

THE TRIANGLE

COMMUNITY NEWS

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QUAAMA COBARGO BERMAGUI TILBA & LOCALITIES

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Quaama Public School Students Kicking Different Goals

Quaama Public School students recently kicked off their third goal setting period for the year; and what better way to do it than to use their new AFL posts and footballs, generously donated by John Dyball and Jarrod Moore from NSW/ACT AFL after recent clinics at the school.

Student goal setting has been a learning tool for students at Quaama Public School for three years. This year the teaching staff have built on the previous process through the addition of new components. Students are demonstrating a greater understanding of their learning. They work with their teachers to follow their own individual progress in Literacy and Numeracy.

Comparative data gathered throughout the year has demonstrated that the Quaama Public School students are developing their ability to achieve the goals they have set.



Quaama Public School students have learnt about setting goals using their new AFL posts and footballs

The goal attainment celebrations at the end of each period have been thoroughly enjoyed by all, with students participating in a 'Kick A Goal' Day at the end of Term 1 and a 'Shoot A Goal' Day at the end of Term 2. The new AFL goal posts, which were sourced after a student motion at a

sitting of our new School Parliament, are sure to play a part in the celebrations at the conclusion of Term 3. The students, parents and staff are all looking forward to kicking many more goals over the remainder of the year.

Grahame Roberts, Principal

Andy's Just Desserts

This is a musical puppet show produced and directed by Uppet Puppets - Trish Hannan and Andronicus Philosophus.

The show is to be held at the Bermagui Country Club Auditorium on Saturday 15 October, 10.30am-12.30pm. All proceeds go towards Abbago Performers.

Set in Bermagui in a bygone era, the show tells the tale of Andy, an enthusiastic, budding horn-player whose ambitions are thwarted by not having anywhere to practise his beloved instrument.

The plot thickens when a circus comes to town: new friends, and unexpected dangers lurk on the horizon. Can Andy save the day? Will he get his just desserts? Come and find out!

Following the show Trish and Andrew will host a puppet-making workshop with each child taking home their own puppet!

Bookings are essential as seats are limited. Tickets are available at Bermagui Country Club by phoning 6493 4340 and Bermagui Cellars on 6493 4266.

Fran Trenerry



Left - photo and puppet by Trish Hannan

The Triangle team would like to thank, most heartily, Jo Lewis for her time as President. Jo is attending to other interests now and has pledged to return when she wants to write again. Jo, the door is always open!

We welcome Bhagya who will be writing Quintessentially Quaama. Bhagya has been living in Quaama for nine years, is an avid gardener, and is actively involved in the Quaama Progress Association and Hall Committee. She seems to have 'a finger on the pulse', often seen around the village accompanied by her poodle cross,

Frieda, chatting with the residents.

Sisters in Crime, a Cobargo Crime Convention, is a series of events starting on Friday night October 7 at the Bermagui Library and continuing on Saturday 8 and Sunday 9 October at the School of Arts Hall in Cobargo. There will be conversations with well-known female crime writers and a dance event, Soul Sisters, on Saturday night. Sounds like fun!

Dörte Planert has written to us providing anecdotal evidence of the effects of fluoridation. Dörte states that she felt much better when she was

overseas drinking non-fluoridated water. Fluoridation is a controversial issue which plays off the idea of the common good against individual rights. A high percentage of people and groups are opposed to it. Some countries have discontinued it while others have expanded its use. It's a hard one!

The needs of asylum seekers and refugees will be the focus of David Spitteler's address at the Bermagui and Cobargo Anglican Churches on 6 November. Details can be found in Bermagui Banter.

Letters to the editors

Observations

At my recent overseas visit in Germany and Beijing I noticed that my swollen finger joints were less red and painful, the swelling going down within a month, despite heavy lifting of buckets at an archaeological excavation and carrying suitcases and rucksacks while travelling twice a week by train. While overseas I did lots of digging, weeding, cleaning windows and not even eating healthy food, rather lots of smallgoods and torts. After two days back in Australia, not even having started my normal work, my fingers started hurting again.

The only thing I really eliminated during our overseas stay was Tathra tap water!

All those findings fit the description of water fluoridation, which I received during information evenings in May. The videos were exposing the health risks to our inner organs, bones, brain, kidneys, thyroid and teeth from hydrofluorosilicic acid, a toxic waste product of the phosphate fertiliser industry, which is added to our drinking water. This is done without testing, or controlling the dose every person receives, which depends on how much water they drink.

No other medication would ever be given to patients without their consent, regular tests or controlling the dose.

The World Health Organisation (WHO) set an upper limit for the allowable concentration of fluoride in our water but not any limit for how many glasses of water we can drink, or, for example what amount babies should be allowed to have with formula. Mother's milk only contains a minute amount of natural fluoride. Dentists never examine the rest of the body of their patients.

They only were able to prove that

fluoride has a positive effect on teeth, when topically applied – that means to the surface. Toothpaste contains the warning on the package: 'Do not swallow'.

The USA just reduced the upper limit of fluoride in drinking water, because over 60% of their population shows signs of fluorosis, the toxic effects of too much fluoride, especially in low-income areas, where people can't afford bottled water. Their teeth are crumbling from too large calcium deposits, so are the bones of elderly people.

There are over 300 medical research reports from all over the world with actual laboratory rat test examples, exposing undisputable problems with their brains, kidneys, thyroid, bones and teeth, when ingesting fluoride.

Slogans from 60 years ago, when asbestos, smoking and lead were still considered safe, should not be a guideline, when water goes through our body, influencing all other organs, not just teeth.

Best regards
Dörte Planert
Tathra

DISCLAIMER

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

Reasons Why

In reply to the Thumbs Down in *The Triangle*, about cutting down dead trees for firewood and making native wildlife homeless.

Anybody who has been reared in the country would not cut down a tree that is hollow.

I would like to know how you keep yourself warm in winter. Maybe you are one of the rich ones that can afford to run reverse cycle air conditioners.

And just in case you think I'm against wildlife, every day I feed rainbow lorikeets, parrots, galahs, magpies, satin birds, wonga pigeons, bronze wing pigeons, wrens, pied butcher birds, kookaburras, wattle birds and at night a possum,

Norm Reed

Thumbs Up

to the whales
who have come
back, leaping
and
playing



to the Bermagui
work crew who responded to a complaint, within a day, and fixed the problem without any fuss!

Thumbs Down



to those who park their cars in the designated caravan spots behind Haydon House, Cobargo. There are plenty of other places to park a car.

Kelly Eastwood - World on a Plate

Kelly Eastwood's breathtaking career has carved out a flavour trail across Europe emanating from her villa in 'Xc/rdqppg. France, and now to the village of Central Tilba. As manager of River Cottage Australia Cooking School, she remains as she began: grounded in her love of cooking from scratch, sourcing local produce and believing 'the enjoyment of good food is a sensation not to be missed'.

Kelly started her career at Darina Allen's Ballymaloe Cookery School, a world renowned, privately run school, in the grounds of an organic farm in Shanagarry, County Cork, in Ireland. It is a place where organic production is as important as culinary skills and where cooking well is seen as a mixture of art, science, taste and experimentation. The focus is simple and classic meals.

In 2014, Kelly was asked to set up and manage River Cottage Cooking School, reminding her of dreams at Ballymaloe, and starting her own school. At River Cottage, Kelly has been responsible for gaining sponsorships, marketing to students, and styling the renovated 100 year old building set against a generously proportioned craggy mountain vista. River Cottage school attracts people from all over the country who want to soak up the River Cottage experience over a one day weekend course, where ingredients are sourced from the garden and the paddock outside. When filming is taking place for the TV series, Kelly works with Paul West, as food producer, concocting delicious recipes linked to the story content.

In between the Cooking Schools, and after 14 years at sea, Kelly was Dux of the year at Le Cordon Bleu, the kind of place where one learns, in a strict and regimented environment, nose-to-tail cooking and being proud to be a chef. She also developed her Asian flavours at Neil Perry's Spice Temple and was chef to a Russian billionaire on a fleet of boats sailing between the Mediterranean and the Caribbean, and to an Australian family that sailed to the Kimberleys.

Kelly returned home to the familiar smell of land, cicadas and eucalyptus trees, and to food production, styling, and recipe development for high profile TV



Kelly Eastwood feeling at ease at The River Cottage Cooking School in Central Tilba

programs like Masterchef, where she met Matt Preston, who named a recipe after her, 'Kelly's Purple Pig'. The name still makes her laugh!

Earlier this year Kelly travelled to River Cottage UK, spending worthwhile time in the kitchen with Steve Lamb 'Charcuterie King' and Aidan Chapman 'Dough Anarchist' learning about the importance of fermentation in the making of bread.

More recently, Kelly cooked 'Chicken 4 ways' for 22 men, as part of a 12 month volunteer cooking program at Narooma Men's Shed. Bernie Perrett from the Men's Shed described the brief to Kelly: food must be simple, easy to cook, cheap and nutritious. After the cook-up, Bernie was singing Kelly's praises. A number of chefs participated and the recipes will be put into a recipe book for the men.

The opulence of cooking for a Russian oligarch, and demonstrating healthy recipes to men who need nutritional guidance are worlds apart. But with this world-class chef, one thing is for sure, however you connect with Kelly's cooking, you will experience enjoyment in both her enthusiasm, and in her food, right down to every last morsel!

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Cobargo: Post Office, United Petrol, Newsagent, Sweet Home Cobargo, Well Thumbed Books, Black Wattle
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Tilba Tilba: Pam's Store, Spires Nursery
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Deadlines

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

Letters to the editor

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

All communications should be forwarded to:

Email: contributions@thetriangle.org.au

Postal address:

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

ABN: 75 182 655 270

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

Open Sanctuary

The Open Sanctuary church at Tilba Tilba has received a Heritage Grant from Eurobodalla Shire Council to repaint the church and repair woodwork where necessary. The church is thrilled to have received the grant on a \$1 for \$1 basis. The paintwork is just at 'tipping point'; leave it any longer and the wooden structure would start to deteriorate. The church urgently requires a new roof and somehow in the next couple of years money will need to be raised to cover this cost. Other projects proposed include repairing the gateway entrance, replacing some of the pews and creating some easy walking paths over the land. Open Sanctuary is delighted that three local couples have chosen the church for their weddings in November and December.

Trivia Night

The halls' Trivia night was fun and a great success with over 110 guests attending. Mike and Julie Ward's table (Bath Patisserie) were the winners. The theme was food and drink, something we're all very good at doing but not so good on recalling the details, especially while we're doing it! We learnt that arachibutyrophobia is the morbid fear of peanut butter sticking to the roof of your mouth! Over \$2000 was made which will be a great boost and go towards the first stage of the DA work which is about to commence next month.

Hairy Concert

The Central Tilba School of Arts Trust has a Hairy Concert coming up on 8 October. Come and support your local halls and enjoy a fantastic fun-filled and hairy ride through an evening of music and entertainment. A wide variety of local talent will be on stage in the Small Hall including musicians, tap dancers, singers and drummers. Bring your Esky and glasses and be sure to arrive in time for happy half hour (6.00 - 6.30pm) so you can enjoy beautiful complimentary Tilba Real Dairy cheeses along with your favourite tippie. Locally grown and produced curries will be on sale in the supper break. There'll be a great raffle prize on the night too. You'll be contributing to the Halls' restoration funds whilst enjoying the best night out you've had for ages....how can you refuse? Tickets \$15.00 Supper \$8. the event is sponsored by Tilba Real Dairy.

CWA

The CWA has had a great fund raising year and has managed to share it with the Moruya Women's Refuge (and will do more at Christmas) and Moruya and Bega hospitals (in October), and have put money aside for the Hall committee for the CWA room. The café is a great community affair and will continue. The CWA also provides tea and coffee for the hall kitchen and functions.

The Central Tilba School of Arts Trust

The Central Tilba School of Arts Trust is seeking occasional help with various tasks including the day to day running of the Tilba halls, managing bookings, washing linen and so on. Also, if you wish to be involved in working bees (painting and so on), please contact Smilie Magill on 4476 3370.

The River Cottage Cooking School is releasing more courses for October. All their teachers including Paul West will be holding classes. They are booking quickly; if you're interested go online to see what's available!

If anyone has notices or news for Tilba Bites, please contact me on tilba@thetriangle.org.au, or 0427 074 901. Photos of humans and their dogs are sought! Please email as a jpeg.



Open Sanctuary – the newly painted church at Tilba Tilba

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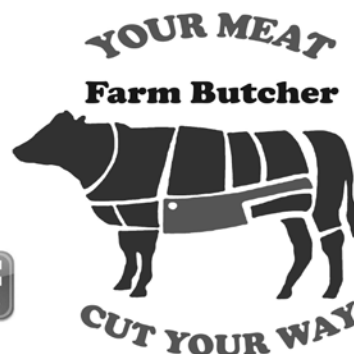
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The New Tilba Community Food Share

The new Tilba Food Swap has become a Tilba Community Food Share. The Tilba Food Share is a monthly gathering of like-hearted people who are interested in sharing and promoting community food security. In addition to sharing food there is plenty of friendship, skills and knowledge shared too.

The September Tilba Food Share was a huge success with around forty to fifty people attending.

Annie Fenn of Central Tilba said it was a magical morning, "There were lots of new faces, locals plus good support from further afield, Mystery Bay, Cobargo, Brogo, and Bega. So good to see young people and children there also! The tables were overflowing with lovely goods to



Sally Pryor sharing locally grown food and produce at the September Tilba Community Food Share

share and lots of yummy morning tea."

The next Tilba Food Share will be held on Sunday 2 October from 10am to 12noon at 323 Punkalla Tilba Road. For more information contact Mog Bremner mobile 0401 968 899.

Rural Fire Brigade Report

The month since our last report has been refreshingly quiet for Tilba RFS Brigade, with no callouts. This is especially encouraging when compared with the recent couple of years when the Brigade has had to respond to a lot of callouts for escaped pile burns and the like. By comparison, the Bega area, this year, had a concerningly large number of escaped hazard reduction burns at the end of August. Well done, Tilba community!

Tilba Brigade participated in the state-wide 'Get Ready Weekend' with a fire truck parked in Bate Street on 10 September (Council Election day).

Community members were able to come along and say hello and seek advice on any matters of concern, as well as enquire about Brigade membership.

We are now into spring, and it is timely to prepare properties for the summer months. Anyone seeking advice on this is welcome to phone either Captain Bruce Allen or Senior Deputy Captain Tralee Snape. Phone 4473 7353 or 0409 227 655.

Tilba CWA

Baking Lavender Scones

Tilba CWA's Annual General Meeting is on Friday 14 October at 10am in the Small Hall. President of Tilba CWA Janine Halasz is baking lavender scones to share at this meeting. CWA members are encouraged to bring a friend. All local women are welcome to join Tilba CWA's enthusiastic branch.

In September Tilba CWA celebrated Awareness Week with a Pop-Up Café and a Spring Cleaning Raffle. The proceeds of these fundraising activities will be donated equally to local health facilities CCASE Inc. and the Maternity Unit at Moruya Hospital. CCASE is building accommodation for patient families and carers at the new South East Regional Hospital in Bega.

The Tilba CWA Pop-Up Café is a great monthly community event which will continue on Saturday mornings in the Tilba Small Hall. Usually scheduled for the second Saturday morning of the month, the next Café is on 8 October from 9am till 12 noon. All welcome to enjoy a delicious morning tea and support Tilba CWA's fundraising efforts. This year Tilba CWA's fundraising recipients include Moruya Women's Refuge, Moruya Hospital's Maternity Unit and CCASE Inc. association with the new hospital in Bega. In addition funds will be given to the Tilba Halls committee for renovating the CWA room in the Tilba Small Hall.

Annette Kennewell

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Spring News from the Quaama Progress Association

The Quaama Progress Association (QPA) held their Annual General Meeting on 18 August. There have been changes to our leadership! Secretary/treasurer, Glennnda Heino, who has made a huge contribution to the QPA, resigned from the committee. We're grateful to her and sad to see her leave but the good news is that she'll still be cooking up a storm for the next fair's Quaama Quisine!

Taking over as Secretary is Carolyn Bate and Bhagya will be Treasurer. Diana Holmes continues as President and Richard Parker is our new Vice President. The QPA have some exciting ideas in the pipeline. One is to plant trees along the main road, beautifying the village. Another is to make a Quaama wifi hotspot in the town centre. We'll be sure to keep you informed of their progress. Come to the Spring Fair and become a member!



Spring Fair is a Sunday Funday

This year's Quaama Spring Fair will be held on Sunday afternoon, 30 October from 11am. Come enjoy live music while relaxing on the lawn with a Quaama Quisine barbecue with all the trimmings.

With an emphasis on spring and youth, there will be lots of sprouts and sprogs. Bring seedlings to swap. Bring along a kid or two for face painting and craft fun. There will be events and races for young and old.

Gardening tips and demonstrations

will happen on the veranda. See you there.

Garden Party

Start the day with touring open gardens around town then attend a garden party with high tea at the Quaama Hall!

Ever wonder what lies behind our fences and hedges? Quaama has many beautiful gardens and they will be open on the morning

of Saturday 12 November for people to enjoy. Then bring out your bonnets and top hats and head to the Quaama Hall.

As our dear old hall will be 114 years old in November, the Hall Committee has decided to celebrate circa 1902 with a garden party (think gladdies and gloves) and proper high tea with sandwiches and cakes. There will be a period fashion parade and prizes for the best dressed.

More details in next month's *Triangle*.

Divine Distraction

The recent planned power outage at Quaama moved 12 keen parishioners outside on chairs with their backs to the sun drenched heritage church wall. The Rector interpreted their smiles to mean pleasure with her explanations of the Book of Hebrews, oblivious to the fact they were all tracking an echidna wobbling its way through the churchyard behind her. Show stopping little critter.

Bronte Somerset



An echidna named Divine Distraction

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Quaama/Cobargo quilters' open day

Quaama/Cobargo Quilters will be holding their annual Open Day on Saturday, 15 October 2016 in the Cobargo School of Arts Hall, Bermagui Road, Cobargo, from 9am to 4pm.

There will be an exhibition and sale of quilts, sales tables by Freddie's Fabrics, The Stitch Connection, Billija Designs, and Reiko Healy, as well as raffles, lucky door prizes, and a sausage sizzle and tea/coffee provided by the Men's Shed of Bermagui.

For further information, please call Lorraine James, 6493 7175, Beth Dogan, 0428 696 623, or Leanne Tett, 0408 627 103.

Leanne Tett

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Rain, rain

Rain, rain, lovely rain! Slow, soaking rain. What a wonderful way to be heading into the warmer months! Cobargo is looking splendid, nestled in the valley with her rich, green coat. Cows, farmers and gardens are as happy as can be! Huge blooms on the hyacinths were the biggest treat for me, along with veggie garden weeds that were easy to pull.

I'd like to take the opportunity to thank June Tarlinton for stepping in with a great Cobargo Conversations last month, while I was away. Much appreciated.

Wall to Wall

Shoppers in the village a few Saturday mornings ago were stopped in their tracks by the 2000 strong convoy of police motorcycles passing through the village on their annual Wall to Wall ride. Riders from around Australia, including 300 from Queensland, gathered at Canberra's Police Remembrance Wall in honour and memory of their colleagues killed in service and began their ride from there. This year's ride was the sixth and the plan is to continue with this annual event.

Hoxton Park Pathfinders

I've learned from Vicky Hoyer that Cobargo has had the pleasure of having a work crew from Hoxton Park Pathfinders helping with community projects in the village. And while they were here, they offered their services to the elderly and those who are sick or disabled and not coping with keeping up in the garden. These are fit, young people who are keen to help out rural communities. How wonderful! A big thank you from Cobargo and, I'm sure, from those who were fortunate enough to benefit from their

assistance. Great work Vicky!

CWA

Our local CWA branch recently



The three CWA ladies recently awarded their Long Service Badges (L to R) Mary Motbey, Norma Allen and Joan O'Halloran with Branch President, Lynne Jones

celebrated its 70th Birthday with lunch at the Cobargo Hotel. Two branch members, Joan O'Halloran and Mary Motbey, were given their 20 years long service badges and Norma Allen was given her 50 years' service badge. What a wonderful record of service to the community!

Arty events

The Annual Cobargo Quilters Open Day is on again! This wonderful exhibition and quilt sale, along with trading stalls, will be held in the School of Art Hall, Bermagui Road, on Saturday, 15 October from 9am til 4pm. There'll be raffles, a sausage sizzle with tea and coffee available, provided by the Men's Shed of Bermagui. Entry is by gold coin donation and proceeds go to the CWA.

The Cobargo Creators are once again hosting works by the children from Cobargo Preschool. *Joy and Abandon II* opened on Saturday 10 September in Black

Wattle Gallery, our community showcase space for beautiful things in The Cobargo Creators Centre.

Farm Butchery

I recently had a chat with Rob Elliot, our former butcher, about Farm Butchery the new enterprise he has launched and I was delighted to learn that I still had someone to dress my chooks when they were ready for the freezer!

Having sold the butchery a few years ago, Rob was looking for a new enterprise. He turned to what he knew best, butchering. Having run a mobile butchery twenty years ago, he realised the need for this service locally and launched Farm Butchery, which is just that. He goes to people's farms when they need



Rob Elliot with his 'bonus sons' and the Farm Butchery vehicle

animals slaughtered and butchered, with his refrigerated 'rig', and butchers their home kill. Refrigeration is provided and sanitation standards are maintained in keeping with the stringent requirements of our food safety standards.

Robert is offering this service to small range and hobby farmers throughout the Triangle and beyond, handling whatever

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Cobargo Conversations

is required from just one beast to a dozen or more. He butchers pigs, cattle, sheep, goats and poultry. Robert is only registered to butcher for personal consumption not for reselling. His prices are competitive and his friendly service is included. He can be contacted on 0439 000 276.

Food

The next food swap will be held between 10am and 12 noon on Sunday 16 October at Cornelia Eichler's place – 29 Tarlinton St, Cobargo. If you can, bring any excess veggies, eggs, plants, poo or any other produce or garden related stuff, your own cup and a small plate to share for morning tea.

Elizabeth Andalis

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Ken & Trudy Needs
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Documentaries for the Community

Saturday 1 October we'll do another Doco in the Bush, a documentary screening outside at our bush block in Wandella, 1620 Wandella Rd.

We'll be screening *Around the world in 50 concerts*, a feature length documentary about the 125th anniversary concerts that the Royal Concertgebouw Orchestra played in different cities around the world.

We'll start the screening at dusk, get together from 5pm, bring a plate and drink to share and a blanket to sit on or keep warm!

The next community documentary screening in the Butter Factory will be Sunday 16 October at 3.30pm, *The Internet's Own Boy: The Story of Aaron Swartz*, a feature-length documentary by Brian Knappenberger.

Moving and maddening in almost equal measure, this film is a devastating meditation on what can happen when a prescient thinker challenges corporate interests and the power of the state. It traces the rise and fall of a tech industry prodigy.

Aaron Swartz established himself as a force to be reckoned with as co-founder

Be curious. Read widely.
Try new things. I think
a lot of what people call
intelligence boils down
to curiosity.

- Aaron Swartz

The Internet's own Boy: The Story of Aaron Swartz

of Reddit, one of the largest social media and news aggregator sites online to this day. Despite a profitable job offer at Conde Nast, Swartz rejected corporate culture in favour of pursuing a democratic Internet in the interest of information sharing over profit. It was his work in social justice and political organising that placed him on a collision course with the US government. It ensnared him in a two-year legal nightmare - a battle which ended with his suicide at the age of 26.

Check out the trailer at www.youtube.com/watch?v=RvsxnOg0bJY

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Cobargo Conversations

Sisters In Crime Cobargo Crime Convention

Four Winds and Well-Thumbred Books Present the upcoming Cobargo Crime Convention showcasing eight of the best crime novelists representing the Australian chapter of the 'Sisters in Crime', as well as two of the finest music ensembles, over an 'edge-of-your-seat' weekend not to be missed! This event takes place in Cobargo and Bermagui over the weekend from Friday 7 October to Sunday 9 October.

Authors taking part over the weekend include:

- Candice Fox who has won Ned Kelly awards for *Hades* and *Eden*;
- Sulari Gentill who was shortlisted for the 2011 Commonwealth Writers' Prize for her first novel.
- Dorothy Johnston who writes literary as well as mystery novels and has twice been shortlisted for the Miles Franklin Award.
- Janice Simpson, a Sisters in Crime national co-convenor, is working on a new crime series set in Australia, as well as a compendium of stories about the importance of place in the lives of adoptees.
- Kay Schubach who has written her first book, *Perfect Stranger*, a brutally honest cautionary tale.
- Caroline de Costa who is Professor of Obstetrics and Gynaecology of the College of Medicine at James Cook University, Cairns Campus. Her novel is set in Cairns with Indigenous detective, Cass Diamond.
- L.J.M Owen, a trained archaeologist and qualified librarian with a PhD

in palaeogenetics. Her book, *Olmec Obituary*, has been described as 'the thinking person's cosy mystery'.

- Ilsa Evans, author of 12 books, completed a doctorate on the long-term effects of domestic violence.

Program:

Friday 7: Free Open Night at Bermagui Library, 5pm-6pm

An opening night event serving Bloody Marys, light refreshments and a short musical performance to introduce the Sisters in Crime Network.

Saturday 8: At Cobargo School of Arts Hall from 10am all eight authors will be taking part in a series of criminal conversations. This will be followed by a funky night of Soul Sisters in Crime. At 6pm we will be playing vinyls of all female soul, funk and R&B music, enjoyed with delicious local food, with all profits from the night donated to the Women's Resource Centre in Bega.

Sunday 9: Again at Cobargo School of Arts Hall we haul our authors back into the spotlight from 10am to explore the scene of the crime and (nearly) lethal attraction. From 1.30pm Canberra's premier chamber ensemble, Griffyn Ensemble, hooks up with guest artists from Scotland's leading new music ensemble, Red Note, for the Mysterious Melodies concert to help soothe the nerves, and resolve some of the weekend's tension.

For full program information and to book your tickets go to www.fourwinds.com.au/whats-on or call 6493 3414, or drop in to the Four Winds office at the Bermagui Community Centre.

Dance to Soul Sisters in Crime

Not to be missed this month will be the wonderful Soul Sisters in Crime on Saturday 8 October, the funkier part of the Cobargo Crime Convention. Expect a night of disc jocks playing all the best female funk and soul, R&B and jump blues all on vinyl records. The good folk that brought you the Analogue Juke Joint nights have joined together with Well Thumbred Books and Four Winds for a night of records by artists like Aretha Franklin, Etta James, Irma Thomas, Ruth Brown, Betty Harris, Diana Ross and many, many more. Playing music on the night will be familiar Juke Joint disc jock Tom Noonan (Cobargo) to be joined by both Boogaloo Jones and Tiny Kong from Canberra. A mouth-watering menu will be available care of Guy's Place of Bermagui, and all profits from the door will go to The Bega Women's Resource Centre. Doors open at 6pm and tickets are available on the door or via www.fourwinds.iwannaticket.com.au for \$10 or \$20 for families. For more information head to facebook.com/analoguejukejoint

Tom Noonan



Gabrielle Powell showing some of the vinyls we'll be hearing at Soul Sisters



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Frances May Tarlinton: 3.5.1919 – 18.8.2016

Frances May Ellis was born in Sydney on 3 May 1919. She grew up around Five Dock and Haberfield with her younger brother George. Her father Hugh was an engineer and her mother Lillian encouraged a young Frances to have a good education.

When she grew up she became a secretary and worked for an accountant. Fran loved her job, which suited her practical mindset and her wonderful attention to detail.

She met and married Roy Tarlinton and left the bright lights of the city and settled into the country. One of the first things Roy taught her was how to drive. I believe Fran found this quite a challenge. Fran and Roy forged a life out of working hard on their dairy farm whilst rearing and educating their five children, Maureen, Catherine, Richard, John and Gregory.

Fran loved her painting, her garden, cooking, knitting, sewing and also being involved in many interesting committees.



Frances May Tarlinton

Fran was a valued member of CWA for many years. She entered many and varied entries in the Cobargo Show right up to three years before her death. Her favourite pastime in later years was

painting with her dear friends who made up the Monet Mob art group. Fran had an incredible memory for events: she never missed a birthday of not only her children and spouses but also all of her grandchildren and great grandchildren.

Fran was also a great conversationalist and could talk on local and world subjects alike. Fran's beloved husband Roy passed in 1988 and her daughter Catherine also predeceased her. However Fran continued to live on the farm by herself and with the help of her family. She lived there until just before her 95th birthday when she took a fall and broke her hip. After the surgery and rehabilitation she lived with her daughter Maureen and eventually moved to a nursing home in Curtin. Sadly Frances passed away on 18 August 2016.

June Tarlinton

CWA News

We have a new roof! Yes, the old roof on the CWA cottage has gone and has been replaced by a brand new red roof. The old girl has never looked so good! Thanks to the many people who have helped in fund raising and also to CWA State Office who gave a grant, we can now relax and know that the roof no longer leaks! This is now a very viable meeting place, with air conditioning, carpeted floor, bright new sun block curtains and, of course, the completely renovated bathroom and wheelchair access. A very reasonable rate per hour, to cover costs only, is charged. The CWA Cobargo Branch provides this as a service to the community and welcomes all enquiries. Just phone 6493 6428 to make a booking or to make enquiries about availability.

To celebrate CWA Awareness Week in September, Cobargo branch held a Health and Well-Being session at the cottage to talk about women's health and

how to achieve Wellness. It was very well attended and everyone went away more aware of how to achieve good health. A very successful day!

Now is the time to start thinking about Australia Day 2017 and the nomination of a Cobargo Community Citizen of the Year. We are looking for a person who contributes quietly in the community to make Cobargo a wonderful place in which to live. Also we are seeking a Junior Citizen of the Year. Written nominations outlining the reasons for the nomination should be sent to Cobargo Community Citizen of the Year, P.O. Box 5114, Cobargo, NSW 2550. Remember, we need your nominations to be able to make this happen. Any queries, please ring Mary Williams on 6493 6167.

We are still sending our Mother and Baby Packs to the Highlands of Papua New Guinea. We welcome donations of suitable goods or money to help us in this endeavour. The funds help us to buy the

items we are short of to complete the packs. If you would like to make a donation, please contact our Treasurer, Lynne Jones, on 6493 8360. On each pack we put a label saying that the items are from Cobargo in NSW.

We recently celebrated the Branch's 70th birthday! Yes, the branch was formed in 1946, and has been working for the community ever since. We had an excellent lunch at the Cobargo Hotel and two members, Joan O'Halloran and Mary Motbey, were given their 20 years long service badge and Norma Allen was given her 50 years' service badge. Congratulations, ladies.

Our meetings are held every second Tuesday of the month at 10.30 am at the CWA Cottage on the Bermagui Road, next to the playground. Come along and give us a try – you will find a warm welcome (and a cuppa!)

Mary Williams, CWA NSW, Cobargo



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The Show Committee and the Spring Horse Show



Exciting events from the past

Cobargo Show Committee has recently returned for another year of fun. We would like to welcome our newly elected committee executive, President Graham Parr; Vice President, Daniel Allen, Junior Vice Presidents June Tarlinton and Kristy Holland and Treasurer Dave Rugendyke. Cobargo Show Society is a diverse, friendly and hardworking committee. We would like to extend an invitation to anyone interested in joining our committee; we meet the second Wednesday of the month at Cobargo CWA rooms at 7.30 pm.

Our first event of the show season is our annual Spring Horse Show to be held on Saturday 29 October at Cobargo Showground.

What a big weekend this will be!

On Saturday, the Cobargo Horse and Trail Riders' Club will conduct their Annual Horse Gear Sale in the main show pavilion. All hacking and jumping will stop for a period prior to the opening of the pavilion to give all competitors the opportunity to inspect and purchase gear.

On the arena we will have two rings of show-jumping, three rings of hacking, sporting and novelty events.

Currently the committee is working on a similar program to last year, with team-sorting, ladies' heifer ride, open steer ride and a steer riding instructional school.

On Sunday there will be show-

jumping conducted by the Bega Show-jumping Club and Dressage by the Far South Coast Dressage Association.

Both days will have full catering by our dedicated show society members. Keep an eye out for our full program, which will be posted on our website: www.cobargoshow.org.au and our facebook site.

Rebecca Miller

Off the Page and The Triangle Whodunnit

Well one thing we've learnt from running these two 'creative pursuits' is that our community far prefers the physical creative work to the written word. To create an artwork from a random crime novel drew 14 amazing entries and our Whodunnit drew two. No, we are not admitting that it had anything to do with the clues given out...

The *Off the Page* entries can be viewed at Lazy Lizard Gallery from the October long weekend and will then switch to the Cobargo School of Arts Hall for the Cobargo Crime Convention. Once again there will be a Peoples' Choice award and voting forms can be picked up from Lazy Lizard and Well Thumbed Books. Do check them out, their creative take is great.

The Whodunnit entries are probably even more creative given the handicap they faced! They can be read online on *The Triangle's* website.

Congratulations to the authors Sarah Gardiner and GOLDA - Goldfields Ladies Deductive Agency. We may not have the answers but we sure as hell will ask the questions.

Louise Brown

Opportunity Knocks

The Bower Bird Community Opportunity Shop has been operating successfully for twelve months.

This success is a result of the generous donations that keep rolling into the shop and the support of locals and tourists who are eager to recycle and bag a bargain.

To date, \$23 835 has gone back to local organisations and groups in four rounds of grants.

In Quaama the school has purchased instruments and air conditioning; the Fire Brigade bought a pump and motor; the 'Can't Sing Choir' bought instruments and the Tennis Club purchased nets and equipment.

In Cobargo the school's gardening programme blossomed after hard work and a grant; The School of Arts Hall bought carpet for the stage and new stage curtains; the Museum purchased computer equipment, and the mighty AP&H Society bought supplies and office equipment. Cobargo school students also benefitted from the supply of ipads. Patrons of the local swimming pool will enjoy the shade sail bought with their grant.

The Light Horse Brigade are also recipients of a grant that enabled them to purchase outfit equipment and the CWA will use their grant to improve the ceiling of their cherished cottage.

The committee and volunteers of the Bower Bird Op Shop say a huge thank you and encourage everyone to attend the AGM on Thursday 13 October at 1.30pm at the Op Shop.

Ros Hewett

AGM

The Cobargo School of Arts Hall Committee will be holding their AGM, Wednesday October 26, 9.00am at the hall. Please join us if you're interested.

Also notice the hall is being repainted. Now volunteers can paint the lower sections of the hall. Join in if you see us painting!



steopathy
cobargo.com.au

Bermagui is up and running and back in business. We have been ReBooted with the third successful Reboot Bermagui, spring is finally in the air with the promise of warmer weather, and most people have returned from their winter escapes.

With the return of summer and our holiday visitors, it is timely to start thinking about how we can best present Bermagui as one of the best places on the coast. Of course the sparkling waters, pristine beaches and the backdrop of Gulaga is our biggest drawcard, but what is often remembered more by people is the friendly welcome from the local community. So, as the holiday season approaches, make sure you say a friendly hello to our visitors to make them feel welcome.

Montreal Goldfield

How many Bermagui residents have never been out to our premier tourist attraction, the Montreal Goldfield? Knowing it is right on our doorstep, it is easy to say, "I'll get there someday." If you have never seen what a great place this is, and how much work the dedicated team of volunteers do to keep it up and running, make sure you head out to the Montreal Heritage Day on Saturday 8 October for a whole day of fun and activities. Billy tea and damper are always a favourite, along with some very special entertainment. However, if you miss this great day, there are guided tours every day at 2pm. No need to book, just turn up. A small contribution of \$7.50 to assist in the upkeep of the site is all that is asked.

A colourful end to a busy school term

Bermagui Public School looked like a rainbow had exploded over the playground,



Students and teachers from Bermagui Public School during their morning visit to the beach. Those very white T-shirts looked like rainbows by the end of the Colour Me Happy Challenge

as students and staff participated in the Colour Me Happy Challenge. The challenge was a major fundraising event organised by a very hard working P & C. Normally organised as a walkathon, this year they decided to do something a little different.

The event, held at the end of Term 3, saw student teams work together on a variety of challenges. Teams were made up of different age groups. This enabled older students to take on leadership responsibilities, while giving younger students the experience of working with children of differing ages.

First activity was a walk to the beach where students engaged in sand sculpture activities, then back to the school for some more games and a sausage sizzle lunch.

The main, and somewhat messy, event was held in the afternoon. Teams had to master a variety of obstacles to complete the challenge. The reward for completing the challenge was the dousing of colour, leaving the white shirts worn by children and teachers a riot of colour.

It was a fun day for the kids, with lots

of laughs and smiles, and I am told just quietly that the teachers had a pretty good time as well!

Bermagui Public School is an important part of our community, overseeing the education of our next generation. Equally important is the input from the parents, who support the school through many different means, and work very hard to make this the best learning environment for our children. The school would like to acknowledge and say a big thank you to the hard working parents, both at this event and throughout the year as well. Well done everyone involved in this great day.

U3A Registration Day

Once again the team at U3A have been busy organising a whole new range of courses, workshops and events for their members. Registration day is on Wednesday 5 October from 9 am till 12 noon at the Bermagui Country Club. New members are always welcome and you can join on the day. For a \$25 membership you can do as many courses as you like. This is a yearly fee, however, if new members join in October, their membership will extend throughout 2017.

Exciting news from the U3A Rug Hooking Group, who have completed their major community arts project. When all the pieces, which were individually made by members, are pieced together, it will form a huge wall hanging to be put in the Bermagui Surf Club. A special ceremony will be held in December to raise the wall hanging. For more information on any U3A activity, check out the website www.bermagui.u3anet.org.au or phone 6493 4323.

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Something for book lovers

There is no shortage of avid readers in Bermagui, so the opening of Books and Coffee By The Sea will surely be a magnet to anyone who loves to read. Maureen Grant opened her new business in July this year. Located in the Bermagui Arcade in Lamont Street, the shop is a real book lovers' delight. More than 20 000 titles are on offer, so there is sure to be something to please everyone. Just about everything is \$10 or less!

Maureen and her partner retired to Bermagui late last year. Not one to sit around, Maureen decided to open a small business for a number of reasons. One was that she loves books, and cooking, and two that she loves meeting people and having a chat. Along with the books, Maureen also has a quirky little coffee shop. Walk into the arcade and you will see some very comfy sofas, even a rocking one, where you can sit and enjoy a coffee and some little treats as well. With a background in catering, Maureen makes delicious cakes and slices and provides some light meals such as toasted sandwiches. The coffee is rather special, being imported direct from Guatemala and guaranteed 100% to make a return directly to the growers in Guatemala



Maureen Grant ready to welcome you to her quirky little bookshop and cafe in Bermagui to support their families and communities. Don't drink coffee? No worries, there is also tea, chai, iced chocolate, milkshakes and delicious fruit smoothies on offer. For the sweet tooth, there is an old fashioned 'lolly shop', which will be expanding soon. But, if that's not enough, Maureen also provides free wifi and has a large collection of old vinyl records on offer. Maureen said she would love to host some music events in the near future, so keep an eye out for this! Such a lot in this little shop. Why not call in and welcome Maureen to Bermagui, have a coffee and a browse. You can contact her on 0448 260 065 or check out her Facebook page: Books & Coffee By The Sea.

Carolyn Banados

Asylum Seeker Centre Founder to Speak

David Spitteler from the Asylum Seeker Centre, Dandenong, will be speaking in Bermagui and Cobargo 6 November. The Asylum Seeker Centre in Dandenong was started in 1997 by David Spitteler when it was recognised that no one was really addressing the needs of asylum seekers and refugees. The Centre assists Asylum Seekers (on-shore applicants for refugee status) with material aid of food packs, gift vouchers, metcards, and phonecards, blankets and other basic necessities so often taken for granted.

David Spitteler, facilitator of the Centre, spends much of his time at public speaking engagements at churches and community venues all over Australia. He shares his experiences working with refugees and relates his work at the Asylum Seekers Centre to the week's readings. Come and hear David speak on 6 November at All Saints Anglican Church, Bermagui at 10.00 am and Christ Church, Cobargo at 5.00 pm.

For information: Rev Joy Harris 6493 4416 or Caroline Tolley 6493 3919.

Caroline Tolley



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Holiday Care

Bermagui Community Vacation Care Program is up and running for this coming spring holidays. We are open to children aged from 6 weeks to 12 years and are planning fun-filled days of forest walks, beach adventures, art experiences and silly science days. We are based at the Bermagui Preschool and for information and bookings please ring the preschool on 6493 4183.

Kerry Carradus

Free: stories and songs for children

Storyteller and musician Annie Bryant will be offering free Spring Stories and Songs for children and families inside her magical Storytent at the Bermagui Growers Market Spring Fair. Step inside for tales of wonder and sing-along songs inspired by mother nature's garden. Annie and her family have recently moved to the Wandella area and she performs her seasonal collections of stories and songs for children at festivals, events and schools throughout Australia.

For more information see www.talesandsongs.com



Annie Bryant serenading children

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Tai Chi Celebrations

Thursday 1 September saw a happy gathering of Tai Chi students at Bermagui CWA rooms for a double celebration.

Lori Hammerton, Registered Nurse of Bermagui, commenced "Tai Chi for Arthritis" classes in Bermagui in 2011 and in Cobargo in 2013, and is about to commence her sixth year of teaching.

All students have paid a gold coin to attend, and during the five years \$10 211 has been donated directly to Bega Valley Can Assist to financially help people across the Bega Valley affected by cancer.

President of Can Assist, Kaye George, and Secretary Peter Van Bracht travelled from Bega to attend the morning tea, and Peter informed the group that since inception approximately \$450 000 has been raised by volunteers and donated to cancer sufferers in the Bega Valley. Kaye thanked Lori for her time and effort and presented a bouquet of flowers.

Paula Rumble, a Tai Chi student and member of Bermagui CWA, also thanked

Lori for her efforts and presented her with a beautifully hand crafted bag which was greatly admired by all.

At present Lori has approximately 45 students over three classes at Bermagui and Cobargo, and thanks the CWA groups of both villages for their assistance to raise the money by donating the use of both halls for the use of the Tai Chi classes.

Appreciation certificates and a Can Assist biro were presented to all students by Lori and her husband Gerry, to say thanks for their ongoing support to both the Tai Chi classes and Can Assist.

This gentle art of exercise was developed by Dr Paul Lam, a world renowned Sydney based physician, and empowers people to gain relief from their arthritis pain and other ailments, and to prevent falls, and build muscle strength and balance. Lori has attended several workshops with Dr Lam and his Master Trainers since 2011 to continually improve her teachings and gain self improvement.



Lori Hammerton, Joan Matthews, Gerry Hammerton, Paula Rumble, Joan Mawell, Annette McDonald, Lorraine Courtis, Norma Lucas, Mary Cooke, Doreen Goldhagen, Carmel Diss, Nancy Wills, Lorraine Stanton, Wendy Knight, Peter Van Bracht, (Can Assist Sec) Ruth Kemp, Janelle Pearce
Sitting: Barbara McLean, Maureen Ryan (from Tai Chi Pambula/Merimbula) Kaye George (Can Assist Pres) Beth Whiffen, Karen Rudd, Helen Stafford, Elsie Wills

New solicitor sets up shop

It is with great pleasure and excitement that I open my new legal business on the corner of Sherwin Lane and Wallaga Street, Bermagui (next to the Village Store). Kothes Accounting has kindly agreed to share their premises with me. Whilst Kothes will still only visit the office each Friday, Millar Crew Legal and Consulting will operate on a full-time basis.

My name is Adam Millar and I have been a practising solicitor for more than 16 years. I mainly practise in commercial law, conveyancing and property, estate planning and deceased estates. For the last six years I have been working for BHM Lawyers in Moruya and have established a strong relationship with my satisfied client base there; many of them will be joining me to support my new business. Prior to this I was a practising solicitor in Cairns, Queensland.

My wife, Lara Crew, and I are now very pleased that we can serve our local community in and around Bermagui where we are happily raising a young family. So please drop in and say hello as you pass by and let me know if I can help you in any way. I will aim to keep my fees as affordable and as accessible to as many as possible.

Adam Millar

The Triangle team sadly acknowledges the passing of Allan Barrett of Bermagui, one of nature's gentlemen. Our thoughts are with Jenni and the family.

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An historical effort

A whopping \$1569 was raised through the recent Fathers Day raffle and the Bermagui Historical Society was delighted with the outcome. The beautiful handmade quilt donated by Michele and Meg from Stitch Connection was won by Rhonda Byrnes, second prize of a \$50 local voucher was won by Mark Manning and donated back to the Museum (thank you Mark) and the box of chocolates was won by Sally. A great big thank you to all the people who bought tickets and the businesses that kindly sold them: Ken from Cobargo newsagents; Ken and

Lynda from Bates store in Tilba; Rhonda at 777 and Michele and Meg at Stitch Connection. Appreciation to Woolworths for allowing us to sell tickets outside the store on numerous occasions as well as providing the barbecue equipment for the sausage sizzle held at the draw. Gratitude is expressed to the Historical Society members who worked together to achieve such a great outcome. The funds raised will be used towards updating and preserving the Museum's digital records and photographic collection. Thank you.



Society members Bill Shaw, Wilma and Errol Masterson and Alan Douch at the sausage sizzle

Bermagui Rug Hookers go to School

The U3A Rug Hooking Group will take their hooks, fabric and hessian to Bermagui Primary School on Thursday afternoon 3 November. This is the first time that our U3A has initiated an activity for Grandparents Day, which is officially celebrated on 30 October.

School children, their parents and grandparents will be shown the seven large rug hooked panels that will soon be

installed in the Bermagui Surf Club. They will learn about the history of primitive rag rug hooking and be taught the basic technique.

They will draw a simple design, be given fabric strips, a piece of hemmed hessian and a hook and be able to take their work home to complete. It promises to be a fun intergenerational event!

Dawn Hollins

Opportunity knocks at the goldfield...

... and is waiting for someone looking for job satisfaction with physical exercise and creative thinking in a peaceful environment.

What could be better than working in the Australian bush maintaining the site; or assisting with publicity, marketing or promotions; or as a Heritage Curator or becoming a tour guide, all for an hour or two a week?

Time marches on and the Montreal Goldfield Management Committee is calling for some successors to join this unique project.

The Montreal Committee is a dedicated group of volunteers which is preserving a special and significant part of Australia's history for generations to come, and bringing visitors to the town.

Its potential is enormous, its future is exciting, its sense of achievement is wonderful to experience.

So don't miss out on being part of this great project! Join us today. For more details contact Chris, 6493 4321 or Judi 6493 4645.

Judi Hearn



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Social Bridge: Wednesday 5th from 2.00 p.m.

Date for the diary:

Saturday 1st October @ 7.00p.m.: Cabaret at the Winery featuring Rags to Riches

Signposted off the Princes Highway,
4 km north of Central Tilba. Tel: 4473 7308

To burn, or not to burn

There seems to be a lot of confusion in the Bega Valley Shire about whether one can burn off garden refuse, dead leaves and sticks in their backyards, or use an incinerator for this purpose.

The simple answer is: No. Somewhere along the line, the local council has implemented the Protection of the Environment Operations (Clean Air) Regulation 2010, which prohibits any outside burning of dead and dry vegetative material. But it seems that the message hasn't got around (despite Council's claim to have "advertised it extensively"), and a lot of residents of the Bega Shire just don't know, or are confused as to whether they can still burn off in their backyards.

According to Council, in some instances approval to burn will be issued if certain criteria are met. In urban and village areas, an application needs to be made to Council for approval. But, if your burn site is less than 75 metres from the nearest dwelling ... may as well forget about it! Even if you do meet all the criteria and get permission to burn, you may still need to get a permit from the RFS as well.

Most gardeners will agree that a certain amount of leaf litter is not a bad thing for gardens, but when it is excessive it takes a long time to compost down, will not break up in the mulcher and forms a solid barrier around plants that prevents water and fertilisers from penetrating. Of course, where Council provides a 'green bin' service, you are expected to use this. Problem is that this is a monthly pick up service and, as most gardeners know, this



Remember those cold winters nights when you bundled the kids up, wrapped some spuds in foil, put the marshmallows on sticks and lit up the backyard bonfire?

bin is usually full the day after it has been collected. What do you do with all the excess waste? Well, Council will collect it ... for a fee.

It is all about having clean air and a clean environment. Not a bad thing and we all want to live in a clean environment and breathe fresh, clean air. Smoke from open fires causes air pollution and health problems for people with respiratory problems. But where does one draw the line? Do we also ban the use of slow combustion wood fires used for home heating? Is the outdoor barbecue using wood or charcoal banned? What about the popular wood-fired pizza ovens, outdoor chiminea, brazier or fire pit? Can the Scouts still have their camp fires?

These new regulations will probably see more illegal dumping of garden refuse in our forest areas, creating bigger bush fire hazards in the future. Seems like all common sense has gone these days!

Carolyn Banados

Push and Pull - a relationship workshop with Hilary and John James

We are always the solution, not the other. Where we are entangled there are no victims.

Yet, so many people are single or unable to maintain a loving or lasting relationship.

'Why?' This is such a powerful question. The *Crucible Centre* workshop will help you discover what **in you** has limited your love, and made your relationships difficult or impossible.

We have been working with couples for 30 years. We have discovered that the moment we stop blaming the other and look within - to our souls and our inner children - we find what is needed to change our situation for the better.

Our major tool is Sandplay. It unearths the hidden patterns, and lays them bare for you to see. Seeing is believing, and once seen we can heal.

When both partners are involved the process deepens and we can be more open and true to each other. Through sharing the deepest causes of our attitudes we can together deepen our love and make our relationship work.

This will be a very positive workshop, you will be smiling when you leave.

This one day workshop will be held on the day of the full moon Saturday, 15 October from 10am to 3pm. The cost is \$50 each, open to singles and couples. Bring lunch to share.

You must book! Ring John on 0431 616 227, we are limited to 14 people.

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www.bermaguicountryclub.com.au

October's Entertainment:

7th: *Guy Turk* from 8pm

14th: *Ray Stephens* from 8pm

16th: *Monster Raffle* over \$1000 worth of Meat,
Seafood & Fruit & Veg Trays, Tickets on sale from
3pm, First draw 4pm, Entertainment from 4.30pm
with Ricky Bloomfield

PLUS - Jumping Castles and Balloon Twisting

21st: *Struth* from 8pm

28th: *Crushed Ice* from 8pm

The Great Southern Forest campaigners give it their best shot

Forests are part of the natural capital that is critical for human wellbeing, a healthy economy and a sustainable society.

Campaigning to save our southeast's native forests from further destruction is a 'David and Goliath' struggle. The Great Southern Forest campaign aims to reinforce to the State and Federal Governments that native forest protection for wildlife, soil, water and carbon makes more sense than logging them for woodchips.

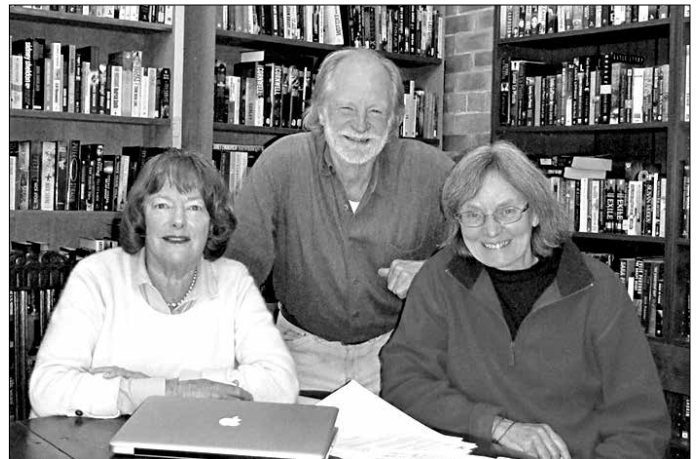
Expiration of the Regional Forest Agreement is imminent and we oppose its renewal. The government needs to zero in on a carbon emissions reduction scheme so carbon can fund jobs in forest landscape restoration, wildlife protection, pest and weed eradication, and boost jobs in nature-based tourism.

We three Triangle locals meet

regularly to help steer the campaign, which is supported by the National Parks Association, National Trust and SERCA. The GSF brief was posted to 55 NSW State and Federal MPs on 1 September and will be followed up with personal emails. A link to the brief is at: www.greatsouthernforest.org.au

For more information email contact@greatsouthernforest.org.au

A new batch of DVDs of *Understorey*



Bronte Somerset, Paul Payten, Ro Beaumont

has arrived at Candelo Books - don't miss out this time!

Bronte Somerset

Bega cheese continues to give where it lives!

With time fast approaching for the 2016 Mumbulla Foundation's annual Gala Dinner, Bega Cheese has announced its ongoing support for the event. The Gala Dinner raises much-needed funds for community and not-for-profit organisations right here in the home of Bega Cheese, the Bega Valley.

The valuable support of Bega Cheese and its commitment to 'give where it lives' means that the Mumbulla Foundation can continue to build on its work of the past 15 years in giving over \$800 000 to community groups in the Bega Valley.

Executive Chairman of Bega Cheese, Barry Irvin said today, "Bega Cheese is a proud supporter of the Mumbulla Foundation and the assistance it provides to not-for-profit groups who help make the Bega Valley such a vibrant and supportive



Gary Potts, Chairman of the Mumbulla Foundation (left) and Barry Irvin, CEO of Bega Cheese (photo Bega News)

community."

Mumbulla Foundation Chairman, Gary Potts said, "The support Mumbulla Foundation receives from Bega Cheese has meant that we have been able to almost

double the annual grants program over recent years."

The Mumbulla Foundation Gala Dinner, on Saturday 22 October at Oaklands Event Centre, Pambula, will this year be 'A Night on the Nile'. With music from Sam Martin and the Sundowners, Stonewave Taiko Drumming, great food and dancing the night away, it's sure to be a night to remember. So collect your pharaohs and slaves and get ready for a night of fun and entertainment, along with the huge charity auction.

For more information about the Mumbulla Foundation and to purchase tickets for the 2016 Gala Dinner, go to www.mumbulla.org.au. The Gala Dinner is also supported by Fairfax Media, 2EC Radio, Sapphire Coast Buslines and Excell Print.

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The Triangle's Eco Edge Competition

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

Every month we will publish the best creative, environmental contribution – story, essay, poem, painting,

drawing or photograph we receive.

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

This month's contribution is from Gracie Sunderland, aged ten, who was inspired to research and write this piece after she was shown a bower in a neighbour's garden.

Blue Builder: The Satin Bowerbird



Habitat

The Satin Bowerbird lives in rainforests on the coast of eastern Australia. During autumn and winter, Satin Bowerbirds leave their nests and move into open woodlands to forage for fruit, leaves and insects.

Breeding Season

When looking for a female, the male Satin Bower prances and struts around his bower. The male offers the female blue objects, while making hissing, chattering and scolding noises. If the female likes the male, they mate in the avenue of the bower. Did you

know the male may mate with three females in a single season? The female lays one to three eggs, and sits on them to keep them warm and bring them to hatching. She then takes care of the babies on her own.

Decorating their Bowers

The male's bower is an avenue of twigs and sticks, which he weaves into walls going in a north-south direction. He usually covers the walls with charcoal and spit. Platforms at both ends of the avenue are decorated with mainly blue-coloured things like pebbles, flowers, berries and feathers. When

humans are close to the bower the bowerbird will also use things like bottle caps and clothes pegs.

Description

Female and male satin bowerbirds have bright lilac-blue eyes, but there are no more similarities. The mature male satin bowerbird is about 30 centimetres long, and his plumage is black with a purple-blue sheen. The female is slightly smaller, and is coloured green, grey-green, dusky brown and dark brown. Her underbody is buff to cream, marked with dark olive-grey to dusky grey crescents.

Gracie Sunderland, aged 10

Two at play in Shop7 Artspace

Pauline Balos' and Peter Storey's works differ in attitude, style, background and output, though mutual appreciation of each other's work makes them complementary. A shared sense of humour helps as well.

Their backgrounds vary too. Pauline studied art at Armidale and Sydney and has enjoyed a career as a teacher of art, drama and colour; as an advertising stylist; set and costume designer and then as painter and sculptor.

Peter trained at art school in Melbourne to become an industrial designer. He worked for many years as an exhibit designer for government and commercial firms in Australian and overseas fairs and exhibitions. He also designed chairs, street sweepers, industrial air compressors, packaging, commercial interiors and shop fittings. He makes furniture and sculptures and paints in acrylics for his personal use and enjoyment.

The work for this show has been



A preview of the exhibition work with Pauline and Peter and other identities from the Wharf: Julie Rutherford from her real estate office, Francesca Michielin from the Gelati Clinic, Julie Munro from Pineapple House and hidden is Jody Collins from Fishermens Wharf admin office
(photo by Malcolm Halliday)

created during the last six months to express ideas which came to both artists independently but contained some similar themes.

One shared theme is that of nests and therefore 'leaving the nest', 'eggs' and just 'nests' are featured.

'Leaving the nest' shows collaborative works combining rich, polished timber forms, cutout aluminium figures, clear acrylic and industrial aluminium wire.

Backgrounding the three dimensional works are large paintings by Pauline which

show flowers and plants approaching full bloom, in their full glory, and then fading away. Parts of the paintings are unfinished to illustrate the ephemeral state of the natural world.

The opening will be officiated by local identity and author Laurelle Pacey. Laurelle is best known for her many local history books about our region. She is also a

strong supporter and proponent of visual arts and other community events. Her partner Steve Deck is also well known for his work with National Parks and the Mimosa Rocks National Park.

Shop7 Artspace is an important part of the Fishermens Wharf complex alongside the harbour in Bermagui and also a valued contributor to the visual arts in the region.

The exhibition at Shop7 Artspace, Fishermens Wharf runs till Wednesday 12 October.

Peter Storey



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Harbourside Lamont St Bermagui

Delicate Touch V: **Contemporary Australian Porcelain**

An exhibition of new work by four potters with different approaches to making beautiful objects in porcelain clay.

Cathy Franzi explores ways in which representations of Australian flora on ceramic vessels can communicate current botanical and environmental knowledge. She creates wheel-thrown and altered forms, and uses textural mark making, such as carving, sgraffito and ink inlay, to embed imagery into the surface.

Shannon Garson's latest works are delicately thrown porcelain vessels that articulate the strange beauty and wonder found in natural ecosystems. Details are revealed in the sgraffito as well as the oxide, underglaze and terra sigillata drawings that crawl over the surfaces - a visual language mapping the experience of being in the landscape, creating a dialogue between domestic life and nature.

Coloured incised line work in white porcelain forms is the hallmark of the work of Bronwyn Kemp. Meticulously made wheel-thrown or slab built forms, sometimes functional, sometimes sculptural, are the canvases for her skilled line work and inlay.

Mould making and slip casting are the foundations for the unglazed, polished bowls made by Sophie Xaharkos. Prototypes are thrown on the wheel and then a plaster mould taken from the original. Porcelain slip is coloured with stain and all bowls require a double pour to achieve one colour inside and another outside.

This exhibition runs till 13 November, with opening drinks from 4pm Saturday 1 October. Narek is open Thursday to Sunday 10am to 5pm including public holidays and by appointment.



Sophie Xaharkos



Bronwyn Kemp

No strings attached

Judy Panucci collects tea tags, papers and string.

"I thought it would be amusing to turn tags into tea sets and delicate cups so that the disposable dross became a reminder of the things we take for granted and waste."

Judy is joining artists Anna Buck, Jan Collingridge and Tanja Riese for the first exhibition of the season at Ivy Hill. All have created works on paper or, in Judy's case, from paper.

The strong artistic influence of the Bega Valley environment is evident in all three artists' work with paper.

Tanja and Jan have used rocks as subject matter, Tanja gently portraying their patterns and Jan using the force of water rushing down a local creek after rain. Growing up in England, the concept of a 'seasonal' creek and how quickly it is

transformed was a new one for Jan.

Anna's majestic lizards observe from the creek bank or the trunk of a tree.

You will find Ivy Hill on the coast road between Bermagui and Tathra. The Gallery is open from 10am to 5pm, Thursday to Sunday. This exhibition opens on 29 September and runs to 30 October. Join the Artists for drinks and to discuss their work from 5pm on Saturday 1 October. More information at www.ivyhill.com.au.

Carolyn Killen



Judy Panucci's paper works

Coming out writers

What if we had a writers' festival? Who would come? There would be no one famous. It would be our writers' festival ... us.

Everyone has a voice, "may your song always be sung" wrote Bob Dylan in *Forever Young*. In our hearts most of us have a story, a story that could be a song, a song that is a story.

The future has a way of becoming the present and very quickly passes, so get those creative juices flowing, drag that idea out of the bottom draw, rifle through that pile of paper, you may surprise yourself.

Stay tuned for more information regarding Coming Out Writers - a Tanja movement!

Peter Goffredo



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Art in the Triangle

Create and Inspire – Richard Gill teaching the teacher

In October, music ambassador Richard Gill OAM, conductor and educator, is returning to the Windsong Pavilion at Bermagui to share his skills in developing young musicians.

As part of the National Music Teacher Mentorship Program, Gill will use his talent and love of music to educate and enthuse music teachers, parents and anybody who wants to share in the joy and delight of being involved in encouraging young people to be involved in music.

This event is an amazing opportunity to spend time with an esteemed musician and hugely respected music educator, and is a not-to-be-missed event for anyone involved with young people and music.

For further information, or to book for one, or all of these fabulous events, call 6493 3414 or visit fourwinds.com.au to be immersed in fine music and learning, or stalk Four Winds on Facebook, Instagram and Twitter.



Richard Gill sharing the joy and delight of learning about music (photo by Robert Tachei)

Past and Present - The Frayed Edges Annual Exhibition



Mr Fox with flowers by Ros Hewitt and Alicia Cowan

The Frayed Edges of Quama invite family and friends, members of the public, fellow artists and passersby to join them at 10am on Saturday 1 October, at the Lazy Lizard Gallery, Princes Highway, Cobargo for the opening of *Past and Present*, their annual exhibition and sale of work.

The Frayed Edges exhibition is always popular. They are a group of lively, talented women, who for the last six years have been meeting regularly to inspire each other to create and enjoy making stuff. According to founding member, Cathy Blake, they look on themselves as a sort of adult playgroup. Their original intention was to explore all the possibilities of fibre art, (knitting, crocheting, weaving, felting, etc.) but they keep getting distracted.....

and tend to branch out and have fun exploring other media as well.

Of this exhibition, Cathy says, "We have chosen to exhibit items produced by our members during our 2016 experiments with various media, along with some favourites from previous years. We have enjoyed playing with clay and twigs, felt and fabrics, bark and beads, paper, paint and found objects, and we hope you like the results."

The exhibition is in the Side Room and will run from Saturday 1 to 12.30pm Saturday 29 October.

In the main gallery this month we will be displaying some of the artworks for the *Off the Page* exhibition, hosted by Well Thumbed Books as part of the 'Sisters in Crime' weekend.

Over the past few months, local worthy citizens have been picking a lucky dip from a box of newspaper-wrapped crime novels in Well Thumbed Books. Then, having taken their books home and read them, they have all produced amazing artworks, inspired by some aspect of the story for the *Off the Page* exhibition. There will be a People's Choice Award ... so come and have a look ... your input is essential!

Naomi Lewis

Coming up in November

Encouraging Creativity - an expo of mini workshops, demonstrations and hands-on activities at the Cobargo School of Arts Hall on Sunday 13 November. The Cobargo Creators invite you to come along and try your hand at something creative in a relaxed, inclusive and friendly environment. Full details in next month's *Triangle*!

Glennnda Heino, Cobargo Creators Workshop Team

Now that it's Spring
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My garlic, herb and cheese pull apart bread. It has the 'wow' factor when it comes out of the oven as you pull it apart, and the cheese oozes through the garlic and herbs ... yum! Rhubarb, ginger and blood orange jam. The jam is inspired by Maryanne's honesty box where I bought the rhubarb, and the local blood oranges at Honor's bakery. I teach it in my class so we can fill our brioche donuts with it...

Garlic and Cheese 'Pull Apart' Bread

Makes 1 loaf

Ingredients for the dough:

170mls milk, room temperature
10g sugar
7g yeast
1 organic free range egg, lightly beaten
300g plain flour
5g salt
50g butter, softened

For the butter:

80g softened butter
2 sprigs rosemary, oregano, parsley or your favourite herb,
leaves finely chopped
2 cloves garlic, finely chopped

For the top of the bread:

20g parmesan cheese, grated
20g melted butter, extra to brush over the top



Waiting for the oven

Method

For the dough, mix together the milk and yeast and let it 'sponge' for approximately 15 minutes, or until it has started to bubble and froth on the top.

In a separate bowl, mix the flour and salt together.

Add the eggs to the yeast mixture, then add the wet ingredients to the dry ingredients. Bring the dough together, and either knead by hand, or use a stand up mixer for 10 minutes, or until the dough is smooth and elastic. The dough should come away from the sides of the bowl if you are using a stand up mixer.

With a mixer on a slow speed, gradually add the butter to the dough

bit by bit, making sure each addition has disappeared into the dough before you add the next bit. If you are kneading by hand, dollop the butter onto the dough bit by bit, and knead until the butter has disappeared. The dough should be shiny and glossy by the time all the butter has been incorporated.

Cover the bowl with a tea towel and leave in a warm place to rise for 1 hour, or until it has doubled in size. Meanwhile, make your flavoured butter. Combine all the butter ingredients and set aside.

Preheat the oven to 180C. When the dough has risen to twice its size, knock back the dough and knead it until it returns to its original size.

Grease and flour a 21cm x 11cm (base measurement) x 6cm deep bread tin.

Using a rolling pin, roll out the dough so that it is ½ cm in thickness. Use a 12cm round cutter to cut out round shapes from the dough. Spread the flavoured butter over the rounds, and sprinkle parmesan over the top. Gently fold the rounds in half to sandwich the butter and cheese, and transfer to the bread tin, so that the fold is on the bottom of the tin, and it is seam side up. Line the semi-circles up together so that they fit snugly into the tin.

Set aside in a warm, draught free place to rise again until it has doubled in size, and risen to the top of the bread tin.

Gently brush the bread with melted butter and transfer to the oven. Bake for 20 to 25 minutes, or until golden brown all over and cooked through.

Rhubarb and Ginger Jam

makes 1.3kg

Ingredients

1kg rhubarb
25gm fresh ginger, finely diced
800gm sugar
zest and juice of 1 orange

Method

First place a small plate in the freezer to use to test the jam.

Cut the rhubarb into 2cm batons. In a large bowl, place the chopped rhubarb, ginger, sugar, juice and zest. Mix well and leave to marinate overnight to release the juices from the rhubarb.

Place everything in a large, heavy based saucepan on a low heat, stirring until the sugar has dissolved. Once the sugar has dissolved, turn up the heat and bring to a boil. Boil for 10 minutes, or until the setting point has been reached and skim the jam of any scum that rises to the surface. Once the jam has reached 104C it should be ready.

Remove the jam from heat and set aside. Take the plate out of the freezer and add a teaspoon of jam to the plate. Let it sit for one minute, and gently push the jam with your finger. If it wrinkles, the jam is ready. If it doesn't, place the jam back onto the stove to boil for 5 more minutes and repeat the process until it is ready.

Transfer to sterilised jars, pop the lids on and allow to cool completely before storing.



Trees – a very shady subject

With summer heading our way I thought it timely to once again talk about shade trees. Trees are probably the most important component of the landscape as they provide protection from the elements, add structure to a garden and provide habitat for wildlife.

Trees come in many shapes and sizes, whether evergreen or deciduous, short or tall and narrow and wide.

Careful consideration should be taken when selecting a tree for the location that is proposed, as trees are there for a long time. It is most important, when deciding whether to use a tree in a particular location, to look at a number of issues before the final selection is made.

Firstly, what do you require the tree to do? It can be to create shade for a particular style of garden that is shade in the summer and sun in the winter. It could be to screen out an eyesore in another location, or a tree to hang a swing off and the list goes on.

Providing shade in a garden to protect the western side of the home from hot summer sun is a very important consideration. A large deciduous tree can reduce the inside temperature of a home by several degrees in the summer. In the

winter, sun is allowed to warm the home when the tree is dormant. Consider, though, the eventual size of the tree, so it doesn't



Crab Apple

interfere with the home when fully mature. Plan for the tree to be one and a half times the distance of the eventual radius of the tree, from the roofline of the home.

Consideration of utility services like sewerage, water and power lines is most important.

Although I am a great lover of trees I firmly believe that a lot of our beautiful Australian native trees, like Eucalyptus trees, are totally misused in the landscape. Some of these trees can grow to a massive size and can be fairly unstable in extreme weather conditions and therefore should be used wisely in the landscape. Thankfully

the horticultural industry in recent years has developed a range of smaller mallee type trees and small grafted species that are fabulous for the home garden situation.

After you have decided to plant a tree in the garden the decision then is to the species. There are many new varieties that take into consideration small urban and town blocks and trees that cause very little problems to the gardener.

Some of my favourites include a number of varieties of ornamental pears, birches, pistacia and crab apples to name just a few.

Luckily all these trees are available all year around either bare-rooted in winter or containered in the warmer months. Planting at anytime of the year is alright as long as in the height of the warmer months, adequate water is applied to reduce transplant stress.

Talk to your friends about their experiences with trees, take a drive around the local community and observe what others have done or most importantly talk to your local nursery person for their advice.

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0488 950 165

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Saddle, English Barnsby Dressage Saddle, 16 inch, great condition, \$800. Ph 6493 7222

Saddle, All-purpose Bates Liberty 16 inch with adjustable gullet system. Excellent condition. \$600 Ph 6493 7222

Nissan Patrol G.Q 1997, 7 seater, auto, dual fuel, long range. Bull bar, snorkel, Old Man Emu susp. A/C, P3, Exc cond. Last of full steel chassis model. 254,000kms. Full history - need smaller sedan. Details PH 6493 3274

Circular saw, 410mm blade, as new condition \$80.00, **Gas heater**, suit studio or workshop \$40.00, **Dome tent**, as new (used 2x) sleeps up to three, able to stand up inside plus small front verandah \$120.00, ono. **Single self-inflating mattress**, \$50.00, **Double self-inflating mattress**, \$90, both items as new Ph 0406 513 683 after hours.

Instant walls for your shed or studio project. 7 assorted windows and sliding door in aluminium and timber frames around 1800 x 1400 sizes approx. \$400 the lot. Phone 6493 5914.

Jayco Starcraft Outback Caravan. 2015 Model 18.55-3. \$54 990 ono. Many upgrades including upgraded fridge, tri fold table, washing machine, fibre glass sides, toolboxes, rear view camera, bike rack, and gas heating. Includes all hoses, power cables, crockery and cutlery. First registered January 2016. For further information and photos contact Peter on 0427 224 072'

WANTED

Looking for one or two persons to do casual tourism cleaning work near Bermagui. As normal in this area, most work is from Spring-Autumn, and you must have good availability at peak times over Christmas and Easter. Peaceful environment and good conditions. Please email bermicleaningjob@gmail.com Ph: 0447 118 923

Guidelines for contributors

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

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

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

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

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

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

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

Book Review

Heather O'Connor

Chris Cleave

Everyone Brave is Forgiven, \$29.99



Chris Cleave, in his notes at the conclusion of the book, tells us that he was inspired to write this book as a tribute to his maternal grandfather, Captain David Hill of the Royal Artillery. Captain Hill served on the island of Malta, where near starvation was as challenging as the almost daily bombing raids by the Germans. Some of the facts of his service are reproduced in the

novel, but otherwise, the plot is as imagined by the author. The first few chapters didn't grab me, mainly because the main female character, Mary, is the 18 year old daughter of a local MP (presumably a conservative). She is obviously over-indulged and both she and her best friend are typical English upper-class pains. Mary hoped to become a spy or something equally glamorous when she volunteered at the outbreak of the Second World War. However, she is assigned to schools, and to her credit, insists on face-to-face teaching, at which she proves to be exceptional. Her character begins to develop as the reality of the blitz and other hardships of wartime kick in. Her romance with her superior (and later on, with his best friend) are quite moving, although I must admit that the romantic feelings of an 18 year old set against the tragedy of war strike me as a bit contrived. This is a book that improves as it goes along and in the end, leaves memories and impressions of war that are a tribute not just to his grandparent, but to all those who served and to those who waited.

PS: Another good book by Cleave is Gold.

Pet of the Month

Deb Cox

Why de-sexing is necessary

There are so many dogs and cats being put to sleep every day because there aren't enough homes for them. Why would you add to this number? You don't have to. If you need financial help to de-sex your pet please visit your local veterinary clinic for a subsidy application form. Subsidies are provided through the fundraising efforts of members of the Animal Welfare League NSW Far South Coast Branch. Call 0400 372 609 for further details. Animal Welfare League NSW Far South Coast Branch has several dogs for adoption.

Dogs available are Reuban the 8 month old male Bull Arab cross (pictured), Bear the 20 month old Black lab cross and Lilley the 12 year old female Maltese. The cost of dogs over one year old is \$350 which covers, de-sexing, microchipping and lifetime registration, vaccination, worming, tick and flea treatment and a vet check. An extra vaccination is included for pups so the cost for them is \$375.

Fourteen week old Sweet Pea and Stuart are some of the kittens waiting to be adopted. Prices of kittens are subsidised (\$200 covers de-sexing, two vaccinations, microchipping, worming, flea and tick treatment and a vet check).

Cats available for adoption are, Kitty the 8 year old DMH Tabby, Sox the 7 month old Tabby and white DSH, Bessie the black one year old female DSH and two 9 month old black DSH cats, Max and Coco. There are several other dogs and cats on our waiting list so please call 0400 372 609.



Reuban still needs a good home



AL-ANON

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

ALCOHOLICS ANONYMOUS

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

ANIMAL WELFARE LEAGUE

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

ANGLICAN PARISH OF COBARGO

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 2.30pm, games start at 3.00pm.
No experience necessary, call Nerida on 6493 4364 or
Sylvia on 6493 4992

BERMAGUI GARDEN GROUP

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

BERMAGUI CROQUET CLUB

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

BERMAGUI DUNE CARE

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

BERMAGUI SES UNIT

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

BERMAGUI TINY TEDDIES PLAYGROUP

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

BERMAGUI HISTORICAL SOCIETY

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

BERMAGUI U3A

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

BERMAGUI URBAN FOOD FARMERS (BUFF)

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

COBARGO DISTRICT MUSEUM

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

COBARGO GARDENING & FRIENDSHIP CLUB

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

COBARGO SHOW MEETING

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

COBARGO PRE-SCHOOL

Child centred, play based 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 or
Janet 0429 464 894 email: cobargohall@gmail.com

1ST COBARGO SCOUT GROUP

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

COBARGO TOURIST & BUSINESS ASSOC

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

COBARGO CWA

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

COBARGO'S LANEWAY MARKETS

Every Saturday morning from 9am til 1pm.

An initiative of Cobargo Creators

COBARGO & DISTRICT RED CROSS

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

MOBILE TOY LIBRARY

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

TILBA MARKET

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

TILBA VALLEY WINES BRIDGE CLUB

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

QUAAMA / COBARGO QUILTERS

Meets Mondays 10am - 3.30pm in the CWA Cottage,
Bermagui Road, Cobargo, and welcomes anyone who
does patchwork, quilting, or any other needlework.
Lorraine James 6493 7175 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, 9am, at Quaama
School of Arts Hall to plan Quaama community
events and projects. Membership \$5pa. New
members and non-members always welcome.
Enquiries: Glennda Heino 0408 411 956. See www.quaama.org.au

MT DROMEDARY UNITING CHURCH

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

MYSTERY BAY COAST CARE

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

LIFE DRAWING SESSIONS

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

DIGNAMS CREEK COMMUNITY GROUP

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

OPEN SANCTUARY@TILBA

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

NAROOMA & DISTRICTS CAMERA CLUB

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

HEART TO HEART

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

NAROOMA BLUE WATER DRAGONS

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

WALLAGA LAKE/BERMAGUI MEN'S SHED

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

THE YUN 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

OCTOBER	WHAT	WHERE	WHEN
Sat 1	Paper Plane Trio	Windsong Pavilion, Four Winds, Barraga Bay	2pm-4pm
	live music	Bermagui Beach Hotel	4pm-7pm
Sat 1 & Sun 2	Cobargo Creators studio trail	around Cobargo	day
Sun 2	live music: Rags to Riches	Tilba Valley Winery	from 1pm
	live music: Rick Bloomfield	Bermagui Beach Hotel	4pm-7pm
Tues 4	make a kaleidoscope workshop for age 7+	Bermagui Library	from 10.30am
Fri 7	live music: Guy Turk	Bermagui Country Club	8pm
	ecstatic dance	Quaama Hall	6pm
Sat 8 & Sun 9	Sisters in Crime Festival Events	Cobargo School of Arts Hall	10am-3pm
Sat 8	Montreal Heritage Day	Montreal Goldfields, Wallaga Lake Rd	9.30am-2.30pm
	Soul Sisters Dance	Cobargo School of Arts Hall	6pm-11pm
	Hairy Concert	Big Hall, Central Tilba	from 6pm
Sun 9	blacksmithing demonstration	Galba Forge Yowrie Rd	1pm-5pm
	live music: Candy McVeity	Bermagui Beach Hotel	4pm-7pm
Thurs 13	Bower Bird Op Shop AGM	Bower Bird Op Shop Cobargo	from 1.30pm
Fri 14	live music: Ray Stephens	Bermagui Country Club	8pm
Sat 15	Quaama/Cobargo quilter's open day	Cobargo School of Arts Hall	9am-4pm
	Andys Just Deserts musical puppet show	Bermagui Country Club Auditorium	10.30am-12.30pm
Sun 16	live music: Niq Reefman	Tilba Valley Winery	from 1pm
	full moon dance	Quaama Hall	5pm
	live music: Emma Jene	Bermagui Beach Hotel	4pm-7pm
Fri 21	live music: Struth	Bermagui Country Club	8pm
	ecstatic dance	Quaama Hall	6pm
Sun 23	live music: Klaus	Bermagui Beach Hotel	4pm-7pm
Fri 28	live music: Crushed Ice	Bermagui country Club	from 8pm
Sat 29	Spring Horse Show	Cobargo Showgrounds	from 9am
	'The Go-between: Murrungurk Buckley'	Candelo Town Hall	7.30pm for 8pm start
Sun 30	Quaama Spring Fair	Quaama	from 11am
	The Go-between: Murrungurk Buckley'	Murrah Hall	2.30pm for 3pm start
	live music: Tony Jagers	Bermagui Beach Hotel	4pm-7pm
Nov Tues 1	Melbourne Cup luncheon	Sundeck Restaurant	lunchtime
REGULARS			
Mondays	Quaama/Cobargo Quilters	CWA cottage Cobargo	10am-3.30pm
	BINGO	Bermagui Country Club	10.30am
	Cobargo is Dancing	Cobargo School of Arts Hall	6pm-7pm
1 st Tuesday	Bermagui garden group	venues vary, phone Heather: 6493 5308	
last Tuesday	Cobargo Seed Savers	18 Blackbutt Drive, Cobargo	10am-12 noon
Wednesdays	pool comp	Bermagui Country Club	from 7.30pm
	meditation classes	Kamalashila Tibetan Buddhist Centre, Tilba	10am-11am
	Dru Yoga class	Cobargo School of Arts Hall	from 10.30am
1 st Wednesday	Bermagui Historical Society meeting	Bermagui Museum in community centre	2pm
	social bridge	Tilba Valley Winery	from 2pm
Thursdays	Mind Body Stillness Meditation	The Courtroom, Princes H'way Cobargo	10am-11am
	Bermagui Growers market	Fishermen's Wharf	2pm-3pm
2 nd Fridays	Tilba CWA meetings	Small Hall Tilba	10am
3 rd Sundays	Cobargo/Quaama food swap	venues vary, phone Tam: 0409 882 944	10am-12 noon
last Sundays	Bermagui Red Cross Markets	Dickinsen Oval, Bermagui	9am-12noon
ART			
Sat 1	exhibition 'Past and Present' opening 10am - 12 noon	Lazy Lizard Gallery, Cobargo	Mon-Fri 10am-4pm Sat till 1pm
till Sun 30	exhibition 'No strings attached'	Ivy Hill Gallery, 1795 Bermagui Rd, Wapengo	Thurs-Sun 10am-5pm
Sat 1	exhibition: 'Delicate touch V'	Narek Gallery, 1140 Tathra-Bermagui Rd, Tanja	Thurs-Sun 10am-5pm
till Wed 12	exhibit 'Two at Play'	Shop7Artspace, Fishermens' Wharf, Bermagui	Mon-Fri 10am-4pm

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