

THE TRIANGLE

COMMUNITY NEWS

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QUAAMA COBARGO BERMAGUI TILBA & LOCALITIES

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The Finns are going to party like it's 999!



Mr Fling

Local property Heinola was transformed into a medieval playground on Saturday 16 July. Starting with the 'bang' of a rocket launch and ending with tyres flung into the sunset from a homemade catapult, this party was full of fun and surprises.

Soup and Finnish sandwiches accompanied the axe throwing competition, where you were given four hand axes to chuck at a stump to see who got the most in the middle. Then we moved onto a Finnish pastie called Piirakka while folks tried their hand at 'slicing fruit' with the help of a PVC launch pipe, abundant citrus trees and a home forged sword.

Stuffed cabbage rolls and golf followed from the Heinola driving range then a delightful round of tricycle jousting



Caroline Long slicing fruit, not as easy as it seems

to the main course of casserole, salmon, roasted meats and vegies. Yes, you read it right. There was jousting. On a tricycle. And more food than one could poke a stick at.

As if that weren't enough entertainment for any living soul in one day, while waiting for cake, we all wandered down to the ultimate home security device, the Trebuchet. While it looks just like any old catapult, this finely balanced piece of siege equipment uses a counterweight to create enough gravity to fling heavy things into the paddock. Wow! A day to remember.

Go to triangle.org.au and click on "Off the Page" for more photos and video of Mr Fling in action!

Bhagya



Off with a bang (all photos by Fourwalls)

The election is over but do not imagine for one moment that all the voting is over as well. There are likely to be council elections in the not too distant future and there are whispers that both the Bega Valley and the Eurobodalla Shire Council elections will feature strong teams of women to challenge the gender bias in council.

Spring is on the way, the winter solstice has passed and the days are starting to lengthen, there are signs of life in the garden and hopefully the spring vegetables will soon be showing up enmass in the local markets. There are plenty of kiwi fruit

available now from local organic producers in the area and at a very reasonable price. Perhaps it is time to explore kiwi fruit chutney and jam recipes, or they can be crystalised, a rather slow process that uses a lot of sugar. You will find them on the SCPA stall at local markets.

The Bermagui Institute has scored yet another top speaker for their next dinner at il Passagio. This time the guest speaker is Professor Ian Noble and the title of his address is 'Climate Change and Development Aid : Muddled Priorities'. The date is still two months away but if you haven't already booked you are

probably too late. However I expect our regular writer Jen Severn will cover the story for the paper and we will probably publish her piece on the web site as well. The event will include a fundraiser for the Australia Institute.

A letter this month from Paul Payten draws attention to the struggle faced by Little Yuin Preschool as changes to government funding cut the funding for two-year old children. Local philanthropic foundation, Elm Grove Sanctuary, is working with the preschool to raise funds to support a trainee teacher and details of this can be seen in Paul's letter.

Letters to the editors

Little Yuin

Dear readers,

Little Yuin Preschool at Wallaga Lake is an amazing place. Supported by the Little Yuin Preschool Family Centre Aboriginal Corporation Board of Management, the staff that run this impressive preschool prepare children aged two to five for their journey through the education system. Little Yuin Preschool has been awarded the highest accreditation possible. The preschool is widely respected as providing a sound foundation for children moving to primary school.

Preschool programs in New South Wales are funded according to certain criteria which relate to student numbers. Little Yuin operates on a tight annual budget that provides funding for children from three years of age on. It currently provides some places for two year olds which are not funded. In addition, the level of funding and staffing does not permit an increase in children numbers, even though there is demand for more places.

The preschool runs a free door-to-door bus service reaching Kianga, through Dalmeny, Narooma, Mystery Bay, Tilba and Wallaga Lake. Children have attended previously from Bermagui and Cobargo when Little Yuin had additional transport support.

Lea Sutherland, the Director of Little Yuin Preschool, works tirelessly to achieve the best outcomes possible for those children lucky enough to attend Little Yuin. A great addition to the program would be the establishment of a trainee teacher position. As well as providing employment this would also mean that more children could attend. To date funding has not been successful.

Little Yuin Preschool is an important

asset to the community. Much needed hands on support occurs from various community organisation including the Australian Red Cross and the Bermagui Men's Shed. However, there is an opportunity for the wider community to participate in fund raising, specifically to enable the establishment of a trainee teacher position and to assist in funding for two year olds to attend.

Tax deductible donations can be made to Elm Grove Sanctuary Trust, a local philanthropic foundation, which works closely with Little Yuin Preschool. Donations can be sent to the Trust at 2 Emma Close, Dalmeny, 2546, or contact the Trust on 4476 8511 for direct bank transfer details.

For further information contact either the Trust or Little Yuin Preschool on 4473 7396.

As the African proverb rightly states: 'It takes a village to raise a child'. Well, here are many local children our community can nurture.

View their video at www.facebook.com/search/top/?q=little%20yuin

Paul Payten,
Bermagui Focus Group

Dawn Is Spot-On

Dawn Hollins' letter advocating a more professional approach to local promotion (July *Triangle*) sparked discussion among several locals with marketing experience. All agree she is spot on; all can cite too-numerous examples of 'failed' local promotional efforts.

Marketing (encompassing advertising, promotion, fundraising, attracting customers, members, audiences, attendees – challenges faced by local organisations and businesses) is a skill

requiring training. 'Obvious' things to experienced marketers are often not evident to non-marketers – until highlighted! And promotional opportunities exist (many free) that locals may be unaware of, or don't know how to access.

These locals with marketing experience expressed willingness (as a community service) to provide no-cost or low-cost advice and expertise to local businesses and groups. We are currently exploring 'how'.

Meanwhile, a free 'Marketing Basics' session – focusing on no-cost promotional opportunities, examining local businesses and organisations – will be held on 13 September, 5.30pm-7.00pm, in Cobargo. This will be relevant to anyone selling goods or services, organisations wanting more members or additional funding, event organisers seeking larger audiences or attendees. To reserve a place, email laceyblax@yahoo.com.

Peter Lacey
Quaama

DISCLAIMER

The opinions expressed by contributors to the newspaper are their own, to a greater or lesser degree, and do not necessarily reflect those of the editorial team. Whilst striving to accurately report the news and views of the readers, this newspaper accepts no responsibility or liability for statements made or opinions expressed. All letters to the editor must be signed and include the writer's full name and address if they are to be considered for publication.

Letters to the editors (cont.)

Farewell

Dear Triangle,

2016 marked the tenth anniversary of Bermagui's *Sculpture on the Edge* (SOTE) in fine style with over 8000 visitors viewing the diverse sculptures on display. The event has helped place Bermagui firmly on the art world map, involving as it does high profile visiting and local sculptors.

I have decided, after ten exciting, rewarding, and challenging years that I shall be stepping down from the SOTE Committee and my role as event manager. The 2016 AGM will be held on 10 August in Meeting Room 1 of the Bermagui Community Centre at 10 am. All positions will be open and nomination forms are available at the Bermagui Library.

I wish to thank the artists, the audience and the many individuals, businesses and organisations who have contributed to the success of *Sculpture on the Edge*.

SOTE would like to see the exhibition taken forward for at least another decade and encourages people with a passion for the visual arts and the promotion of cultural growth in the area to consider an involvement with this significant exhibition.

Jan Ireland
Bermagui

Front Page Affront

I agree with Susan Bear's comments about the inappropriateness of the front page of the June *Triangle*. The July issue, with its article by Andrew Haydon and great photos, was more like the *Triangle* we know and love. Andrew's description of the variety of activities and the work involved in bringing the Cobargo etc festival to fruition was accurate - but if only the advertising had done them all justice!

Dawn Hollins
Cobargo (not Bermagui!)

Confession

Dear editors,

As much as I would love to claim authorship of the excellent episode 4 of *The Woman in the Grey Suit*, I have to 'fess up that, that episode was written by Chris Haynes. Each episode is being written by one of the women at Well Thumbed and last month was Chris's turn.

Louise Brown
Wandella

Tell 'em
you found 'em
in the *Triangle*!

Thumbs Up

and thank you to the paramedics and the gentleman who called them, the Tilba Hall volunteers, political party volunteers, the General Store, AEC and everyone who assisted me to recover from a spectacular fall in Central Tilba on polling day. Sorry about the blood on the paving.



to Dave at the Cobargo PO who personally delivered a package to a Sydney hospital on his trip there, when my mother missed the Express Post. What a guy!

Thumbs Down



to the appallingly bad organisation at the Quaama polling place that resulted in lengthy unnecessarily slow moving queues of would-be voters



Read more on page 9 about Cobargo preschool and community involvement

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Quaama: General Store
Tilba Tilba: Pam's Store, Spires Nursery
Wallaga Lake: Merrimans Land Council, Montreal Store

Deadlines

Advertising: 12pm, 19th of each month
Editorial: 12pm, 22nd of each month
Advertisers please note that an extra fee may be charged for initial ad layout.

Letters to the editor

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

All communications should be forwarded to:

Email: contributions@thetriangle.org.au

Postal address:

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

ABN: 75 182 655 270

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

Thea Constantarids: lovely as the olive

I first met Thea at an end-of-course get-together. Guests arrived with their lunchtime contributions, every dish looking so mouth-wateringly appetising. Then, Thea appeared at the door with a large silver metal tray.

I could hear the host draw in a quick breath, and could see her thinking, "Baklava, has Thea brought a tray of her Baklava?"

She took a quick step forward, eyes widening slightly, with a thankful yet humbled smile, hands outstretched, taking the tray that revealed... Spanakopita (spinach, onion, feta cheese and herbs), all nicely tucked into Filo pastry, and cut into single serve portions. I didn't mind, as Spanakopita is my personal favourite. Whichever it was to be, Spanakopita or Baklava, with her Greek heritage and the produce that comes from her and her partner Tim's Fishbone Farm, we have come to associate Thea with classic Greek staples and high quality fresh vegetables.

When Thea was a young girl she remembers the family doctor telling her mother that the healthy way to eat was to buy from the butcher, baker, poultry man, fish monger, fruit and vegetable shop, and to eat unprocessed foods and absolutely nothing wrapped in plastic. Greek families have a wonderful heritage around their food choices where healthy recipes, handed down from one generation to another, form the acclaimed Mediterranean Diet, which includes the jewel of the Mediterranean, the quintessential olive, as well as wild greens, legumes, nuts, feta cheese, yoghurt, berries, herbs, fish and shellfish. A high level of plant to animal

intake is always recommended. The Greek philosopher, Aristotle, coined the well-known phrase "Everything in moderation," where enjoyment of food and consideration of health had equal status. Food was Thea's first love, and she found a way to combine it with her restless desire for adventure.



Thea and Tim at Fishbone Farm, with a large cabbage from their market garden

In her 20s, Thea commenced studies in Science but her need for fun was too strong to keep her at her desk and she discovered Tall Ships. Tall ships could give her employment as a cook, but more than that, she loved everything about the ships, the craftsmanship, rigging, the sails, the timbers, just the ambience of being on board a tall ship, and the danger and fear of sailing across vast bodies of water and being in an environment where the ship and its crew had to withstand the rigours of whatever Mother Nature would throw at them. Thea realised that there was a whole international community around Tall Ships, and it was a great part of her earlier

adventure-seeking life.

In 2012, Thea and Tim came from Melbourne to establish Fishbone Farm, just north of Cobargo. They have been market gardening for almost three years and the farm earned its name from the fish compost they make and use.

Tim and Thea have both completed a Holistic Management course: Tim has studied Land Management at university and Thea has completed her PDC (Permaculture Design Certificate) here in the Bega Valley. On Fishbone Farm they are working towards organic certification with SCSA.

If you're lucky enough (as demand often outstrips supply) to get some produce from Fishbone Farm, you'll agree that leafy green vegetables, lettuce, herbs and the occasional marigold, are beautiful and tasty. There is genuine pride in their work. The aim for the farm is to build infrastructure and planting regimes, taking the market garden over time to its maximum capacity.

Thea talks about the benefits of seasonal eating, "because vegetables taste best when in season." A stall at the Growers Market at Bermagui on Thursday afternoons is high on their agenda and it's at this place where the couple receive a lot of encouragement from customers. Thea's vision is for her and Tim to be growing vegetables at Fishbone Farm for many years to come, providing fresh seasonal vegetables to the community.

Aristotle rightly promoted 'everything in moderation' but from this couple we will take as much of their fabulous produce as we can get!

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Winter has finally found our little village, bringing some yearned-for rain and at times casting blankets of icy frost over our mornings, sweetening our citrus and brassicas and teasing us from our beds with cold shivers and yearnings for pots of tea and porridge to warm ourselves. And still, those cold starts are interspersed with warm sunny T-shirt days, and glimpses of spring, uncharacteristic of the season.



Ellie (right) and one of her staff, Vanessa at Chalk & Cheese.

Changes

With the changing of the season, comes the changing of the menu at our much loved Chalk and Cheese Cafe, where new owners, Ellie, Greg and Tom, are offering a seasonal menu, reflective of what our locality's producers have to offer. According to Ellie, they are still getting their rhythm going, but they are open longer hours, 8am to 3pm every day except Sundays and Mondays. They have also changed their coffee, preferring the roasts from the Blessed Bean. The menu is diverse and the delicious cakes and tarts are all made in store.

Ellie and Greg have come to us from

a small locality between Albury and Wagga and they're here to stay. Their son Tom, who was working in the kitchen over the last holidays, will join them at the end of the school year, when he finishes his schooling.

Ellie is making the cafe walls available to local artists, for display and sales, in the hope of supporting our thriving artistic community, so if you have any pieces to sell, drop in and see her.

Pop up

Speaking of cafes, our local school had a wonderfully successful 'pop up cafe' on the day of July's Federal Election. They would like to thank the community for their support and to invite the community to join them at their annual Fireworks Spectacular, to be held on Friday, 2 September. The P&C describe the event as, "An awesome family night of fantastic fireworks, fine food and drinks, children's activities and a beaut big bonfire". This fabulous family event will be from 5pm 'til 9pm and all are welcome.

Help celebrate 100 years

To commemorate 100 years since the establishment of the Cobargo Convent next year, the Cobargo District Museum is seeking your assistance. Do you have any family or friends' favourite recipes that you could contribute to a recipe book for the museum? Contributions from anyone living in the Triangle area will be accepted. Accreditation will be given to the original owner of each recipe, i.e. if it's your mum's recipe please give us your mum's name. She would surely be most honoured to be remembered for her recipe. Please email to cobargodm@outlook.com or if you have no access to the internet, you can

drop it at the Cobargo Newsagency by the end of October. The sooner the better. The Cobargo District Museum committee are looking forward to receiving some great recipes.

Yes, the museum now has its own computer and email address. Vicky Hoyer, on behalf of the committee, would like to extend a big thank you to the Bowerbird Community Op-shop, for their favourable response to the museum's grant application for computer consumables.

World Elephant Day at the Old Butter Factory

Sunday, 7 August, at 3.30pm, will be the next community documentary screening at The Old Cobargo Butter Factory. To celebrate World Elephant Day, the film *Tyke, Elephant Outlaw* will be screened. And as an added bonus, the movie makers, Stefan Moore and Susan Lambert, will be present for a Q&A session after the screening! The story is of a circus elephant that went on a rampage in Honolulu in 1994, killing her trainer in front of thousands of spectators and was consequently killed. Bring along your warm woollies and a cup to enjoy a cuppa afterwards.

Mongolia at the CWA

Those familiar with the CWA, will know that each year, throughout NSW, the CWA choose a country of study. They look at the geography, history, environment and most importantly, the people. This year's country of study is Mongolia, a country far removed from us, but with fascinating lifestyles. Our local Cobargo Branch involves the local schools, both Cobargo and Quaama, and they too study the same country. Once a year they hold



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Cobargo Conversations (cont)

an International Day, to which some of the students from the local school are invited, to join and to share what has been learned about the country of study. At the next branch meeting in August, CWA ladies will be hosting some students from both schools, organising activities for them, as well as a snack and a drink.

Some CWA members have been busy painting the window frames of the cottage. They'd like to thank their regular users for their patience during this time.

The CWA is always happy to welcome more women. They offer something for all women: crafts, around the world in practical ways. The next meeting is on 9 August at 10.30 am at the CWA cottage on the Bermagui Road. All are welcome.

Who is osteopathy Cobargo?

We relocated from Canberra in 2014. Since moving, Nicole and I have been immersed in the development and publication of Meshwork, an online platform that teaches practices and concepts related to embodiment.

Since launching Meshwork I have opened Osteopathy Cobargo – you can find me opposite Cobargo Doctors.

Osteopaths are musculoskeletal generalists, meaning that we attend to the functions, adaptations and organisation of the body as a whole. Osteopaths do not focus exclusively on spinal manipulation – postural patterns, injury adaptation and overuse cannot be transformed by spinal manipulation alone.

No two osteopaths work alike. I combine the full spectrum of osteopathic approaches and movement rehabilitation. I have strong clinical skills in chronic lower back pain, movement patterns and overuse injuries. In an ageing population osteopathy has a vital role in supporting and improving one's health-span.

Soon I intend to teach movement

workshops for the 'working bodies' of Cobargo and surrounding region. Initially these workshops will be run for men. Participants can expect to learn how to modify entrenched movement patterns to address chronic injuries, restore functional movement and manage pain.

Nicole is a Clinical Hypnotherapist and Certified Iyengar Yoga teacher with 25 years' experience. She is available for one-on-one sessions at Osteopathy Cobargo. Nicole is also a highly skilled artist (analogue and digital, still and moving image). Nicole is adept at using diagrams to map project structures and development options. She is available for consultation and freelance work across all these fields.

Nicole and I would like to express our sincere gratitude to the many people of Cobargo who have welcomed us to the area.

*Dr Patrick Craig (osteopath)
and Nicole Neveu*

Book launch at Well Thumbed

On the Road by Hilary James

Sat 6 August at 10.30am

We seldom learn what we are capable of until we test ourselves. We did that as a family on a pilgrimage to Compostela.

In 1973 we were living very simply in Europe, with our three daughters of fourteen, twelve and just ten. We were all active walkers. At the time few people had heard of this pilgrimage, yet pilgrims had followed the Way for more than a thousand years.

There were no yellow arrows to guide our paths, no organised support along the way. We had planned to stay in youth hostels, but in autumn most of these had closed.

We chose a route from Chartres (not far from Paris) through northern Spain. We took simple country roads, hardly frequented. When stuck or exhausted, we caught trains or hitch-hiked. We walked



Hilary 'on the road' with her daughters over 400 kms.

Our main support came from a letter of introduction from the curé of Chartres cathedral that introduced us to monasteries and priests along the way.

In France we met the tombs of Eleanor of Aquitaine and her family; while Spain brought us an old-fashioned Fascist country controlled by General Franco, and a wild adventure in a buried cave.

The book includes my black and white photographs.

Hilary James

Cobargo Crime Convention

Sisters in Crime Friday 7 October to Sunday 9 October

Please note in your diaries more details about the Sisters in Crime weekend in October.

The three day festival will kick off on Friday 7 October from 4pm at the Bermagui Library where we will welcome the visiting writers. Light refreshments will be served including Bloody Marys to get us into the mood!

On Saturday 8 October, panels of speakers will entertain us in the Cobargo School of Arts from 10am. The organisers are delighted that eight published, multi-award winning writers have agreed to attend a weekend celebrating the work of women crime writers. An overall theme during the discussions will be why women turn to

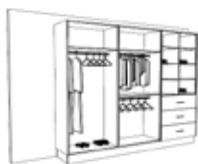
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Cobargo Conversations (cont)

crime, both as writers and as readers. Also under discussion will be the importance of place and time as settings for crimes. One of the writers investigates a crime committed 3000 years ago; two others set their novels in the 1930s and the 1950s respectively; others are more contemporary. One novel is non-fiction, others are parts of series. These highlight individual investigators. One of the heroines is an indigenous detective attached to the Cairns CID.

At the time of going to press, the



Shoes to die for

authors speaking at the festival are: Candice Fox, Dorothy Johnson, LJ Owen, Kay Shubach, Isla Evans, Janice Simpson, Sulari Gentill and Kay Schubach. A final program with more detail will appear in next month's *Triangle*.

Check out the books of these women at the library. In the meantime *Well Thumbed Books* will try to source some for borrowing – call in and ask when you are next in Cobargo. If you are travelling anywhere, keep your eye out for copies to share with fellow readers.

Candelo Books (Bega) have agreed to be our official bookseller for the weekend and the wonderful women from the local CWA will be our caterers.

As well as a day of discussion in the Hall, there will be a number of 'Mystery Hunts' around Cobargo on the Saturday morning. Clues will be laid out and the hunt is on for the 'red stiletto'.

Sunday 9 October sees a shift of activities to musical performances organised by Four Winds. In amongst the music, there will be discussions on writing and reading. Food will be on offer.

A full program will be available at fourwinds.com.au/whats-on/sisters-in-crime

Tickets on sale from 10 August at fourwinds.iwannaticket.com.au

There are two other events happening that feed into the weekend.

The first is the *Off the Page* competition. To enter, simply pick up a wrapped crime fiction book from Well Thumbed and return a work of art based on any ideas you get from it. All entries will be displayed around Cobargo and there will be a People's Choice prize.

The second event is a series of discussions on women crime writers, which will commence at Well Thumbed Books on Tuesday, 2 August at 5pm, and thereafter each fortnight until 17 September. Discussion will be led by our own Mary Williams – whose teaching we all enjoyed leading up to the Olga Masters Festival.

All this activity relies heavily on volunteers, so anyone who is interested in volunteering for the weekend (or in the run-up to it) would be very much appreciated. Drop your name off at Well Thumbed Books. We will also be looking for billets for the writers.

Above all, we want you to enjoy a weekend of writing, sharing with other readers, listening to music and enjoying great local food.

World Elephant Day Doco

Sunday, 7 August at the Old Cobargo Butter Factory at 3.30 pm

To emphasise World Elephant Day we're screening *Tyke, Elephant Outlaw*, and the movie makers Stefan Moore and Susan Lambert will be present for a Q&A after the screening!

This is the gripping and emotionally charged story of Tyke, a circus elephant who went on a rampage in Honolulu in 1994, killed her trainer in front of thousands of spectators and died in a hail of gunfire.

Her break for freedom, filmed from start to tragic end, traumatised a city and ignited a global battle over the use of animals in the entertainment industry. Looking at what made Tyke snap, the film goes back to meet the people who knew her and were affected by her death – former trainers and handlers, circus industry insiders, witnesses to her rampage, and animal rights activists for whom Tyke became a global rallying cry.

Like the classic animal rebellion film *King Kong*, Tyke is the central protagonist in a tragic but redemptive drama that combines trauma, outrage, insight and compassion. Ultimately, this moving documentary raises fundamental questions about our deep and mysterious connection to other species.

All donations will go to the Performing Animal Welfare Society sanctuary in San Andreas, California.

View trailer online at youtube.com/watch?v=gfQGrNV81gU and at tykeelephantoutlaw.com

Coffee and tea will be provided, bring your own mug and blanket. To cover the costs a \$5 donation is much appreciated. Visit the website for more information www.cobargodocos.wordpress.com

Please come in big numbers to keep more documentary screenings possible!

Lena



the sun deck

Mediterranean Night

Saturday 17th September 2016
6:00pm til late

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The Woman in the Grey Suit - A Triangle Whodunnit

Well Thumbed Books in conjunction with Four Winds will be holding a Sisters in Crime weekend in October. As a lead up to this event we have been running, through the *The Triangle*, a fictional murder. The idea is that you, the reader, solve the murder. Prizes will be given to the most logical, most entertaining and the most inventive. Competition deadline 15 August. Send entries to louise@wombelano.com or drop them into Well Thumbed Books with contact details. Copies of each month's clues can be picked up from the bookshop or download from *The Triangle* website: thetriangle.org.au

Here is a brief summary of clues so far:

The body of Ms Alexandra Grayston was found in a bunker at the 16th hole at Bermagui Golf Club. Items found near the body were a no. 5 iron, a rake, a fishing knife. A red stiletto shoe was lodged in her neck. The body has been taken to Sydney for forensic examination.

A large amount of cash was taken from one of her bank accounts.

The victim, Ms Grayston, 42 years of age, lived and worked in the Bega area, giving community advice to local groups and volunteers. Ms Grayston had been a community services advisor for 20 years. Her work computer needed to be 'decoded' as it was mostly in acronyms with encrypted wording. An investigation is currently being conducted to ascertain the name of an unknown person who was meeting her at 14 day intervals. Also revealed were her dealings with political parties in several third world countries.

Known as a single 'party girl' to some in the area, Ms Grayston also had a dance partner at a Bega dance club, Reg Withers. According to Withers she was obsessed

with the Tango. Not long before her death, she returned from Brazil with other dance friends – Withers couldn't go. One of her friends on the trip said she abandoned the organised group tours and met with a Signor Verde who became her personal guide. Interpol has revealed Verde's link to international radical environmental groups.



Here now is the final clue:

Episode 5

I've come a little early to clear my head from today's meeting. Always feels a bit stupid lurking around waiting for these impossible, ridiculous men with their demands and fantasies. I wish I could remember all the little lies I tell. Keeping track of all the groups I work with, both professionally and in my own interests, the individuals within, family, friends and lovers. And I'm not even going to think about the overseas connections. It's a big list that I have been a bit remiss in keeping in order. I've tried keeping notes on my computer with the special code I'd made up since Uni days, but it only works when I have been diligent and regular about entering the data/diary.

Lately, things seem to be going awry. All my fault of course - typical of me to think that. I will always jump in to take blame. It's been like that from earliest memory. Trying so hard to be good, but knowing in my heart I've been bad. It's been easy to fool people, myself included. I present well, know my job, I am an affable acquaintance and a loyal friend - at least I hope that what my friends think. I may look the part but I spend a lot of time and energy trying to look cool and effortless. Anti-depressants and wine help.

I'm sick of being in a small pond, working with bureaucracy and dealing with the frustration of being the unwelcome middleman, the rule-changer, the naysayer, everything couched in the current politically correct speech to give our target groups hope and guidance so they can do more work for the government for free. I know. I should find something else, but I need to continue to work for my escape and this is the perfect cover.

What I'm wanting is somewhere else, with someone different. Anyone. Maybe someone to look after me for a change. Who really wants to be independent and alone? I loved being in Brazil. I got a lot of attention over there which propped up my self-esteem about a thousandfold. Dancing was an absolute dream with my gorgeous partner. I've always loved the bad boys, the dark ones that inflame those lower reaches that one doesn't usually own up to.

You have to be careful living in a small community, especially being a single woman.

Linda Sang

On another note, we apologise for putting the wrong name at the bottom of last month's article, it was written by Chris Haynes, not Louise Brown as we stated.

MENTAL FITNESS CLINIC - SPRING CLEAN & TUNE-UP YOUR MIND

FREE Introductory session – 2 August 10am -11am at 135 Murrah St. Bermagui NSW

If we can learn to cook or speak in public, then we can learn how to be mentally fit. Join a **Mental Fitness** group for a **Spring Clean & Tune-up**. With a pocketful of curiosity and a pinch of awareness we can begin to experience a fully functioning brain and the wellness that comes from that.

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This Mental Fitness program rests on Neuroscience and evidence from leading developers in the field. Academically speaking, this work stands on the shoulders of giants.

FACILITATOR: Josephine Richardson, Specialist RN. GDip.NurPrac. & Health Educator

WHEN: 23 Aug – 27 Sept. 6 weeks. Every Tuesday 10am-12pm

COST: Full course fee (paid in advance)\$120, or each group session \$25. Morning tea provided.

Individual one-on-one sessions also available for \$65 per hr.

Please contact Josephine (Seph) E: neuralpathwayhealth@gmail.com

M: 0413 659 882

Cobargo Preschool talking about community involvement

Cobargo Preschool have been talking about community involvement and what it means to the children and local community leaders

We have had a visit from Brendon, the Narooma Police officer. The children got to ask Brendon questions about what police officers do. Brendon brought some hats and jackets for the children to try on and showed them some of the tools and equipment he uses. He showed us the police car and put the siren on. Everyone climbed in the back of the wagon.

The local Cobargo fire brigade also called in with the big red truck. Dave and John talked about fire awareness. They showed the children how some of the things work on the truck. The children also got to use the water hose and sit in the truck. They put the siren on when they left.

Jarrold from AFL has been presenting the Kinderkick program to the children for six weeks. The program is designed to inspire motor skills and to encourage awareness and physical abilities as well as cooperation and taking turns, for children.



Fun with the firetruck

Cayce our dance teacher from Funhouse Studio has also been working with the children. Cayce involves the children in modern free movement dance.

We have learnt lots of great dance moves and sequences. We've learnt everyone can dance!

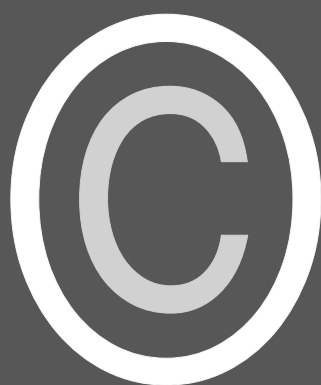
Cobargo Preschool



Jarrold and preschoolers



Police officer Brendon at the preschool



steopathy
cobargo.com.au

We Love Tiny Teddies

Thanks Paula, CWA and the Tiny Teddies. Little Kallum Manning is lucky to be a member of the Tiny Teddies Playgroup that meet each Friday in the CWA rooms at Bermagui.

The group have access to the mobile toy library which provides toys for educational purposes and just for fun. They have a sandpit to play in and are well supervised by parents, grandparents and sometimes even great grandparents!

Tiny Teddies provide a chance for mums and dads to share experiences of parenting together in a warm, relaxed, social atmosphere. The group also have day trips, the last one was a visit to On the Perch at Tathra, where the children loved seeing all the birds.

CWA Bermagui is very happy to support mothers and babies in this playgroup.

For more information please contact Liz Huggett 0419 249 250



Kallum Manning about to go for a spin in his red car

Public Dinner hosted by the Bermagui Institute

At il Passaggio restaurant, Bermagui, on Thursday, 13 October at 6pm for 7pm

A talk, Climate Change and Development Aid: Muddled Priorities, will be given by Professor Ian Noble.

Ian was formerly a research ecologist at the Australian National University focusing on the interactions between humans and landscapes under pressures such as grazing, fires and climate change. He has led international scientific research collaborations on climate change and has participated in three IPCC Assessments and several Special Reports.

He later worked as Lead Climate Change Specialist at the World Bank, working on financing and implementing mitigation and adaptation programs in

many countries.

Since retiring from the bank, Ian continues to advise governments, UN organisations and the private sector on implementing, assessing and funding adaptation efforts.

Book and pre-pay with il Passaggio on 6493 5753, the cost is \$25 per person. There is a limit of 50 people.

Please specify vegetarian or non-vegetarian food when booking.

A fundraiser for the Australia Institute will be conducted on the night.

Jack Miller

Vale Peter 'Beagle' Collins

On behalf of Chris, Jarra, Nioka and their respective partners Sophie and Vince, we would like to express our heartfelt thanks for all the love, hope and support given to Beagle and ourselves over the last 13 months. Beagle passed away at home surrounded by family on 17 July. We celebrated his wonderful life on 20 July and are eternally grateful to everyone who gave and sent their love on the day.

Beagle inspired us all with his grace, courage, humour, strength and brilliant mind, but most of all his love. A true warrior. His spirit lives on in us. Much love, his adoring family.

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Come and have fun with U3A at the pliability class

Members of U3A Bermagui & District are able to enjoy a simple, weekly exercise program we call 'Pliability'. It is especially designed for those who don't exercise regularly but would like to start enjoying a better sense of wellbeing.

The exercise program was devised by a qualified and experienced fitness instructor for the U3A network and continues to receive a positive response from U3A members across the state.

The program, especially for older people to strengthen bones and balance, is carefully followed under the guidance

of our leader Ian. Bring sneakers, \$2 and come join us!

Many other classes, courses and workshops are also on offer. For details on how to become a member of U3A Bermagui & District or to book in to the 'Pliability' class please visit our website www.bermagui.u3anet.org.au. Information brochures and membership forms are available at Bermagui and Narooma libraries, as well as Well Thumbed Books, Cobargo.

*Rosemary Knight
U3A Bermagui & District*

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in the AKT competition



See page 21 for details

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CTC AGM

The CTC will be holding its first annual general meeting since taking over management in July last year. It's to be held on 7 September at 11.00 am

The year has been a hive of activity with new recruits keen to be involved (but we have also lost a few), and happily we have been able to open five days a week. And we are always having people signing up to be volunteers. We have also been able to implement new training programs (such as those associated with the newer technologies, like iPads, tablets and smartphones) for the volunteers and some have been showing interest in learning more about the administration side of the operation.

Additionally the Broadband for Seniors computer courses has allowed free access to a number of new online training programs. These are also proving to be quite popular.

For the first time in quite a few years we have managed to secure a Volunteer Grant from the Department of Social Security which will allow us to upgrade or replace old and failing equipment; purchase printing materials; and assist with some volunteer training. We have also been able to replace three of our computers with more up-to-date units provided by our Association as well as providing two tablets.

We would like to see more people join the committee with a view to energising the activities of the CTC and allow a greater interaction with community groups, and to suggest

better ways of doing things as well as the possibility of introducing new and innovative community programs. We would be looking for people with meeting skills and experience, as well as providing community contacts that would help us integrate our services more within the community. We would especially be interested if you are already active, or have been

active in the community and in return we may possibly find ways to reward your commitment through provision of some sorts of gratuity. You would be welcome to call in at any time to talk to us and fill in a nomination form to be presented to the committee.

*Co-managers Mary Mcfarlane
and Dave Bulman*



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Harbourside Lamont St Bermagui

It's time to be heard

'It's time to be heard' is the motto of a diverse group of people across the Eurobodalla Shire, as they prepare candidates for the local council elections in September.

Their purpose is to field a team of candidates who will be responsive to community views and steer a fresh direction in dealing with local concerns.

"We live in such a magnificent part of the world and council needs to play a core role in empowering our communities. I want to see the Eurobodalla become the number one place to visit and to live on the NSW south coast. Yet at present, regardless of how loud our communities knock, the council doors remain closed. It is time to be heard," said Mayoral candidate Anthony Mayne.

The diverse group have joined together under the banner 'Community Voice Eurobodalla' with the leadership of Anthony Mayne, formerly of Narooma and now living in Mossy Point.

Anthony said that almost 70 people had joined Community Voice Eurobodalla in recent weeks and that clearly there is a desire to see the doors of council flung open in service of the community.

Anthony and his partner, the Rev. Linda Chapman, are known and active in the Tilba community through their work at Open Sanctuary at Tilba Tilba. Anthony will be running for Mayor as well as for a



Eurobodalla Mayoral candidate, Anthony Mayne

position at council.

The team is still being finalised, but it already includes many well-known and respected citizens.

Among them, from the south of the Shire are Jim Bright, Mandy Wheatley and Ange Ulrichsen from Narooma. Moruya surveyor Peter Cormick is among the leading citizens in the team who come from the centre of the Shire.

"The common bond is that we want to form a council that serves the community with respect and transparency. It is not acceptable for councils to make a decision and to then seek community input. This simply divides the community, wastes time and resources and diminishes

council's standing. Genuine consultation begins with a real desire to engage and to listen to the community. It is time to be heard.

"One issue that has united people is concern about the way council has handled Huntfest. Many people were appalled by the closed door meetings and the lack of transparency which were features of the way the matter was dealt with in council. As a former Australian infantry soldier I am not opposed to sensible use of guns. We are opposed to the American-style glorification of weapons, hunting and killing. Many of our supporters make the point that this is the 'nature coast' where locals and visitors alike enjoy nature-based recreation – hardly the place for promoting guns!" he said.

Community Voice has launched a program of fundraising with a raffle featuring a truly beautiful painting by Tilba artist Merryn Apma. The film *Grease* will feature in a fundraiser at the Narooma Kinema on 30 July.

If you would like to join Community Voice Eurobodalla, please contact the secretary, Mandy Wheatley on 0401 670 132 or email communityvoiceeurobodalla@gmail.com

You can also find Community Voice Eurobodalla on Facebook. Anthony Mayne can be contacted directly on 0408 798 735.

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Bridge over the River Dry?

During recent heavy rainfall, a massive tree along Dry River has come down, crossing the creek with metres to spare. Chris Post of Dry River Landcare reckons it's a *eucalyptus viminalis* and was at least 60 metres high before falling. The base is over a metre across. It'll be interesting to see how it affects the river with sand build up and in future floods. Chris and his team will keep an eye on it.

Local business prospers

Wayne and Michelle at DW Mechanical Repairs are celebrating ten years in service to our Community! They would like thank their customers for their ongoing support. Congratulations to them!

Progress

The Quaama Progress Association (QPA) are having their annual general meeting on 18 August at 9.30am at Bhagya's place; 11-13 Cobargo Street in Quaama. While they've been active this last year putting on the fairs and the recent car boot sale, this meeting is to discuss what they should be doing next year with the funds now available.

Got any ideas? We've heard about a deckchair cinema this summer where people can come with a picnic and watch great films on a big screen in the hall grounds. We've heard some talk about planting trees on Quaama streets to make our town more beautiful. There's been an idea or two floated about upgrades to the local cemetery including a columbarium with memorial plaque for the many souls in unmarked graves there. There's always been energy for a Quaama Quisine Cookbook. What would you like to see happen? The committee is keen to expand

its membership and wants to look into more modern ways to go about our business. Less meetings in the flesh and more online collaboration seems a good way forward. When we do meet, we want to enjoy ourselves so think cake with your coffee and 'bring a plate' dinners.

If the idea of our association and meetings doesn't appeal to you, Why not!? What does? We would really appreciate your input! We're flexible and would love for you to come along! There will be quality tea, coffee and cake!

Voting fun

Quaama was the place to be this Election Day! One could easily have mistaken it for one of Quaama's classic Fair days. There were throngs of people around to vote and enjoying having a rummage through the many sales happening in the park and



Quaama's second bridge

scattered around town.

The local Fire Brigade put on a sausage sizzle and had to run to Cobargo for more snags. The P&C ran out of cakes.

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Quintessentially Quaama (cont).

The jumping castle was wobbling for hours. There were kids and dogs and even a queue to get into the election hall which is amazing since this is Quaama! One poll worker asked what we'd done to them. At least they could head across the road for coffee... It was a truly festive atmosphere and something that we are bound to repeat next election but with more meat. In the meanwhile the sales were so good that we're considering doing them on a regular basis.

Help keep Quaama clean

Recycling is a good thing, especially since the Bega Valley tip fees just went up on 1 July. So a big thanks to everyone that participated in the sales, the snags and the stalls and a big shout out to the community for once again rocking along and making Quaama the place to be on Election Day and every day.

Reclaim the Riverbank News

Hi everyone

It's time to get back into the swing of things again after a bit of a winter break.

We have a bit of repair work to do at the planting site by the bridge.

The flood waters took away most of the tree guards and exposed some of the root balls of shrubs etc.

Bring gloves and any hand tools you like to work with. We will also have a bit of a review and think about the next stages.

We look forward to seeing many of you on Sunday 7 August at the river's edge, 9.30 to 11.30.

Rose Chaffey



Quaama's car boot offerings



The Triangle visits St Petersburg

Triangle staff writer, Jen Severn, took *The Triangle* to St Petersburg to spread the good news with our communist friends.

"We travelled through Holland, around the Baltic and dipped into Russia," said Jen. "Although it was only mid-spring, we had clear, sunny blue skies and temperatures in the twenties—we'd expected about 14 degrees and drizzle. The benefits of climate change!"

Photo (left)

The Church of Our Saviour on the Spilled Blood was built on the spot where Emperor Alexander II was assassinated in March 1881. He'd previously survived seven attempts on his life. Just love those onion domes.

Jen Severn



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BREAK A RULE A DAY
TONIGHT

Session 2 @ 1.30 - The Government We Deserve



Session 1 @ 11.30am
Break A Rule Day

Facilitated discussion with Ian Campbell, About Regional
1 Session \$16.50, Both Sessions \$30, 16 & under FREE
Lunch available to purchase or bring your own picnic
Bookings: www.fourwinds.com.au, or call 02 6493 3366

NBN for the uninitiated

Are you confused about what the NBN (National Broadband Network) will bring, what it will replace and when it's going to happen?

NBN will be replacing existing connections for phone and ADSL internet. From the time that NBN is available in your area, they will give you 18 months to make the switch, after that they may decide to halt your current service.

In Australia there are three options for NBN connection: a physical connection to your premises, a fixed wireless one or a satellite connection. Of these three, only fixed wireless (antenna fixed to your house) and satellite are available in the Triangle area.

Physically, the fixed wireless only works from your premises when you have a line of sight to an NBN tower (or are quite near one). NBN service via towers is available in Cobargo, Bermagui and Quaama but not yet in Tilba where NBN Co (the company behind the network rollout) states that work on the infrastructure has started.

Households in out-lying areas like



A rooftop NBN fixed wireless antenna

Yowrie, Wandella and Dignams Creek will have to connect via satellite.

NBN Co provides an interactive map showing where the service is available, whether it's tower or satellite, or when it is expected. Find it at www.nbnco.com.au

Look at the bottom for the 'rollout map' link.

For locations limited to satellite the good news is that it's going to be faster than the current, interim satellite offering and will allow for more monthly data. Or you could choose to keep roughly the same

allowance and it will be a little bit cheaper, starting from \$35 per month, depending which provider you sign up with.

The fixed wireless installation is a bit easier but the satellite installations have been happening around the area too and people seem happy with them so far. NBN Co has to provide the installation and only then can an internet service provider (ISP) hook you up; some level of passing the buck might occur in the process!

You don't have to stay with your current ISP. It's probably worth shopping around for the best deal.

When people move from ADSL to NBN, one of the medium term benefits is that it frees up ADSL connections for their neighbours who are not yet able to get NBN and were previously locked out of ADSL due to the lack of free ports on the exchange node.

Longer term it is not so clear what will happen, maybe a few more NBN towers? The goal with NBN is to get rid of the old copper network and thus traditional landlines and ADSL because maintaining it is too expensive.

Harry Binnendijk

Death Café

Did you know that in Australia, it is said that 75% of people have not had end of life discussions, 60% think we don't talk about death enough, and over 70% of us die in hospital though most of us would prefer to die at home?

Well, the Death Café can help start the conversation on Monday 8 August. In Bermagui, we open at the CWA in Corunna Street at 2.15pm for a 2.30 start, finishing around 4pm.

Everyone is welcome, and discussion will be guided by members of the Bega Valley Hospice Group. Yummy afternoon tea included for a gold coin donation.

For your information, a Death Café will also be set up in Bega on the same



day. It will be at the CWA in Church Street Bega, this one starts at 10am and will finish 11.30.

In the afternoon it will move to the new Tura Library, from 2.30pm. Bring your mate along and have a good, meaningful chat!

You'll be joining over 230 cafes of this sort around Australia that week.

The Bega Valley Shire Council election will be held on Saturday 9 September. Anyone who is considering standing for election is encouraged to attend an information night at the new Bega Valley Commemorative Civic Centre on Wednesday 27 July from 6pm to 7.30pm.

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News from Cobargo Creators

Cobargo Creator's next exhibition will be *Light Manipulations* featuring works by members Cathy Blake and Sharyn Wotton.

Since our ancestors found they could use the light from cooking fires to extend their day, and perhaps used a deerskin on two sticks to shade the light of a fire from their cave neighbours, we humans have found many ways to manipulate light. Sharyn Wotton and Cathy Blake have chosen the simplest of these, a lampshade, to play with and share with you during this exhibition. With wire and glue, fabric and paper, beads and paint they have exercised their imaginations for your entertainment.

Join Sharyn and Cathy at 10.30am on Saturday 6 August, for the opening, refreshments and entertainment by local musicians Jay and Stella. The exhibition continues in Black Wattle Gallery, your showcase space for beautiful things in The Cobargo Creators Centre, 60 Princes Highway Cobargo, until 1pm Saturday August 20.

Annual Exhibition

We are also putting out the call for entries for our annual exhibition. Cobargo Creators presents its annual exhibition of members and other artists' works, which, for 2016, is entitled *Out of Our Depths*. This is an exploration outside our artistic comfort zones; a fearless adventure into the unfamiliar; an exploration of new media; plunging deeper into our artistic selves. The exhibition will be displayed in Black Wattle Gallery in The Cobargo Creators Centre and runs from 5 November to 26 November. Closing date and time



Buglight from The Light Manipulations exhibition at The Black Wattle Gallery

for advice of intended entries is COB 21 October 2016. Entry forms can be collected from the Centre or by emailing cobargocreators@gmail.com

Kids art and craft fun

Cobargo Creators held two successful art and craft based play activities recently as part of the Cobargo Eat, Think, Create, etc, events and again in the July school holidays. A lot of fun was had, enjoyable mess made and beautiful works created so we've decided to host at least one creative play event every school holidays. Dates and times will be advertised on our Facebook page and flyers around town.

If you are interested or have any ideas about themes and projects, please email cobargocreators@gmail.com.

Cobargo Community Canvas

This joyful work of collaborative community art debuted during etc 2015. Primed out and repainted during etc 2016, this year's version is now on display inside The Cobargo Creators Centre. Make time to call in and admire the contributions of Cobargo community members and visitors who worked together to create this



The masterpiece

Five years on

Cobargo Creators are well into our fifth year of being. We love our location in the heart of Cobargo and take so much joy in sharing the creativity of our members with locals and visitors. If you want to know more about us and what we do, call into the Centre, find us on Facebook www.facebook.com/CobargoCreators/ follow us on Instagram [@cobargocreators](https://www.instagram.com/cobargocreators) or send us an email cobargocreators@gmail.com. And if you know all about us but haven't visited our ever-changing spaces for a while, come in for a catch-up!

Veronica Abbott

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The Triangle's Eco Edge Competition

Conservation not killing



Conserving energy with the family

A highlight of my recent whirlwind trip to Kenya was a visit to the Masai Mara, Kenya, a large game reserve in Narok County, Kenya. It was named in honour of the tall slim semi-nomadic Masai herdsmen who have lived here for centuries. The word Mara means 'spotted', an apt description for the speckled golden light over the trees and grassland of the savannah when my son and I went on an early morning safari in an open topped van.

The National Park is a veritable Garden of Eden, famous worldwide for wildlife that includes elephants, cheetahs, zebras, wildebeests, monkeys, giraffes, leopards, warthogs, hippopotami, rhinoceroses, and lions. Even here though the decline in the numbers of certain animal species is cause for alarm. The Masai benefit indirectly from the thousands of tourists who come here from all corners of the world to enjoy the spectacle of animals in the wild, and so they have a practical as well as a cultural interest in conservation.

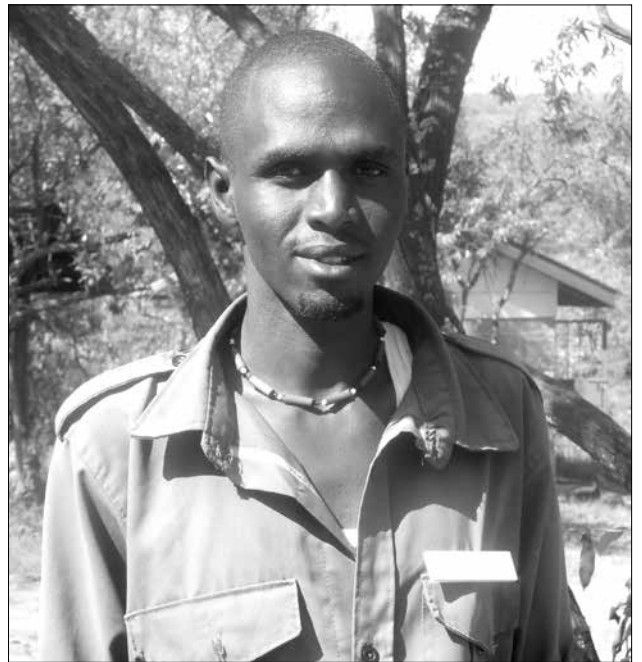
At Hell's Gate National Park, closer to Nairobi, I met Rasto Meningle who spoke earnestly about the need for conservation in Kenya to prevent any further loss of animal life due to hunting, poaching, and habitat destruction.

While proud of his Masai heritage Rasto described himself as a 'modern

Masai' working to educate people in the importance of wildlife and the need for conservation. As a sign of their wish to save endangered lions the age old custom of lion killing as a proof of warrior manhood has been stopped, as Rasto said, "in the best interests of future generations, and of the environment."

Rasto and other Kenyans support government actions to prevent the lucrative ivory trade. On Saturday, 30 April 2016 officers torched over 100 tons of ivory in an attempt to send a strong message to the world: "Elephants are worth more alive".

Compare this attitudinal change with supposedly eco-friendly Australia where gun ownership is on the increase, gun laws are being weakened, animal killing is celebrated at Narooma's HuntFest in a public building in the main street of town, and a state member of parliament can proudly boast of the pleasure to be gained



Rasto Meningle, a proud Masai, who spoke earnestly about the need for conservation in Kenya to prevent any further loss of animal life due to hunting

from killing African elephants!

We should remember the words of Mahatma Gandhi who said, "The greatness of a nation and its moral progress can be judged by the way its animals are treated."

Susan Cruttenden

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

Art in the Triangle

Murrah Hall's 10th Anniversary Fundraiser Screenings of its 2006 theatre production, *Equus*

Ten years ago an appropriate thing happened at the Murrah Hall - *Equus*, by Peter Shaffer, was produced and performed by a bunch of local people. For eleven performances over two seasons in the middle and at the end of 2006, nearly one thousand people attended the small, remote, barn-like hall. From as far away as Melbourne, Canberra and Sydney, just to be there.

Why?

In a recently re-mastered video by David Arvind Condon, you'll have the opportunity to see just how amazing community-created theatre can be. To, once again, share the pure theatrical magic that brought so many to the Murrah.

Equus centres on the explosive encounters between seventeen-year-old Alan Strang, who has blinded six horses with a spike, and Martin Dysart, the middle-aged psychiatrist who agrees to treat him.

The story's impact is not lost in the stage to screen transition. Nor does it look

dated. It is a filmed record of a performance seen through the eyes of an audience member, David Arvind Condon. He did not miss much. Certainly not the immediacy, the relentless action or the accordion-esque use of the space.

The viewing screen is wall to wall, floor to ceiling. There will be a déjà vu kind of experience as the screen hangs in the same space as where the performance was staged, a feature that adds to the atmosphere of the night.

Since the Turning Circle/Murrah's original production, *Equus* has continued to enjoy revivals at major theatres around the world. Not surprisingly, we locals stand up to international comparison very well.

The event is on at the Murrah Hall Friday 5 August and Saturday 6 August at 7pm. A matinee show will be held on



The *Equus* performance at the Murrah Hall

Sunday 7 August at 3pm. A donation of \$25 is appreciated and includes light refreshments. Book now by phoning 6493 4974 or email: Murrah.hall@gmail.com

Proceeds from the screening will go towards upgrading facilities at the Hall.

Art connecting community at Shop7

For the third year members of the Shop7 Art Gallery at Fishermens Wharf are staging an exhibition called *Harbour*. New, emerging or established artists from our region are invited to enter a visual artwork of any kind. Entrance fee is \$20 per piece (or group of small pieces). No commission is charged for sales. There is still room for more artists.

Businesses in the town or nearby attend the Gallery and provide a gift voucher to the artist whose work they admire most. As an indication of the Bermagui community strength over 35 businesses have become sponsors for the artists and will select their chosen piece on Wednesday evening 3 August. The

exhibition will open on 4 August.

Although not a competition in the usual way this is an opportunity for business owners to find out what happens at Fishermens Wharf and conversely for artists to visit the business to collect the value of the voucher.

The Gallery asks the businesses to keep voucher values small so as not to be a drain on the proprietors who are constantly asked for donations to support a community event. The popularity of an exhibit is expressed by the number of vouchers applied to it.

Artists can use the word 'harbour' in any context and in addition to its most obvious marine use it can also be

a sanctuary, haven, shelter, asylum and refuge.

The previous entries have included photography, paintings, sculpture in wood, stone and metal. The theme attracts the quirky as well as the serious from 25 to 30 artists.

The public is invited to come to the gallery upstairs at Fishermens Wharf for the opening on 4 August at 6pm. The exhibition closes on 31 August. Shop7 is open 6 days each week, closed on Tuesdays.

Contacts for Shop7 Art Gallery are Pauline Balos on 6493 5640 or Jenny Mein on 6493 3039.

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AKTcompetition

AKTcompetitionAKTcompetitionAKTcompetitionAKT

Local environmental company AKT sponsors a page in *The Triangle* every month. We publish the best creative, environmental contribution – story, essay, poem, painting, drawing or photograph we receive. So look around and start writing, drawing and photographing. See page 20. The overall winner each year receives \$400.

Spring Sings at Four Winds



The Windsong Pavilion with roos (photo by Robert Tacheci)

There is an incredible line up of events coming up at Four Winds, Bermagui to welcome in the spring and to fire the imagination.

Whether it's coming to soak up the Festival of Dangerous Ideas live from the Sydney Opera House via satellite; joining with local choirs to sing en masse; or immersing yourself in some preliminary reading ready for the *Sisters in Crime Writers Festival*, there's something for everyone.

Festival of Dangerous Ideas: a satellite streamed event

Saturday 3 September 11.30am and 1.30pm at the Windsong Pavilion

An annual event presented by Sydney Opera House and The Ethics Centre that brings leading thinkers and culture creators from around Australia and the world to discuss and debate some of the most important issues of our time.

Session one is *Break a Rule a Day* where best-selling author and journalist **Lionel Shriver** toys with the theory that a rule broken daily is better for your health than an apple.

Then session two is *The Government We Deserve?* with Annabel Crabb and David Marr who will spark a

no doubt hilarious debate off the back of the July election.

After each of these events there will be a facilitated discussion with Ian Campbell, from About Regional.

Gates will open 10.30am. Lunch will be available to purchase between the two sessions or you're most welcome to bring a picnic.

Australian String Quartet In Concert

Sunday 4 September at 11am

This is an open rehearsal and introduction to the Australian String Quartet and their repertoire. Lunch available to purchase

2pm - 5.30pm concert at Windsong Pavilion

An Australian chamber music group of excellence, performing at the highest international level, are visiting from their home base at the University of Adelaide, Elder Conservatorium of Music as Four Winds' Artists in Residence and will perform a Sunday afternoon concert in the Windsong Pavilion.

Spring Sing

Saturday 10 September, 4pm at the Windsong Pavilion

Choirs in the region come together

to sing en masse. This is a free public performance.

Jump First, Ask Later: Creative Learning a live streamed event from the Sydney Opera House.

Wednesday 21 September

This event is for our local participating schools only. The work merges urban freestyle forms with contemporary dance to create a physical narrative that explores the poetics of violence, migration, redemption and ultimately the collective freedom these artists discovered by mapping their city through dance.

Sisters In Crime Writers Festival

Friday 7 to Sunday 9 October

A quirky writer and music festival celebrating female crime writers, in partnership with Well Thumbed Books of Cobargo, with events in Cobargo and Bermagui, NSW.

For more information about any of the above activities and events or to find out what else is coming up at Four Winds go to: www.fourwinds.com.au/whats-on, call 6493 3414 or drop in to the town office at the Bermagui Community Centre.

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Meet *Madame Butterfly* and Friends at the Lazy Lizard

Our new exhibition in the Side Room is by local artist, Peter Read, and his lively, colourful, Japanese-style paintings bring a breath of fresh air into the gallery that I'm sure everyone will enjoy.

In his own words, Peter explains the motivation behind his work:

"I moved to Bermagui two years ago after retirement. This area is so inspirational for creativity. I've been singing at the Open Mic Nights locally and really enjoy the Cobargo community. I've also had more time to devote to art. This is my first exhibition in the area.

"I recently rediscovered drawing with a post office pen, some old bottles of acrylic inks and ancient sable brushes. I enjoyed it so much I decided to have an exhibition of small framed drawings.

"My pictures are based on Japanese Ukiyo-e woodblock prints. I've reinterpreted some of the images with more modern colours. I've called the exhibition *Madame Butterfly and Friends* because the first few drawings I made depict some scenes from the *Madame Butterfly Opera*. The friends are the ones that aren't of her.

"I've always enjoyed Japanese art, and these drawings are my homage to the geniuses who produced the original woodblock prints. They were printing up to eight colours, with each colour requiring a separate woodblock to be cut and printed. They were ahead of anything that was happening in Europe.



Madame Butterfly painting by Peter Read

"I'm also including some of my pottery to honour the Lazy Lizard's quirkiness."

The exhibition runs from Wednesday 3 to Wednesday 31 August. On Saturday morning, 6 August, between 10am and 12 noon, we will be holding an informal opening and meet the artist celebration with a cuppa and bickies.

There will also be live music, provided by artist Peter himself on his hand-painted guitar...it should be fun, so come and join us and say hello to Madame Butterfly.

Naomi Lewis

Benji and the Saltwater Sound System

Ben Fowler has just returned to his mother country, Australia, to kick start a new musical project, *Benji and the Saltwater Sound System*. After a year of village living in the remote Solomon Islands this musical excursionist has some new material for Australian audiences as well as his newly acquired village nickname, Benji.

Luckily the islander grit found in Benji's rice bag swag of fresh musical produce has cleared customs and has already begun to stir up the interest of big name festivals and venues. Benji has conjured up a mix of awe inspiring musicians under the guise of the *Saltwater Sound System* to evolve his humble songs into fully realised pieces of work.

Benji and the Saltwater Sound System draws upon Benji's recent immersion in islander flavours. He has fused these with the jazz, reggae and African roots of its members' past musical projects to create hypnotic soundscapes and painfully catchy melodies. The artists in *Benji and the Saltwater Sound System* have had the honour of playing at a number of acclaimed festivals. These include Woodford, the National Folk Festival, Corinbank, the Dreaming Festival, Summer Rhythm and the Illawarra Folk Festival just to name a few.

Benji and the Saltwater Sound System appear at the Murrah Hall on Saturday 27 August. Gates open at 6.30 pm. Of course famous Murrah curries will be available. Entry is \$20 with kids free.

Howard Stanley

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This is a classic Greek soup eaten in winter all over Greece.

My mother says that even though mine is not as thick as hers, it's tastier!!!

Greek Lentil Soup

Ingredients

2 cups dried lentils, whole brown or whole red, my favourite for this soup is whole red

1 onion, brown or red

4-6 cloves of garlic

1 leek

3 carrots

1 small bunch silverbeet (optional, you can still make this soup if you don't have any silverbeet)

1 small bunch parsley

olive oil or lard (you will need some oil or lard for the frying at the start and then you will need more olive oil to put in soup at the end)

2 bay leaves

3-5 springs of rosemary, fresh is best but dried is fine

1 small bottle of homemade passata or 1 can of diced tomatoes

water or homemade veggie stock or homemade beef or chicken stock

balsamic vinegar (you can use apple

cider instead)

salt and pepper to taste

Method

Soak the lentils overnight. The next day, drain the lentils and add fresh water and bring the lentils to the boil and simmer for 5-10 minutes, depending on how quickly they cook, you don't want to over boil them. Cook them until they are soft in the centre but not going too mushy, they will cook more in the soup.

In a large saucepan gently fry in olive oil or homemade lard the onion, garlic, leek and carrot.

Turn heat down and put lid on and gently simmer until onion has started to soften.

Add cooked lentils, chopped silverbeet, bay leaves, rosemary, tomato, a little salt and pepper and then add enough water or stock to cover all ingredients and then some.

Bring back to the boil and then simmer for 30 min to 1 hour.

Check liquid levels occasionally as you may need to add more liquid during cooking, you want it to be soupy at the end not too thick, have

some wateriness about it.

When it's ready, take pot off the heat, add lots of chopped parsley, drizzle with more olive oil (be generous) and season with more salt and pepper to taste

Serve with drizzle of balsamic vinegar and delicious bread



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Prepare for spring

Well here we are with winter nearly over and spring just around the corner and with it the start of the gardening year. New growth appears on deciduous plants, perennials wake after 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 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 a delicious target for aphids so keep an eye out for them. 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 (500g per square m) all over applied. Some



Preparing garden beds for spring

well rotted cow or poultry manure can be added and forked in.

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

When growing vegetables it is important to 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 thing 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 absolutely 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. Till next time, happy planting.

Keith Mundy

The Spires Nursery, Tilba Tilba

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Furniture and Household items for sale. QS bedroom suite-near new Comfort SleepBody Zone Deluxe mattress. Beds QS and single, washing machine,fridge, lounges, tables, chairs,Tv's, Janome sewing machines and more. Text 0413 899 942 for more details or to arrange inspection.

12 ft Savage tinny - 6 HP outboard, trailer, rego, oars. Sound condition - \$850.00 Ph: Chris 64 933 461

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

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. Send **ALL** articles in Times New Roman, 12pt, single spaced.

4. 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.

5. 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 **contributions@thetriangle.org.au**

Subscribe to The Triangle

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

Name

Address

..... P'code

Phone

Enclosed: cheque / money order for \$32.00

*Australian residents only

Charlotte Wood, *The Natural Way of Things*, \$29.99

I've made a vow to always buy the book which wins the Stella Prize for women's fiction, because it's such a terrific addition to Australia's literary life. The 2016 prize went to well-known author, Charlotte Wood, and the book is causing the same arguments amongst my reading friends as *The Slap* did a few years ago.

Two friends said it was the best and the most important book they had read for years; two couldn't finish it, one commenting that it was taking misogyny to new levels, making *The Handmaid's Tale* look quite tame. It is the story of a group of young women who are kidnapped, taken to a remote location from which escape proves impossible, starved, forced into hard labour, denied any comfort or dignity. It tells the struggle of individual women to survive, avoid further torture and/or rape by the men who are their guards. The misery is all-consuming; the small victories of the women hardly compensate for the unrelenting horror of the experience, although there is some



hope glimpsed in the friendship of two of the women.

I'm still not sure what I think about it, but given the controversy that it is causing, the way in which it has polarised readers, perhaps it is important to read at least one book a year that sets your teeth on edge. I just know I was terribly relieved when I got to the end of it.

Pet of the Month

Deb Cox

Over the past few weeks FSC branch members have seen many animals with microchips that cannot be traced. Sadly many animals are never returned to their owners (and never make it out of shelters!) as the information available to the pound/vet has not been kept up to date. This may be because the current owners have moved to a new location or the animal has changed ownership and the old/new owners have not completed and lodged a 'Change of Owner/Details' form –(available from local council). Keep your pet safe...keep their details up to date.



Lexie 10 months old and vaccinated, wormed and micro-chipped

Animals available for adoption from Animal Welfare League NSW Far South Coast Branch are Lexie the ten months old female; Kitty the eight year old Tabby cat, Sox the seven month old Tabby and white; Bessie the black year old female and Mia the ten week old tabby.

Prices of kittens are subsidised so that these rescue kittens will be adopted with all of the necessary vet care already done - \$200 covers de-sexing, two vaccinations, microchip, worming, flea and tick treatment and a vet check.

Dogs available include Ruby, the seven month old female brindle Staffy cross, Rosa the 16 week old brindle Staffy cross pup, Rusty the ten month old Lab cross, and Reuban the seven month old male Bull Arab cross.

The cost of dogs is \$350 which covers, de-sexing, microchip and lifetime registration, vaccination, worming, tick and flea treatment and vet check. An extra vaccination is included for pups so the cost is \$375. Call **0400**

372 609 for more details check our Facebook page [https:// www.facebook.com/WelfareLeagueFarSouthCoastBranch](https://www.facebook.com/WelfareLeagueFarSouthCoastBranch) for details.



AL-ANON

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

ALCOHOLICS ANONYMOUS

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

ANIMAL WELFARE LEAGUE

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

ANGLICAN PARISH OF COBARGO

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

BERMAGUI KNOW YOUR BIBLE

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

BERMAGUI BADMINTON CLUB

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

BERMAGUI BAPTIST CHURCH

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

BERMAGUI COUNTRY CLUB ARTS SOCIETY

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

THE BERMAGUI MARKET

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

BERMAGUI & DISTRICT LIONS CLUB

Needs new members. Those interested please phone
Ray Clements on 6493 8472. Meet 1st Thurs. each
month at Bermagui Hotel & 3rd Thurs. at Cobargo
Hotel at 6.30pm for 7.00pm

BERMAGUI INDOOR BOWLS CLUB

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

BERMAGUI GARDEN GROUP

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

BERMAGUI CROQUET CLUB

Bermagui Country Club, Thursday 2 - 4pm. New
players always welcome, tuition and friendly games
always available, equipment provided.
Call Dave, 6493 5014.

BERMAGUI DUNE CARE

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

BERMAGUI SES UNIT

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

BERMAGUI TINY TEDDIES PLAYGROUP

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

BERMAGUI HISTORICAL SOCIETY

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

BERMAGUI U3A

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

BERMAGUI URBAN FOOD FARMERS (BUFF)

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

COBARGO DISTRICT MUSEUM

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

COBARGO GARDENING & FRIENDSHIP CLUB

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

COBARGO SHOW MEETING

2nd Wednesday every month, 7.30 pm - CWA
Rooms. Contact Ros Mead 6493 6948

COBARGO PRE-SCHOOL

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

COBARGO PRESCHOOL PLAYGROUP

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

COBARGO SoA HALL COMMITTEE

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

1ST COBARGO SCOUT GROUP

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

COBARGO TOURIST & BUSINESS ASSOC

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

COBARGO CWA

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

COBARGO'S LANEWAY MARKETS

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

COBARGO & DISTRICT RED CROSS

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

MOBILE TOY LIBRARY

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

TILBA MARKET

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

TILBA VALLEY WINES BRIDGE CLUB

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

QUAAMA / COBARGO QUILTERS

Meets Mondays 10am - 3.30pm in the CWA Cottage,
Bermagui Road, Cobargo, and welcomes anyone who
does patchwork, quilting, or any other needlework.
Lorraine James 6493 7175, Mary Cooke 6493 7320 or
Cheryl Turney 0427 936 424.

QUAAMA INDEPENDENT RIDERS ASSOC.

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

QUAAMA PROGRESS ASSOCIATION

Meets 2nd Thursday of the month, 9am, at Quaama
School of Arts Hall to plan Quaama community
events and projects. Membership \$5pa. New
members and non-members always welcome.
Enquiries: Glenna Heino 0408 411 956. See www.quaama.org.au

MT DROMEDARY UNITING CHURCH

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

MYSTERY BAY COAST CARE

Contact: Richard Nipperess 4473 7769. Meet: 9.30 -
12.30 first Wednesday of the month at the swings. All
welcome.

LIFE DRAWING SESSIONS

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

DIGNAMS CREEK COMMUNITY GROUP

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

OPEN SANCTUARY@TILBA

Gatherings at Holy Trinity Church Tilba 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 St Paul's Church Hall, Narooma, 7pm;
1st Tuesdays Technical Workshops, 3rd Tuesdays
themed competition displays. We welcome visitors
at the meetings or on our monthly field trips. Ph
Michelle Merry 0409 020 458 & check website.

HEART TO HEART

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

NAROOMA BLUE WATER DRAGONS

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

WALLAGA LAKE/BERMAGUI MEN'S SHED

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

THE YUIN FOLK CLUB

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

Community Notices

are advertised in *The Triangle*
for non-profit groups free of charge.
If details of your group change, please
advise us at
contributions@thetriangle.org.au

For the Fridge Door

AUGUST	WHAT	WHERE	WHEN
Tues 2	first sisters in crime reading group	Well Thumbed Books Cobargo	from 5pm
Fri 5 & Sat 6	screening of 'Equus'	Murrah Hall	7pm
Sat 6	book launch: Hilary James	Well Thumbed Books Cobargo	10.30am
Sun 7	reclaim the riverbank working bee	Dry River Quaama	9.30-11.30
	matinee screening of 'Equus'	Murrah Hall	3pm
	Roddy Reason	Bermagui Beach Hotel	4pm-7pm
	'Race Against Time'	Windsong Pavilion Four Winds Barragga Bay	2pm-5,30pm
Mon 8	Death Cafe	CWA Corunna St bermagui	from 2.15pm
	Death Cafe	CWA Church St Bega	from 10am
Fri 12	ecstatic dance	Quaama Hall	6pm
Sun 14	blacksmithing demonstration	Galba Forge 345 Yowrie Rd	1pm-5pm
	Glenn Mood	Bermagui Beach Hotel	4pm-7pm
Thurs 18	full moon dance	Quaama Hall	6pm
Sat 20	sisters in crime murder night	School of Arts Hall Cobargo	from 6pm
	Karaoke	Bermagui Beach Hotel	8pm
Sun 21	Tony Jagers	Bermagui Beach Hotel	4pm-7pm
Fri 26	ecstatic dance	Quaama Hall	6pm
Sat 27	Benji & the Saltwater Sound System	Murrah Hall	from 6.30pm
Sun 28	Trevor best	Bermagui Beach Hotel	4pm-7pm
SEPTEMBER			
Fri 2	fireworks spectacular	Cobargo Public School	5pm-9pm
Sat 3	Windsong Pavilion Four Winds Road Barragga Bay	'Festival of Dangerous Ideas'	11.30am-1.30pm
Sun 4		Australian String Quartet in concert	from 11am
		Chamber music concert	2pm-5pm
REGULARS			
Mondays	Quaama/Cobargo Quilters	CWA cottage Cobargo	10am-3.30pm
	BINGO	Bermagui Country Club	10.30am
	No Lights No Lycra	Cobargo School of Arts Hall	start 6pm
1 st Tuesday	Bermagui garden group	venues vary, phone Heather: 6493 5308	
last Tuesday	Cobargo Seed Savers	18 Blackbutt Drive, Cobargo	10am-12 noon
Wednesdays	pool comp	Bermagui Country Club	from 7.30pm
	meditation classes	Kamalashila Tibetan Buddhist Centre, Tilba	
	Dru Yoga class	Cobargo School of Arts Hall	from 10.30am
1 st Wednesday	Bermagui Historical Society meeting	Bermagui Museum in community centre	2pm
	social bridge	Tilba Valley Winery	from 2pm
Thursdays	Mind Body Stillness Meditation	The Courtroom, Princes H'way Cobargo	10am-11am
2 nd Thursday	Seniors Pick the Numbers	Cobargo Hotel	from 11am
Fridays	meat raffles	Cobargo Hotel	from 5pm
	CRABs raffles	Bermagui Beach Hotel	from 5pm
2 nd Fridays	Tilba CWA meetings	Small Hall Tilba	10am
3 rd Sundays	Cobargo/Quaama food swap	venues vary, phone Tam: 0409 882 944	10am-12 noon
last Sundays	Bermagui Red Cross Markets	Dickinsen Oval, Bermagui	9am-12noon
ART			
Wed 3-Wed 31	'Madame Butterfly & Friends' exhibition	Lazy Lizard Gallery, Cobargo	Mon-Fri 10am-4pm Sat till 1pm
Thurs 4-Wed 31	'Harbour' exhibition	Shop 7 Artspace Bermagui Fishermen's Wharf	10am-4pm daily
Sat 6	'Light Manipulations' exhibition	Black Wattle Gallery Cobargo	from 10.30am

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