

Tilba celebrates NAIDOC Week

The Central Tilba community celebrated NAIDOC Week on Saturday, 8 July 2017, with an art exhibition in the Small Hall, an open day at Bellbrook Farm, and an evening ceremony at Open Sanctuary, Tilba Tilba.

The exhibition featured a display of historical information about the Yuin people and culture, and art by Yuin artists Cheryl Davison and Bronwen Smith and by students from Central Tilba Primary School and Little Yuin pre-school.

The Little Yuin children produced two works, each consisting of hand imprints on ochre, one in red and one in black. The primary school children produced drawings of Australian native animals, and, in keeping with the Our Languages Matter theme of this year's NAIDOC Week, Cheryl Davison captioned them with Dhurga language names. Dhurga is the first language of the NSW South Coast from Wandandean to Braidwood to Wallaga Lake.

Iris White, chair of the Gulaga National Park Board of Management, conducted the Welcome to Country and formally opened the exhibition. She paid



Tilba celebrated NAIDOC Week on 7 July with an art exhibition in the Small Hall

tribute to the way Aboriginal and non-Aboriginal members of the community had joined in organising the celebrations, and said she hoped this would be the start of a continuing conversation in which the focus would be on what people had in common and not on their differences.

Iris White also thanked the CWA for making refreshments available at their regular pop-up morning tea and for their donation of \$25 to help fund the NAIDOC events.

The closing event at the Small Hall was the drawing of winning tickets for the door prizes by Janine Halasz, President of the CWA. First prize, a mounted print of artwork by Cheryl Davison, was won by Julie Dibden. Second prize, a framed print of artwork by Cathie Muller, was won by Trish deLaney.

Later at Bellbrook, Iris White presented a message stick to David Oliphant in recognition of his previous ownership of Bellbrook Farm, now the property of the registered Aboriginal owners and meeting place of the Gulaga National Park Board of Management.

She thanked him for his care of country and acknowledged that non-Aboriginal people also have an attachment to this land.

She also presented a message stick to Mal Dibden in recognition of his work as a

member of the Gulaga National Park Board of Management and his long service in the interests of the Yuin people. Mal Dibden said in reply that seven generations of his family had lived in the Tilba district and had always striven to have good relations with the Yuin people.

Cathie Muller, Stuart Absalom, Lynette Goodwin and Cheryl Davison each received a message stick in recognition of their work in bringing together local Aboriginal and non-Aboriginal people to organise the NAIDOC Week celebrations.

At Open Sanctuary, Rev Linda Chapman presided over a gathering in which Yuin artist and storyteller Cheryl Davison shared part of the Yuin creation story. This was followed by a video of Archie Roach and Sara Storer performing 'From Little Things Big Things Grow', the Paul Kelly anthem about the symbolic handing back of the land to Vincent Lingiari by the then Prime Minister, Gough Whitlam, in 1975.

In keeping with the ideal of a land shared, Iris White spoke at Open Sanctuary of her childhood at Wallaga Lake and how, on long walks with her grandfather from Wallaga Lake to Tilba Tilba, she would see this little old church on the hill. But it was not until last Saturday evening that she had ever been inside.

Dennis and Cathie Muller



Mary Xmas (in July), aka David Wilson of Cobargo Post Office

Neilma Gantner's gift of a parcel of land, to bring the highest quality classical music to Bermagui, was well placed in the hands of Sheena Boughen. Now recognised nationally through her Arts Leadership Award, Sheena's vision and drive has reached a new level of actualisation, and has paved the way for a big future for Four Winds.

More outstanding awards, this time for decades of dedicated service in the Fire Brigade, went to Senior Deputy Captain Tim Holdsworth from the Bermagui Fire Brigade, and Captain Chris King, Deputy Captain Ron Cole, Captain Mark Ayliffe and Deputy Captain Tony Martin from

Cobargo Fire Brigade. The Australia National Medal acknowledges the selfless duty of persons serving the community, protecting people and property.

A 'Triangle Team' of bike riders will complete the 58km ride from Engadine to Wollongong (or you can opt for the longer course commencing in Sydney) on Sunday 5 November to raise money for Multiple Sclerosis (MS). It is a multifaceted event that's for sure.

Our hearts go out to those suffering with MS, and our applause goes out to that team, willing to personally engage in a physically demanding, but most likely a highly enjoyable activity to raise funds

for others. Maybe you'd like to join the team, or donate to the cause if you cannot do the ride.

It's a good world out there when you see these sides to generous and talented people.

On the flip side of the coin, there is nothing surer than death and taxes. And, the annual 'Dying to Know Day' will be held on 8 August in three locations, Bermagui, Bega and Tura at various times. Apparently, with feedback from last year's event, it's a passionate and well-attended discussion covering the emotional and administrative aspects of dying.

Was it something we said!?

No letters this month. Not a one! If you have a comment, a gripe, an idea, a brickbat or bouquet, send it along.

contributions@thetriangle.org.au

New large animal vet service

Dr Kym Sutherland of Narooma Veterinary Hospital is pleased to announce that the hospital is now offering a large animal service to the Narooma district and surrounding areas. Dr Sutherland has over 25 years' experience in mixed practise and wants to offer the district a more local veterinary service to equine, beef and dairy as well as other farm animals.

He will offer a complete range of services for large animals including consultations, digital radiology, ultrasound and in-house pathology and dentistry.

While he's out on his farm calls, Dr Sutherland is happy to do house calls for the small animals to keep them all happy and healthy. He travels as far south as Quaama, covering the whole Triangle area.

For more information please feel free to contact Dr Sutherland on 4476 1125 or drop in and meet him at Narooma Veterinary Hospital: Shop 2 Costin Village, 124 Wagonga Street, Narooma.



Dr Kym Sutherland offers the full range of large and small animal veterinary services

Riders team up to fundraise for MS



Karen Cseleda, James Roberts, Graham Barber and John van Horssen in training

Four local cyclists have teamed up to ride in the MS 'Sydney to the Gong' bike ride on Sunday 5 November, and are inviting other local riders to join them.

In the last 36 years tens of thousands of cyclists have hit the road in this scenic ride to raise money for MS. It starts in Sydney (long course) or Engadine (short course) and finishes up in Wollongong.

Our riders have registered a 'Triangle Team' for the short course (58km). This leg goes from Engadine through the Royal National Park and Stanwell Tops, then along the Sea Cliff Bridge, through Bulli and down to Wollongong. The scenery is stunning. There are a few hills but nothing too strenuous. It's not a race, just a fun day out to raise money for a worthy cause, with

rest stops along the way.

The team plans to drive to Wollongong the night before, catch the train to Engadine with their bikes early the next morning, ride back to Wollongong, stay another night to recover and celebrate, then drive home. It looks like a minibus may be in order!

MS, or multiple sclerosis, is a disease of the central nervous system (brain and spinal cord). It usually strikes in early adulthood and can result in problems with weakness, coordination, balance, visual disturbances and more. There are many people living with MS in the Triangle area. In fact, over the 18 years since I moved to Quaama there have been seven Quaama residents with MS.

Considering the rate Australia-wide

is about one in a thousand, seven in a population of 200 or so, or 35 per thousand, is astronomical! But Quaama's residents should not be alarmed—most of us contracted MS before we arrived here.

If you wish to join the Triangle Team, go to www.msgongride.org.au, click on REGISTER, select your participant type, then select 'Join a Team' and search for 'Triangle'.

It costs \$95 to register, if you do so by midnight on Thursday 7 September (after that it's \$135). If you're not a rider but you'd like to donate to the cause, there's a 'Donate' link on the front page of the site—enter 'Triangle' in the box so your contribution is added to our team's total.

And if any business out there would like their logo on the team T-shirts, that space is up for grabs!

Call John on 6493 8515 for more information, or email john@glasscrafts.com.au.

Jen Severn

Thumbs Up

To the Farmborough Heights linehaul semi driver Johnny "Johnson" Tinley who has driven through Cobargo twice a day for the past decade and always manages to do so at the signposted 50kph speed limit, displaying his respect for the townspeople, other road users and the law. Makes a change from the many drivers of all types of vehicles who seem to treat slowing down in our town an inconvenience.

To the staff at Bermagui Recycling Centre who were extremely helpful, efficient and co-operative when I delivered some recycling and household garbage recently.



Thumbs Down



To drivers on Upper Brogo Road that speed along the middle of the road, forcing oncoming vehicles off the side. Drive safely please!

Confidence

Small and shy,
Too scared to talk,
His voice a tiny squeak.
Alone with no friends,
Alone by himself,
Feeling vulnerable and weak.

And just when it seems
He has done it right,
THEY will come and tease.
KILL his dreams and CRUSH his hopes.
Shatter him and leave.

But one day again,
When THEY hurt his pride,
There comes a girl with red hair.
"Hey Hey!!!" she said
In a loud clear voice.
"What ya doing over there?"

"What has he done,
to make you mad?
Why do you kill his dreams?
All he had done
Is try his best.
And he tries and he achieves."

And when THEY answered,
And when THEY teased,
She replied in a powerful tone.
"What has he done,
To make you mad?
Bullies ... leave him alone!!!"

The next day when
THEY came again,
She was there as well.
She spoke with passion,
with fiery strength.
The boy's confidence started to swell.

He'd watch and he'd learn,
And then he understood,
Though he was small and shy.
Like his feisty,
Fiery-hearted friend,
His strength was all inside.

And when THEY came
He told them in
The same way that she used to.
He said "Leave me alone!!!"
And he stood his ground.
His pride and spirit grew.

Small and shy,
But now brave inside,
His friend is always there.
Either by his side,
Or in his heart,
The girl with the flame red hair.

Danika Myers

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Printing: Excell Printing Pambula
Accounting Services: Fredrick Tambyrajan,
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Distribution Service: Linda Sang

Distributed by Australia Post and available from:

Bermagui: 777 Supermarket, Visitors Centre, Library, Newsagency, Bermagui Beach Hotel, Post Office, Blue Wave Seafoods, Bermagui Country Club, Bermi's Beachside Takeaway, Saltwater
Central Tilba: The Cheese Shop, Tilba Winery, Post Office, ABC Cheese Factory
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Deadlines

Advertising: 12pm, 19th of each month
Editorial: 12pm, 22nd of each month
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All communications should be forwarded to:
Email: contributions@thetriangle.org.au
Postal address:
The Editors,
The Triangle
PO Box 293, Bermagui, 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.

Former Four Winds Chair wins arts leadership award

The story of Four Winds has become integral to those of Bermagui and the Far South Coast. The Four Winds Classic Music Festival at Easter is now an internationally renowned space which hosts ongoing cultural events and supports the culture of music making. This story of achievement owes much to the vision of Sheena Boughen, the CEO and pro bono Chair of Four Winds up until December 2016. When I congratulated Sheena on the national Creative Partnerships Australia award for Arts Leadership, she gave me some of the twenty-five-year history behind her own personal success, and that of Four Winds.

For Sheena, the award punctuates a career and a life that has always encompassed a love for the arts, for education, and a strong sense of community. And in this region we benefit from the fruits of this collaborative adventure in a facility we can all enjoy and be proud of.

Sheena and the other founding members were friends who shared a passion for music and good food, and a big dream. The site for Four Winds is land gifted by Neilma Gantner (1922–2015), a member of the Myer family who wished to help in bringing the highest-quality



Four Winds owes much to the vision of Sheena Boughen

classical music to Bermagui.

Together, Sheena, her friends, the very generous gift from Neilma, and a band of volunteers created what are now the well-loved Nature's Concert Hall, Sound Shell and Windsong Pavilion. When Neilma Gantner asked Sheena Boughen to take up the position of Chair of Four Winds in 2006, Sheena was thrilled, and said she felt that, 'her time had come'. Now Sheena could 'share ... to dream and imagine how we at Four Winds could go beyond

... being just an event ... to become a real force for good ... a national identity ... the national home for music making in Australia. That was the core of my getting this award.'

What does leadership mean to Sheena? 'It's true I have the personality to be out there. I am a person who likes to lead, but only if I have a group that represents the community. A leader is somebody who wants to go to a new place, but only for the betterment of the whole,' she said.

Sheena is very proud to be noticed nationally by people that she looks up to. She said, 'The award gives me permission to tell the story more. It makes people curious about who we are down here and why we did it. I see the opportunity from where I live as nothing but inspiring to my imagination'.

As a Life Ambassador Sheena continues to tell the story of Four Winds, always true to increasing the profile of the venue and the people involved in it. We are all encouraged to become part of this story.

Linda Sang

The Bermagui mystery: Retracing the steps

On 17 September 2017, the Bermagui Historical Society, Montreal Goldfield Management Committee and Narooma Historical Society will be combining to have a day retracing the story of the Bermagui Mystery.

It will begin on the Bermagui Headland, the entrance to the harbour, at 10.00 am, to set the scene for the event. We hope to have some descendants from some of the lost men joining us as well.

We can make up a car pool, as we set off towards Tilba, stopping at a few

spots on the way and ending at Mystery Bay to have lunch. Please bring your own lunch to enjoy in the lovely setting there.

We are finding out something new all the time. Maybe we will eventually know what happened, how it happened, where it happened and why. For now it is still a mystery and one of Australia's greatest unsolved crimes.

We look forward to seeing you there. Enquiries: Laurel Pacey, 4476 1582.

Judi Hearn

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National medal presentation for Bermagui Fire Brigade



Deputy Captain and Secretary Steph Lazarro, Bega North Group Captain David Ayliffe and Captain Greg (Macca) McLaren

Bermagui Volunteer Fire Brigade of the Rural Fire Service of NSW held their Annual General Meeting on 3 May 2017 at the fire station in Bunga Street, Bermagui.

During the meeting the brigade's Senior Deputy Captain, Mr Tim Holdsworth, was awarded the Australian National Medal, with clasp, for more than 25 years of dedicated service to the Brigade and the residents of Bermagui and surrounding areas. The presentation of the award was made by Mr Brian Ayliffe, Bega North Group Captain.

The National Medal is an Australian award given for long service by the operational members of specified eligible organisations. The eligible groups have in common that their members serve or protect the community at a risk of death, injury or trauma. The Brigade congratulates Tim on his well deserved award and thanks him for his many years of service.

During the meeting the Bega North Group Captain, Mr Brian Ayliffe, confirmed that he is standing down from that position after many years looking after

the RFS volunteer brigades in the Bega Shire North area. Sincere thanks to Brian were expressed by the Brigade.

At the meeting the President of the Brigade also declared all executive positions vacant and an election was subsequently held. As a result of the election the following positions have been filled: Brigade President: Howard Haynes; Brigade Vice President: Maggie McKinney; Brigade Captain: Greg (Macca) McLaren; Brigade Senior Deputy Captain: Tim Holdsworth; Brigade Deputy Captain: Steph Lazarro; Brigade Deputy Captain: Pat Waddell (newly created position); Brigade Secretary: Steph Lazarro; Brigade Treasurer: Julie Blacka; Brigade Permit Officers: Greg McLaren, Brian Blacka, Kevin Riley, Robert Johnson.

Bermagui Fire Brigade is 100 per cent volunteers, made up entirely of local residents of Bermagui and surrounding communities. Training is conducted at the fire shed every second Wednesday. New volunteers are always welcome.

*Jack Couche
Firefighter, Bermagui RFS.*

Introducing Tim and Pip of The Sundeck

Hello, we are Pip Sullivan and Tim Carson, the new owners of The Sundeck Café/Restaurant on the upper level of the Fishermen's Wharf, looking out over Bermagui harbour and on to the ocean and Gulaga Mountain. It has been operating as a restaurant since the Wharf was built. We are grateful to have an opportunity to run our own business in this gorgeous town.

Tim first arrived in Bermagui for a holiday in winter 1997 and fell in love with the natural beauty of the area. In 2003 he moved to Cuttagee and started work in community services. Tim has spent over a decade working with people with a disability and still regularly works with WorkAbility Bega/The Disability Trust. For the past two years Tim studied Nutritional Medicine full time with the Australasian College of Natural Therapies. He also completed a four year apprenticeship as a chef in 1993.

Head chef, Pip, came to live in Dignams Creek in 2008. Having worked in kitchens since she was nine, she immediately found work at Love at First Bite. There she developed a lasting relationship with Daisy Trendall, who, as many will know, is a cook and baker at The Sundeck, specialising in gluten-free food.

Pip came to work at The Sundeck in 2011 and soon became an indispensable all-rounder. In 2016 she attained a Certificate 3 in Commercial Cookery. Previous owners James and Alison relied heavily on Pip's guidance. We aim to remain true to those who have supported The Sundeck over the years and intend to make all our meals from our own recipes and using only the freshest, locally sought ingredients. With all the same staff and a new, improved wine list, we look forward to greeting you. We are open seven days for breakfast and lunch.



Tim Holdsworth was awarded the Australian National Medal



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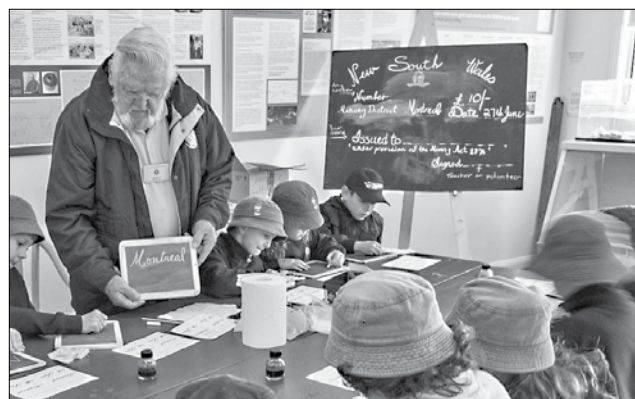
Narooma kids have a day at the Goldfield

The idea was daunting to say the least! Sixty children from Narooma Public School came to visit Montreal Goldfield on 27 June. And everyone had a great time.

The children were divided into groups of ten or so to give them all a chance to experience what life was like in the 1880s when the gold rush was on. They enjoyed all the activities: wearing old-fashioned clothes, using old-time writing materials, participating in games and gold panning.

Many thanks to the teachers, who all joined in, and to the volunteers of the Montreal Goldfield Management Committee who made the day possible. Everybody went home tired but happy.

Judi Hearn



Volunteer Bill Shaw showing the children how to write with pen and ink

General News

Local history given a boost

Several initiatives by the South Coast History Society in the past week have ensured that the NSW South Coast's fascinating history can now be appreciated by a greatly increased audience.

First, the Society has launched a brand-new website at www.southcoasthistory.com.

'This website is intended to become a substantial library of stories and resources relating to the South Coast's history', the President of the South Coast History Society, Peter Lacey, told *The Triangle*.

'We envisage it being a first port-of-call for anyone interested in the intriguing history of the area and an increasingly useful resource for researchers. Copies of the first three issues of the South Coast's history magazine, 'Recollections', are there, and we will be adding future issues

as they become available. And at least one new local history story will be posted every month,' Peter promised.

'And coinciding with the launch of our new website, we have just released the August issue of 'Recollections'. This issue includes a story about the deadly Spanish Flu Pandemic that swept through the area almost a century ago; another about the hippie communities that sprung up on the NSW South Coast in the early 1970s; and one that includes some interesting descriptions of South Coast towns in 1936.

'And 'Recollections' will now be published every two months. So locals will be able to read more about our history, more often.

'As well as being available electronically, the August issue of

'Recollections' is now available in paper form at all Bega Valley and Eurobodalla Shire libraries, from Well Thumbed Books in Cobargo, Bates General Store in Tilba and the Quaama General Store. It is free.

'The third bit of exciting news is that the South Coast History Society has organised 'Our Heritage, Our History Day' to be held at Club Sapphire in Merimbula on Saturday 2 September', Peter said. 'Eight outstanding speakers will be talking on subjects as diverse as the challenges faced by the early settlers in reaching the area, to the significant but largely-unrecognised contribution that the Chinese population made to the area.

'The whole focus of the day will be on interesting local history and interesting local heritage, and we are again pricing the event so that everyone has a realistic opportunity to attend. It will be just \$20 for the entire day – including a light lunch and afternoon tea.

'Reserve your seat by visiting the South Coast History Society's new website www.southcoasthistory.com, or by phoning 0448 160 852 for further information.'



The August issue of 'Recollections', available free from 28 July at all Bega Valley and Eurobodalla Shire libraries and in PDF format at www.southcoasthistory.com.

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U3A visits the Holy Transfiguration Monastery, Bombala

An unexpected and pleasing sight rewarded 26 Bermagui & District U3A members on 12 May, after a long journey down dusty high country back roads—the ochre walls of a traditional Russian Orthodox monastery, complete with bell tower, set in 1200 acres of natural, unspoiled bushland.

The remote location overlooking the McLaughlin River provides spiritual isolation for up to eight monks, but the Holy Transfiguration Monastery, founded in 1982, maintains regular links with the Orthodox community and can accommodate over 120 pilgrims for special festivals.

We were welcomed for a relaxed tour by Australian-born Father Mak, who spiced his extensive knowledge with much friendly good humour and the company of two playful Labrador dogs.

The skill, dedication and creativity evident in the monastery buildings inspired a new appreciation of the rich Orthodox heritage, which goes back to Byzantine times. Both church and refectory are extensively decorated with striking traditional murals, wood carvings, intricately designed icons, and embroidered fabrics. In the nearby art



U3A members at the Russian Orthodox church in Bombala

studio, contemporary and traditional materials, including hand-ground lapis lazuli, are used to paint iconographic artworks, and Father Alexis is renowned for his frescoes in church interiors both in Australia and overseas.

Much of the monastery food is provided by well-tended orchards and vegetable gardens protected from the frost by lofty greenhouses. A large shed houses

both a mechanical workshop and the machinery for the production of beeswax votive candles.

Some members stayed overnight in nearby Bombala at the historic Heritage Guesthouse, where a lovely dinner was enjoyed by the log fire, with similar warm hospitality from owners Les and Priscilla.

Anthony Judge

A lively discussion about death

Talking about death and planning for end of life is important.

In Australia over 70 per cent of us want to die at home. Yet only 30 per cent of us have told someone our wishes for end of life! Dying To Know Day is changing

the conversation.

Join us for discussion on 8 August, the annual Dying to Know Day. If last year is an indication, there will be animated conversation over a wide range of topics related to death, dying, funeral planning,

care directives and will writing.

Bermagui CWA, Corunna St, 10 – 11.30 am

Bega CWA, Church St, 10 – 11.30 am
By donation, morning tea served.

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As Jack Frost makes the grass crunch under our feet we have passed the shortest day of the year, the air is crisp and spring is on the horizon. Around Cobargo the news is endless. All of you have probably noticed the hive of activity around the Cobargo Co-operative with some major renovations well under way. The new shelving is complete, the new entrances almost complete with the point of sale looking very swish indeed but much more still to be done around the business. Col Boreham, who has been on the board of the Co-op for 23 years and as chairman for 13 of those years, sadly has tendered his resignation due to ill health. Col has worked incredibly tirelessly for the good of the Co-op and its patrons.

The Cobargo showground trust has formed an agreement with the RMS to have all the residual soil that is being excavated from the Dignams Creek highway upgrade dumped on the showground. In due course the soil will be levelled and formed into level parking areas to increase the ever-growing demand when the showground is hired out for community events.

The Cobargo Museum is getting off the ground with much excitement sifting through all the donations, but like all things great they need the input of helpers. So if you're keen to help or become a member give Pat Reed a call on 0429 960 417.

The School of Arts Hall was rocking away as the 150 or so guests gathered to celebrate Julie Eldridge's 60th birthday. Julie is a wonderful lady, with family being her whole life. The night was organised by her fabulous daughters Tammy, Kylie, Tara, Emma and Chantelle in spirit with their respective partners and the evening



Sometimes life gets a little lonely when you're on your own: Cobargo singles are meeting fortnightly for dinner at the pub.

was a terrific event with much laughter, dancing and good wishes. Julie's favourite way to relax is to milk some cows.

A big 'get well' to some of our iconic locals who have had some major health crises of late, namely Greg Tett, Ross Rixon and Ray Sawtell. It's lovely to see their health improving all the time. As my mum would say, they have 'gumption'.

The stork has been busy and congratulations must go to Rohan and Sophie Morgan on the birth of Evelyn Gwen, Jade Corby and Stacy Williams welcomed son Mack, and to Aaron and Golda Dibden also a son, Luke.

A friendly group of Cobargo singles had dinner at the pub on 27 July, and will meet fortnightly thereafter. So if you're single and would like to meet some new friends, make your way to the Cobargo

Hotel on Thursday 10 August (and 24 August) at 6 pm to enjoy a \$10 dinner, a cosy fire and a warm, friendly group of people for a great chat and friendship. Sometimes life gets a little lonely when you're on your own and if you feel this way give Rhonda a call on 0416 344 874 and she would be only too happy to welcome you along.

The Cobargo Hotel was absolutely jam-packed when the \$10,000 Joker Draw was held. There were 13 cards still to be revealed but after six lucky people had their tickets drawn and had chosen six cards the joker was still in play. The excitement and tension was climbing. Kristy Emerton from Brogo was drawn and she chose a card but alas it was still not revealed and then Kristy was drawn for the second time and this time she was successful. A big



Cobargo, Saturday morning: photo Louise Brown

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Cobargo Conversations

congratulations to Kristy on her win. Well deserved. A massive congrats also goes to David and Bronwen Allen, the Cobargo Hotel publicans who have really tried to create some more entertainment and community events at the Hotel.

The Yuin Folk Club has been busy bringing fantastic musical artists to our town. So far I have attended two awesome bands, Beautifully Mad and Den Hanrahan and the Rum Runners at the Cobargo Hotel. They also brought overseas artists to Sweet Home Cobargo where they emptied the shop out, set up a stage, the music started to play and they also served wine and beautiful food. They were all brilliant events, so whatever you do don't miss the next event. Keep your eye out for the posters around town.

On a sadder note we farewell a lovely man, Leo van Lint, who passed away very suddenly recently. His happy smile will be missed.

And the community would like to wish Jon Jones well. He's in hospital and we all hope he recovers soon. And rest assured that his puppy Sue is being well cared for by friends.

When I was a little child I had a very serious case of hepatitis and I couldn't eat a lot but my favourite thing was a Vegemite sandwich with no butter and here I am today a dairy farmer supplying Bega Cheese, who has just purchased the Vegemite company. Who would have ever thought ...

Just a little note to remember that Galba Forge will be closed for the month of September. It's time for their annual break.

Cobargo's long serving firies honoured



L – R: Mark Ayliffe, Brian Ayliffe and Chris King with their National Medals; Ron Cole with his National Medal; Tony Martin receives his National Medal from Brian Ayliffe.

The long and distinguished service of four Cobargo Fire Brigade members was recognised recently with the award of National Medals established under the Australian honours system for eligible groups whose members serve and protect the community at risk of death, injury or trauma.

Retiring Captain Chris King and Deputy Captain Ron Cole were each honoured for their 44 years of service in the Brigade, both coincidentally joining in 1973.

Incoming Captain Mark Ayliffe was presented with the award for his 36 years of service, having joined the Brigade as a junior member at the age of 12 in 1981.

Deputy Captain Tony Martin was honoured for his 26 years of service, first joining the Wamboin Brigade in 1991 and later transferring to Cobargo in 2005.

With very dry winter conditions persisting, property owners now

undertaking preparation measures for the coming summer are reminded to take extra precautions, and that any hazard reduction and/or pile burns require notification at least 24 hours prior to lighting up to Bega Fire Control (call 6494 7400, Monday – Friday, 9 am – 5 pm), and to adjoining property owners.

The Brigade also invites interest from potential new members to consider joining the Brigade and experiencing the rewards of volunteering, and to assist to protect and serve our wonderful Cobargo community.

For more information please contact Secretary/Treasurer Lisa Ayliffe on 0429 936 476, or simply come to one of our fortnightly training nights at the Cobargo Fire Station – you will be most welcome.

Brigade training nights this month are Thursday 10 and 24 August, commencing at 7.00 pm at the fire station, Wandella Road, Cobargo.

John Walters

This is an opportunity for like minded car enthusiasts to get together to show off their pride and joy and talk all things automotive whilst enjoying a nice hot coffee over looking the awesome Horseshoe Bay @ Bermagui.


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CWA News

We are extremely grateful to the folk who turned up to our fundraiser on 15 July for the Bake for Babies Fund. Our soup and slice menu proved a winner and we raised over \$300 for this very worthy cause. Apart from the funds raised, a good time was had by all, as people sat around the table chatting, interacting and making new friends. This was part of our agenda, as we wanted it also to be a thank you to our supporters.

Thank you to all those who attended and thanks to our members who donated

the soups and slices. All the funds raised will be going to the Bake for Babies Fund.

For our next meeting we are holding our International Day. This year we are studying Nepal – an extremely interesting and varied country once you look behind the tourist hype. The Nepalese are still recovering from the earthquake in April 2015, which killed nearly 9000 people and injured many more.

We will be trying out some traditional Nepalese dishes on our International Day. Usually the children from Cobargo School attend our International Day to enjoy our speaker and learn about a different culture and we hope they will be in attendance this year.

We are still assembling mother and baby packs. If you would like to assist we require newborn baby items, such as singlets, cloth

nappies and pins, pilchers, matinee jackets or cardigans, socks and booties, baby caps and hats, and bunny rugs or cloth wraps.

For the mothers we need underwear sizes 14 to 20, sanitary pads, face washers and soap, nighties, bath towels and a small gift for Mum, such as hand cream, deodorant (small), sample size shampoo/conditioner and small packets of tissues.

The Bower Bird Op Shop has been very generous, donating various items, and we are extremely grateful. If you want to help, we also accept financial donations to buy some of these items. The packs are sent to the highlands of New Guinea to help the mothers and babies when they return home after giving birth.

At our last meeting we were urged to look at the Ombudsman Inquiry into the wages and conditions of people working under the 417 Working Holiday Visa Program October 2016 and the ABC follow up. As you can see, CWA offers opportunities for a variety of interests.

Next meeting is on 15 August at 10.00 for 10.30 am at the CWA Cottage on the Bermagui Road. Join us for a cuppa and a slice or piece of cake! You can be assured of a warm welcome.

Mary Williams



Diana Holmes, Ann Holub and Maree Copping in the cottage preparing for the Bake for Babies Fundraiser

Photographic competition at the Field Days

The South Coast Field Days committee is excited to announce that we have been given \$450 worth of fantastic prizes from Fletcher's Photographics, Bega, for the inaugural Field Days Photo Comp. The theme of the field days is the theme for the competition – 'Traditional Skills and Useful Crafts'.

Two age categories, under 18's and under 12's, have been created for

local students and children to enter the competition.

Take a pic of your granny knitting, or an old plough in the field, or photograph the farrier shoeing your pony. These are just some ideas and we are sure some fantastic shots will be taken. Conditions of entry are on our website: www.southcoastfielddays.com.au.

The Cobargo Community is alive

with ideas for the Field Days. We are thrilled with the progress and support from Cobargo Creators and other community groups and individuals. We will be seeking volunteers to assist with the running of the two days. If you have some hours to spare and would like a free pass, please contact us on info@southcoastfielddays.com.au.

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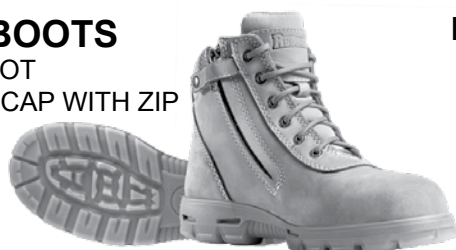
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Let's have a party! The Cobargo Community Hall is 130 years young this year

To celebrate this milestone the Hall Committee is organising an exciting community event on 16 September at the Hall. It will have a good old-fashioned family focus with folk being asked to bring a plate, great live music provided by local bands, and wonderful raffles with prizes donated by local businesses.

The Chair of the Hall Committee, Dave Rugendyke, summed up the Hall and the upcoming event.

'We are very proud of the Hall and of the people of Cobargo who support it. We have a very active Hall Committee, which is strongly supported by our local Council and by the community. We must always remember that the Hall is a community resource that we must manage and improve for future generations.

'The Hall Committee is firmly focused on continually improving the Hall and we have just finished a complete re-paint inside and out and have also brought the heating into the 21st century! The Hall is now a much more usable and comfortable

facility and this is reflected in the many groups and organisations that hire it for a wide range of community uses.

'The event on the 16 September



Celebrate the Cobargo School of Arts Hall next month

will be a fitting celebration of the 130th anniversary of the Hall. I look forward to seeing as many of our community there as can make it,' Dave said.

The Hall Committee Secretary, Louise Brown, added, 'To make the celebration as user friendly as possible there will be no

entry charge. We will set the supper room up with the food available for all to share and enjoy as happens at the Australia Day celebrations at the Hall.

'There will be raffles for those who wish to buy tickets, with a fabulous range of donated prizes from local businesses. All proceeds will be ploughed back into the Hall. I would like to take the opportunity to highlight the willingness of our local businesses, which always support these types of events. Their generosity is never failing and is provided without hesitation, and we thank them all.

'The doors will open at 6 pm with food, and frivolities will continue until midnightish. Dave Rugendyke will be our MC and I add my wishes to those of Dave in seeing many 'Cobargians' and friends on the night.'

For more information please contact Steve Williams at tbgeorge2550@gmail.com.

Steve Williams

New role for Cobargo fire chief

Long serving Rural Fire Service officer, Brian Ayliffe, is moving into a new expanded role as a mentor and support officer for Group officers, Incident Management Teams and Brigade Officers, having recently announced his retirement from the position of Northern Group Captain. Brian joined the Cobargo Brigade in 1957, rising to Captain of the Brigade in 1972 before taking up the position of Group captain, Northern Group, Bega Valley in 1975.

Brian will retain his position as Chairman of the Bega Valley Bush fire Management Committee, which he has held since being elected in 1996, and which he says has been one of the most personally satisfying roles he has undertaken.

After some 60 years of service, Brian was recently awarded the National Medal, fourth clasp, after receiving his initial National Medal in 2001 and the Australian Fire Service Medal from the Governor General in 2007.

With a vast experience in operational management in fire fighting, Brian has managed many incidents in both the Bega Valley and across Victoria and New South Wales, always with an unwavering commitment to the safety of



Brian Ayliffe

personnel and the protection of the community at large.

Active in the Cobargo community, Brian was chairman of the Council's Cobargo Area Committee, secretary of the Narira Retirement Village, Life Member of APEX and patron of the Cobargo RSL. He is also a Life Member of the Cobargo

Swimming Club and Life Member of the Cobargo Fire Brigade.

Originally farming north of Cobargo, and now residing in the village itself with his wife Mary, Brian retains a lifelong interest in music, and particularly his organ playing, as well as his ongoing interest and involvement in the Rural Fire Service.

John Walters

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Bakers on Vacation!

Our Baking Buddies are off to Dallas for the month of August! They'll be back selling their wares in September. Perhaps they'll bring back some new recipes from the Lone Star State. Anyone for Texas Toast?

Tilba food share celebrates first birthday

The next Tilba food share gathering on Sunday 6 August marks the first anniversary. All food share friends are invited to celebrate because 'we are one!'

The celebratory food share will be held at 'Windhover', 251 Punkalla-Tilba Road, Central Tilba from 10 am to 12 noon. Complimentary tea and coffee will be provided.

All interested newcomers and friends are welcome to attend. Please bring along your excess goods from the garden and a plate of morning tea to share.

If you're new to gardening or your garden is bare, come along with your enthusiasm and you will be warmly welcomed.

The Tilba food share is a wonderful opportunity to catch up with neighbours over a relaxing morning cuppa to chat about growing local seasonal fresh food.

Mog Bremner is collecting recipes for a Tilba food share cookbook. Please bring along or email mogbremner@mogajon.com.au.

For further information on upcoming Tilba food shares, please contact Mog Bremner, mobile 0401 968 899 or Annie Fenn, mobile 0409 443 064.

Tilba CWA news

To enable more Tilba CWA members to attend, Tilba CWA meetings have been changed to the second Monday of the month. The next meeting will be held in the Tilba small hall on Monday 14 August from 10 am. All Tilba CWA

members, friends plus other local women are welcome to attend. At the last non-meeting in July, Tilba CWA members enjoyed craft activities including knitting, crochet and hand sewing with a relaxing cuppa.



Tilba Food Share: one year old this month

Mog Bremner attended to invite all Tilba CWA members to a weaving workshop in Tilba on Friday 8 September. Apart from the opportunity to learn about the creative art of spinning, weaving and dyeing natural fibres, Mog has promised a delicious morning tea cooked by the Bega Weavers. This event may turn into a competitive cook-off with the Tilba CWA members also baking their sweet treats.

The Tilba CWA non-meeting in July also included

a presentation on native limes, the 2017 Primary Product for NSW CWA.

Janine Halasz, Tilba CWA's president, has been successfully growing limes in her Dragon's Garden for years. Members were spoiled with samples of Janine's homegrown pink and green limes. Janine shared a brochure from CWA Morisset outlining the history of native limes as a food source in Australia, different varieties, climate for growing, recipes, plus their health benefits, as the fruit is rich in folate, potassium, and Vitamins E and C. Janine shared her lime recipes with the favourite being adding their zesty flavour to a gin 'n' tonic.

Following limes, Annette Kennewell presented the 2017 Foes for NSW CWA – foxes and fireweed. The main method for controlling foxes in the Tilba region is poison baiting with 1080 or Pindone. Landholders must attend a four-hour course with Local Land Services (LLS) to safely use poison baiting. A coordinated program for fox control is recommended including baiting, shooting, trapping, fencing and guard animals.



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Tilba Bites

Fireweed is another problem in the Tilba region and Annette easily found an example growing and flowering in a local paddock.

Fireweed is a Class 4 weed; to prevent spread, the plant should not be allowed to produce and drop seed. The best control of fireweed is hand pulling, bagging the whole plant for solarisation and safe disposal. Annette emphasised that fireweed must be 'continually suppressed and destroyed'.

At the last Tilba CWA Café on Saturday 8 July, members and their guests were privileged to share the Tilba small hall with the NAIDOC Week exhibition.

The Tilba Café fundraising on the day enabled members to make a small donation to support NAIDOC Week.

The next Tilba CWA Café is coming up on Saturday 12 August from 9 am to 12 noon with all welcome to attend for a cuppa and cake.

Jann Baker, Tilba CWA's secretary and a talented quilter, has donated a beautiful quilt as a fundraiser for Tilba CWA.

Raffle tickets will be on sale at Tilba CWA meetings, CWA cafes and at some Tilba markets. The quilt raffle will be drawn in October.

Concertina confronts cancer in Tilba

The concertina is an instrument that most of us would call a squeeze box and think of as something that hails from a bygone era when sailing ships ruled the waves.

They were very popular in their heyday right up until the 1930s and played by not only sailors but by a broad cross-section of society in Australia and around the world. Banker or bushman both could have been concertina players back then.

In Australia these days concertinas are still played by a couple of hundred enthusiasts and one of the country's best, Steve Wilson, will be in Tilba on Sunday, 20 August at The Tilba Folk Circle, beginning at 7 pm at the Drom, performing songs from his recent CD "The Flying Concertina".

Steve has recorded an eclectic and entertaining swag of songs guaranteed to bring a smile and get toes tapping.

The Man with the Concertina is how Steve bills himself. After achieving remission from lymphoma in 2011 but still facing uncertainty he resolved to master his instrument to the best of his ability.

From being fairly average he is now



Concertina player Steve Wilson is playing at the Drom this month, all proceeds going to the Leukaemia Foundation

regarded as highly accomplished and in a sense makes his concertina fly.

With a refreshed outlook on life after cancer, Steve now enjoys raising funds for the Leukaemia Foundation and the proceeds from his gigs and CDs go toward fighting blood cancer.

He says, 'It's great to give pleasure through my music and to contribute to battling cancer as well'.



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Quaama School wins \$1500 from Elgas

Mother and P&C member Jasmine Ventura is heading up the orchard program at the Quaama Primary School. She's dedicated to seeing the kids grow and eat their own fruit. She put our school forward in the Power FM 'Random Acts of Kindness' competition. Kids, parents and community members madly voted by text and online and won their category with the \$1500 prize going towards the creation of a covered orchard at the school. Great work!

Ecstatic dancers donate \$500 to Women's Resource Centre.

The Friday night ecstatic dancers have made a much-needed donation to the Women's Resource Centre in Bega. The dancers have been saving their surplus funds with the next lump going towards upgrading their sound equipment. Good on them!

Changing of the guard at Quaama Hall

After many years of service, Janet Menefy and Ros Ruth have resigned from the Quaama Hall Committee. Janet has held different roles on the committee over the years including Secretary, Vice President and our Hall's representative to the Council's General Halls and Buildings Committee, where she has worked hard to secure funding for important hall maintenance. Ros Ruth has been our treasurer and the head of the Hall's garden group where she has led a small team in making the grounds as lovely as they are. Ros will continue to lend a hand in the garden, thank goodness!

The Quaama Hall Committee would like to thank Janet and Ros for their long service to the Hall and the community.

New member Glennda Heino is now the secretary/treasurer until elections are held in September. Veronica Abbott has also joined the committee and will be Quaama Hall's representative on the General Halls and Buildings Committee.

If you are interested in joining the Hall Committee, contact halls@begavalley.nsw.gov.au. Bring your fresh eyes and ideas to the centre of our village!

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



Quaama School gets a BIG cheque! L to R: Elgas Bega manager Clint Jamieson with Lex Norman, Brodie Rixon and School Captain Xantia McCormack

Quaama School Trivia Night Fundraiser

Put your trivia mind to the test! Come to the Quaama Hall on 26 August at 7 pm for drinks and nibbles. Warm up with a complimentary tea or coffee and purchase a tasty homemade supper treat. The categories will range from music, sport, local knowledge to movies, cars 'n' bikes.

Tickets are \$10.00, so come along and join a table or make up a table of ten. Child minding in the supper room is available

for a gold coin donation per child. Tickets are available now at the Quaama Public School office.



There will be prizes for the highest and lowest scored tables and raffles drawn throughout the night. Come along for a laugh, you'll be surprised what you know, and support our school.

Hurry, as there are limited tickets. Any questions, contact Rebekah Norman on 0409 530 832 or the QPS office.



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Wombats and water

Some of you may remember my excitement, about eighteen months ago, that I could at last get down to the water's edge along our Dry River walking path. How lovely it was on a warm afternoon to sit on a rock and listen to the birds and cool my feet in the pools and streams running by.



Our Mr Wombat is a bit bigger than this one

Then Mr Wombat had his way. I know wombats are fabulous animals, and they are cute and cuddly when they are small, but Mr Wombat is huge! And he has used his very powerful claws to dig some very deep tunnels. In fact, he undermined our path to the water, to the extent we have had to put up a warning barrier, and access to the water was once again lost. To fall down through a wombat tunnel can be a very serious thing.

But don't despair. At our July working bee there were nine pairs of willing hands. Together we hacked, dug, levelled, dragged and cleared a wonderful area further along the flat, and now there is a delightful picnic spot, just waiting for you to head on down.

The access is even better because there is a decent-sized pool for hot summer days. The water has been safe for swimming, except after a flood, but it's not a good idea to drink it unless it's first boiled.

Thank you to all those who came down to help make the work more fun. And let's hope Mr Wombat doesn't decide he wants to make it his summer abode too!

Our group welcomes new members to this project. Come along and help us plant and reclaim our riverbank. Put these dates on your calendar, and give it a go, Sundays 6 August, 3 September, 1 October, 9.30–11.30 am.

Rose Chaffey

Good news for Nardy House

Nardy House has received a substantial donation from Ryder-Cheshire Homes in Singleton NSW to assist in the construction of Stage Three of the Nardy House Project: the therapy room and pool.

The Ryder-Cheshire Singleton group was formed in February 1979. Leonard Cheshire spoke at the Combined Services in Singleton and referred to seeing young, physically disabled people in nursing homes and identified the need for a group house for the 18 to 35 age group. Anne Boyd, on behalf of the Singleton group said, 'we made a huge decision to sell our Ryder-Cheshire home. We adopted Leonard Cheshire's philosophy, "If too many obstacles present, you are on the wrong track"'.

Denise Redmond, Nardy House CEO, said, 'We are closely aligned with the desire expressed by Leonard Cheshire to see all people with disabilities suitably housed. Nardy House has concentrated on people with profound physical disabilities

aged 0 to 65. Some of our residents are children, many are brain-injured young people and some are disabled as the result of illness. We "get" what Leonard Cheshire wanted to achieve and appreciate the effort made by the Singleton Ryder Cheshire clan to support the Ryder-Cheshire vision.'

Over the years, 75 people have benefited, either as long term, short-term, or overnight residents at the Singleton home. Many accessed the local Home Care Service, which extended to personal care from the house. One person who was non-verbal and a quadriplegic stayed eight years – he went tandem sky-diving at weekends.

Denise Redmond, when asked about the Singleton closure, said, 'This donation is greatly appreciated by Nardy House. It is regretful that the Singleton Ryder-Cheshire home has closed. The donation makes the Nardy House responsibility to people with profound disabilities even greater. We have to meet the NDIS challenge – a challenge

that is far from easy – and ensure that there is respite, permanent accommodation and therapy support for people with the very highest level of physical support needs.'

Denise Redmond



William Vaughan Smith assisting Nick Connolly in the Pambula pool. Nardy House will have its own pool soon, thanks to the Ryder-Cheshire Homes donation.



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Nardy House

is seeking a

Registered Nurse

for a part-time position in our expanding facility for people with profound disabilities and high medical needs.

Recently graduated RNs welcome to apply.

Flexible rostering available.
Contact Jane Macgregor on
6493 8120.

Quaama RFS update

We're well into winter now. There have been some white mornings down by the creek.

At last month's AGM at the Quaama station these members were elected to the following positions: President: Peta Tatnel; Secretary: Vic Grantham; Treasurer: Kylie Weik; Captain: Michael Weik; Senior Deputy Captain and Training Officer: Paul Sheargold; Deputy Captain and Community Engagement Officer: Graeme Spicer; First Aid and Equipment Officer: Volker Aebischer; Callout Officers: Peta Tatnel and Kylie Weik; Permit Officers: Michael Weik, Greg Chinock on 0438 938 310, Graeme Spicer on 6493 8465.

The crew has done a lot of training over the last year. The list includes communications centre assistant, community safety assistant, first aid, crew leader, advance firefighting, village firefighting, rural fire driving, chainsaw operations and truck licenses. All were interesting and free education supplied by



Volker and Vic prepare for their advanced firefighting assessment.

RFS headquarters as well as volunteers from the RFS. Thanks to them for their work and dedication.

SWS (static water supply) signs are now available from the Quaama RFS station. These are for landowners wishing to notify the RFS what water supplies they

are willing to make available for firefighting purposes.

Weather conditions considered, the first of September will be the date when written permits will be necessary for any burning off. Permits are obtained from the Quaama RFS permit officers listed above.

All pile and hazard reduction burns must be notified to Bega RFS headquarters: call 6494 7400 Monday to Friday a minimum of 24 hours before burning.

We always need more members and thrive upon community support, so come to training every second Saturday at 1.30 pm at the Quaama Station. Remember

that there are many jobs that don't involve firefighting.

Stay warm, keep your chainsaws sharp and serviced and enjoy winter, as spring will be here soon.

Graeme Spicer

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Monster Raffle

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Four Winds and Musica Viva present

Singing for your Soul

A two-day workshop of music, nature and shared creativity

Saturday 5 & Sunday 6 August 2017

Windsong Pavilion, Four Winds Rd, Bermagui

Join Australian Composer, Paul Jarman, for two-days of song
in the beautiful surrounds of the Four Winds site in Bermagui

This workshop is all about humanity, the search for
meaning and the joy of coming together through song.
Explore the concept of sharing stories and opening the
soul to the power of music and lyrics.

Each morning will commence with a gentle mindfulness &
yoga session to centre yourself ready for the day of singing.

Nourishing vegetarian lunch & morning tea provided.

Suitable for all people who love to sing.



Saturday August 5th, 10am – 3.30pm

Sunday August 6th, 10am – 1.30pm

Tickets: \$140

fourwinds.com.au
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Create NSW
Arts, Screen & Culture



Four Winds
Bermagui NSW Australia

Thoroughly modern Bronte!

Raised by her lone mother before the term 'single mum' was even invented, Bronte Somerset learned resilience at a young age. Her father died when she was just two years old but passed on to her a technical mind with a love of detail. He owned Sherwood Radio, which made valve radios back in the days when they were a substantial piece of furniture in a family's lounge room.

Like most folks, after finishing school she married and had kids.

Her first son Jared was born profoundly deaf. Her first dip into education was to teach him how to read lips and to speak without him ever having heard natural speech, using the John Tracy Clinic method. Bronte worked hard to teach him the skills he needed to navigate the world. She proudly says that now he's usually the most talkative member of the family.

Bronte started her working life with a stint as a Qantas hostie where she learned to be organised; a skill she's used throughout her life. She also spent a couple of years in Hong Kong as a young mother teaching English to refugee children and working with the UNHCR and the Red Cross to establish a recreation program for refugees from Cambodia and Vietnam.

Once her kids were teenagers, she worked at Macquarie University for 18 years, where she used her innate computing ability to teach university staff and students how to use their PCs as well as writing the courseware for computer software and multimedia classes.

During that time, she sought the qualifications to teach. She was 55 years old

when she started uni, obtaining a Masters in Adult Education and Training at Sydney's UTS. Bronte had found her niche and was offered placement in an Educational Doctorate course. She embarked on a thesis that explored the shifting way that theses themselves are conceived using new media and modern thought processes. She called it 'Thoroughly Modern Theses'. Her work was highly respected as it 'broke the bounds of traditional knowledge production'. Phew!

Bronte reckons she was always an advocate. Now her passion is saving our native forests. After moving down here from Sydney, she was shocked to see trucks carting trees down the highway and was heartbroken by the devastation left behind. She was motivated to oppose native forest logging because of the unnecessary damage to the forest, wildlife, water, soil, carbon, culture and beauty.

Bronte founded the Great Southern Forest (GSF) group to advocate for new thinking about forestry and conservation. Just last year, the Australian Institute estimated that the Forestry Corporation of NSW lost \$79 million over the last seven years through unsustainable practices that see our native forests logged, chipped and sent overseas for pulp, all while losing money. Our taxpayer dollars are subsidising this dinosaur industry, which Bronte feels needs to change from a 19th century mindset to one of protection, not exploitation, appropriate for the 21st century.

She understands that plantation timber can fulfil demand without native forests



Bronte Somerset: a passion for saving our native forests

needing to be logged at all, that logging and forestry jobs can be reimagined into those that restore and sustain, and how the inevitable pricing of carbon will see forests valued as they stand rather than as they fall.

Bronte feels that in this endeavour she now collaborates with some of the finest people she has known. They are working hard as two agreements to log in our region are coming up for review in 2019 and 2021, when they could be extended for another twenty years.

You can expect to hear more from Bronte and her GSF colleagues as pressure from the community standing together is required to effect change. Let's hope that Bronte is allowed to use her considerable skills to teach our politicians a thoroughly modern way of seeing the natural world and be successful in this noble endeavour to save our native forests and wildlife.

For more about GSF see their website www.greatsouthernforest.org.au.



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The Triangle's Eco Edge Competition

The Eco Edge page is sponsored by AKT, a local company that manufactures advanced environmental equipment, and its theme is 'The Environment'. Every month we'll publish contributions from primary school aged readers, then at the end of the year there'll be three prizes, awarded as follows: K-2, Years 3/4, and Years 5/6. Each winner will get \$150.

Photos, drawings, poetry or prose, fiction or non-fiction, the choice is yours, guys. So get out your pencils or your cameras, your pens or tablets, and go outside and have a look around for some inspiration. Email your entries to environment@thetriangle.org.au or mail to PO Box 6009, Quaama, 2550.

This month's contributions are two

poems, one from Tom Alderman, aged nine, of Coolagolite (last month we featured a drawing by Tom) and one by Danika Myers, aged twelve, of Bermagui. You can read another of Danika's poems on page 3, a spot we usually reserve for contributions from adults - but we thought her poem "Confidence" was worthy of the position.

The place I like to be

I walk into my garden, as bright as bright can be
I can smell the flowers, climb the trees; my imagination runs free
Here comes a buzzing bee landing on my knee
I like it when the garden revolves around me.



My favorite place for climbing is the big fig tree
It might not seem much but from it I get glee
I could live in the garden very happily.

My mother calls out, it's time for tea
But the cool shady garden is where I want to be.
I like to watch the butterflies, every he and every she
It feels as if this place is made especially for me.

Tom Alderman, aged 9, Coolagolite

Gulaga

Deepest blue of gentle seas
Background of softest pink
Illuminated by the setting sun
Curved and rounded peaks

And with her halo of subtle orange
She stands tall but not alone
Surrounded by deep shades of green
The mother mountain, my home.



Danika Myers, aged 12, Bermagui

AKT international is a Cobargo company dedicated to developing technologies for the most effective recovery of nutrients from waste streams. These technologies are at the forefront of the "war against waste" operating in some 40 countries ranging from Greenland to Patagonia. In conducting our business we take seriously and expend effort with issues of environmental protection, art, cultural advancement, intergenerational equity and social cohesion.



Singing for your Soul – a weekend workshop, 5–6 August

Come along to a workshop and experience the joy of singing. Australian singer and composer, Paul Jarman, is leading a two-day singing workshop in the beautiful surrounds of Four Winds at Barragga Bay. Join us for a weekend of music, nature and shared creativity in a workshop exploring humanity, the search for meaning and the joy of coming together in song.

‘Paul’s energy, his ability to quickly connect with people from all walks of life and backgrounds, and his musical skills are breathtaking to be part of.’ (The Bunbury Men of Song)

Paul Jarman’s songs are about explorers, mountaineers, pioneers, leaders and dreamers, innovators, risk takers and those who make a difference to the world.

Included in the ticket price is a nourishing vegetarian lunch and delicious morning tea as well as a gentle yoga/mindfulness/tai chi session at the beginning of each day.

The workshop is suitable for anyone who loves to sing, of all ages and abilities. It will be held on Saturday 5 August from 9.30 am – 3.30 pm and Sunday 6 August, 9.30 am – 2.30 pm at the Four Winds Windsong Pavilion, Barragga Bay.



Paul Jarman. Experience the joy of coming together in song.

Tickets are \$140 inclusive. Bookings can be made at www.fourwinds.com.au or call 6493 3414. Presented by Four Winds and Musica Viva.

Smoke & Mirrors: new CD release

Boom! Den Hanrahan and the Rum Runners came to town and left a very favourable impression on their audience after a stellar performance at the Cobargo Hotel on 26 June, promoting the release of their new CD, *Smoke & Mirrors*.

This band was voted ‘best band’ at the 2017 National Folk Festival and you can understand why when you see how in sync and professional they are with each other.

Den Hanrahan, a powerful singer, guitarist and songwriter, is up front and

sings mostly original songs from his pen. With him are Dave O’Neill on mandolin and violin, Peter Logue on accordion, Zena Armstrong playing bodhran and Matt Nightingale on bass – altogether, this band simply ‘works’.

If you happen to be presented with the opportunity to see and hear this mob, do yourself a favour and do it. Let their music fill you up and you too will say ‘Yep, they’re good’.

‘Den Hanrahan, his gigs are bold and up beat, yet maintain an intimacy with the audience. His music is rootsy country rock and he’s not afraid to take his audience along for the ride’, a quote from *Cornstalk Gazette* June/July 2017.

Ros Hewett



Des Hanrahan: this band simply ‘works’.

Get writing! Olga Masters competition closes this month

The Olga Masters Short Story Competition is open again for 2017, and closes this month.

The Olga Masters competition celebrates the life and writings of Olga Masters (1919–1986). She was an Australian journalist and author. Olga was born on the Far South Coast of NSW, living in Pambula, then Cobargo, until the age of 18. Much of her fiction is coloured by her experiences in this region.

This year’s competition will close at midnight on 18 August 2017. Entry is open to Australian residents. The entry fee is \$20.

Stories must be about any aspect of Australian rural family life and be 2000–5000 words. First prize is \$1500. There is a \$500 prize for the runner-up. Supplementary prizes may be offered at the discretion of the organisers.

The winning story will be published in *Island* magazine.

All the details can be found on the website, www.olgamastersshortstoryaward.com.au.

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The Strides and Gabadoo live at the Murrah Hall!

The Murrah Hall has been a busy venue over the last few months with a successful working bee and lots of entertainment from locals and artists from afar.

We're happy to announce that on 26 August, The Strides will return to see out the end of winter and to bring some more heat to the dance floor. The Strides are an eight-piece collective of multi-talented songwriters and musicians. They are a force for urban roots music with two acclaimed albums under their belt, a European label signing and festival appearances across the country.

With a calling card of powerfully melodic horns, infectious bass lines, easy musings and a magnetic stage presence between its two lead vocalists, The Strides' music faithfully builds on the foundations of classic roots reggae with a hip-hop edge, forging a sound that brings together modern dance hall, world beats and reggae-pop. You can check out their music at thestridesband.com

Local musician Gabadoo will be



The Strides return to the Murrah this month

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 work with. Please include a caption for your photo at the bottom of the article it accompanies.

3. Send all **articles** as WORD or other TEXT documents.

4. Please do not send posters or flyers! We cannot reproduce or insert 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 clichés. Don't leave it to us!

6. Deadline is **22nd of the month**. Any questions at all, please email us

contributions@thetriangle.org.au

joining The Strides for what will be a magical evening. Gabadoo is a Yuin man, born and raised in Bermagui NSW. He has been creating hip hop, R&B and urban funk music for over ten years, and is known for producing soul-infused beats and clear, dynamic vocals.

For Gabadoo, music is a way to express his feelings about his life, family and experiences. Making music has helped Gabadoo overcome some anxiety in the past, providing a creative outlet and a way to escape the challenges of everyday life. A father of four, Gabadoo loves spending time with his young family. After relocating to Coffs Harbour for nine years, where he met his partner Ash, Gabadoo was called back to his country on the far south coast of NSW where he now lives.

Gabadoo started listening to hip hop artist Easy E from NWA when he was a kid, and that inspired him to try making his own music a few years later. Even though he has been creating songs for over a decade, Gabadoo has only recently started to perform live. He hopes to keep gaining live experience, and carve out a career as a successful MC.

Check out his music: go to www.soundcloud.com and search Gabadoo.



Local Koori artist Gabadoo

More acts to be announced soon on the Murrah Hall Facebook page.

Tickets will be \$30 at the gate. Kids are free. The event is BYO; there will be food at the venue and also a raffle happening in the cantina.

The raffle involves Act For Peace, an organisation that raises money to help fight injustices around the world, the latest being the famine in East Africa. They also just raised, with your help, three million dollars to help support and feed Syrian refugees in Jordan through the annual Ration Challenge. Have a read at www.actforpeace.org.au

Hope to see you there for what will be a great night of Reggae and Hip-Hop. Gate opens at 6.30 pm.

Lizards party with 'Bowerbird Chicks'

You may remember that a couple of months ago the Lazy Lizard Gallery received a generous community grant from the Bowerbird Op Shop, which enabled us to install a wonderful new picture hanging system. This month, to show our appreciation, we have given the Side Room Gallery over to volunteers and committee members of the Bowerbird to stage an exhibition of their own. They are calling it 'Bowerbird Chicks'.

Now all these ladies are not just pretty faces, devoted volunteers and amazing organisers, but many of them have hidden artistic talents that don't often have the chance to be appreciated by the general public. They are all very excited and enthusiastic and I am told they will be displaying a diversity of paintings, sculpture, fabric creations and a tile.

Those contributing will be Ros Hewett, Jenny Dunlop, Val Durant, Linda Emerton, Diana Holmes, Narelle Kinghorne and possibly one or two more. So it's pretty obvious that this exhibition promises to be varied, very interesting and a lot of fun!

We will be having a special opening

on Saturday morning, 5 August and to celebrate what a wonderful community we have in Cobargo, we will be having champagne and nibbles ... so come and join us!

Naomi Lewis



Ros Hewett with her painting, *Bored Bovines*

Come and Visit The OK Shed

All Saints Anglican Church,
Wallaga St, Bermagui

Pre-loved treasures/clothes/bargains to be found

Opening hours: Thursdays 11am-4.00pm

School holidays – extended opening hours

(Tea and coffee available)

Contacts: Nancy 6493 3136 Kath: 6493 5887

Shop7Artspace annual show

Shop7Artspace is staging its annual 'Harbour' exhibition in the Gallery at Fishermen's Wharf on the Bermagui harbour from Thursday 20 July until 9 August.

This is an exhibition open to all south coast artists using any medium. This year nearly 30 entries include collaged wall pieces, paintings, sculptures, pottery and woodcraft.

The criteria for entries is open and includes any topic which presents the artists attitude to any meaning of the word 'harbour'. The captivating views over Bermagui harbour with its sea-going vessels of all kinds and its backdrop of Gulaga mountain make it difficult to imagine other connotations of the word however.

The exhibition was opened to the public on Thursday evening 20 July. You are invited to visit the gallery any day other than Tuesdays to view the works and talk to one of the artists on duty there.

Pictured at her easel finishing her entry is Lyndal Jenkins, one of the Far South Coast's successful visual artists. Lyndal has been painting and drawing all of her life. She has exhibited many times in Bermagui and also in Melbourne and Perth. She has a diploma of Fine Art and Design from Clairmont School of Art, Perth and more recently a Bachelor of Arts in Fine Art and Visual Culture from Curtin University in Perth.

Lyndal is a regular exhibitor at Shop7, with another show to come in December.



Lyndal Jenkins has been painting and drawing all her life

She will exhibit at Ivy Hill Gallery, Wapengo during the 2017/18 season and is part of the Bermagui Project (Four Winds) exhibiting at the ANU (ACT) gallery foyer in October.

An important part of the Harbour exhibition each year is the involvement of businesses in town to choose their favourite artwork and provide a small value voucher to be used against a purchase by the chosen artist from the sponsor's store. Over 30 businesses are taking part and their choices are shown in the Gallery.

Peter Storey

Carl Morgan returns to play at the Windsong Pavilion

Triangle readers may remember the 2014 article about jazz guitarist Carl Morgan winning a highly prestigious National Jazz Award at Wangaratta Festival. Carl spent his formative years in Tilba before graduating from the Australian National University's School of Music in 2009. He is now resident in Sydney where he composes, leads his own band, records and teaches guitar.

Carl's musical career has continued to flourish in the highly demanding and competitive urban milieu of modern jazz. He is also in high demand to perform with many of the most innovative Australian and visiting international jazz artists.

Carl returns to perform in his first major concert in our region as a member of the ASIO quintet at the Windsong Pavilion, Barragga Bay, on 15 October at 2.00 pm.

This is a very special Zephyrs Jazz concert that features Barney McAll's award-winning ensemble, the 'ASIO Quintet' (Australian Symbiotic Improvisers Orbit).

Barney McAll is one of Australia's most esteemed jazz pianists. He is a Grammy-nominated, multi award-winning pianist, composer and ensemble leader and is an extraordinary performer, musical improviser and communicator. The ASIO Quintet is a ground-breaking collaboration of some of Australia's most innovative contemporary jazz artists.

This is a rare opportunity to experience extraordinary music in an inspirational local venue. Early booking is wise to avoid disappointment. Visit the Zephyrs Jazz website (zephyrsjazz.com.au) for information and to book.



Tilba-raised Carl Morgan will appear with Melbourne jazz pianist Barney McAll and his quintet in October.
(photo by Brian Stewart/CyberHalides.com)

Cobargo Creators

Exhibition

'Masked Unmasked'

featuring works by members Cathy Blake and Sharyn Wotton. Opening 11 am, Saturday 5 August, Black Wattle Gallery.

Upcoming Workshops

Mokuhanga

Japanese woodblock printing

2 and 3 September
Cobargo

Fabric Embellishment for Beginners

now on 17 September
Quaama

For more information about exhibitions, workshops and everything else: email cobargocreators@gmail.com; facebook.com/CobargoCreators; Instagram @cobargocreators or call in to The Cobargo Creators Centre.

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A living carpet: ground covers

With winter well and truly here and with those cold and blustery winds that seem to come directly off the snow chilling us to the bone, what better time to sit by the fire and do some planning for the upcoming warmer months in the garden.

This month and next I will look at some individual categories of garden plants that not only add beauty to the garden but also can be effective for a wide range of other purposes. This month: ground covers.

Ground cover plants come in many forms and categories from conifers to Australian natives to perennials and non-Australian plants.

Many are absolute ground huggers and others can reach 50–70cm high but can be as wide as 3–4m.

There are categories that will tolerate first line coastal to varieties that can handle severe frosts and low water. Others are shade tolerant and many are edible, like herbs.

To elaborate on these we will start with first line coastal. Many of the plants that suit this particular situation are Australian natives and it is well worth mentioning that a stroll along coastal gardens and natural areas will soon give you an indication as to what species are handling this difficult growing area.

Species such as *Carpobrotus* (an Australian native succulent) are very good for dune stabilisation along with groundcover *Banksia* and *Westringea* varieties. *Myoporum* and *Hakea* both have groundcover varieties. A good

non-Australian plant is the Shore juniper (*Juniperus conferta*) that will mat well and stabilise sandy soils.

It is important to remember that soils along the coastline can vary widely from clay/shale to very poor sandy soils. In these cases it is also a good idea to add some organic matter to your soil to improve the chances of the new plantings to establish.

Moving away from direct coastal we



then move into more protected locations with heavier soils and not so much wind. Again some organic material mixed into the planting hole will help these plants establish.

In open sunny positions in these locations the list is endless. Australian natives include *Grevillea*, *Leptospermum*, *Callistemon* and *Banksia* with many others that are softer perennial types including *Scaevola* and *Brachyscome*.

Non-Australian plants include groundcover *Camellia* (Marge Miller and Snow), Carpet roses, *Cotoneaster dammeri*, *Convolvulus* and the list goes on.

Shaded gardens are always a bit of a problem but there are many plants that can be used in combinations with perennials, including *Camellias*, Chinese star Jasmine (often used as a climber) and the very beautiful *Gumpo Azaleas*. Space does not allow me to mention the many others that are available.

Herbs are the most likely category of groundcovers that do not get much of a mention but there are many of great benefit.

These can be used to cover paths within the herb and vegetable garden or used to cover a retained area within the garden. Several varieties of Thyme are suitable for walking on and prostrate Rosemary also falls into this category.

The ground preparation for groundcover plants is the same as for all other plants, with the inclusion of some compost mixed with the existing soil to give the plants a good start.

There is a common mistaken belief that ground cover plants will provide weed suppression.

There might be some weed suppression but generally weeds will still grow through the groundcovers and will be very hard to remove after the plants have established.

Ideally, the best method is to lay down several layers of moist newspaper and cover with moisture-retentive mulch prior to planting and then pull paper and mulch aside sufficiently to make the planting hole. Plant the plants and then water in and pull paper and mulch back around the plant. Over the period the newspaper takes to decompose, the weeds would have most likely died. Some careful hand weeding and spot spraying after that will ensure the garden stays weed free.

It is important to remember that during the course of their life, plants will have failures and successes. If you have tried a particular plant in your garden, don't give up if that particular variety has not done as well as you expect. Many factors can be at play here including soil types, moisture regimes and sun or shade. Sometimes it will take a couple of tries to get a success and things will not look back after that.

Every garden has different requirements so it is important to seek qualified advice before making your choice. Your local nursery person will have many years of experience to help you make the right choice to complete this very rewarding project in your patch.

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One pot wonder: baked mushroom and rosemary risotto



What could be any more comforting than a steaming bowl of risotto in winter? The great thing about this recipe is that you don't have to stand over a pan for 25 minutes ladling in your stock. You get to enjoy another glass of wine while waiting for this one pot beauty to cook unaided.

¼ cup olive oil
1 onion chopped
2 cloves garlic chopped
200g Swiss brown mushrooms sliced
200g button mushrooms sliced (or mushrooms of choice)
1½ cups Arborio rice
1 litre good quality vegetable or chicken stock
3 sprigs rosemary
½ cup white wine
Chopped parsley to serve

Pre-heat oven to 180 deg C.
Heat oil in an ovenproof, heavy-based pan over medium heat and cook onions and

garlic, stirring until soft.

Add mushrooms and cook, stirring, for 5 minutes until softened.

Add rice and toss to coat with oil, then add stock and rosemary. Cover and bake for 25 minutes or until most of the liquid has evaporated.

Add wine and allow to stand for 10 minutes. Sprinkle with parsley and serve.

Apple, blueberry and almond cake

Try this delicious dessert cake, luscious and moist with fruits and almonds. Frozen blueberries can be used as well. Serve with cream - another luxury for winter that can be walked off the next day or hidden under layers of clothing!

125g butter softened
125g (½ cup) caster sugar
1 tsp vanilla extract
2 eggs beaten
100g (¾ cup) self-raising flour
50ml milk
125g ground almonds
1 apple, peeled, cored and sliced
100g blueberries (fresh or frozen)

Topping:
125g butter melted
2 eggs
125g (½ cup) caster sugar
1 tsp ground cinnamon
50g flaked almonds

Pre-heat oven to 180 degrees C. Grease the base of a 20 cm spring-form cake tin.

Beat butter, sugar and vanilla extract until fluffy then gradually beat in eggs, one at a time. Add a little sifted flour if mixture looks as if it might separate.

Lightly fold in remaining flour, milk and half the almonds until combined.

Spread into base of cake tin. Sprinkle with remaining ground almonds and then top with apple and blueberries.

To make topping, put melted butter in a bowl and whisk in eggs, sugar and cinnamon.

Pour over cake. Sprinkle with flaked almonds.

Bake for about 60 minutes; when ready, it should be firm to the touch and a skewer inserted in the centre should come out clean.

Cool completely in the tin before turning out. Dust with a little icing sugar to serve if desired.

Enjoy!



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Enclosed: cheque / money order for \$32.00
*Australian residents only

Classifieds

FOR SALE

Motor Bike Aprilia Pegaso 650, Road/Trail, Good Tyres, includes Rack and Gearsack, Rego November, 12,000kms, \$5,500.00, Ph: 0419 331 324

Dinghy/runabout, 3 metre aluminium, Suzuki 2.5HP four stroke outboard motor and aluminium boat trailer (12ft, Vic rego). Plus wooden oars, 2 adult and child life jackets, anchor etc. All in very good condition. Photos can be provided via email. \$1500.00. Phone 0408 190 786.

Firewood for sale, mixed hardwood mainly greybox, \$150 for a big ute load delivered. Phone Steve 0403 129 679.

Heavy tank stand steel posts. Flanges top and bottom. 4.5m x 120mm x 5mm \$250. Phone 6493 3461 or 0407 567 042.

WANTED

Rabbit Hutch - I am looking for a rabbit hutch urgently preferably Jack Russell proof to save a rabbit's life Pam Coutts 102 O'Connell's Point Road Beauty Point

Laptop Help - Someone to teach me how to use a laptop. Computer illiterate male (can tune the wireless). Will pay cash or swap, barter for construction work, landscaping etc or sexual favours. Must have sense of humour and must be very, very patient. Please call Kiwi on 6493 6293.

GARAGE / MOVING SALE

Furniture, desk, tools, polypipe and fittings, small farm items, quilting fabric, sewing, craft equipment, kitchen items & more. 8.00am Saturday 26 August 82 O'Connells Pt Rd, Beauty Point

FOUND

Green Edmonds Key on Old Tilba Road 20/07/2017. Call Sharon, 6493 4253

WANTED TO RENT

Urgent! Acreage rental property for the owners of Cobargo Bakery. We have 4 dogs, 2 horses and a 17yr old cat! 2/3 bedrooms and shed if possible or room for a container. Long term preferred, within 10-15k's of Cobargo if possible. Needed by the 9.9.17. Contact Sandy@thebakery or call 6493 6770.

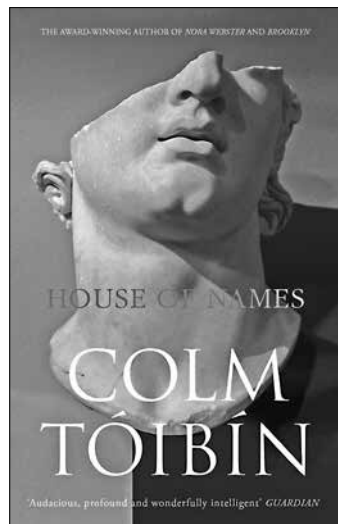
Please note: we will discontinue classifieds after one month unless advised by the advertiser. A small donation (in the tin) will be appreciated for classifieds.

Book Review

Colm Toibin *House of Names* \$29.99

I must have been one of the first people in Australia to buy this recent release, such is my obsession with this terrific writer. I was a bit daunted by the reviews I had read, and it was much harder to get into than other books of his, mainly because my knowledge of Greek mythology is woeful. However, it turns out that didn't really matter – I didn't need the background to understand this epic story of love, ambition, and struggle for power.

The book is a retelling of the horrific events in the lives of a king, Agamemnon, explaining how and why he sacrificed his daughter, Iphigenia, to the gods, hoping to ensure his victory in battle. Her betrayal and death is avenged by her mother, Clytemnestra, whose actions rival that of Lady MacBeth. Meanwhile, the other daughter, Electra, and the only son of the



family, Orestes, must shape their lives, torn between love of their father and grief for their sister. (Not much love lost from either for their mother, who by this time has taken unto herself a very unpleasant lover. In the end she meets a very gory end.)

Much of the story is told from the point of view of Orestes, who finds companionship and love with his friend, Leander, with whom he has shared the horror of being kidnapped, abused and imprisoned, and the triumph of escape and survival.

As with most of Toibin's books that I have read, it left me feeling I should go off and attend to the huge gaps in my historical knowledge – this time, of the Greek myths and legends. This book is completely different from his novels set in Ireland, although it reminded me a bit of *The Testament of Mary*, where he took a known story and re-told it from a completely different angle.

House of Names will challenge you, but it's worth it!

Pet of the Month

Deb Cox

Jackie likes company and isn't good at being left home alone. She's happy to hang with her owner, inside preferably, and sleeps inside. Jackie is house trained. She doesn't chase stock or wildlife and is friendly with other dogs when off lead. Every morning she enjoys an hour on the beach playing with her doggie friends. After that exercise she is happy and settled. While on the lead she does pull and can become aggressive towards other dogs, but this could be overcome with the use of a halti or suitable chest-leading harness. She is an affectionate dog and great company for a 'kelpie-loving' owner looking for a settled dog. Jackie comes with her own bedding and bowls.



Enquiries about Jackie or one of the other dogs available through Animal Welfare League NSW Far South Coast Volunteer Branch, such as Vinny the

young stumpy tail red cattle dog, or Spud the English Staffy, can be made on 0400 372 609 and many can be viewed at our Facebook page, AnimalWelfareLeague FarSouthCoastBranch.

Keep pets happy and healthy during the cold. When the temperature drops, it is best to avoid leaving your pets outside but if you do need to take them outside, a coat is a good idea. If your pets do have to stay outside for some reason they will need to be protected by a dry, draft free kennel. As keeping warm depletes energy, they will need more food and they of course still need fresh water (but you need to make sure it has not frozen and that the dish is plastic as pets tongues can stick to frozen metal).

Cats and birdlife tend to seek out warm engines in parked cars so it is a good idea to bang on your car hood to scare them away before you start your engine.



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
April 23rd, Sunday June 25th, Sunday August 27th.
Call 0400 372 609

ANGLICAN PARISH OF COBARGO

Bermagui: All Saints- 1st, 2nd 3rd Sundays
10.00am Holy Communion, 4th Sunday Evening
Prayer/Contemporary Service 5.00pm
Cobargo: Christ Church - 1st, 2nd, 3rd
Sundays 5.00pm Holy Communion
Quaama: St Saviours- 4th Sunday 10.00 am
Morning Prayer
5th Sunday - One service in parish at 10 am rotation
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 2:00pm, games start at 2.30pm.
No experience necessary. For information ring Bob
Whackett on 6493 3136

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 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 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 HISTORICAL SOCIETY

Meeting First Wednesday of Month, 2.00pm at
Museum in Community Centre, Bunga Street.
Researchers & helpers welcome. Ph Allan Douch
0428 427 873 or Marianne Hunter 0419 173 607.

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

CATHOLIC CHURCH

Weekend Mass times.
Bermagui- Sunday 7:30 pm
Cobargo- Saturday 5pm

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 preschool education for 3-5
year olds in a happy, creative & caring enviroment.
Monday-Thursday. Ph 6493 6660

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
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: Pamela Keenan on 6493 6419

COBARGO CWA

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

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 or Mary Cooke 6493 7320.

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 to plan Quaama
community events and projects. Membership \$5pa.
New members and non-members always welcome.
Enquiries: Glennda Heino 0408 411 956. See www.
quaama.org.au

MT DROMEDARY UNITING CHURCH

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

Meetings at Club Narooma 7pm;
1st Wednesdays workshops, 3rd Wednesdays
competition night displays. We welcome visitors at
the meetings and on our monthly field trips.
Phone Michelle 0409 020 458 or
www.naroomacameraclub.org

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 Bill Johnston (president) on
6493 5447 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
Fri 4	Ecstatic Dance	Quaama Hall	6.15 pm
	Live music - Klauz Tietz	Bermagui Country Club	8 pm
Sat 5 - Sun 6	Singing for your Soul workshop	Windsong Pavilion, Barragga Bay	9.30 am
Tues 8	Full Moon Dance	Quaama Hall	6 pm
Thurs 10	Cobargo Singles Dinner	Cobargo Hotel	6 pm
Fri 11	Live music - Roddy Reason	Bermagui Country Club	8 pm
Sun 13	Blacksmithing demonstration	Galba Forge, 345 Yowrie Rd, Wandella	11 am - 5 pm
Thurs 17	Cobargo Creators AGM	Cobargo Hotel	6 pm
Fri 18	Ecstatic Dance	Quaama Hall	6.15 pm
	Live music - Joe Driscoll	Bermagui Country Club	8 pm
Sun 20	Steve Wilson, concertina	Dromedary Hotel	7 pm
	Monster Raffle	Bermagui Country Club	3 pm
	Live music - Sandy M—	Bermagui Country Club	4.30 pm
Thurs 24	Cobargo Singles Dinner	Cobargo Hotel	6 pm
Fri 25	Live music - Wayne Trezise	Bermagui Country Club	8 pm
Sat 26	The Strides and Gabadoo, \$30	Murrah Hall	6.30 pm
	Quaama School Trivia Night	Quaama Hall	7 pm
Sun 27	Community Lunch (bring a plate)	Quaama Park	1 pm
REGULARS			
Mondays	Quaama/Cobargo Quilters	CWA Cottage Cobargo	10 am-3.30 pm
2nd Monday	Tilba CWA meetings	Small Hall, Tilba	10 am
Tuesdays	Bermagui garden group	Venues vary, phone Heather 6493 5308	
	Weekly meditation	Kamalashila Centre, Tilba	10 am - 11 am
	'Zine' Machine	Bermagui Library	3.30 - 5.30 pm
	Storytime	Bermagui Library	10.30 - 11.30 am
Last Tuesday	Cobargo Seed Savers	18 Blackbutt Drive, Cobargo	10 am - noon
Wednesdays	Pool comp	Bermagui Country Club	7.30 pm
	Dru Yoga	Cobargo School of Arts	10.30 am
1st Wednesday	Bermagui Historical Society meeting	Bermagui Museum in Community Centre	2 pm
	Social bridge	Tilba Valley Winery	2 pm
	Bermagui Seniors' Social Club meeting	Bermagui CWA rooms/Country Club	10.30 am
3rd Wednesday	Bermagui Seniors' Social lunch	Venues vary. Phone 6493 4006	
Thursdays	Mind Body Stillness Meditation	The Courtroom, Princes Hwy Cobargo	10 am-11 am
	Worldwide dance and aerobics	Bermi Community Centre	5.30 pm
	Rhymetime	Bermagui Library	10 - 10.30 am
1st Thursday	Lions Club meeting	Cobargo Hotel	7 pm
3rd Thursday	Lions Club meeting	Bermagui Beach Hotel	7 pm
	Coding night	Bermagui Library	5 - 8 pm
Fridays	CRABs raffles	Bermagui Beach Hotel	from 5 pm
1st Friday	Bermagui CWA meetings	CWA Rooms	1 pm
Saturdays	Worldwide dance and aerobics	Bermagui Community Centre	10.30 am
2nd Saturday	CWA Cafe	Small Hall, Tilba	9 am - 12 pm
1st Sunday	Reclaim the Riverbank Working Bee	Meet at Rob's corner, Quaama	9.30 - 11.30 am
	Tilba Food Share	Venues vary, Contact Annie on 0409443064	10 am - 12 pm
3rd Sunday	Cobargo/Quaama food swap	Venues vary, phone Tam: 0409 882 944	10 am-12 noon
Last Sunday	Bermagui Red Cross Markets	Dickinson Oval	9 am-12 noon
ART			
Sat 5	'Bowerbird Chicks' exhibition opening	Lazy Lizard Gallery	10 am - 12 pm
Sat 5 - Sat 26	Masked/Unmasked exhibition	Cobargo Creators Centre	10 am - 4 pm
Until 19 August	'Harbour' exhibition	Shop7Artspace	10 am - 4 pm
2 - 3 Sep	Japanese Woodblock Printing Workshop	Cobargo Creators Centre	