

THE TRIANGLE

COMMUNITY NEWS

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QUAAMA COBARGO BERMAGUI TILBA & LOCALITIES

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Men: Do you know if you have a Spanner in the Works?



Ted Ferguson, Brian Byrnes and Jack Couche arming themselves for 'Spanner in the Works?' this month

During International Men's Health Week in June, Wallaga Lake Bermagui Men's Shed is organising a series of free health checks as part of a national program called 'Spanner in the Works?'

'Spanner in the Works?' plays on the idea that men often pay more attention to the health and well-being of their vehicles than their own health and well-being. Many men remain reluctant to talk about their health and too often delay or avoid going to see a GP to get any potential problems checked out—an attitude that heavily contributes to the fact that men die on average five years earlier than women. Across Australia, many men have been identified with serious conditions and advised to seek immediate treatment through participating in this program.

This month, Wallaga Lake Bermagui Men's Shed, in cooperation with the clinical staff of Bermagui Medical Centre, will conduct a 'Spanner in the Works?'

program. This will take place in the Bermagui Country Club where men of all ages are welcome to drop in, **NO APPOINTMENT NECESSARY**, to meet confidentially with a clinical specialist. The dates, times and location are below.

In addition, and to promote International men's Health Week and increase the awareness of men's health issues, Dr Muller-Grotjan of the Bermagui Medical Centre will present a talk, 'Healthy Body – Healthy Mind: Keeping the Balance' on Tuesday 6 June from 5 pm – 7 pm at Bermagui Country Club. This is open to ALL Members of the public, men and all women who have men in their life that they care for. This presentation will provide an overview of men's health issues and is coordinated by the Wallaga Lake Bermagui Men's Shed and U3A Bermagui & District.

By reaching out to men locally in the community and fostering an atmosphere in which they feel comfortable, the project

hopes to influence good habits in men and help bridge the gap between men's and women's health. Of course, this check-up should not be seen as a replacement for a complete check-up by your GP and is more about encouraging men to start thinking more preventatively and acting more proactively about their health.

'Spanner in the Works?' is fully supported by the Federal Department of Health and Ageing. Please put the dates in your diary:

"Spanner in the Works?" - Free Health Check and Advice for all Men.

NO APPOINTMENT NECESSARY
Tuesday 13 June, 9.30 am – 12.00 pm,
Bermagui Country Club

Wednesday 14 June, 9.30 am – 12.00 pm,
Bermagui Country Club

*Stephen Knight
on behalf of the Wallaga Lake Bermagui
Men's Shed*

NRL football legend, Greg Inglis, has depression. It seems that no matter how fast you can run or how well you can pass a ball, the issues of life can wear you down. Fortunately for Greg, he has acknowledged that he needs professional help and, with the support of those close to him, has been admitted to a rehabilitation clinic for a couple of weeks.

According to the National Male Health Policy (NMHP) released in 2010, plenty of other men are on the back foot, with one in six males reporting depression

in the last 12 months.

International Men's Health Week is 12-18 June 2017 and Men's Health Week in Australia is offering 91 events around the country focusing on issues and concerns for men and boys. Their website, www.menshealthweek.org.au, lists events that cover a broad range of topics across all states and territories.

In Bermagui, the Wallaga Lake Bermagui Men's Shed has a two-pronged approach: 'Healthy Body—Healthy Mind: Keeping the Balance' on 6 June from 5-7

pm. You may be familiar with the proverb, 'Be careful how you think, your life is shaped by your thoughts'.

Also 'Spanner in the Works?' offers free, confidential health checks on 13 and 14 June from 9.30 am -12 noon at Bermagui Country Club (no appointment necessary), email: stephenknight31@gmail.com. It's the time to discuss those concerning issues that men usually keep close to their chests. Women, as the carers of the men in their lives, are welcome to attend the sessions.

Letters to the editors

View on Huntfest

Dear Editors,

Conversations with visitors to Narooma over the Easter and Anzac Day holidays convinced me that they knew little or nothing about HuntFest. They were amazed that such an unsuitable event as a celebration of hunting and killing animals should have been given a licence by the Eurobodalla Shire Council to operate on crown land in the main street of Narooma every June long weekend to 2022.

HuntFest has been encouraged by local council without community support or debate, to satisfy the wishes of the local Hunters Club, backed by the Sporting Shooters Association of Australia from outside the Shire. It has grown over three years from a photographic competition to a full scale American-style festival of hunting with sale of guns, promotion of overseas and local safaris, a shooting range, and free admission and special activities for children aimed to convince them that gun ownership is desirable and killing animals is fun.

A festival of killing birds and animals, however much it may be disguised as just another family-friendly activity, or given the incongruous title of "conservation hunting", can only be harmful to the wellbeing of the community, to native animals, and to our well-earned reputation as the "Nature Coast".

Citizens opposed to gun proliferation and wishing to add their voices to those of South Coast residents and organisations like the Australian Medical Association, the

RSPCA, the Alannah and Madeline Foundation and Coastwatchers might do so by appealing widely to government departments and ministers such as the NSW Minister for Crown Lands, Gabrielle Upton, and the NSW Premier, Gladys Berejiklian.

State and federal politicians still have the responsibility to use the overarching influence of their governments in order to have the undemocratic and dangerous "HuntFest" licence rescinded. Unfortunately they are reluctant to intervene with decisions made by local councils unless there is an ugly incident, demonstrably flawed decision making, or a strong demonstration of public opposition.

Speak out before it's too late and a child is injured by a gun sold from a public building in the heart of Narooma, before native animals are shot by recreational hunters in the surrounding forests, and holiday makers, tourists and home-makers decide to stay away from a place that that they can no longer regard as an idyllic destination. "How Life Should Be", not "Hunters' Headquarters".

Susan Cruttenden
Dalmeny

\$\$\$ to be won
in the AKT children's competition



see page 24 for details

Hold the date for forest forum

In 2019 the Regional Forest Agreement (RFA), which underpins the native forest industry in our region, expires. We understand that government preference is for an automatic rollover with no public consultation. We consider this to be unacceptable.

On Sunday 11 June, at the Tathra hall, we will be holding a forest forum which is an initial step in promoting the message that there are better uses for our native forests than woodchipping. Local environmentalists have been developing alternative forest strategies and the time has come for wider community involvement.

More details will be available closer to 11 June. In the meantime, we ask that you flag the date and mention it to friends.

David Gallan, President
Kim Taysom, Vice-President
National Parks Association (Far South Coast Branch)

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HIGH COUNTRY

I wake in the night
straining to hear the first bird song,
skin prickling in the high fragile air
in the pregnant seconds before the
dawn ...

A wild dog howls ...
his voice of power, lifting
to the tissue thin sky
'I am lord ~
the law of the land abides'.
And I shiver as the call of the wild
stands up the hair on the back of my
neck.

Softly, pale slanting light drifts
through
snow gum, black sally and wattle
and strides in great lines
across the vast windblown plain
to the barrier of stark, motionless hills.

The sun shifts on through space and
time
lifting the face of golden buttercups,
and daisies in everlasting shades,
violets,
massed peabush with egg-and-bacon
hues
a chaos of colour to paint the day.

And at night,
At night a heaven glitters like a swarm
of fireflies
splashing a milky way frothing in its
own intensity
across an arc as wide as a double span
of arms,
~ a brumby, eerie in the darkness
trots off to a ghostly range - and
silence
and the land renews itself for another
tomorrow.

Judi Hearn

Thumbs Up

To the kind man
who has been
quietly taking some
of our careworn
gnomes from
Gnome Alley in
Cobargo and lovingly repainting and
restoring them. The gnomes know
who you are and say thank you.



To Bega Valley Shire Council, for
their outstanding financial and moral
support for Quaama's beautification
project, planting crepe myrtle trees
along village roadsides. It's going to
look a treat!

To the School of Arts committee in
Cobargo who have installed new heat-
ing. Thanks to all who have pushed
the project to its completion - more
next month.

Thumbs Down



To the farmer
who's been
spilling
silage on local
roads recently.
Eeeuuuw!

To the lazy, selfish, irresponsible person
who tossed a used baby's nappy into the
rocks on Horseshoe Bay. What did they
think would happen to it? They take
hundreds of years to break down, that
is if it didn't get washed into the ocean
by large seas, where it would add to the
plastic pollution already blighting our
marine environment.

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

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The Triangle is a community newspaper. Its aim is
to provide information and news to the people in the
Triangle area. The committee comprises volunteers
who donate their time and expertise for the benefit of
our readers. *The Triangle* is financially self sufficient
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prompt payment of accounts is appreciated. *The
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On the street outside the Chemist at Cobargo's Biggest Morning Tea on 25 May
Photo: Caitlin Hunter



Tilba children created a "coin heart", raising over \$500 to contribute to the Heidemann family

Tilba's hills and valleys are looking beautifully lush and green, especially after the amazing downpour recently. Everything is still growing at a rapid pace thanks to the warmth and the rain—Mother Nature is busy weaving her autumn magic.

Another enjoyable food share was held last week at Clonlea, Victoria Creek on a magical autumn Sunday. An awesome array of goods were offered for sharing including pomegranates, new season persimmons, medlars and some very healthy kombucha. The next Tilba food share will held on Sunday 4 June from 10 am to 12 noon at 239 Ridge Road, Central Tilba (look for the signs). Bring along your excess goods from the garden that you

would like to share and as always, if the garden is lean at the moment, come anyway and bring along your enthusiasm! A small plate of morning tea to share is appreciated. Tea and coffee provided. All are welcome and please feel free to bring a friend.

Next Tilba CWA meeting will be Friday 9 June at 10 am in the Small Hall – all welcome. From July the meetings will be held on second Monday of the month from 10.30 to 11.30 am with tea/coffee. All are welcome, members and non-members, just drop in. Each month before the meeting an informal craft get-together will be happening from 9 am. We have members who knit, sew, weave, crochet, patchwork, cook, etc who are willing to

share their knowledge, so come along and learn a new skill, practise or revive an old one, or teach others what you know.

Our resident skilled leatherworker, Phil Elton of Tilba Leather fame, recently completed a very special custom-made saddle for a brave Queensland woman Vicki Walters, who was injured in a riding accident six years ago leaving her paralysed. Phil laboured for months on this piece of craftsmanship, determined to ensure Vicki could sit safely, secure and supported, the results of which were just inspiring. The freedom and connection this saddle provides has enabled Vicki to bravely mount her horse once more and enjoy her passion despite her disability.

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Well done, Phil, you are a truly talented bloke.

On Friday, 19 May, Central Tilba Public School held a Mufti Day to support the Heidemann family. Shanon, Khloe and Jay Jay Heidemann attended Central Tilba Public School between 2007 and 2012. Children were asked to bring a gold coin donation and come out of uniform for the day. In addition children were encouraged to bring in any other coins, and with these they created a "coin heart", raising just over \$500 to contribute to the Heidemann family. This is a terrific effort for 37 students and 28 families. The Tilba District P&C Association generously agreed to support this cause with a \$100 donation which will be matched by the school.

Tragically, their mother, Jane Towers, and Jay Jay Heidemann were killed in a car accident in Berry just before Easter while travelling to see relatives in Narooma. Khloe, who was also in the car, sustained critical injuries and was in an induced coma, but is now recovering. Their father, David Heidemann, who stayed behind with Shannon in Queensland to help with Cyclone Debbie, was reported missing and then his body was found in the same week. The family were well known to the Central Tilba School community during their time here and many families and the staff remember them well. Shanon (17) and Khloe (15) are now the only two remaining members of the family and the school community, families, students and staff felt that they would all like to do a little something to help ease the burden of funeral and other costs. Anyone who would like to support this fundraiser, please have a look at 'The Berry Crash Tragedy' at www.gofundme.com/the-berry-crash-tragedy.

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Tilba RFS Report

We have now entered that time of year when precautionary measures are implemented for next season, both by property owners and various authorities. This includes tidying up around your home and property, and pile burns, and the large scale hazard reduction burns by RFS, and others including NPWS and Forestry. Property owners are reminded that whilst a permit is generally not required during the winter period, it remains a requirement that you advise your local Fire Control Centre (Moruya 4474 2855 or Bega 6494 7400, depending upon which shire you are in) twenty four hours beforehand, as well as all neighbours. Anyone in Tilba area who would like us to assist on a pile burn, please ring.

Tilba Brigade has assisted with two Hazard Reduction (HR) burns so far this season, both in the Narooma area. We recognise that smoke can be annoying and disappointing to many, but HR burns are a good practice in that they help protect our community. They have to be done when conditions are favourable.

Tilba RFS held its AGM on 9 May. At that meeting Tralee Snape stepped down from the position of Senior Deputy Captain to Deputy Captain, and was

replaced by Dave Alabaster. The meeting was especially significant for the fact that Richard Bate was honoured by Captain, Bruce Allen, who presented him with a Certificate of Appreciation on the occasion of his stepping down from the Field Officer position. His career has included 32 continuous years as a Field Officer, including 24 years as Deputy Captain, three years as Senior Deputy Captain, and five years as Captain. The Brigade members were pleased to be able to witness and support this recognition of his long years of service and were pleased to see appreciation expressed in this way. Richard will continue as an active member of the Brigade.

This is a powerful illustration of the fact that our members are ageing. Three of our active members are over 70 years of age. We need new members to come forward or Tilba Fire Brigade will be in danger of being unable to function. We are a volunteer organisation, and I ask once again for new people to come and see us and explore the opportunity to join and support the community. I can be phoned at any time on 4473 7259. If no answer, please leave a message.

Harry Bate

Kitchenboys pops up in Tilba

Introducing Cam Starr, head chef, pop-up eatery at The Drom, Central Tilba

I've been cooking since I was 13. I completed my apprenticeship and then decided to travel to sharpen my skills and embrace other cultures and their cuisine. Left Australia and came back 19 years later after visiting the United Kingdom, South Africa, Morocco, Asia, United States and Israel.

After working for some of the best hotels, restaurants and chefs in the world, decided to open my own eatery, "Kitchenboys", serving modern Asian food my way, my touch and my beliefs using fresh local produce and treating it with love.

We started the eatery in Warburton in the Yarra Valley, Victoria, and getting a write up in the epicure section of *The Age* newspaper and a place in the cheap eats book, and we were awarded three stars for the food we designed and served. Now we have the opportunity to carry on the tradition at the Drom Hotel, Central Tilba ... for now!

Delicious home cooked meals, a thoughtful small menu served in the historic Dromedary Hotel.

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Cam Starr

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When It's Your Day

Maggie McKinney

Civil Celebrant

0416 039 539



The Men's Shed was the centre of the action on Sale Day

Residents of Quaama are grateful for the much needed rain we've had in preparation for the big tree planting day on 27 May. At the time of writing the day is ahead of us, but by the time this issue is released there should be a whole slew of pink tree guards protecting dozens of crepe myrtles from the north entrance to town to the park.

The Quaama Progress Association approached Council with this idea a few months back and Council have been enormously supportive in making it happen.

We'll give you the whole story in next month's issue but when you see those pink tree guards you can know that your rates are being well used, making our village more beautiful with flowers, autumn colour and shade for the years ahead.

Best wishes to the Headmaster

The Quaama School's Jenny Hobbis has put down her teacher's cap and is acting as headmaster this term while Graham

Roberts is on sick leave. We all wish Graham well and hope that he returns to us fighting fit in July.

Community dinner just the first

The end of April saw the Quaama Progress Association's Ruth Haggart host the first 'bring a plate' Community Dinner in the Hall Supper Room in years. The theme was about sharing our resources to be more efficient, save money and build relationships. It was very well attended with around thirty people showing up with all kinds of sumptuous food as well as their stories and ideas. Ruth passed around butcher's paper and folks put down what it is that they have to offer and where they might need support. This is the beginning of our community register where we'll be able to assist our neighbours and receive help while making friends and growing community.

The evening was a big success and the plan is to meet on the last Sunday of every second month with the next one on 25

June at 6 pm. Anyone interested can come along then! If you have any questions or just want more information, contact Ruth on 6493 8352.

Garage sale success

The Men's Shed and residents of Bermagui Street caused traffic chaos in our little town with their huge shed sale day on 13 May. Despite a cold morning and cloud cover, folks came out in droves walking from one end of the street to the other and back.

The Men's Shed had a sausage sizzle going on as well as showcasing trash and treasure for bargain hunters that came from all over the Triangle area. Almost a dozen Bermagui Street homes opened their gates and some did very well on the day. Bins of high quality merino wool yarn in many fabulous colours were on display and brought in \$675!

It felt like a festival. What a great idea to join together in clearing out and making the day fun for the whole town.



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Reclaim the Riverbank – Did you know?

On my walk this morning I encountered Toppo Blacka and together we walked from the Quaama cemetery down the track along the riverbank and back up to Rob's corner.

What an interesting walk it was. Toppo told me a few things I didn't know. She has lived in this area all her life and has seen many changes. Many years ago the river flat was used for community sporting events. There was an Easter meet, where the locals had foot races and all manner of other sporting events. The river flat was kept mown, just like a sports ground, right up until the new sports ground was built on the other side of the highway.

Once the sporting events relocated, the river flat reverted to native vegetation, until two of Toppo's grandsons wanted a bike track. Armed with hand tools, they cleared a path all the way through from Rob's corner up to the cemetery. And that is the path we still walk today and are working to reclaim from honeysuckle and other weeds.

If you took the walk today, you would notice great improvements. At our last working bee Graham came down with his slasher, and Chris with his brush cutter, and between them they mowed around previous plantings and cleared a couple of areas so we can establish more canopy plants. Peter tackled the honeysuckle, and Sangito and Rose did micro weeding.

Barney did some amazing earthworks to level a wombat mound to make it safe to walk across, and he also placed a warning barrier, so there is no doubt of the hazard created by wombat mansions.

It was a great effort by a small team with good results. Toppo Blacka, who is 81 years old, managed the walk without any trouble. She was very pleased to be able to access the path, and it brought back some good memories for her.

Next working bee: 4 June 9.30–11.30 am. Bring gloves, hat, weeding and pruning tools. See you there.

Rose Chaffey



Safety barrier around wombat excavation, erected by Barney



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Horizon celebrating 20 years in Bermagui

May 2017 marked the 20th anniversary of the opening of Horizon Credit Union's branch in the Bermagui community.

As the credit union of choice in the Bega Valley region, Horizon has been supporting the Bermagui community since 1997 with a variety of finance and banking services.

In the late nineties, rural towns like Bermagui were being left without banking and financial services due to the closure of major banks in the area.

With little notice of the closures, small business struggled as residents sought out other locations to bank and consequently shop.

The heavy reliance on cash also limited people's ability to save, leaving many families facing financial hardship.

"When we were left without a bank, I was very concerned with how it was

going to impact the town," said Janette Neilson, a Bega Valley Shire councillor at the time.

Bega Valley Shire Council recognised the dire situation Bermagui was in. Horizon Credit Union agreed to open a branch in Bermagui with Council agreeing to fund it during its first two years of operation.

Once news was out that Horizon Credit Union would be opening a branch in Bermagui, locals were eager to find out about Horizon's financial products and services and to support it by closing their bank accounts and opening a membership at Horizon.

Strong community support is still evident 20 years on, as Horizon currently services 86% of the Bermagui population.

Kim Morris



Opening of the Horizon Bermagui branch, May 1997. Mayor Tim Collins and Horizon Chairman Stirling Scard

Another chance to say "No" to Woolies' BWS

On 4 May 2017 neighbours of Bermagui Woolworths received a notice that the application to transfer the packaged liquor licence from Pam's Store, Tilba Tilba, to the shop beside the supermarket had been lodged with the NSW Independent Liquor and Gaming Authority (ILGA). This shop is to trade as "BWS - Beer Wine Spirits". This application, including a Community Impact Statement, has not as yet appeared on the ILGA Noticeboard.

As noted previously on the front page of the February 2017 issue of *The Triangle*, "Woolworths won't take no for an answer on liquor licence", Woolworths had a previous application for a new liquor licence at this location formally refused as

recently as January 2016.

In the previous application process in 2015, 55 of 57 local resident submissions opposed the application. This level of local opposition carried some weight with the ILGA, so we encourage you to make a submission again this time. The application is expected to be posted on the ILGA Noticeboard shortly (Google "ILGA noticeboard" and enter "Bermagui"), and generally there is 30 days to make submissions.

Nothing has changed in Bermagui of any note that should provide any justification to approve this transfer of liquor licence since the previous application was rejected just over 12

months ago. All the same good reasons put by the community, the council and the police in opposition to the previous application should stand again.

As recently as two weeks ago, the Chairman of the Merrimans Local Aboriginal Land Council, Ken Campbell, said the community voted unanimously at a meeting for the licence not to be transferred. Mr Campbell is quoted in *Bega District News*: "There's too many ways to buy grog in Bermagui now, and the whole community is deadset against it. You've got the restaurants, the club, the pub, the bottle-shop, so why would you want one at Woolies?"

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Bermagui's many benefactors

What makes some people care enough to want to make a difference, to give their time and/or resources to create a better community? Bermagui has always been fortunate to attract new residents who care.

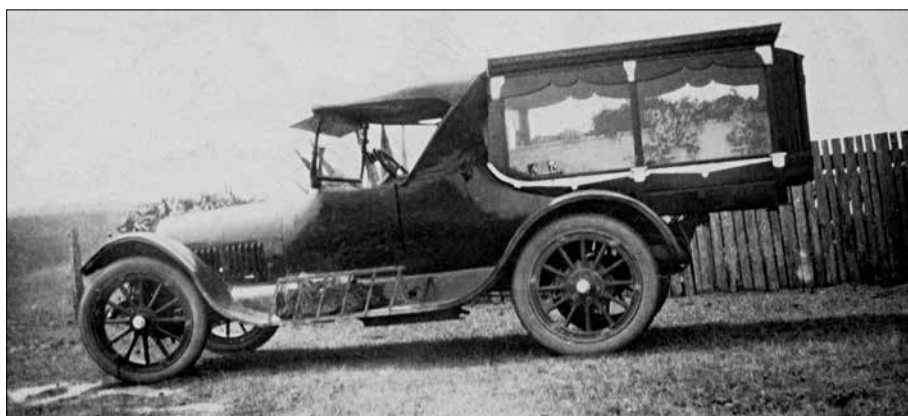
Sam Sinclair stands out in the crowd. He arrived on his pushbike in 1906 and became legendary for his generosity to people and the community. He was a boxer, footballer, bush dentist, barber and weigh master. He adopted a Down syndrome baby, built the Kings Hall and aged care units, made coffins ... and his taxi doubled as the hearse. These are just a few of his achievements.

Sam put everything he had back into the community he loved. Bill Dickinson came to Bermagui in the 1930s and after observing the longevity of the people became a permanent boarder at the Hotel. Bill financed the construction of the Blue Pool and the sports oval which is his namesake. When Sister Harris retired

from nursing she spent her days and nights devoted to the health and welfare of a community, without a doctor. Ron Gaha and Judi Hearn were founding members of the Bermagui Historical Society and spent many years compiling and publishing historical facts. Judi is still actively recording our history at Montreal Goldfields and after 24 years' commitment is surely our most informed historian.

The Bermagui Museum preserves these stories and many more. But like all volunteer-run organisations we struggle to keep the doors open due to a lack of active members. If you are interested in the story of the Djiringanj people and European settlement of the Triangle area, like communicating with the general public and would like to be part of a great little modern museum, I'd love to hear from you; please contact me on 0419 173 607.

*Marianne Hunter
Museum Curator*



Sam Sinclair's taxi, which doubled as a hearse

Dogs to strut their stuff on long weekend



February winner Marina Spitsonis and her dog Deena

Dog Obedience Trials will be held at the Dickinson Oval in Bermagui on the long weekend of 10-12 June.

These events are a small gathering of trainers and their dogs competing in the Obedience and Rally-o trials. They will be commencing at 9.30 am each day and will be concluded by approximately 1 pm.

We welcome local community members to come along and watch these trials and ask questions in regard to training.

For more information, I can be contacted on my mobile, 0402 944 650.

*Ruth Fazey, Secretary
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Bermagui children experience 1880s life at the Goldfield



The children learned their times tables by rote, and wrote with pen and ink

Montreal Goldfield has been a hive of activity this month with visits from Bermagui Public School Year 3/4 children who are working on a writing project with the Goldfield volunteers.

The children have learned where the gold came from and how it was mined at Montreal, first on the beach and later from deep shafts, which are still there.

They have heard the Bermagui Mystery story, dressed in 1880s-style clothes, played traditional games of the period and even gone to Montreal Public School, which operated from 1882 to 1883. They have experienced writing on slates and with pen and ink, and learning their times tables by rote.

A popular part of the classroom activity was getting the cane or wearing the dunce's

hat—only pretend though!

The children will now write stories set in the Bermagui/Wallaga Lake area in the era of the Montreal gold rush. Printing of the stories has been made possible by a grant from the Mumbulla Foundation.

Everyone involved is looking forward to a book launch later in the year.

Kerri Binstock



Children from Bermagui c. 2017 play the games of Goldfield children c. 1880

Sculpture Bermagui prepares for 2018

After a well-deserved rest, the SB team is readying for the next Sculpture Bermagui, this time to equal, if not surpass, the last one.

Not to commit to anything too grandiose, the planning includes additional features that break new ground for art in the region, so keep an eye out for the occasional surprise.

To artists in the region and well beyond, you might consider preparing a work that signifies Bermagui and its uniqueness, or that can be seen only at our increasingly popular exhibition.

We aim to build awareness of the occasion for sculptors, drawing audiences that truly appreciate excellence in sculpture.

Volunteers Week has just passed as we write to you, so we hereby put the call out for you to think about next March. You may have helped in the past, or are yet to spend time in the 'tent' enjoying the view, or at the hall immersed in beauty.

As little as a four-hour slot can be so helpful to us and rewarding to you, so we recommend it highly.

If you have a special talent that you think we could utilise in preparing for the event, please contact us now and add your valued name to our volunteer bank.

Watch this space for details or visit www.sculpturebermagui.org.au. To volunteer contact admin@sculpturebermagui.org.au or call 0466 013 153.

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Octopii, your neighbourhood restaurant

A new addition to the ever-growing food scene in Bermagui is Octopii Restaurant, located next to the 777 Supermarket. Opened in February, it's already a favourite with locals and tourists alike.

Nerine Hoek, chef and owner of Octopii, has created a casual and relaxed atmosphere, offering delicious food at reasonable prices. Don't feel like cooking? Coming into Octopii is like coming home to a very good meal with friends or family.

We're open for breakfast, lunch and dinner and the menu (Mediterranean, with a South African twist) changes weekly, featuring fresh local and seasonal produce. Nerine's food is all house-made, including an ever-changing selection of cakes and pastries. Special dietary requirements are happily catered for—just let us know when booking.

The restaurant is BYO only. Bookings are recommended as Octopii has been getting rave reviews. Please inform the restaurant if you are unable to keep your reservation as this allows other diners the opportunity to experience Octopii. Phone 0423 626 065.



Jane Solti

“Welcome to Paradise!”

That's the first thing I say to my clients when they walk through the door.

Hi, my name is Karen “Kaz” Stradwick and I've recently opened a new salon in Bermagui named Salon Paradis.

It is a very boutique-style of salon where you can be pampered in private without the world seeing you. With only two clients in the salon at one time you get all of my attention.

In Paradise you can have your hair done, all aspects of course—plus makeup, makeup lessons and massage.

I've been hairdressing for 32 years (wow!) and a makeup artist and massage therapist for 20 years. I love what I do and I think it shows.

As some of you may know I've been in Bermi now for five years. I also return to Sydney every six weeks to look after my clients up there but

have now decided to put down roots here (and well, why not, it is Paradise after all).

So once I have a good feeling that my business is heading in the right direction I will say goodbye to Sydney so I can be here for you all the time.

I am having a winter special (June, July and August) on Thursdays only. It's “Tight Ass Thursday” ☺ for seniors and pensioners. Ladies' haircuts, normally \$44, will be \$33 (no wash or dry) and men's haircuts, normally \$33, will be \$22. I have it on good authority that a lot of people will appreciate this!

So, your wish is my command. Please call for an appointment on 6493 3667 or just pop in at Shop 1/2-6 Lamont Street.

Thank you to everyone who has already been so supportive.

Kaz Stradwick



Kaz Stradwick says “Welcome to Paradise!”



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Smoking chimneys and foggy mornings. Scarves and hats on rosy faces. Cobargo has nestled into winter, pulling out the woollies and adjusting to the changing season. The main street cows are back in their scarves and leg warmers. Even one of the gnomes has a new scarf to keep it warm.

I love the way the business community nurtures our iconic treasures—repairing, re-dressing, keeping them alive in the psyche of the village—as they are some of the most photographed aspects of the village.

The past month has seen a few dramas in our village.

Early in the morning of 10 May, two cars parked just north of the bridge were side-swiped by a rental car, the driver of which failed to stop and leave details. Many people in the village heard the accident, in which both of the parked cars were seriously damaged and subsequently written off. The driver of the vehicle responsible was reported to police by the repairer, who, by chance, also received one of the damaged cars and identified the damage as linked.

In another incident, a delivery truck damaged the awning of the United Service Station. This is a regular happening, with drivers failing to negotiate the camber below the awning.

The Cobargo Museum continues to move forward, with their lease on the former hairdressing salon coming into effect on 1 June. The hard-working committee members are delighted by the support they have received from the community, including donations of furniture, and frames for the many photographs and maps that have been collected. They have been working towards securing 'Volunteers' Insurance' in preparation for the opening. However, their biggest challenge has been establishing charity status in order to receive tax deductible donations from the community. According

to Ken Redmond, one of the driving forces behind the museum, the museum needs to have at least four doctors, lawyers or highly ranked professionals on the committee in order to qualify as a charity. Any takers?

And speaking of history, is there anyone who might have any information about Lynne Brunton, who was living in Cobargo in 1985? Katrina, a woman recently visiting the village to gather some information about her family background, would be ever so grateful for any response. If you have something to share with her, please email kunwin03@gmail.com or phone 0438 366 424.



One of Cobargo's iconic cows.



News for those of you who have been enjoying the Cobargo Docos. They are taking a winter break. They'll be back in September for a new season of inspiring docos. A BIG thank you to Lena and Harry for running and co-ordinating this wonderful monthly event. Enjoy your break.

And, finally, news about the village is that Tim Lambert, the apprentice butcher at Benny's Butchery, is the toughest footballer in Cobargo's Rugby League Club. Fellow team members are delighted to have him on board. Well done, Tim.

Left: Cobargo Rugby League's unbeatable Tim Lambert at Benny's Butchery

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CWA News

At the end of May four members of Cobargo CWA branch headed to Tumby Umbi on the Central Coast to attend the annual State Conference of CWA of NSW. Branch President Lynne Jones went as branch delegate and Mary Williams as Group President and Group Delegate. Two other members, Debbie Fisher and Sally Halupka, went as volunteers to help the State Cookery Committee. Mary and Lynne took two motions to be debated at the conference, relating to Iodine Deficiency Disorder and the need to raise awareness as it has been linked to intellectual impairment of the foetus and developing children. Members feel that it is important that iodine supplementation needs to be standardised.

Recently at a meeting to award Life Membership to Norma Allen (see next page) members of her family were invited to attend. Our Cultural Officer, Lynn Lawson, took the opportunity to interview Councillor Tony Allen about the Bega Valley Shire Council. A very rewarding and informative discussion took place, focusing on Cobargo and its culture. We will be inviting more guest speakers to our meetings to broaden our understanding.

Mary Williams and Lynn Lawson also attended a Mental Health Information and Discussion Day held at the Batemans

Bay branch of CWA. A broad spectrum of health professionals spoke about their role in helping and treating people with mental health issues. Entry to the venue was by donation to the Beyond Blue Organisation and was open to the public. It was an

amazing and rewarding day and we came away better informed about issues that so many people face today. gambling and the inequity of politician's pensions and entitlements compared to those of aged pensioners. Once voted on, if passed, the CWA State Executive will then lobby the relevant State or Federal governments to change the laws, or address the matters as requested. The CWA is an effective force to make changes in our society that are required to ensure a fairer deal for everyone. CWA is apolitical, not supporting any political group.

Also travelling to the State Conference are the winning entries in the Group Cookery Competition. We wish our members all the best in the State competition and fingers crossed, we will do very well again this year. Watch this space for the results.

Some of our members attended the Bega Branch International Day, as well as the Bermagui International Day. Our Country of Study this year is Nepal – a totally fascinating country so very different from our own.

As you can see, we range far and wide in topics of interest in CWA. If any women are interested in joining us, please feel free to attend our next meeting on Tuesday 13 June, 10.00 for 10.30 am at the CWA Cottage on the Bermagui Road, next to the playground. You will be met by friendly faces, a cuppa and maybe an award-winning piece of cake!

Mary Williams



Norma Allen has been awarded Life Membership of Cobargo CWA after 69 years of service.

amazing and rewarding day and we came away better informed about issues that so many people face today.

At the State Conference we will be addressing matters as varied as gas exploration, equitable access to internet and mobile telephone services, online

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Cobargo District Museum happenings

Well, we are finally there! We have our building—52 Princes Hwy, Cobargo, beside the Tourist Information Centre. We will be opening every Saturday from 9.30 am till at least 12 midday. Until now we have asked people to hold onto things until we had a building; now we are in a position to acquire your items.

Primarily, we will be taking donations of items, information, photos or anything you might think is appropriate for the museum. We do have a collection policy in place, so not everything is appropriate for the museum. Pop in and see us, have a chat and let us know what you have. We're also looking for volunteers—there are numerous tasks that need doing so there may be something of interest and satisfaction to you. Phone 0422 377 278 or 6493 6961.

Vicky Hoyer



Cobargo bridge and hotel after floods early 1900 - note bent bridge

Norma's years of service recognised

On Tuesday, 9 May 2017 the Cobargo branch of the CWA honoured its Patron, Norma Allen, with a well-deserved Life Membership of the CWA, at a lunch and presentation held in the CWA Cottage.

Members of her family were also there to see her receive her certificate and badge from the Branch President, Lynne Jones.

Mrs Norma Allen has been a dedicated and loyal member of the Cobargo CWA for 69 years; her first meeting was recorded on 7 May 1948.

Norma is renowned throughout the state for her connection to Land Cookery,

and she was in her early 20s when she started judging. Over six decades she has cut, prodded, snapped, sniffed and tasted her way through thousands of cakes, biscuits, slices and scones at shows, including the Sydney Royal for more than 20 years. As a result, she was awarded a life membership of the Royal Agricultural Society of NSW.

She has appeared on radio, and on television with media personality Andrew Denton, where she said, "I would not give my mother a prize if the entry wasn't 100 per cent."

Norma also sat on the organising

committee of *The Land* Cookery competition for many years and travelled the state, giving workshops and seminars.

She is still competing. Her first entry into show competition was a 'Boiled Pudding', and, this year again, her 'Boiled Pudding' has been selected to represent the area at the State level competition.

Around Cobargo, Norma has volunteered for many groups and cooked for families when they were ill or in need. On the benefit of volunteering Norma says: "It is not what you gather, but what you scatter that tells what kind of life you have lived."

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Kids get a Kick out of preschool



Above and below: Cobargo Preschool kids are skilling up with Kinder Kick

All the Cobargo Preschool children are enjoying the six week Kinder Kick program. This program teaches skills such as hand-eye coordination, throwing, kicking, listening to instructions, team work and supporting each other for having a go. A lot of fun with smiles and laughter from everyone.

Also the children had the pleasure of Annie the Storyteller visit the preschool. Annie opens up the children's imagination and brings the stories to life through music and actions. These stories were about autumn and the foods produced this time of year. Always so much fun. Thank you, Annie.

The preschool is also having a Winter Raffle with lots of prizes generously donated by local businesses and families. Thank you everyone for supporting our great preschool.

Shelley



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The Lazy Lizard puts on “Nature’s Colours”

Here in Cobargo, there are some things that make winter a special time of year ... those clear frosty mornings, evenings snuggling up around a wood fire, and then there's Helen Stafford's annual Side Room exhibition of her beautiful felting and her cosy winter woollies. This year her exhibition is called “Nature’s Colours”.

The natural environment is often the inspiration for Helen's felted creations. Lately, leaves have been her focus, with Helen searching her wool supplies for colours that she can use to make leaves. These partially felted leaves are then felted onto material to embellish scarves, shawls and even a special coat. Felted neck cowl in autumn



We had a working bee to install the new hanging system colours are also included in the exhibition, along with knitted beanies and hats in similar natural shades.

This exhibition, which runs for both

June and July, is cash and carry... so come in, try, buy, and take away!

Now, another bit of exciting gallery news ... thanks to a generous community grant from the wonderful people at the Bowerbird Op Shop, we will be installing a fantastic new wall hanging system in the gallery. Besides making a huge difference to the look of the gallery, it will be so much easier to hang and display wall art, both for members and visiting artists.

So a big thank you to the Bowerbird.

Also ... have you checked out our Facebook page lately? Annie Olive has taken it over and is doing a fantastic job!

Naomi Lewis

Progress your watercolour skills this month in Cobargo



Rita Wagner will take you further with watercolour technique this month

Cobargo Creators' next workshop will be a full weekend of Intermediate Watercolour with renowned local artist and author Rita Wagner.

On Saturday 24 and Sunday 25 June between 10.00 am and 4.00 pm at the Cobargo School of Arts Hall, Rita will show you how to work from your favourite photo or picture; individual guidance and demonstrations will be provided throughout the day. You will learn how to develop your negative painting skills through seeing shapes, grading colour, using under-painting, design, perspective and colour properties. You will also learn how

to use patterns, abstract compositions and your own ideas to create wonderful art.

Your new skills will include combining watercolour with other painting media such as masking fluid, gouache, pen, ink, acrylic and gesso to produce vibrant, interesting paintings and bring colour, composition and technique together to create a watercolour work of art. You will also learn the significance of knowing the right time to stop!

For more information, call in at the Cobargo Creators Centre, contact Glenda on 0408 411 956 or email artsincobargo@gmail.com.

Glenda Heino

Bermagui Country Club

www.bermaguicountryclub.com.au

June's Entertainment:

2nd: Wayne Trezise from 8pm, **9th: Roddy Reason** from 8pm, **16th: The Awesome** from 8pm, **18th: Monster Raffle** over \$1000 worth of Meat, Seafood, Fruit & Veg Trays, Tickets on sale from 3pm, First draw 4pm, Entertainment from 4.30pm with **Klaus Tietz** - **PLUS** - Jumping Castles, **21st: State of Origin 11** from 7.30, **23rd: 'Crushed Ice'** from 8pm, **30th: 'Rino'** from 8pm.



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A tale of shipwreck, heartbreak and redemption: *Enoch Arden* comes to the Windsong Pavilion

Sunday 2 July 2017, 12.30pm

Founder of Bell Shakespeare, **John Bell**, and internationally acclaimed pianist, **Simon Tedeschi** - two of Australia's great storytellers - bring their unique performance of *Enoch Arden* to the Four Winds Windsong Pavilion, in Bermagui on Sunday 2 July 2017 at 12.30pm, as part of James Crabb, Four Winds Artistic Director's, Windsong Series.

This epic melodrama, composed by Richard Strauss to the words of Alfred Lord Tennyson's 1864 poem 'Enoch Arden', will be performed in words and music. "A tragic, tempestuous, romantic tale accompanied by the music of a genius. Half chamber music, half theatre." says Simon Tedeschi

The historic and artistic value of pairing poetry with classical music is something that both performers are eager to share with audiences as they tour around Australia. "Audiences can expect a moving and dramatic tale of shipwreck, loss and redemption--- very satisfying theatre." John Bell

John Bell is one of Australian theatre's most illustrious figures, having played a role in the development of our nation's



John Bell, narrator (left), Simon Tedeschi, pianist (right)

rich artistic culture, as founder of Bell Shakespeare, an actor and director. **Simon Tedeschi** is one of the most sought-after pianists in Australia. After solo recitals and numerous awards throughout Europe, the USA and Asia, Tedeschi returned to Sydney in 2010 and has since performed as soloist for the Sydney and Adelaide symphony orchestras, Queensland Music Festival, Musica Viva and several concert series and major venues around the country.

This rich, philosophical tale of love and loss, inspired by some of Strauss's

most intriguing music, will be performed in the Four Winds Windsong Pavilion in Bermagui on Sunday 2 July at 12.30pm.

More details at fourwinds.com.au/whats-on or by calling 6493 3414.

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Housing conversation with Senator Susan Ryan

Susan Ryan, former Age and Disability Discrimination Commissioner for the Australian Human Rights Commission, will be visiting Bermagui library on Thursday 8 June to discuss community housing options in a conversational-style event.

In 1975, as Senator for the ACT, Susan became the first woman to hold a cabinet post in a Federal Labor government and served most notably as the inaugural Minister Assisting the Prime Minister on the Status of Women.

During her time in politics, Susan pioneered anti-discrimination and equal opportunity legislation including the landmark *Sex Discrimination Act 1984* and the *Affirmative Action Act 1986*.

Programs and Partnerships Officer Scott Baker said that over the past 12 months Susan has been communicating with Bermagui women about housing options for older people who wish to remain in the community.

"It's an opportunity for people to discuss the problems and possible solutions with Susan, who is an advocate for affordable housing for older people and who is constantly researching this complex issue," he said.

"This will be a forum where people can come along and add

to the conversation around local housing options."

Susan Ryan will be in conversation at Bermagui library on Thursday 8 June, 4 - 6 pm.

It is essential to book for this event. Phone Bermagui library on 6499 2411 or book online at www.begavalleyshirelibrary.eventbrite.com.au



Senator Susan Ryan

Bower Bird goes Cheep Cheep

The Bower Bird Op Shop in Cobargo has just completed round seven of grants back to the local community.

As a result of grants, the Cobargo Community Action Network has a sign for the riverside walk; the Cobargo District Museum has office supplies and a computer; and the Pre-School has a fantastic new cubby house.

The Cobargo Rural Fire Brigade has put its grant towards the purchase of a photocopier and the Cobargo School of Arts committee will use theirs to help buy two reverse cycle air conditioners. The Lazy Lizard Gallery has a new wall hanging system and the Bermagui District Museum put its grant towards establishing a website.

The Op Shop is delighted to also contribute to the wonderful work of Can Assist. In total \$9974 was given back to the local community in this round.

The Bowerbird Op Shop always needs volunteers to sort donations and serve in the shop. Please think carefully about what you donate to the shop as goods must be clean and presentable to be sold.

A big thank you to all who patronise and donate to the Op Shop. Community organisations and projects are encouraged to apply for the next round of grants.

Ros Hewett

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South Coast Field Days coming to Cobargo this year

SCPA (South East Producers) South Coast Field Days, a biennial event, has moved to Cobargo Showground. Previously held at Candelo and Bega, the move to Cobargo was a natural decision due to Cobargo's reputation as 'The Working Village' and this year's theme of Traditional Skills and Useful Crafts. In other words we are going back to learning the basics so we can move forward and find innovative ways to approach the future. Pencil in 23 and 24 September this year for a very interesting event.

Workshops and demonstrations will take us back to an era before modern machinery, when we used hand skills to perform our daily tasks. Alongside this will be information and inspiration on farming and food production, the basic concept behind SCPA.

There are a huge number of skilled people in the South-East Region and their talents will be shared in the form of prepaid workshops from one hour to one day, plus numerous free demonstrations where you can observe and obtain information on how to become involved in these crafts and skills.

To get the children involved we will have numerous hands-on workshops, such as plant propagation, candle making, remaking and much more.

SCPA would like to thank Cobargo residents for



Made in the Woods workshop, Bemboka, NSW
left and above



embracing the idea. Cobargo Creators and other community groups are participating in the weekend event. We are also seeking volunteers to help

with the event. If you have some hours to spare please contact Christa on info@southcoastfielddays.com.au.

If you have a skill or wish to have a stall please bring your ideas forward.

More details as they come to hand will be on our website www.southcoastfielddays.com.au.

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U3A, sustainability and organics

A dozen or so Bermagui & District U3Aers journeyed to Saarinen Organics, Wyndham, where Kay and husband Gregg run a five acre farm following traditional permaculture and organic practices, to grow not only organic medicinal herbs for their business, but also to farm small-scale with sheep, chooks, ducks, over 200 fruit, nut and berry trees, as well as growing enough vegetables for themselves and their friends.

A self-built straw bale home, powered by a solar system with a solar hot water and solar bore pump, is complemented by a slow combustion stove for meals and hot water. With two ponies supplying abundant quantities of manure and well thought-out sustainable horticultural practices the management of their gardens is a testament to their efforts to be organic with minimal



Gregg Saarinen discusses organic fruit growing with U3A members

impact on the environment.

The Saarinen family is committed to regenerating their land for the future, with a few acres along their creek frontage under re-vegetation, in conjunction with Land Care, doubling as a wildlife corridor and minimising their family footprint every step of the way.

Kay, having studied herb culture and naturopath mentorship, has taken ancient

toxin-free recipes handed down through the generations and perfected over time to provide the best of what nature has to offer in its purest, simplest form, being their organic skin care range.

Those of us who visited were not only impressed with what Kay and Gregg have achieved in so little time, from a permaculture & sustainability aspect, but also their enthusiasm to display and talk about their journey. To that

end they welcome tours and can be contacted on (02) 6494 2292 or email: kay@saarinenorganics.com.

Want to join U3Aers on future explorations or join us in interesting courses? Contact us to join at www.bermagui.u3anet.org.au.

*Anthony Judge
Media Coordinator, U3A Bermagui &
District Inc*

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Vets' special offers to de-sex your pet this month

Animal Welfare League NSW Far South Coast branch is hoping to stop the needless birth of unwanted kittens in the Bega Valley Shire. Until the end of June, people unable to afford the cost of de-sexing their cats can do so for only \$50. In the past the focus has been primarily on de-sexing of female cats, but "it takes two to tango". So subsidies will be provided for both male and female cats. After all, male cats can impregnate many females each day!

While there has been huge support from the majority of the community in response to the plea to de-sex their pets, there are still those who, for various reasons, have still not de-sexed their pets. The branch is hoping to dispel some of the many myths surrounding de-sexing and to encourage all members of our community to de-sex not only their cats, but their dogs as well.

Many people are unaware that cats can produce kittens as early as five months, that litter mates *can* breed and cats can be fertile immediately after giving birth. Others are unaware of the benefits of de-sexing their cats:

- Un-desexed pets are driven hormonally to roam, potentially

getting involved in car accidents, fights and undesirable behaviour such as chewing, digging and general frustration if contained whilst hormones are raging.



- De-sexed pets will be less prone to territorial behaviour such as spraying indoors and "heat" cycles in females are eliminated.
- Allowing your cat to use its reproductive organs greatly increases its risk of developing various cancers such as testicular cancer, prostate

cancer/disorders in males, cystic ovaries, ovarian tumours, acute uterine infections, mammary cancer and tumours, as well as physical and nutritional exhaustion in females if continually breeding.

- There is also the huge cost of rearing and then re-homing this litter as kittens must be vaccinated and microchipped before being given away or sold. Many go on to produce litters themselves as many are never de-sexed. Last year 84% of the cats and kittens surrendered to the branch were not de-sexed.

- Many unwanted kittens are given away free to go on to produce litters of their own or are at risk of becoming prey to those who would use them as prey in illegal "blood sports".

Dumping of kittens also has an ethical cost, as well as being illegal and inhumane. Non-owned "stray" animals, or feral cats as some refer to them, had an "owner" at one time! Bega Valley Shire dog owners can still take advantage of the "Half Price De-sexing Offer" available at all Bega Valley Shire vets until the end of June.



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Eden tourism company to donate portion of profits to local orgs

A new local tourism business has announced that it will donate a portion of its profits to organisations in the Bega Valley Shire dedicated to environmental education and improving access to the outdoors for more Australians.

Light to Light Camps, a partnership between locals Jenny and Arthur Robb, and Jake Lynch, was launched in January 2017, providing clients with a fully-supported tour of the Light to Light Walk in Ben Boyd National Park.

Not long after hosting their first couple of tours in February, Jenny, Arthur and Jake decided they wanted to find a way to contribute to local conservation and education efforts, to protect and enhance the beautiful natural environment in this area.

They announced they would donate 5% of the profits from each Light to Light Camps tour to local people doing good work in those areas.

"Education is really important to us, and so is inclusivity," Jenny Robb said. "We want to support programs that involve enabling more people to experience our unique local environment in all its glory. In doing so, they'll have the opportunity to learn why we need to protect it."

Jake Lynch, who returned home to Eden after nine years in the United States to help Jenny and Arthur run Light to Light Camps, said this week that they wanted



The view north from Pulpit Rock on Light to Light Walk

to create a business that reflected the best character and spirit of the community it was in.

"From the years that I spent in Eden I know that the people here expect nothing less of their local businesses, whether it's sponsoring the local footy team, donating prizes to a raffle, or digging deep whenever a neighbour is in need," he said.

"Jenny, Arthur and I love this area, and so we wanted to create a business that loved the area, too. We love the beautiful environment here, and so we want to protect that environment. We love the character of the towns and their people, and so we want to do what we can to preserve that character, and support those people."

Lynch said Light to Light Camps was now searching out non-profits and local organisations that align with the philanthropic goals of their business, and was eager to hear from any locals involved in environmental conservation,

education or access initiatives that might be interested in receiving donations from Light to Light Camps.

"In our first year, our donation set-aside will go to the Sapphire Coast Marine Discovery Centre, which we think has done a great job of providing new and interesting ways to engage people, particularly young people, in the science and wonder of the local marine environment," he

said. "But our plan is to support many other such organisations over the next few years."

So Light to Light Camps wants to hear from any local organisation involved in environmental education, conservation or accessibility that are interested in receiving the proceeds of their donation program.

"As well as traditional protection and restoration work, we also want to support non-profits that are providing opportunities for people to learn about the environment, and that are improving access to outdoor recreation for underrepresented people and those with disabilities," Lynch said. "So if you know a local non-profit that embodies the values described above, get in touch with us. Maybe we can work together."

To learn more about Light to Light Camps donation program, email Jenny Robb at jenny@lighttolightcamps.com.au, or call 0429 961 047.

Jenny Robb

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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-age 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 from Faith Matthews, 9, from Quaama with her poem and drawing. And the other from Danika Myers, 11, from Bermagui with her poem and photo.

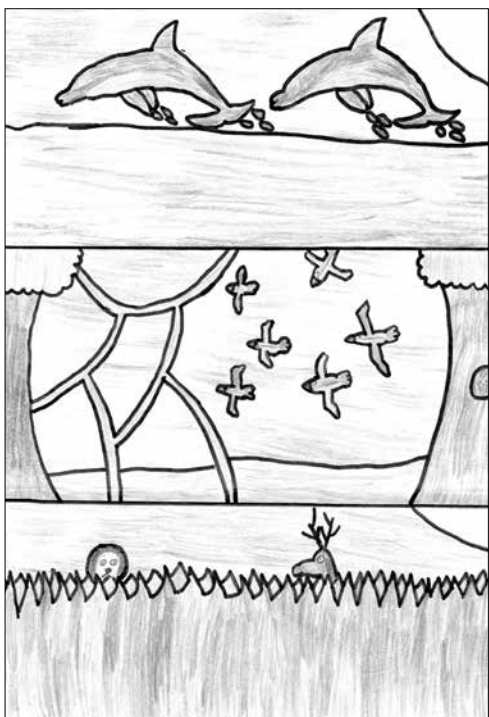
Take Care of our World

Splishing and splashing, the dolphins jump in the deep blue sea
As the sun shines high in the summer blue sky.

Down in the rainforest the birds fly high
Flapping their wings and squawking so loud
Their beautiful colours light up the sky like a rainbow.

In the hot African Savannah the hungry lion stalks its prey.
Just as it's about to pounce the deer looked up and ran away,
The disappointed lion walks back to its pride.

The environment is very important.
Whether it is land, sea or air,
We all need to look after it.
We all need to take care.



*Faith Matthews, aged nine,
Year 4, Quaama School*

Bermagui

Nestled in trees
And protected by sea
A hidden village awaits.
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And adults laugh
Where stress and worry abates.

A country life
With lakes and farms
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When things look down
We see the light
Our troubles are washed away.

A working community
With helping hands
We are never alone.
A heaven on earth is where we live
Our Bermagui,
Our home.



*Danika Myers, aged 11, Year 6
Bermagui Public School*

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.



Technology, nature and citizen scientists: a really useful mix

Dr Andrew Claridge, a Senior Research Scientist at the NSW National Parks and Wildlife Service, is visiting the Sapphire Coast to talk about his extensive research experience, especially with nocturnal mammals. Andrew has 30 years of research under his belt, including many years in south-east Australia, but some animals have become his favourites.

"I have great affection for mammals such as potoroos and bandicoots, and the carnivorous spotted-tailed quoll. Somehow they've grabbed my heart in the ten years or so that I've been involved with them," said Andrew.

In his presentation, Andrew will be focusing on the use of infra-red cameras while studying quolls including some great footage. "These days there are many benefits in using technology in wildlife research," Andrew told us, "but also plenty of challenges."

Andrew will also highlight the value of citizen scientists in field research using rich examples of how this could make a real difference in our area.

Liz Allen, a local citizen scientist, said, "I'm really keen to hear Andrew speak about how we might be able to get involved. Infra-red cameras in particular give us such interesting footage. It would be really exciting to be the first to see some of it, especially if we find rare animals."

This event is open to all interested people and is free.

2pm, Thursday 8 June, 2017

Location: Local Land Services Office, Bega (top floor, Woolworths complex)

Libby Hepburn

Atlas of Life in the Coastal Wilderness



It's a thumbs up from Leone Creamer who celebrated her 88th birthday at Camel Rock Brewery and Cafe last month with Nerida Patterson and Linda Sang



Cake array tempts visitors to join Cobargo's Biggest Morning Tea May 25 Photo:Caitlin Hunter

Guidelines for contributors

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

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

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

3. Send all **articles** as WORD documents in Times New Roman, 12pt, single spaced.

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

5. Have a think about a headline for your story.

Believe us, we're usually quite braindead at the end of our editorial meeting and can only come up with lame puns and cliches. Don't leave it to us! Any questions at all, please email us

contributions@thetriangle.org.au

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A herb for all seasons

With the ever-increasing demand for food to be labelled with the origin of the supply, one sure method of knowing where it is grown is to grow your own.

A great way of doing this, with the bonus of trying new and exciting taste sensations, is to use the amazing number of herbs that can be grown easily in our own backyards.

Herbs are tolerant of a wide range of growing conditions and they grow well with very little maintenance. However, for the best results it is best to categorise them into four groups. If you follow the growing hints for each group, your herbs should be healthy, flavoursome and fragrant.

Initially though, the preparation of the site is most important with a light, well-drained soil and generally in full sun. Some herbs prefer a light shade.

Before planting, dig the soil to about 25cm deep. If the soil lacks any decent humus it is a good idea to add some well-rotted cow or chicken manure and either some blood and bone or a complete fertiliser. You can also add some garden lime at the rate of half a cup per square metre. Fork all this together and probably let it rest for a week to ten days.

Getting back to the four categories of herbs, they are:

- Mediterranean Herbs
- High Summer Moisture Requirers
- Vegetable Culture Herbs, and
- those that will Suit Most Conditions.

The Mediterranean group includes thymes, sages, lavender, marjoram, rosemary, french tarragon, lemon verbena

and several others. These herbs will handle fairly low soil fertility and higher lime or alkaline soils. They require very good drainage hence lower water requirements.

The next category, High Summer



Moisture Requirers, includes the mints, water cress, lemon balm, lemon Grass, sorrel, cardamom and also several others. These herbs prefer a soil with high nutrient and will not perform well if allowed to dry out. Saying that though, the soil must be well drained and not water-logged—apart from the mints that will perform in wet conditions.

Thirdly, the Vegetable Culture Herbs include basil, chives, parsley, rocket, coriander, dill, fennel and several others. These herbs again like high soil nutrition with the focus being on high nitrogen rates. They also prefer good summer moisture.

The last group are the Suit Most Conditions herbs. These include borage, feverfew, tansy, winter tarragon and aloe vera, to name a few. These will handle the conditions of all the above.

Therefore, when planning your herb garden it is important to divide your garden into the four categories mentioned. This will make it much easier to maintain and ensure that each herb gets the best conditions for healthy growth. A variety of foliage types within each group will also make the garden visibly more appealing.

- Other factors to consider in the location of the garden:
- Have it close to the kitchen so quick access is available.
- Use it regularly so fresh material is always coming on.
- Replace plants like parsley every two years as they often can go to seed.

Herbs come in perennial and annual forms with the perennial types usually dying down over winter. As these die back give them a cut back, and in early spring spread a handful of complete fertiliser around them with a few handfuls of composted cow manure. This will get them off to a good start. Annual forms will require replacement every year.

For those of you who have difficulty in providing a plot for your herbs, remember that they do very well in containers. Just follow the guidelines above and keep like requiring plants together in the same container. Mints can become invasive and are best grown in a pot under the backyard tap.

Remember, always use a premium potting mix in the potting process and regularly feed with a seaweed/fish emulsion fertiliser.

Happy herbing

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Choko Pickle

I read with interest Keith's article about chokos in last month's *Triangle*. However, I think he forgot the best use for them, ie pickles. Try this and judge for yourself.

1.5kgs chokos
1kg onions
1/2 cup salt
1 litre brown vinegar
1 cup plain flour
2 cups sugar
1 dessertspoon tumeric
1 dessertspoon mustard powder
1 dessertspoon curry powder
1/2 tsp ground ginger



Peel and slice chokos and onions and sprinkle with salt. Leave to stand overnight, then strain and rinse the next morning. Place in a saucepan with the vinegar and simmer until tender. Mix the dry ingredients to a paste with a small amount of vinegar, then add to the choko mixture, bringing it back to the boil for about 5 minutes. Cool a little, then bottle into clean glass jars.



Melting Apple Custard



Now that apples are at their best it's a good time to use them for cooking as well as eating fresh.

1.5kg tart cooking apples, peeled and cored
100g unsalted butter
1 cup sugar
90ml Calvados (optional)
1 vanilla bean, split
3 large eggs
2 large egg yolks
300ml double cream

1. Preheat oven to 220C
2. Cut the apples in quarters. Heat the butter in a pan over medium high heat. When butter is hot and foamy add the apples and sauté them until golden, about 10 minutes. Add half the sugar and cook until it has caramelised, shaking the pan so that the sugar doesn't burn. If using Calvados, pour into the pan and swirl it around then flame, gently shaking it until the flames die down.

3. Transfer the apples to a 1.5 litre

casserole.

4. Scrape the seeds from the vanilla bean. Whisk together the eggs and egg yolks in a medium bowl, then whisk in the vanilla seeds. Whisk in the remaining sugar and cream until combined. Pour the mixture over the apples and bake in the centre of the oven until the top is golden and puffed, about 35 minutes.

Let cool for about 20 minutes before serving.

Enjoy.

NEED a CAR?

Need a car for a day or two? The community car is available to borrow. See one of the women at Well Thumbed Books, or book it by phoning Louise on 0416 039 895 or Linda on 0407 047 0404

Over 100 advertisers every month can't be wrong!

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The Triangle

Call Nerida on 6493 7222 Mon - Fri 9am - 6pm

Classifieds

FOR SALE

Caravan 18ft. Must be 'floated' away -suitable for farm \$5000 O.N.O. Many extras included. Ph Amey 0404 446 297

Portaloo, self inflating mattresses (one single, one double), two/three person dome tent with front verandah, four spindle back antique chairs in need of restoration. Various prices. Ph 0406 513 683

Two second-hand manual garage roll-a-doors \$80 each. Khaki coloured each 2.4 m x 2.4 m pickup Cuttagee - Phone Ray 64 933 415

Firewood for sale mixed hardwood mainly greybox \$150 for a big ute load delivered.

Phone Steve 0403 129 679

AVAILABLE

Total animal care. I am there when you're away from home. Dog walking/feeding, cat sitting, horse care, bird and fish care, plants bins and mail. Ph: Lee 0419 712 638

WANTED

Dog lovers wanted. Volunteers in the Bermagui area wanted to walk my old dog while I recover from knee replacement surgery. Hopefully enough people will be interested that once a week is all that is needed for each person. Leila 0427 937 240

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

Georgia Blain *Between a Wolf and a Dog* \$29.99

This is a novel that will move you to tears. While completing the work, the writer found out she was suffering from brain cancer, the same fate facing Hilary, one of the characters in the book, and the mother of the main character, Ester. Hilary is widowed and determined to take control of her life and the manner of her death, which she does, independently of her family—food for thought as we all debate the ethics and other issues surrounding end-of-life planning.

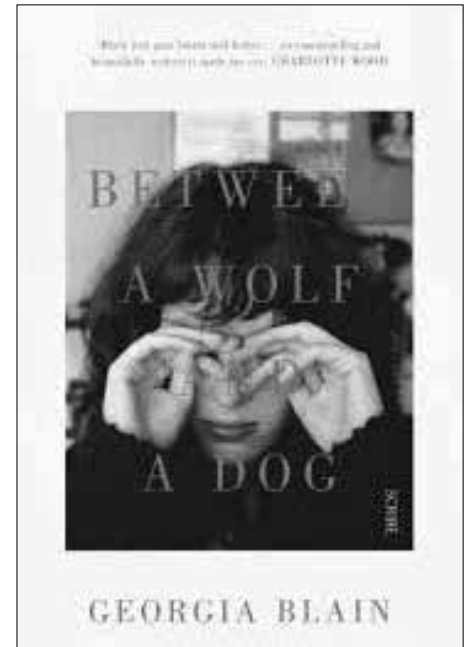
Ester is a family therapist, but her own family dynamics and relationships don't appear to benefit from her professional skills. She is estranged from both her sister and her ex-husband, although by the end of the book you are hopeful there will be some sort of reconciliation, perhaps brought about by the death of their mother.

Although the issues explored are all difficult and often painful, the book is a celebration of the capacity of people to

Heather O'Connor

deal with the complexity of everyday life. As one critic said, "...a joyous tribute to the beauty of being alive."

Georgia Blain's early death, which occurred a few days before that of her mother, Anne Deveson, is a great sadness for all Australians. Vale two great women.



Pet of the Month

Deb Cox

Flash is a very friendly one-year-old male Border Collie x. He really loves the company of people and other dogs, walks well on the lead, but could do with a bit more training in that area. He knows how to sit and come, travels well in the car and will do anything to please. There is no malice in this dog but he needs a home where he will have a lot of company as he does not like being on his own. With his nature you could take him anywhere. Another dog in the family would be ideal. Enquiries about other dogs and cats available for adoption through Far South Coast branch of Animal Welfare League NSW to 0400 372 609 or check our Facebook page AnimalWelfareLeagueFarSouthCoastBranch for details.

There are several older cats as well as kittens available through RSPCA (contact Sapphire Coast branch of RSPCA through their Facebook page or on **0419 267 799**). Adoption fees are subsidised for dogs and cats adopted through AWLNSW and RSPCA. All come de-sexed, vaccinated, microchipped and vet checked before adoption so that the hard work is taken care of. Become a member of AWLNSW or RSPCA so you can help us help the animals in our Shire. Contact AWL at awlfsc@bigpond.com or call 0400 372 609 and RSPCA on 0419 267 799 for an application form.

Animal Welfare League NSW Far South Coast branch will be having Garage Sale at the end of June (date and venue TBA). If you have any clean, saleable goods to donate, please make contact on 0400 372 609 or email awlfsc@bigpond.com.



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 DUNE CARE

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

BERMAGUI SES UNIT

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

BERMAGUI TINY TEDDIES PLAYGROUP

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

BERMAGUI HISTORICAL SOCIETY

Meeting First Wednesday of Month, 2.00pm at
Museum in Community Centre, Bunga Street.
Researchers & helpers welcome. Ph 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 environment.
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

June	What	Where	When
Sun 4	Reclaim the Riverbank working bee	Along the creek, Quaama	9.30 - 11.30
	Live music - Rock Dogz	Bermagui Hotel	4 - 7 pm
	Food Share	239 Ridge Rd, Central Tilba	10 am - 12 pm
	Live music - Mark Whitty, free	Tilba Valley Winery	12.30 pm
Tues 6	Dr Muller-Grotjan speaking: 'Healthy Body - Healthy Mind: Keeping the Balance'	Bermagui Country Club	5 pm - 7 pm
Wed 7	Social bridge	Tilba Valley Winery	2 pm
Thurs 8	Susan Ryan in conversation	Bermagui Library	4 - 6 pm
	Dr Andrew Claridge on research science	Local Land Services Office, Bega	2 pm
Sat 10	Live music - Thundergoose	Bermagui Hotel	8 pm - 12 am
Sat 10 - Mon 12	Dog Obedience Trials	Dickinson Oval	9.30 am - 1 pm
Tues 13	Cobargo CWA meeting	CWA Cottage, Bermagui Road	10 am
Sun 11	Blacksmithing demo	Galba Forge 345 Yowrie Rd Wandella	11-5
Sun 11	Live music - Steve Benic	Bermagui Hotel	4 - 7 pm
Sun 18	Live music - Mrs Jones and Me, free	Tilba Valley Winery	12.30 pm
	Live music - Darryl Lamb	Bermagui Hotel	4 - 7 pm
Sun 25	Live music - Trevor Best	Bermagui Hotel	4 - 7 pm
Sun 2 July	Live music - Mike Ward's dancing party, free	Tilba Valley Winery	12.30 pm
REGULARS			
Mondays	Quaama/Cobargo Quilters	CWA Cottage Cobargo	10 am-3.30 pm
Tuesdays	Bermagui garden group	Venues vary ph 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 Comm'y Centre	2 pm
	Social bridge	Tilba Valley Winery	2 pm
	Bermagui & District Seniors' Social Club meeting	Bermagui CWA rooms/Country Club	10.30 am
3rd Wednesday	Bermagui & District Seniors' social lunch	Venues vary. Phone 6493 4006	
Thursdays 1st Thursday	Mind Body Stillness Meditation	Courtroom, Princes Hwy Cobargo	10 am-11 am
	Worldwide dance and aerobics	Bermi Community Centre	5.30 pm
	Bermagui Growers' Market	Fishermen's Wharf	2.30 - 5 pm
	Rhymetime	Bermagui Library	10 - 10.30 am
	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
2nd Friday	Tilba CWA meetings	Small Hall, Tilba	10 am
Saturdays	Worldwide dance and aerobics	Bermagui Community Centre	10.30 am
1st Sunday	Reclaim the Riverbank Working Bee	Along the creek, Quaama	9.30 - 11.30 am
3rd Sunday	Cobargo/Quaama food swap	Venues vary, Tam: 0409 882 944	10 am-12 noon
Last Sunday	Bermagui Red Cross Markets	Dickinson Oval	9 am-12 noon
ART			
Thurs 1 - Tues 13	"Eccentric Accessories"	SoART Gallery, Narooma	Mon - Fri, 10-4
Sat 24 - Sun 25	Rita Wagner workshop, "Intermediate Watercolour"	Cobargo SoA	10 am - 4 pm
June - July	Helen Stafford's "Nature's Colours"	Lazy Lizard Gallery	10 am - 4 pm