees (RAR).

Five men and a five-year old boy from Afghanistan and Iraq stayed in the area, spread between Tilba and Eden. Hosts and asylum seekers alike were deeply impressed by the experience.

After enduring terror in their homelands, life in border camps and the perilous journey to our shores, the asylum seekers were newly released from detention centres on bridging visas and facing an uncertain future.

They are not permitted to work or enrol in any government-assisted educational/training program. Yet their desire to make a contribution to Australia is very strong. Hosts were blown away by their generosity and eagerness to participate in all aspects of day to day life, including the domestic chores.

During the holiday, hosts were supported by a team of people providing day trips and

lifts. BVSC put on an afternoon tea and Bend Eco-Neighbourhood provided the space for a community dinner.

Also on offer were workshops and a visit to Potoroo Palace. In all the holiday was an outstanding success, thanks to the warmth and goodwill of the hosts, supporters and the broader community, demonstrating in action that the Bega Valley is worthy of its status as a Refugee Welcome Zone.

After \$500 for asylum seekers was raised at Well Thumbed Books during Cobargo's Eat, Think, Create weekend in June, Bega RAR is looking forward to offering another group of asylum seekers a home-stay holiday in the September school holidays.

If you would like to participate in our program as either a host or a supporter (day trips, lifts, co-hosting), please contact [begavalleyrar@gmail.com](mailto:begavalleyrar@gmail.com) or phone 0481 265 969.

*Isobel Blackthorn  
Homestay Holiday Coordinator,  
Bega Valley RAR*

## Be a responsible cat owner

WIRES frequently gets calls to rescue small native animals that have been injured in a cat attack. One very important step to ensuring that small native animals live longer, safer lives is to do what The Cat Protection Society recommends. The following was taken from the society's website:

'Responsible Cat Ownership: All cat owners have a responsibility to their cat, their community and the environment. Responsibly cared for cats are happy and safe, make good neighbours and don't threaten wildlife. You can be a good neighbour by installing cat-proof fencing or a cat enclosure to help keep wildlife safe. Cats can and do live happily indoors. By keeping your cat indoors, you are benefiting your cat, yourself and the environment. There are a lot of hazards for a cat living outdoors and their average lifespan is many years shorter than that of indoor-only cats. The problem of paralysis ticks is becoming more common. Owners can expect a \$500 to \$600 vet bill for treating cats with tick infections. At Cat Protection, we encourage all cat owners to keep their cat indoors or, if outdoors, then in a securely fenced area. Unfortunately not all people love animals, and tragically many cats are victims of cruelty. You need to consider this if you let your cat roam. Also your neighbours might not appreciate your cat sleeping on their verandah or using their garden as a litter tray. The key to having a happy indoor cat is to provide them with enough stimulation so they don't get bored.' The RSPCA NSW website states that 'Two thirds of cats do not make it to their second birthday due to car accidents and dog attacks.'

Another fact to consider is that cats that are allowed to roam are also at risk of cat fights and becoming infected with toxoplasmosis. Toxoplasmosis ('Toxo' - also known as

the Feline Virus) is a parasitic disease. The parasite can infect most warm-blooded animals, including humans, but the primary host is the (felid) cat family. Toxo can be spread by animals eating infected meat or by ingesting the faeces of a cat that has been recently infected. If a pregnant woman becomes infected it can also be transmitted from mother to foetus. Toxo can have serious side effects on an unborn child.

*Wildlife Information Rescue and Education Service Inc (WIRES)* website says that studies show that well-fed domestic pet cats kill at least 25 small native animals per year. Quote: 'Cats are not the culprits here; it is people who don't supervise their companion animals. Cats only do what they have evolved to do. We shouldn't demonise the animals but should take responsibility ourselves'. So please do the right thing by your pet cat, your neighbours and our little sugar gliders and other small native animals, and keep your cat contained.

The local WIRES branch will be holding a new members course in September. If you are interested in becoming a WIRES member you can email [loiskatz@hotmail.com](mailto:loiskatz@hotmail.com) and you will be contacted. Due to insurance purposes you must be 18 years old to join WIRES. Of course we need animal carers, but people who are happy to help out with our WIRES hotline phone shifts are also needed.

*Lois Katz*

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



See page 20 for details

## October's Olga Masters Festival

Preparations for the Olga Masters Festival in October are well under way. The Festival will take place over the second weekend in October, so save the date.

Proceedings will begin with a welcome to the Masters family members at the Bermagui library on Friday 9 October from 4pm. It will be here that the winners of the inaugural Olga Masters Short Story will be announced, and over wine and cheese, you will have a chance to speak to Olga's six living children – Roy, Chris, Quentin, Ian, Sue and Deb.

On Saturday, a variety of activities will take place in Cobargo, Olga's early childhood home. Details will be in next month's *Triangle* – but keep the day free from 10.30.

On Sunday, the celebration of Olga's life and work continues at the Four Winds site in Barragga Bay – again, a detailed program will be available next month. Finally, on Sunday night, Roy Masters has agreed to do a local fundraiser at the Bermagui pub – who better to comment on Rugby League?

Olga Masters loved cooking, and, according to her children, was a great cook. As part of the Olga Masters weekend Festival you are invited to bake and submit a cheesecake using Olga's recipe, printed below. You can also submit a ginger cake (without icing) according to any recipe you would care to use.

Roy Masters has spent many years trying to find a white bread corn beef and pickle sandwich equal to those made by his mother. You are invited to attempt to meet this challenge. Bring along your plate of sandwiches on Saturday 11 October to Well Thumbed Books, where Roy will sample and judge the best that we locals can provide. He will then auction said sandwiches for a local cause.

### Olga Masters' Cheesecake Recipe

Rub 1 tablespoon butter into 1 cup SR flour, add pinch of salt and 1 tablespoon sugar and mix with beaten egg yolk (or half a beaten egg).

Line tart plate.

Break up 2 packets of Philly cream cheese, add juice of ½ lemon, pinch of salt, 3 tablespoons of sugar, and 2 small eggs. Beat all together till smooth, add little vanilla.

Pour into shell. Bake in moderate oven about ½ hour.

Refrigerate before decorating with whipped cream and sprinkle of nutmeg.

*Heather O'Connor*

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## Montague Narooma Twilight Concert

with operatic mezzo-soprano, Eliane Morel and Sydney Associate artist and pianist, William R Hawkey

Thursday 31 July 2014, St Paul's Anglican Church Narooma, 5pm (Admission by donation)

Eliane Morel, Mezzo Soprano, has been singing as long as she can remember, beginning when she sat on the floor singing along to records of nursery rhymes until the grooves wore out. She studied voice at the Canberra School of Music, then moved to Sydney, where she completed a degree in Theatre Studies at UNSW.

She has sung in numerous stage productions, including *Dido and Aeneas* and *The Magic Flute*, and has been a member of, and soloist with, the famous 'Voices from the Vacant Lot' acapella singing band for a number of years.

Lately, she has been performing operatic concerts for discerning audiences throughout Sydney and Newcastle, including at a number of aged care facilities in the Eastern Suburbs of Sydney. Her taste in music is wide – while opera is her first love, she also adores 'world music', 20th century classics, the blues, country and western...

She brings warmth, glamour and, of course, a beautiful voice, to her performances, and her commitment is to making operatic music fun and accessible. Quite coincidentally, she was a student of voice at the Canberra School of Music at the same time that William Hawkey was its Deputy Director. She is absolutely delighted to be performing with him as part of the Narooma Twilight concerts.

Emeritus Professor William Hawkey OAM MBE, has a distinguished career in many areas of musical activity both in Australia and overseas.

He has more than sixty years' active involvement in his native New Zealand and in Australia in choral and instrumental music,



Bill Hawkey

as well as in academia. He resigned from his position as Reader in Music at the University of Canterbury, New Zealand in 1976 to take up the foundation appointment as Head of Performing Arts at Torrens College of Advance Education in Adelaide. In 1979, he was appointed the first Deputy Director of the then Canberra School of Music.

Bill has adjudicated eisteddfods and competitions in New Zealand and Australia.

Bill retired in 1998 as Professor and Director of Music at the Australian National University. It was then that he became actively involved in choral and instrumental music in southern NSW.

The last eleven years saw him as Music Director of the Narooma-based Montague Choristers. He remains active as a performer on piano and pipe organ and as a teacher of piano. He is also responsible for the Montague Visiting Artists' Program and the activities of the Sapphire Coast Music Society, bringing national and international musicians to perform in Narooma and Wolumla. In 1974 Bill was awarded an MBE for his service to the Arts in New Zealand. The community congratulates Bill on his most recent and well-deserved honour, the Order of Australia Medal.

## ETC weekend - Our Architecture Photo competition

The Our Architecture photo competition was the opening event for Cobargo's Eat, Think Create weekend and all the entries were displayed until very recently in Black Wattle Gallery.

The winners were: Best Colour Photo: Ivan Hollins' "The grain silo", Best Black And White Photo: Maryann Green's "Highway Rose" and best 17 Years and Under: Lillian Green's "Whatever you do don't rub your eyes".

This well-supported event was initiated by Suzy McKinnon and sponsored by Sapphire Mediated Resolutions. Not only did the competition attract some great photography, it brought additional customers into the Cobargo Creators Centre.

We have since welcomed Lillian Green as our newest Sapling Gallery member with her prize-winning photographs now available for sale.

## Black Wattle calls for new works

We need new works in Black Wattle Gallery – and not just new, but fresh works that haven't been seen elsewhere in the valley. If you have some pieces ready to 'premiere' please bring them in for consideration – especially if they are in a medium we've not had on display before (e.g. papier maché, concrete, blown glass). A number of works have been in the main gallery for a bit too long so it's time to swap these.

As a reminder, works that are displayed in Black Wattle Gallery should be replaced approximately every three months. Those in Wares Gifts can remain indefinitely as part of our regular 'stock' with any items not selling to be removed after six months. Furniture and sculpture play a slightly different role in that they give the spaces some shape and character, and some will remain for longer – but these too have their time. New furniture and sculpture can always be worked in, so please let us know about any bigger items that are ready for display.

So if the above impacts on your work, please devote some time to swapping things around and if this 'changing time' can have a theme, let's make it 'fresh, different, surprising'.

A reminder also about the art therapy workshops coming up: 'Healing at the Source'. These are being facilitated by Creators member and art therapist Robyn Williams and local art therapist and naturopath Ruth Haggard. For more information contact Robyn (6493 3382 or email [robwill22@bigpond.com](mailto:robwill22@bigpond.com)) or Ruth (6493 8352 or email [treadsoftly@live.com.au](mailto:treadsoftly@live.com.au)).

## Art for Women: Painting with Annie Franklin

Explore art ideas, have fun and be creative! Working with others and being part of a team, create artworks based on still life – fruit, flowers and patterns from nature.

Work with Community Artist and teacher Annie Franklin.

Network with the Women's Resource Centre.

A gold coin donation would be gratefully received!

Thursdays 10am-1pm 5 weeks

4 July-21 August 2014

14 Peden St Bega 6492 1367 to book a place.

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



## Bega Valley Shire Library Book Week Competition "Connect to Reading"

Bega Library is running a competition to coincide with Book Week. There are several age categories.

- Preschool age: Colour in the "Dinosaur" (Template available)
- Kindergarten: Colour in "Kookaburra" (Template available)
- Year 1 & 2: Make or decorate a crown or create your own dinosaur out of any medium
- Year 3 & 4: Using the letters of your name or the letters of your school, tell us something about you or why you like your school e.g. beautiful gardens, environmentally friendly, great teachers, atmosphere is very

friendly OR Design & make a 3D surfboard

- Year 5 & 6: Make a parachute, windmill out of any medium or design your own poster for "Connect

with books"

- High School: Write a letter home to your sister telling her about your daily life while away in the war.



Print your name, class and school on your entry and send it to your nearest Library by Monday 11th August 2014. All judging to be done at the Bega Library and entries will be displayed during Book Week Monday 18 til Friday 22 August 2014.

Prizes of book vouchers will be awarded in the above categories. For any enquiries please ring 6499 2242.

## Bermi Dune Care plants out Cuttagee Point

With a planting working bee last Sunday, Bermagui Dune Care has finalised the Australian Government Caring for Our Country grant, which was focused on restoring and rehabilitating the iconic Cuttagee Point.

Cuttagee Point was an important site historically for Aboriginal people, and then from 1877 was cleared and used for agricultural purposes by European settlers. The area became a Crown Reserve about 1980, but, despite some natural regrowth, areas along the headland were largely overgrown with kikuyu and blackberry.

"Council has been of great assistance, with spraying the dense kikuyu ready for us to plant"

said a spokesperson for the group. Council has also treated the blackberry infestations.

"We really noticed the difference when planting in areas where the kikuyu was dead compared to the first area we planted with live kikuyu," added the spokesperson. "The dead kikuyu also provides a dense mulch to protect the small seedlings".

Council has also assisted with watering the plants on a few occasions over the last two summers when it has been particularly dry.

Also of great help has been the former Southern Rivers Catchment Management Authority and Far South Coast Landcare

Association, by providing advice, support, tools and equipment, as well as sponsoring the group for the funding.

In total, about 370 seedlings have been planted, in 17 different species. Most have been purchased, but many have also been grown from seed or cuttings, or transplanted, with permission from NPWS and Council.

"There are still large areas in need of more diversity, so we hope to continue planting over the next few years" concluded the spokesperson.



## Bermagui Country Club

[www.bermaguicountryclub.com.au](http://www.bermaguicountryclub.com.au)

Club - Ph: 64934340

the Terrace Restaurant Ph: 64934177

## NPL Poker

Regional Game

30th August, 2014

ring Club for details

We have it all ...

Golf

Tennis

Bowls

Indoor Bowls

Darts

Fishing

Arts & Craft

& Croquet

Wednesday

NEW Members Badge Draw

5.45pm, 6.45pm, 7.45pm

Raffles 7.00pm Trivia 8.00pm

Watch your team play NRL & AFL games on our BIG screens. Come along and enjoy the atmosphere in the lounge.

Friday

Raffles—over 30 prizes

First Draw 7.30pm

Sunday 17th Aug, Raffle

Tickets on sale from 1.00pm

Drawn at 3.00pm

Bingo

Monday: 11am

Pool Comps

Wednesday &

Friday: 7.30pm

NPL Poker

Thursday:

Registration 6pm

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

Entertainment for August:

1st 'Margie', 8th 'Struth', 9th 'DJ Matt Brown', 15th 'Darryl Lamb'

17th Sunday Raffle - 'Ray Stephens', 22nd 'Don Ryan'

Men's Bowls

celebrating

50th Anniversary

23rd August, 2014

# Soft Footprint Recipes

Dawn Hollins

A bowl of hot soup is hard to beat on a cold winter's day. There are so many variations using seasonal produce that it's hard to choose a favourite. In the five years I've been contributing to this column I've only given you four soup recipes. Here's another one that is worth making.

## Gypsy Soup

A delicious, flexible spiced soup with Spanish origins. Serves 4.

2 tablespoons olive oil  
2 cups chopped onion  
2 cloves crushed garlic  
2 cups peeled, chopped sweet potatoes or carrots  
½ cup chopped celery  
¾ cup chopped capsicum, beans, peas or other green vegetable



1½ cups cooked or tinned chickpeas  
1 cup chopped tomatoes, fresh or tinned  
3 cups stock or water  
Spices: 2 tsp paprika, 1 tsp turmeric, 1 tsp basil, 1 tsp salt, dash of cinnamon, dash of cayenne, 1 bay leaf, 1 dessertspn tamari or soy sauce

Sauté onions, garlic, celery and sweet potatoes in oil for 5 mins. Add seasonings, except tamari, stock or water and simmer, covered, for 15 mins. Add remaining vegetables and chickpeas and simmer until cooked. Adjust seasoning. Add tamari or soy.

Now, to show that old dogs can learn new tricks, I'm including a simple low-calorie vegetable substitute for rice. Since discovering it online I've used it in several Asian-style dishes.

## Cauliflower Rice

Chop a head of cauliflower very finely, or pulse in a food processor to make rice-sized pieces. Microwave in a covered dish without water or stir-fry with onion. Create your own variations.

Until next time - happy cooking!

## Experiential Astrology Workshops @ Cobargo

Over recent years, I have often been asked to facilitate another series of Experiential Astrology Workshops. I am now offering a 12 week beginners workshop starting 10 September through to 17 December.

Personally, this last year has been a reminder of how a deep knowledge of astrology can support personal growth, understanding and transformation. Recognising potential qualities

of archetypal patterns of energy connected with planets, signs and the houses they pass through within our astrology charts can give another perspective of 'self' and the world around us.

If you are interested in exploring your hidden potential, psychological roots or the mysteries of the world by tracking current events, come along!

Venue: Cobargo School of Arts Hall

When: Wednesdays 10, 17 September (2 wk break for school holidays), then 8 October until 17 December, 2014. Time: 10am-1pm. Cost: \$260 or \$240 concession – special payment arrangements can be made.

Contact: Robyn Williams for bookings (essential) on 6493 3382 or robwill22@bigpond.com.

Robyn Williams

## Learn about 'Living Well' from Gardening Guru

The Women's Resource Centre is running "Living Well" Gardening Workshops with the organic gardening guru, permaculture specialist Kathleen McCann. She will guide participants through a four week course of gardening tips and techniques.

The women and children will learn Permaculture-based garden practices, designing and caring for a food forest, companion planting, compost making and general garden maintenance using alternative controls and more. Over the four week course they will learn easy steps to use at home and begin a lifestyle of

self-sufficiency, make their own home gardens sustainable. Women will boost their self-esteem and confidence by working with other women outdoors.

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

WRC would like to acknowledge the funding of Illawarra Forum Tenants Resource Centre to make the Living Well Gardening workshops happen.

The gardening workshop is running for four weeks on Fridays 10.30-12.30 25 July & 1, 8, 15 August 2014. If you are interested call the Women's Resource Centre on 6492 1367 to secure your place.

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



Gardening Guru, Kathleen McCann

## Guidelines for contributors

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

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

1. Stories should be 300 words maximum except by prior arrangement.

2. Photos should be sent as **separate JPG attachments – not embedded into your story**. Please send the original digital photo, uncompressed, so we have as large an image as possible to play with. Please include a caption for your photo at the bottom of the article it accompanies.

3. Please do not send posters or flyers! We cannot reproduce them. Instead write a few paragraphs about your event and include the date, time and venue in that. And attach a photo if you have one.

4. Have a think about a headline for your story. Believe us, we're usually quite braindead at the end of our editorial meeting and can only come up with lame puns and cliches. Don't leave it to us!

Any questions at all, please email us [the\\_triangle2@bigpond.com](mailto:the_triangle2@bigpond.com).



## Spring ... it's just around the corner

Well here we are with spring just around the corner and with it the start of the gardening year. New growth appears on deciduous plants, perennials wake after their enforced winter hibernation and bulbs pop up everywhere as new life begins.

The next couple of months involve many tasks in the garden including the preparation and planting of the spring vegetable garden, planting of flowering annuals and the completion of late winter and early spring chores that need finalising before too much new growth on plants appears.

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

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

The vegetable garden should be getting the finishing touches prior to planting. Initially the garden should be dug over to spade depth and a spreading of lime (500gms per square metre) applied all over. Some well-rotted cow

or poultry manure can be added and forked in.

If all this preparation sounds too much, remember that a fast growing vegetable is a



delicious vegetable. Plants that grow slowly are usually bitter and poor performers with small fruit or reduced crops.

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

One major factor is to only grow as many vegetables as your family requires. It's best to avoid growing crops where the bulk of the harvest comes all at once unless you can put the extras in the freezer for the out of season periods.

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

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

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

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

Poorly stored plants in retail situations can allow the root systems to dry out and if this has happened the chance of the plant failing to re shoot is very high. Money ill spent.

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

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

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

### HOMEFLAIR CARPETS AND BLINDS NAROOMA

Carpets, vinyls, floating floors, blinds  
and rugs. Shop local and save!



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0401 625 727  
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- **Eden seeds**
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- **Good selection of organic pest control measures**



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## Classifieds

### FOR SALE

**Picture framing** and art supplies business in Bermagui, full framing training is included if needed. Please phone Alice & Ed on 6493 3380 for more information

Recliner chair as new - \$100, Extension table & six chairs - \$200, Divan bed with two big drawers & good mattress - \$20, Small dainty table - \$28, TV cupboard - \$15, Large desk with four drawers - \$60, Small desk - \$25, High stool - \$8, Computer chair - red - \$30, Full length swing mirror - \$60, Small items. Phone 6493 3134

Redgum slabs 8 @ 40mm x 700mm x 2m, \$120 each; 5 @ 40mm x 800mm x 3m, \$190 each. Ph Smiley 4476 3370.

### WANTED

Beehive boxes, any condition. Ph Jen van Stek 0459 913 267.

### FREE

Free to a good home, 2 White Female Geese, 5 Chooks (Hens) Layers, 1 Rooster. Interested? Then please phone Pam on 0417 271 435 to arrange pick up. Cobargo area.

### WORK WANTED

#### GARDENER/COMPUTER TECH.

All mowing, gardening, weeding, clearing, tidying jobs, plus demystifying your PC and software, solving email and internet problems. References available. Call Dave on 0419 195 940.

### TO RENT

Studio Cottage for rent on rural property near Central Tilba. Reasonable rent for right person/couple. Suit employed non smokers. Available from end August. Phone 4473 7522 or email sallypryor@aapt.net.au

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



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## Book Review

Heather O'Connor

### Lian Hearn, *The Storyteller and his Three Daughters*, Hachette, Australia, \$29.99

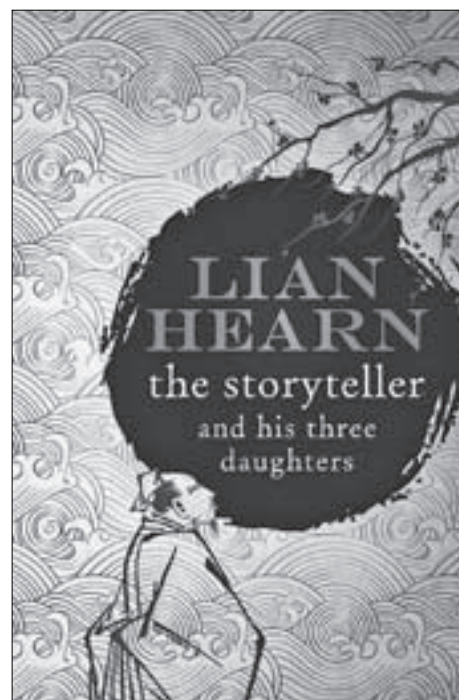
We would all love to claim Lian Hearn as an Australian – and she's lived here long enough for that to be OK I think. After several children's books written under her real name, Gillian Rubenstein, she made a big impression with her five-novel series, *Tales of Otori*, a long saga set in feudal Japan.

*The Storyteller and his Three Daughters* is also set in Japan, in Tokyo, in the 1880s. The main character is Akabane Sei, a professional storyteller whose fortunes are on the decline as younger storytellers emerge to challenge his pre-eminence, including an Englishman, Jack Green, who introduces European stories told in traditional language.

Added to his woes, two of Sei's three daughters are grappling with unhappy marriages. The struggle of one of his daughters to exert her independence as a woman and as a writer adds to the authenticity and interest of the writing.

The arrival on the storytelling scene of a beautiful young Korean man adds another layer of complication for the family.

Set within the growing complexity of Japanese society as the world begins to encroach on its traditional way of life, this is a



truly beautiful novel. Combined with any of the Otori stories, Hearn will give you endless hours of enjoyment – start with *Across the Nightingale Floor* as an introduction.

## Pet of the Month

Animal Welfare League NSW Far South Coast Branch is hoping to raise funds on Saturday 2 August at their Garage Sale so they can keep their rehoming program going. Please come along and grab a bargain at the Scout Hall, Gipps St Bega from 9am -1pm. **Donations of clean saleable goods would be greatly appreciated and can be dropped off on Sunday 27 July or on Friday 1 August between 11am and 2pm.** Volunteers are needed to help on Friday 1 and Saturday 2 August. So if you have anything to donate or can donate

some time please call 0400 372 609.

July is national Desexing Month. Don't add to the 200,000 dogs and cats killed across Australia every year because they are unwanted...de-sex your pets before they reach six months of age and are able to have an unwanted litter.

Marli, the 6 months old female Ridgeback x, (pictured) has a lovely temperament and is very good with other dogs. She is quite exuberant at the moment so is not recommended for small children. She is 22kg already and will still grow quite a bit. Good training or obedience school should help her develop into an excellent companion dog.

Also still needing homes are Winnie the 8 months old Ridgeback x pup, Lucy the 5 months old Staffy x Foxy, Mitch the 7 months old male Kelpie x Border collie, Aria the 2 years old Harlequin Torti, Joanie the female 3 years old dark grey tabby and 7 weeks old kittens Sox, Keira, Zara and Spot. The subsidised adoption fee for kittens is still only \$175 at the moment, cats are available for adoption for \$120, pups and dogs available for adoption for \$300 which includes de-sexing, micro chipping, vaccinations, worming and vet check.

Please if you are thinking of adopting a pet call the adoption line on 0400 372 609 for details. Animal Welfare League NSW Far South Coast Branch also has a Facebook page. [www.facebook.com/AnimalWelfareLeagueFarSouthCoastBranch](http://www.facebook.com/AnimalWelfareLeagueFarSouthCoastBranch).

New members are always welcome. If you would like to become a member please call 0400 372 609.







#### AL-ANON

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

#### ALCOHOLICS ANONYMOUS

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

#### ANIMAL WELFARE LEAGUE

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

#### ANGLICAN PARISH OF COBARGO

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. Thursdays, 10am HC.  
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  
Rod Moore on 6493 5068. Meet 1st Thurs. each month  
at Bermagui Country Club & 3rd Thurs. at Cobargo  
Hotel at 7.00pm for 7.30pm

#### BERMAGUI INDOOR BOWLS CLUB

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

#### BERMAGUI GARDEN GROUP

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

#### BERMAGUI CROQUET CLUB

Bermagui Country Club, Thursday 1.30-3.30pm.  
New players always welcome, tuition and friendly  
games always available, equipment provided.  
Call Dave, 6493 5014.

#### BERMAGUI DUNE CARE

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

#### BERMAGUI SES UNIT

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

#### BERMAGUI TINY TEDDIES PLAYGROUP

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

#### BERMAGUI HISTORICAL SOCIETY

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

#### BERMAGUI U3A

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

#### COBARGO GARDENING & FRIENDSHIP CLUB

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

#### COBARGO SHOW MEETING

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

#### COBARGO PRE-SCHOOL

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

#### COBARGO PRESCHOOL PLAYGROUP

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

#### COBARGO SoA HALL COMMITTEE

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

#### 1ST COBARGO SCOUT GROUP

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

#### COBARGO TOURIST & BUSINESS ASSN

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

#### COBARGO CWA

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

#### COBARGO'S LANEWAY MARKETS

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

#### COBARGO & DISTRICT RED CROSS

for meeting dates or catering enquiries  
phone 0488 048 701, 6493 6948 or 6493 6435

#### MOBILE TOY LIBRARY

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

#### SCOTTISH COUNTRY DANCING

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

#### SPIRITUAL FOLK CLUB - CONNECT!

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

#### TILBA MARKET

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

#### TILBA VALLEY WINES BRIDGE CLUB

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

#### QUAAMA / COBARGO QUILTERS

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

#### QUAAMA INDEPENDENT RIDERS ASSOC.

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

#### QUAAMA PROGRESS ASSOCIATION

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

#### MT DROMEDARY UNITING CHURCH

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

#### MYSTERY BAY COAST CARE

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

#### LIFE DRAWING SESSIONS

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

#### DIGNAMS CREEK COMMUNITY GROUP

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

#### OPEN SANCTUARY@TILBA

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

#### NAROOMA & DISTRICTS CAMERA CLUB

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

#### HEART TO HEART

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

#### NAROOMA BLUE WATER DRAGONS

A community focused Dragon Boat Club, Now  
paddling on the Wagonga Inlet, Narooma. Phone  
0477 610 953 or email narooma.bwd@gmail.com

#### WALLAGA LAKE/BERMAGUI MEN'S SHED

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

#### THE YUIN FOLK CLUB

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

**Community Notices are**  
advertised in *The Triangle* for non-profit  
groups free of charge.  
If details of your group change, please  
advise us at  
**the\_triangle2@bigpond.com**

## For the Fridge Door

AUGUST	EVENT	WHERE?	TIME?
Sat 2	WIRES Trivia Night	Tathra Country Club	6.30pm - 9.30pm
	Frayed Edges Exhibition Opening	Lazy Lizard Gallery, Princes Hwy Cobargo	10am
Sun 3	Life Drawing	Cobargo SOA	2pm - 4pm
	Candy McVeity	Bermagui Beach Hotel	4pm
Sat 9	The Hoops	Cobargo Hotel	7.30pm
Sun 10	Blacksmithing Demonstration	Galba Forge, 345 Yowrie Rd. Wandella	1pm - 5pm
	Mike Waddell	Bermagui Beach Hotel	4pm
Fri 15	Ecstatic Dance	Quaama Hall	6-7.15pm
Sun 17	Life Drawing	Cobargo SOA	2pm - 4pm
	Aimee Francis	Bermagui Beach Hotel	4pm
Sat 23	Thunder Goose	Bermagui Beach Hotel	8.30-11.30pm
Sun 24	Sarah Date	Bermagui Beach Hotel	4pm
Fri 29	Ecstatic Dance	Quaama Hall	6-7.15pm
Sat 30	March Australia Event	Bega War Memorial	Midday
Sun 31	Brock Lette	Bermagui Beach Hotel	4pm
	BIG Cake Bake Stall	Red Cross Markets, Dickinsen Oval, Bermagui	10am
<b>REGULARS</b>			
Mondays	Quaama/Cobargo Quilters	CWA Cottage Cobargo	10am - 3.30pm
	BINGO	Bermagui Country Club	10.30am
Tuesdays	Dance and Move women only	Quaama Hall	10am - 11am
1st Tues	Bermagui Garden Group	Venues vary phone Heather 6493 5308	10am - 12 noon
Wednesdays	Scrabble	Well Thumbed Books Cobargo	10am
	Pool Comp	Bermagui Country Club	from 7.30pm
1st Wed	Social Bridge	Tilba Valley Winery	2pm
last Wed	Bermagui Historical Society Meeting	Bermagui Museum in Community Centre	2pm
Thursdays	MBSM Meditation	The Courtroom 36 Princes Hwy Cobargo	10am-11am
2nd Thurs	Senior's Pick the Numbers	Cobargo Hotel	from 11am
Fridays	Meat Raffles	Cobargo Hotel	from 5pm
	Pool Comp	Bermagui Country Club	from 7.30pm
	Tiny Teddies Play Group	CWA Hall Bermagui	10am - 12pm
Saturdays	Punters Pick	Cobargo Hotel	from 5pm
	Live Band or DJ	Bermagui Country Club	8pm
	Under 16s Art Classes	Cobargo Supermarket (behind)	10 -11am
	Laneway Markets	Main Street, Cobargo	9 - noon
Last Sun	Bermagui Red Cross Markets	Dickinsen Oval, Bermagui	9am - noon
<b>Arts</b>			
Sat 2	Frayed Edges Exhibition Opening	Lazy Lizard Gallery, Princes Hwy Cobargo	10am

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