

Four Winds for the first timer

My mother always said I was a late bloomer! And it has taken me some years to finally get to the Four Winds Easter Festival. As is often the case at Easter when living at the beach, you have a full house of visitors making it hard to slip off to listen to some music. Not this year! My adult kids were all arriving Sunday which meant I was free to finally attend the Four Winds open air concert on Saturday.

On a perfect day which only April can deliver, not too hot and not too cool, I packed a picnic lunch and off I went with my husband to sit on the grass and listen to the sounds of an open-air concert. What a treat! It was also our 35th wedding anniversary so a bit of a celebration too.

I had heard from various people about the music being too classical and the people too 'upper crust'. Yes, there were some beautiful people in head to toe linen ensembles with large bespoke silver bangles and Panama hats! But also some barefoot and fancy-free folk. It all just added to the vibe which is the Far South Coast brand. The children enjoying picnics with their parents or grandparents were the best-behaved children I have seen in a long time! Not a peep from one of them all afternoon other than applauding the acts.



Nature's concert hall: complete with lagoon for atmosphere (photo: Warren Purnell)

Cultured kids!

The venue is unique. It is up a short dirt road and then into a single lane track which takes a deep dive down to a floodway and then a steep climb to the top of the paddock where you park among the gum trees. Smiling volunteers welcome you everywhere. It was well organised, and you could buy tickets at the entry if you had not booked. There was a small collection of food stalls and a bar and a relaxation tent. Some tasteful merchandise was also amongst the offerings. You are

most welcome to BYO picnics, as many people did.

The stage is at the foot of a grassy terraced amphitheatre. Bring a rug or some low seats to set yourselves up in the shade or in the sun. The backdrop of a lagoon behind the stage adds more to the atmosphere.

The music suited a wide selection of tastes. Original music written for youth choirs, world fusion music and classical music all sat alongside each other. There were people mesmerised by the performances and others laying back and reading newspapers. Just check the program to be sure you arrive for the main chunks of the programs as there is a generous one-hour-plus lunch break without music on stage. There was a pop-up duet near the food tents to keep the tunes flowing.

If you have not been to the Four Winds, I would suggest you try it out. It is a world class venue with world-famous performers in our very own back yard! Bermagui is not just about fishing and surfing. The concerts are as good as you will see at the Sydney Opera House. As someone once said, 'You'll never never know if you never never go!'

Ann Maree Menager



Volunteers aplenty—integral to the success of the Festival (photo: Warren Purnell)

Easter, at the surface, is chocolate, bilbies, tinsel and holidays, and at a deeper level a quarter of the planet's human population immerse in the cycles of death and new arising, a light kindled from the dark. The word-craft of the poets at Well Thumbed Books remembering the tragedy at Christchurch evoked a similar resonance of death, solidarity, silence, brokenness and connection.

The cycles of nature echo reminders of loss, fall and rise. The family of White-bellied Sea Eagles at Wallaga Lake suffered loss when the mother, Harriet, was hit by a car. While rescuers cared for her, her life mate, Stanley, circled above. In the eight

months of their separation Stanley cared for their young. The eagle family now soar on the spirals together – connection, solidarity and care.

Also at Wallaga Lake, the rather unwanted new neighbours, the 3000-head flying fox colony will be leaving – no pushing, no intervention, just natural patterns. They sip on the nectar of the bloodwood blossoms, flowing every five to seven years – now almost over, the flying fox will move on. A season for everything.

Reverend Linda Chapman gently suggests we reconnect with nature and its realities of interdependence and cycles, seasons and solidarity.

Thumbs UP



To Bega Valley Shire Council for the silky-smooth new surface on Lamont St heading past the lagoon into Bermagui. While you're at it, there are plenty of other roads that need resurfacing ... we can send a list if you like.

To the local homeless bloke having a go at building his own flying home. He may not be Einstein but he's now not homeless.

Thank you to the organisers and volunteers who made the Four Winds such a fantastic weekend. We were all spoiled for choice!

To Carol the Bega optometrist. My friend's vision has been deteriorating for the last 40 years and now she's legally blind. But no eye doctor had ever thought to show her an image of her affected retinas—until Carol. Carol enlarged some images on her computer so that my friend, and her husband, could see at last what they've been living with. Hard, yes. Sad, yes. But respectful and inclusive. The gratitude is palpable.

To the Thumbs DOWN



tailgaters and road ragers who bully drivers on the Cobargo Bermagui Road. The RMS changed the speed limit—not the drivers who are simply obeying the law by sticking to 80 kph. Overtaking over double lines on corners while expressing your fury is just not on. Someone will get hurt. Agitate your local member or the Roads and Transport Minister, not your fellow road users. And slow down!

To whoever trashed the north end of Cuttagee headland on the night of the state election in March. My husband went fishing the next morning and stumbled into the biggest trashing he has ever seen; obviously these imbeciles had stayed the night. Bottles and cans, boxes, shoes ... He continued to his fishing ground, intending to come and get me and my daughter to help. But when he got back, there was a gentleman with a ute who had picked up all the rubbish on his own—thumbs up to him! He didn't want to call the Council because he didn't want this headland closed to us all because of these idiots.

To the people who drive like lunatics in the Bermagui Woolies carpark. It's a very, very tight carpark at the best of times, but in the holiday period it's chaos! It's a dreadful design with a narrow driveway and the lane up the middle is barely wide enough for two cars to pass. I suggest Woolies employ a carpark attendant to guide people. People seem to check their manners out as soon as they drive into the carpark and road rage is common. How about you park out on the street if you can't be civil in a carpark?

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The Triangle is a community newspaper. Its aim is to provide information and news to the people in the Triangle area - the area bounded by the three mountains (Gulaga, Mumbulla and Peak Alone). 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, boosted during holiday seasons so there's enough for visitors.

Letter to the editors

A local Kiwi, on the Cobargo vigil

I was born and grew up in Ōtautahi Christchurch. In 1996, I met my husband-to-be, a Bermagui lad who was a member of the Royal Australian Navy. He promptly swept me off my feet, I moved to Sydney and we were married! In 2000, we moved to Bega where we've raised our two daughters.

Like most people, I have not been able to make sense of the massacre of 15 March 2019.

I was deeply affected that a small-

town, second-hand bookshop like Well Thumbed Books could gather in a significant number of Kiwis, people with a connection to Aotearoa New Zealand, and others who wanted to express their solidarity with the people across the 'deetch'. The event gave me a chance to share my grief and dismay in an empathetic enclave and to stand in hope and support for my hometown.

Linda Albertson
Bega



Linda presents her poem at the vigil. More on page 14

Correction

In last month's *Triangle*, in a story titled 'Our 24th genuine Folk Festival: expectations vs reality', mention was made of the 'Aunty Irene Festival'. It should have read 'Aunty Eileen Morgan Festival'. Sorry!

And a clarification ... in the same story we said that Cec Cox was the instigator of the Festival. In fact, Cec was just one member of a small but strong team that started the folkie ball rolling in Cobargo. Kudos to all of 'em—it's a wonderful thing.

Communal poem by *Triangle* readers

In our March issue the Well Thumbed Poets group invited *Triangle* readers to submit a line for a communal poem. The idea was to generate a poem that is a communal exploration of the experience of living on the Far South Coast.

Fifteen readers responded, and the Well Thumbed Poets have arranged the lines into the poem below.

*auntie V by the sea
the dinghy floated down the stream
saffron gelato of summer socialising
you didn't care when I had Monday
off for a horse race
an open shell butterfly lies heavy
in the sand
shearwaters diving into the fish-
fat sea
turquoise tendrils streaming from
knife-blade fins
fishy splishy splashy
sunshine on her whiskers, glistening
daily trucks deliver our forests to
the chip mills
you don't own the road - the crows
do
to feel or not to feel
every morning my heart lifts with
the mist
first winter - Bermagui ghost town
nobody owns a fire*

Contributors: Anon., Linda Albertson, Vesna Andric, John Blunden, Leigh Crowe, Richmond Evans, Kai Jensen, Pauline O'Carolan, Veronica Rumble, Jen Severn, Chloe Spear, Kaz Stradwick, Sandra Taylor, Kathy Troup, Virginia Yorke.

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The ebb and flow of life in Bermagui continues and, as autumn progresses, is slowly starting to relax into its winter hibernation. The last mad flush of visitors over the school holiday/Easter break have packed up and left, leaving locals to breathe a sigh of relief. We have our town back! Throughout the busy Easter weekend, Bermagui was a hive of activity with families catching that last bit of sun and surf, and a huge contingent of music lovers, ready to experience the ambience of the Four Winds Festival and the beautiful setting at Barragga Bay.

Our visitors are vitally important to the economy of Bermagui, but it is always nice when the summer season is over. From now on we will only get a trickle of grey nomads coming through and of course the fisher folk, who visit year round. Well done to all the hardworking businesses who managed to get through the holiday season with a smile on their faces. Time for a well-earned rest!

Anzac Day services were, as usual, well-attended in Bermagui with a moving dawn service at the Memorial. It is often during this time of remembrance that locals reflect on those who they have loved and lost. Sadly, in a town with a large population of retirees, losing newly made friends and neighbours becomes a regular event. People retiring in Bermagui come here to experience a more relaxed lifestyle, and in doing so, meet other likeminded people. Newly made friends of just a few years are often lost to us through terrible diseases like cancer, and we all sadly mourn their loss. Our thoughts go out to all those in our community who have recently lost loved ones.

May is also the month when the Cancer Council has their annual Biggest Morning Tea. There are always a couple of events planned for Bermagui, so keep your eye out for a function and help

support this worthy cause.

Some new faces on the local business scene

Here's one for all the lovely ladies of Bermagui! Give yourself a real treat and pamper yourself at the new Eco Salon Day Spa, recently opened in Wapengo Street (in the old doctor's surgery). A whole range of luxurious beauty rituals are available, as well as Curly Hair Specialist hairdressing. Well, you learn something new every day. I never knew that women with super curly hair often find it hard to get a good cut or treatment. If you fall into this category, go and see the lovely Coventry, who will make sure all your needs are met. Check out the website on www.ecosalondayspa.com.

On the foodie trail, Bermagui now has its first exclusively vegetarian restaurant, Boneless, opened in the old Corkies café. I have had reports that it has a great menu and is run by some nice people. Must check it out soon.

A big thank you to all our local food businesses who donate leftover food to Ozharvest, and especially to Honor Bread Bakery who tell me that they freeze any leftover pastries, and are happy to donate

them to local community groups for morning or afternoon teas. They assure us that they warm up beautifully. Just call into the bakery and let them know who you are and what you need.

Car Club comes to town

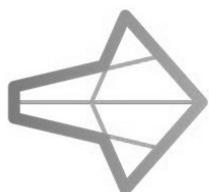
Car enthusiasts take note! The Wolseley Car Club will be holding their national rally in Bermagui from 5 – 10 May. It is expected to bring close to 100 people and over 40 vintage/ veteran/ classic Wolseleys to be displayed.

Participants from all over Australia (and some from New Zealand) will be bringing their beautifully restored cars to Bermagui. The rally will consist of outings to Eden for a cruise, to Tathra via Cobargo, and a visit to our very own Montreal Goldfield.

The cars will be on display in the carpark of the Bermagui Country Club on Monday 6 May. So, if you love cars don't miss this opportunity. And, if you see members of the Car Club around town, make sure you give them a big Bermagui welcome. It's always great to see large groups using our town as a base for their activities.



Check out the classic Wolseleys on display in Bermagui on 6 May.



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Bermagui Banter

Beauty Point Boat Ramp

The upgrade of the Beauty Point Boat Ramp was completed just in time for the Easter/school holidays. There is still some minor work to be done, but overall it is ready for action. The existing toilet facilities are also set to get a facelift soon. BVSC is also partnering with Local Land Services under the Marine Estate Management Strategy to carry out additional landscaping works along the foreshore of Wallaga Lake, which will assist with the reduction of sediment and nutrient runoff from the unsealed track, and provide an aesthetic improvement for visitors accessing the picnic facilities on the track.

Fish waste to compost

Bermagui Harbour was the place chosen for the launch of a new fish waste collection service on Monday 15 April. BVSC Mayor, Cr Kristy McBain, launched the project with Eden-based company, Ocean2Earth.

The company will place bright blue, clearly marked bins at six of the Shire's boat ramps for fishermen to place their waste in. Ocean2Earth will then transform the waste into organic garden compost, complementing the Council's FOGO services, which turn garden and



A busy morning at the Bermagui Harbour boat ramp over the Easter holiday break

household organic matter into compost at its Merimbula facility.

Founders of the company, brothers Kyran and Tim Crane, both keen fishermen, encountered overflowing fish bins at boat ramps, or people throwing their waste back into the ocean, causing unsightly and often very smelly piles of offal. They believe that their scheme will be embraced by fishermen, and their products will be a valuable resource to the agricultural and gardening industry, and

will reduce the amount of landfill. A win-win-win situation.

This initiative is sure to please our local fishing fraternity, and has been endorsed by the Big Game Anglers Club of Bermagui.

However, in a plea to those who use the facilities, please don't put household waste or plastics into the fish waste bins! BVSC has installed new red and yellow bins at the ramps—choose the right bin!

U3A update

Term 1 was very busy with a wide range of offerings including travel stories of adventures in Croatia, Jordan and Flinders Island. We heard about the fossils in the Pilbara, had lively discussions over opera, and achieved total relaxation with Tai Chi.

Our Local Treasure was Sean Burke who talked about his interest in environmental and social activism. There was a timely presentation from Ines Judd on the History of the European Union covering the driving forces that created the EU, including the post-World War II situation and European recovery, the emergence and strength of communism and the decline of Western European empires.

In addition, there was a presentation by Ted Beardow on the history of Hitler from 1935 to the declaration of war in 1939.

In Term 2, some of our new presentations include Learning to Love Modern Poetry, First Aid, the Night Sky, Loss and Grief, Antique Dolls, US Foreign Policy, talks by Indigenous speakers and an excursion to Mogo Zoo. There will of course be our regular, popular offerings such as Film and Lunch, Bowls, Linguistics and Australian Writers (playwrights this time), and more on the history of the EU. As National Reconciliation Week and NAIDOC Week fall in Term 2, the work on our Community Engagement Plan, designed to improve our connections

with our Indigenous community, will also continue with some great guest speakers.

There are over forty classes to choose from so come along to Information & Registration Day at the Bermagui Country Club, Tuross Street, Bermagui on Wednesday 1 May between 2 pm and 4 pm, and talk to our presenters, enrol in a class and discover the world of U3A.

If you would like more information about U3A Bermagui, please visit our website at www.bermagui.u3anet.org.au, or call Jan Rivers on 0409 901 672 or Debra Cushion on 0419 253 700.



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Flower power and the flying foxes



The current Bloodwood flowering event, which occurs every five to seven years, has attracted flying foxes to the Bega Valley. When it ends later this month, the camps will move on. Phew!

In the April edition, I wrote an article about the flying fox camp which had moved into the Wallaga Lake Heights late last year. The Bega Valley Shire Council's Andrew Morrison contacted me to share some interesting information for the residents being impacted by the camp of grey headed flying foxes on the Far South Coast this season. Panboola has a camp of approximately 70,000 flying foxes. Bega has 15,000 in their maternity camp.

Candelo has a few hundred in the camp there. Eden has also had a new camp arrive this year. The Wallaga Lake Heights camp is estimated to be approximately 3000 in numbers.

Andrew stated that due to the Bloodwood flowering event, which happens only once in a while (every five to seven years), these new camps and the large numbers involved have arrived to enjoy the flowers' nectar. It is expected

that once the flowers die off the flying foxes will move on. It is likely they will leave the Wallaga Lake Camp by the end of May. Andrew mentioned the lack of a fresh water source at Wallaga Lake will be a deterrent for a permanent camp and it's unlikely to ever sustain a maternity camp the size of Bega's Glebe Park.

The Flying Foxes need fresh water to cool off as well as to drink from as they skim along large bodies of fresh water which wets the fur on their chests. Then they drink from the moisture on their fur. These are an endangered, protected native species so while it is not fun to be living close to these camps, it is also a part of the preservation of our native woodlands to have these pollinators around for the flowering seasons.

Andrew and Olivia from the NSW Office of Environment and Heritage visited the camp in Wallaga and have spoken to a number of concerned residents. If you need any further information, Andrew suggests the following as a very good source for people living in close range of a camp: www.environment.nsw.gov.au (search for 'flying foxes'). You can also contact Andrew Morrison at the Bega Valley Council.

Ann Maree Menager



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When the (army) band came to town

What a fabulous night was Friday, 15 March at the Bermagui Country Club when the band of the Royal Military College gave our community a fabulous night's entertainment and a fundraising opportunity for the Bermagui Rural Fire Brigade.

The South Coast tour was planned to culminate in Tathra to commemorate the one year anniversary of the devastating 2017 fires that ripped through the town.

The 30-piece band provided a variety of music and entertainment, morphing from the larger unit into a six-piece brass band, then a four-piece rock band performing rock and hip hop music.

Formed in 1954, the band has expanded to 11 units who can mix and match and perform up to 400 events per year, from a single bugler to the current combination already in training for the upcoming Royal Edinburgh Military Tattoo in Sydney in October. Although they're musicians, members can be deployed into active duty at any time.

We cannot thank Secretary Manager Rob Beuzeville enough for providing a fabulous night's entertainment and an opportunity raising over \$2000 for the brigade. The generosity of this small community is always amazing. Thank you!

A special thank you to the band's 'Big Boss', Commanding Officer Major Darren Cole, and his musicians, not only for the camaraderie, humour and generosity of the unit but for inviting the intrusion of special guests Kev Riley and 'the Pres' into the entertainment of the night.

A special night and a big thank you to all.

Maggie McKinney

President, Bermagui Rural Fire Brigade



Firefighter Kev Riley rocks with the Army Band

New home for Bermagui Men's Shed



The deal is done ... now sponsor a square metre to make sure the shed goes up!

With the block of land on the Bermagui-Tathra Road now secured, the Bermagui Men's Shed are gearing up for a huge fundraising campaign to build their new shed and, finally, have a home to call their own.

Negotiations have been long and hard, and full congratulations to those who have persevered through the process, assisted by the Bega Valley Shire Council. All systems now have the green light, and they aim to have the concrete slab under way by the end of 2019.

Of course, government grants and funding opportunities are being investigated, but this is very competitive, and never a sure bet for funds ... and they need a lot of money to not only build a first class work shed, but also a meeting/office/recreational space, complying with all Council regulations for disabled facilities, parking and landscaping.

The Men's Shed team are a regular sight with their Sausage Sizzle outside

Woolies, and they sincerely thank all locals who support them. But there will need to be a mountain of sausages sold to get anywhere near the dollar target!

So, what next? Well, the committee have come up with an innovative plan to raise funds locally by asking both businesses and individuals to sponsor a square metre of concrete for \$100. Already *The Triangle* has sponsored five square metres! All donors will be named on an honour board in the new shed.

If you're interested in sponsoring part of the new Bermagui Men's Shed, contact Phil Baldwin on 0421 114 882 or Steve Knight on 0400 779 343.

As a Men's Shedder spouse myself, I am throwing out the challenge to other grateful wives who happily wave their husbands off each week to 'Daddy Daycare' (they always come home happy!) to get together and buy a little piece of the new shed!

Carolyn Banados

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Well, Easter is over. We have been treated to stunning autumn weather, the Tilba Easter Festival was a great hit and the Four Winds Festival has been an amazing musical pleasure that has involved the whole community. Against all this cultural expression we will know the outcome of the Federal Election this month – please remember that we are voting for our future in this election and there are many issues which require urgent attention, not least the future of the planet which sustains us.

Four Winds comes to Central Tilba

The Big Hall at Central Tilba has seen many events and community activities over the years—including a period as an ice rink! So, as the Four Winds Festival commenced on the Thursday before Easter, it was a real pleasure to see this old and loved building being the scene for a World Music workshop followed by an evening World Music performance. It was also a chance to try out the recent improvements to the acoustics in the hall – and they work, thanks to the work done by the Hall Committee and Harry Bate.

Those who had tickets for this small concert witnessed something amazing as Riley Lee on shakuhachi, Bobby Singh on tabla, Jeremy Rose on saxophone and James Crabb on accordion mixed their magic. With the combination of musical instruments and music composed by Riley Lee and Jeremy Rose, this was world music at its best. The culmination was the conversation that occurred between the tabla and the accordion as these experts jammed in the most exhilarating way. Congratulations to Four Winds and thank you for including Central Tilba and its



A very special performance from Four Winds performers in the Big Hall last month (photo: Ben Marden)

heritage in the program.

Save the date

If you have never been to a Tilba Hairy Concert, now is your chance. Started many years ago by the indomitable Kay Ewin, they have provided a chance for Tilba locals to show their talents! They are a lot of fun with some unexpected surprises and of course raise much-needed money for the maintenance and ongoing operation of the halls.

So ... mark Saturday, 11 May in your diary, come along to the Small Hall at Central Tilba at 6.00 pm, experience the local talent and enjoy a light supper of sandwiches, cakes, and tea and coffee at interval.

Vale Glen Atkinson

Early on Tuesday morning, 16 April, the Aboriginal flag in front of Apma Creations was lowered to half-mast and during the day a beautiful display of red

flowers appeared, to commemorate Glen's life. Surrounded by his beloved wife and family, his journey to his Dreamtime ended peacefully in the early hours at home. Glen loved Tilba and many lives have been touched in the most powerful way by both he and Merryn. Our thoughts and prayers are with Merryn, her family and Glen's family – especially Glen's sister Karen who, with Merryn, cared for Glen in the last few months – as they grieve, celebrate and honour the life of a very special man.

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Tilba CWA's honey-themed café at the Tilba Easter Festival

The Tilba Small Hall was buzzing with activity during the Tilba Easter Festival with Tilba CWA's honey-themed Café. In addition to honey cakes and biscuits, CWA members baked a variety of other delicious cakes. The Café offered Festival patrons a quiet place to sit for a cuppa and cake. CWA members also made colourful beeswax food wraps. Wendy from the Dromedary Hotel and Judith from Dalmeny were the lucky winners of the Tilba CWA honey-themed raffle.

At the Tilba Festival, Tilba CWA branch launched our café-themed tea towel. The tea towel was designed by new Tilba CWA member Helene Sharp. The unique design has three tea cups with images of Tilba's heritage buildings, cupcakes and a cow pattern representing local milk, cream and yoghurt. The tea towels are 100% linen and printed by Tulgeen Disability Services in Bega. The tea towels will be available at future CWA Cafés.



The Tilba small hall looking like the perfect venue for the CWA's delicious treats.

Tilba CWA would like to thank all the friends of CWA who helped make this Café a success. Thank you to the women of Tilba for additional baked goodies. This was the first Café with Marilyn's famous scones; baked fresh and warm from the oven, they were very popular. Thank you to the Bega Valley Beekeepers who assembled their educational honey bee display ... to Sue

and Steve who arranged the beautiful display of bee-loving plants supplied by Keith from Tilba Nursery ... to Cassie Negus who supplied Corunna Honey from her family farm ... to both Bermagui and Narooma Men's Sheds who made hand-crafted wooden honey dippers ... and to Jody Vassallo who provided the *Farmer Cookbook* for sale with all profits directed through CWA to farmers experiencing drought.

Garden of Remembrance

Very sad news with the recent passing of Tilba CWA member Stephanie (Pom) Anderson. Pom was always very generous sharing fruit from her orchard, flowers from her garden, and baking for Tilba CWA events. Pom was a valued member of Tilba CWA and will be missed by all.

Open Sanctuary

Tilba Tilba

Second Saturday of the month 4.30 for 5.00 pm.
Quiet Day, reflection, silence, contemplation
and sharing: fourth Friday of the month at 10 am—
meditation, reflection, gardening, and some conversation.
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More: www.opensanctuary.weebly.com



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Bate Street has been egged again!

After a year off, the Easter Festival returned to Central Tilba on Saturday 20 April. In sparkling sunshine, close to 7000 people poured down Corkhill Drive and into town.

The Festival was opened by Walbunga Elder Aunty Viv Mason and Eurobodalla Mayor Liz Innes. Aunty Viv and the Dhaadjawan Dancers invited the crowd to participate in a smoking ceremony which set a spirit of inclusive participation for the day.

With a new layout in Bate Street for stalls and increased seating, there was plenty of space for the happy crowd to mingle, queue for the food stalls, listen to

the great music and take part in the ever popular Tilba Festival Traditional Street Games. We'll need a bit of rain this week to wash the last evidence of the Egg Toss off Bate Street!

The talented musicians kept the stages and street lively, with local favourites Benji and the Saltwater Sound System having the Gulaga Stage and the Drom Hotel absolutely jumping in the middle of the day.

The Festival proved a huge hit with locals and visitors alike. The organising Committee would like to thank everyone who provided their support this year, including the business owners of Central

Tilba and Tilba Tilba and their staff, the enthusiastic teams of volunteers and the local community. As any surplus Festival funds go to assist local charity groups and causes it's fantastic to have strong local support.

We can't wait to bring it all back again next year, and in the meantime, everyone has plenty of time to practice those egg catching skills!

Tilba Festival Committee

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



Getting ready for the egg toss ...

CARERS "LOOK AFTER YOURSELF" (LAY) REMINDER

NDIS Plans are due for renewal in the Bega Valley.

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COUNTRY FAIR

Saturday 25th May



at Sapphire Coast Anglican College Bega

The lovely autumn weather has arrived and trees are changing colour. Rats and mice are on the hunt for warmer accommodation so many of us are setting traps and laying baits to keep them away from our homes and sheds. This is my favourite time of the year, but the rat and mouse thing is horrible. A rat committed suicide under my house the other day, chewing through the electrical cable that comes up through the floor to my cooker. It died and so did my oven! Aargh!

Speaking of unwanted guests, the Hall Committee have reported to me that they're soon to box in the gutters there to make them possum proof. Yes, they're still

battling the possum infestation as sealing that old building is hard to do. They're on the case though. I'm sure that at some stage, they'll report back with an 'all clear'. I wish them all the best. Oh—they need a treasurer. If anyone would like to join the small committee that looks after this lovely old building, call the Secretary, Glenda Heino, on 0408 411 956. You'd be most welcome.

Pam Thistlewaite on Cobargo Street has had surgery to remove a lump from her head. No, it's not cancer and it wasn't actually in her brain, so now that it's out she is on the mend. We all wish her a speedy and complete recovery.

A woman drove here from Adelaide last month to visit a friend and said that the landscape was brown and dry the whole trip until she entered our little valley where it was lovely and green. We have a lot to be grateful for.

There's been lots going on all over the triangle region, but here in Quaama there's not been much happening. We had the choice to travel to Tilba for their Easter Festival or over to the coast for the Four Winds concerts or just stay home and plant garlic, walk our dogs and chat with our neighbours. I think that's why a lot of us love living here, it's so quiet and peaceful.

Happy autumn everyone.

Tips for staying warm, from your Fire Brigade

Now, in the cooler weather, keeping warm is a necessity. Cleaning up sticks, leaves and debris around the property is one way you can do this. It's a good time of the year for tidying up and removing those fire hazards as summer will surely be back. This cleaning makes the area look 'park-like', helps alleviate fire risk and increases access for the fire brigade. It makes your property much more attractive and it's a good way to stay warm on these chilly days.

Always check weather reports for

strong winds or rain before burning off. Having water on hand with a rake-hose or ordinary garden rakes is handy in these situations. Hoses and backpacks are also handy. Never attempt to burn off alone as you'll need others for patrolling boundaries. Beautiful rain does make this job a little more difficult but it's safer in preventing pile burns from spreading.

So if you intend to do any burning off, you'll need to inform Bega Fire Headquarters on 6494 7400 during business hours, Monday to Friday, 24 hours

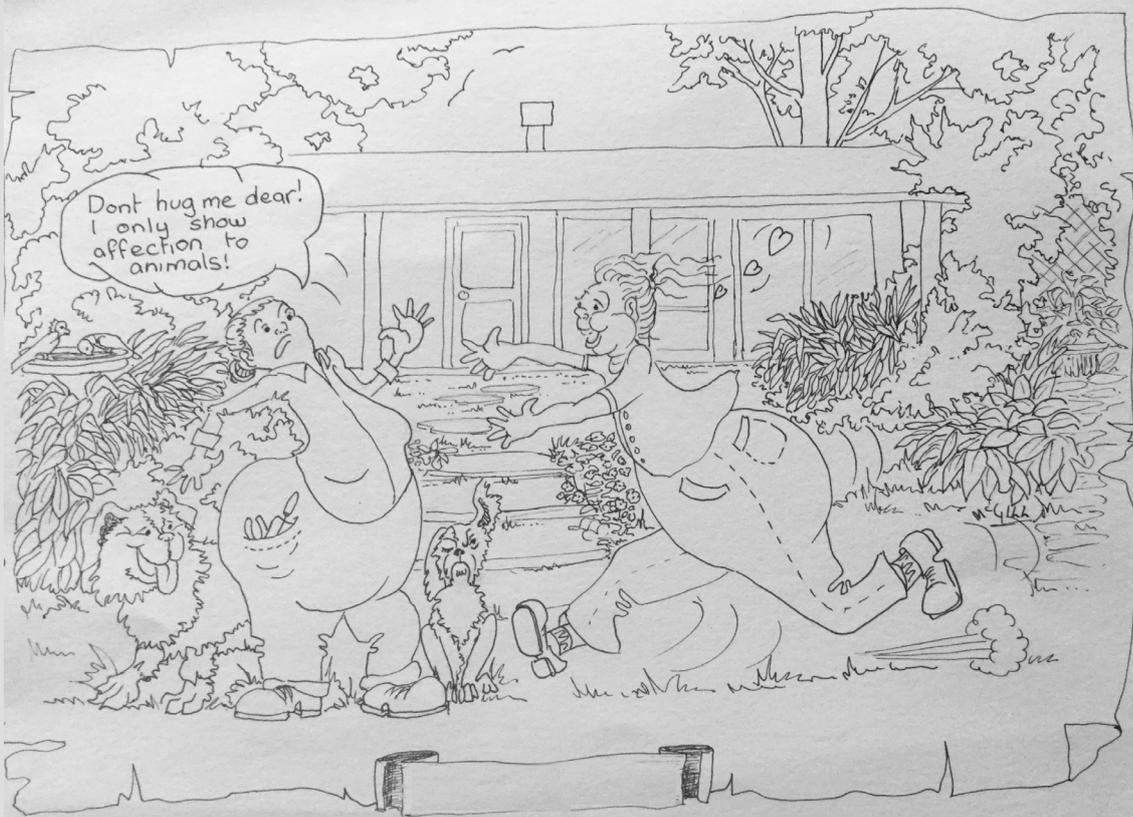
before burning. Also inform neighbours 24 hours before lighting up. This will prevent unnecessary callouts for the Brigade. When burning please do it with safety and containment in mind, like appropriate clothing, good boots, gloves, water and situational awareness.

New members are always welcome in our Brigade. Stay safe, stay warm and enjoy autumn.

Graeme Spicer

PS: Planning to make a plan is not a plan!

THERE ONCE WAS A WOMAN FROM QUAAMA, WHO FOUND A STRAY DOG ON THE CORNER. SHE GAVE IT A HOME AND WAS NEVER ALONE, AS IT LOVED HER AND MADE HER HEART WARMER



HAVE YOU SEEN ALL THE DOGS IN THIS TOWN? WALKING THEIR HUMANS AROUND? A CANINE CONNECTION GIVES AMPLE AFFECTION ENSURING YOU'RE NEVER LET DOWN!

This year local environmental company and long-time, generous Triangle supporter AKT is sponsoring our My Triangle page. Readers tell us they love My Triangle so we're preparing a list of interesting local personalities to profile. You might be on it!

Linda Chapman: profile of a priest

A small table, softly moving leaves, flecking dappled light, a large ginger biscuit shared and a conversation with a quietly remarkable woman. Reverend Linda Chapman is a priest, a contemplative and an activist. She is the spiritual guide at the Open Sanctuary at Tilba Tilba. She is humble, deep, warm, immersed and focused, with a penetrating mind, soft smile and fiercely compassionate heart.

It was an unpredicted path that led Linda to this place in life—a priest ‘at the Catholic end of the Anglican spectrum’. To her, the choice of ordination was a surprise. She says the decision came from a profound experience with the Eucharist, an experience she rekindles when she celebrates Mass.

Why are you a priest?

‘Living in the ACT, I worked with youth. It was very hard and I burnt out with glandular fever and pneumonia, which led to chronic fatigue; I came back here and had an inexplicable encounter with Christ.

‘Various individuals, communities and events led me to orient my life this way.

‘Jeff Bollard, from Batemans Bay, was fantastic. He gave me a pile of books about contemplative mysticism which led me to the church and to a framework for life. Then I lived in Catholic retreat communities and explored religious life. Clinical Pastoral Education gave me a connection with a Franciscan friar who raised the question of ordination. I was unconvinced, but took a step back and thought, ‘see what opens’. I pulled out of the course and came to Narooma.

‘There is a strong family link with religious life. My mum’s great-great-grandfather was the first Anglican bishop in Newcastle. And when I drove past All Saints church at Bodalla, I’d have a physical reaction—‘I need to give attention to this’—and I did. Bishop Browning was a strong influence in the decision to take ordination. I trained for priesthood for two years at St John’s in the Hunter Valley and then finished in Canberra and completed a theology degree from Charles Sturt University.’

Contemplative life

‘It was contemplative life that attracted me, not parish work, so I chose Tilba. Clericalism with its tendency to fall into the institution and role is not what draws me, it can move away from the essence of that which we are trying to open up’.

Linda leads retreats and ‘quiet days’ at Open Sanctuary, Tilba Tilba, which she describes as ‘more spacious within, not pushing’. She aims to mirror the experience of living in a religious community and cites ‘solitude and in-community’, ‘the regular rhythm of prayer’, ‘being together makes something available for others’.

‘It provides a place of held silence and contemplative experience of the mystery which is at the heart of life’.

What is needed in these times, personally and for the planet?

Her eyes become teary, her hand reaches up to the leaves



beside her head, softly she speaks—‘It’s this—nature. We need to reconnect with nature, and the practice of silence’.

Theologically, she says, ‘Original sin is distraction, and so becoming scattered, living one side of ourselves. Nature is reality—recognising our interconnection, interdependence. In these times we need to centre on the deep mind, the wisdom mind. We need the self-conscious mind to be influenced by the deep mind and then wait with intention. Quiet days, silence, open us to the deep mind, to recovery of contemplative and mystical roots. The capacity to address the mind is in the centre of Buddhist and Christian mysticism. At Open Sanctuary it was already there.’

What/who are your key influences to embrace mysticism?

‘Bishop Jeff Browning enabled my contemplative orientation. The capacity of Bede Griffith to bridge east and west influenced me, and reading mystics like Julian of Norwich, John of the Cross. I am an Oblate of Christian Community, a member of a community which is attached to a particular order such as Franciscan, Benedictine. Bridging mystic wisdom into our world lies *in-community*, like a Christian meditative community.

‘The pathway to bring mystic wisdom into the present world is long, slow and winding. The contemplative-mind-in-action is important for urgent issues like environment, mental health, climate change. I am a contemplative and also an activist. We need a spiritual practice to do this, a daily reminder, an inner space.’

Where do you get hope and inspiration?

‘For me, hope comes from action—and attention to the ways we act as this can be part of the problem. And to be present to life as it is, here and now. And solidarity with others is important—including the other than human. And seeing life in all its beauty and brokenness and be there to what is.’



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

Say good bye to April, and whoosh ... here we go at breakneck speed towards winter, just now loitering, all frosty fingered, around the next bend. Yet so far the weather holds warm and fair. The odd tree bursts into flame-red, but many deciduous remain green, defying the inevitable, resisting fate, clinging to the last wisps of warmth. Skies, a smoky blue, deep like the thoughts they provoke, endless, in a way we cannot even comprehend.

Chickens and dogs moult with sense of drama, last year's feathers drift in the breeze, as hens hide, embarrassed by their shrunken, shabby appearances, shirking on their egg-laying duties. Grubs grow fat and lime green on the tender leaves of young broccoli, white-faced herons stalk the jungle of last summer's pasture for treats, and magpies gather for clandestine meetings in shady corners.

Our autumn holidays have passed, rabbits came and went scattering coloured eggs, people hung wreaths of rosemary and blood-red poppies and remembered not to forget. We all enjoyed some time off from our busy schedules, time for family, time

Over the past nine months a small group of Cobargo residents has been lobbying the State Government to make changes to the traffic situation in Cobargo.

Our aims are:

- to establish a safe location for pedestrians to cross the main street of Cobargo as the current pedestrian bridge underpass is rarely used due to its inconvenient location
- to establish speed transition zones on the approaches to Cobargo to slow vehicles well before the 50 kph signs
- to reduce truck compression braking noise on both north and south approaches to town, as well as on the Bermagui Road junction, by implementing advisory signage, and eventually to establish a slow truck speed and overtaking lane on the

for sleep-ins, pancakes and a bite of peace in the warm blue of these autumn days. The town enjoyed one last lusty bustle, tourists perused shops and cafes and trotted along in white caps and runners, with or without small dogs, sighing 'oh how quaint' and 'would you look at that, a train' or 'Oh qué acogedor!'

The town farewelled another long-lived and much loved local, Shirley Benny, many many people gathered and paid their respects to a mother, grandmother, wife and friend of so many years.

We had poetry of heart and tears at Well Thumbed Books as local writers and poetry lovers gathered to pay tribute to the tragedy of the New Zealand shootings. Tears were shed, and hearts comforted with words, community and chocolate brownies.

The School of Arts Hall, the beating heart, the humming hive of the town, sits lighter on her stumps, holds her proud head a little higher. She has had work done and new energy is running through her veins. With a supper room facelift and new power points to boot she is ready to strut her stuff

Slow Down in Our Town

southbound approach.

After some failed attempts to engage the RMS we arranged a meeting with local member Andrew Constance, who made representations on our behalf to the then Roads Minister Melinda Pavey.

In February we had a reply from Minister Pavey via Andrew Constance informing us that the RMS is investigating the placement of pedestrian facilities on the north and south side of the bridge. We welcome this news.

She also stated that the RMS considers the current speed transition situation appropriate and complies with the standard. We will follow up on this as Cobargo is one of the few towns on the Princes Highway that doesn't have speed

for another month of zealous activity.

The doors swing as the hall fills and empties and fills again with the buzz of small town happenings. Activities appropriated from across the globe stamp their mark on the historic boards: Taiko drums beat, yoga mats unfurl, tai chi flows across the floors, and Bollywood is on route. Life drawing and art workshops, music and dancing, delicious aromas swell and waft from the kitchen week after week. We lined up to vote, to watch local theatre, to participate, to learn, to dance, to eat and feel merry. Weddings and wakes and all that exists in between. She offers space, space which can be the beginning of everything, anything. With space the possibilities are endless.

And again we will queue up her front steps, and hide in little cardboard boxes to cast our votes for our futures, or for the next political term anyhow. I hope only for the circus to end and for real vision, and heart ... of course I may have to content myself with a P&C sausage sandwich and take heart that at least someone is doing something for the children.

transition zones designed to slow the traffic well before the 50 kph zone.

A 'Reduce Engine Braking Noise' sign on the southbound entrance to Cobargo is now installed but the northbound entrance wasn't mentioned.

We are lobbying the Bega Valley Shire Council, which is responsible for the Bermagui Road, to also install signage. We are now in discussions with an RMS manager who is responsible for the issues above.

The wheels turn slowly, but we are making a contribution to pedestrian safety and the liveability and atmosphere of Cobargo.

Philip Maughan and Rebecca Blunden

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Murder—but no mystery—at the community doco this month

The next community documentary is *Murder On The Reef*, at the Old Cobargo Butter Factory on Sunday 19 May at 3.30 pm.



Murder on the Reef, by Dr Allen Dobrovolsky, follows the hotly debated issues surrounding the world's largest living structure, the Great Barrier Reef. But is it too late?

Many scientists now believe as much as fifty percent of the corals in the Great Barrier Reef have died. And this is set to increase in coming years.

Through a complex mix of voices from politicians and locals, to scientists and indigenous elders, Dobrovolsky travels the length of the reef, on water and on land, to hear the many viewpoints of those people most closely linked with the Reef.

From the decimation of the fishing industry and marine environment in Gladstone, caused by port dredging, to the warming oceans caused by climate change, the Reef is under siege from many different threats.

But perhaps the biggest threat facing the Reef is our growing inability to cooperate and to reach agreement on the actions we need to take.

Once vibrant corals are turning white, the marine food sources are disappearing and the Great Barrier Reef is becoming an indicator for what will happen globally.

Trailer: go to www.youtube.com and search for 'Murder on the Reef'.

Coffee and tea provided - Bring your own mug. To cover the costs a \$5 donation is much appreciated. Please come in big numbers to keep more documentary screenings possible!

Lena

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

Rich in friends, Shirley leaves us

Devilled eggs, potato bake, cups of tea, and caramel cake. Confidante, bus-stop, photographer and op-shop. Huge heart, historian, great rissoles, super nan.

Born Shirley Joy Salway on October 11, 1941 in Cobargo, the eldest daughter of Brimmer and Thelma, Shirley was the adored sister of Jim and Marjorie. As a child, most of her days entailed a trip to the dairy where she either had to milk or feed calves.

One stand-out of her childhood was attending the 1956 Olympics. She travelled with her family in the back of a one-tonne ute, with a covered-in canopy, for the experience of a lifetime.

Shirley went to school in Cobargo and later boarded at the hostel in Bega for high school. As a teenager, Shirley was tall and lean (Captain Thelan used to call her Skinny). She was a pretty good sort and had plenty of lads chasing her, but it was a Benny lad that won her heart. They were only in their teens.

Barry and Shirley loved to go to the dances in the old country halls around the place. They married in November, 1965 and began their married life in their current home. Barry was besotted with Shirley to the very end.



On becoming a Benny, Shirley moved from farm girl to butcher and school bus driver. Many hours were spent at the shop, twisting sausages, sweeping up the sawdust, driving orders to Bermagui. Shirley was always ahead of all the local goss—Jimmy christened her the Cobargo Chronicle.

The Gales also recall Shirley driving like a bat out of hell down Dignams Creek, hair in curlers, often in a dressing gown,



From farm girl to butcher and school bus driver: Shirley Benny lived simply and with no regrets.

with the eternal stash of lollies. She made the long school trips so much easier.

Shirley's only goal in life was to be a wife and mum. Sandra came along in 1972, Raelene seven years later. Nothing brought her more joy, nor occupied more of her time, than her granddaughters, Milla, Ruby and Kennedy.

Those two of her own were not Shirley's maternal limit—she became a pseudo mother to many. While she and Barry never had their own son, they viewed David Boyle as good as theirs.

There would not be a soul here today who Shirley hasn't looked at through a camera lens of some description. Through many gritted teeth and forced smiles—painless really—we have an abundance of memories. Printed memories!

More recently, Shirley would meet the girls at the Op Shop every Thursday. She'd have a good old chat, collect a bag of stuff she didn't need and offload it out of Barry's sight. Her best purchase was a pair of \$300 glasses. Little did Linda and Shirley know that they had belonged to Kate. Linda sold them to Shir for \$2.

Shirley lived simply and with no regrets. Her ideal day consisted of a cuppa with anyone and everyone, a sit in the sun and a nap.

They say a fortunate person has a handful of trusted friends. Shirley responded to this with, 'I have a whole lifetime of trusted friends—much more than a handful.'

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THE TRIANGLE

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Christchurch remembered

*Al salam Alaikum. Peace be upon you.
And peace be upon all of us ...*

For many of us, the memory of the horrific terrorist shooting in Christchurch in March will always be softened by the grace with which New Zealand Prime Minister Jacinda Ardern applied herself when addressing Parliament, Christchurch families and her nation. So it was more than apt that Rachel Colombo opened the vigil at Well Thumbed Books on 13 April with her words. Rachel continued with Jacinda Ardern's address to the House:

... I wanted to speak directly to the families.

We cannot know your grief, but we can walk with you at every stage.

We can.

And we will surround you with aroha, manaakitanga and all that makes us, us. Our hearts are heavy but our spirit is strong ...

One by one, the Well Thumbed Poets presented pieces written in response to the event.

*inside the mosque a holy place
the community has come to pray
a walking nightmare holding a gun
shoots again and again and again
blood, broken bodies and screams
fracture the sacred day.*

(excerpt, *a stone thrown*,
Sandra Taylor)

*A blind prejudice
[...]*

*Allowing an inchoate sense of exclusion
to invite fear to curdle towards hate,
and hate to spill towards
violence.*

(excerpt, *A Lament for Christchurch*,
Ian McFarlane)

Fifty people died when a right-wing terrorist, armed with assault rifles, opened fire during Friday prayers at two Christchurch mosques on 15 March.



Kai Jensen addresses the gathering. Kai's family moved to New Zealand when he was five. He lived there for 39 years before moving to Australia.

Also from the Prime Minister's address, 'Hati Mohemmed Daoud Nabi ... was the 71-year-old man who opened the door at the Al-Noor mosque and uttered the words "Hello brother, welcome". His final words:

*Your blood runs into the street
Your breath ebbs on a call to prayer*

(excerpt, *green and red*,
Linda Albertson)

Vigils and tributes arose—
immediately and spontaneously.

*in our hearts – the message is clear:
this attempt to divide has failed
miserably.
Vigils are lighting up around the earth
in solidarity, with floral tributes and
messages*

(excerpt, *Kia Kaha*,
Rachel Colombo)

*In darkness a lone cyclist stops
He sprinkles the flowers
From his plastic water bottle*

(excerpt, *On a Perth Pavement*,
Kate Taylor)

The terrorist, an Australian from Grafton, NSW, has been charged with fifty counts of murder. Jacinda Ardern: 'I implore you: speak the names of those

who were lost, rather than the name of the man who took them. He may have sought notoriety, but we in New Zealand will give him nothing. Not even his name.' Nor will his name appear here.

*Juxtaposition - love! hate!
May love come to reign over this!*

(excerpt, untitled,
Hazel Davenport)

*This bee doesn't know there is a wall
to keep apart what's mine and what
is yours
[...]
wee bee you're doing just what you
must do
ours is the task of separating who
from who*

(excerpt, *Of bees and walls*,
Jennifer Hawkins)

*Turn away from the door
return the bullets to the gun
throw the gun in the sea.*

*[...]
Let the mothers live to hold their
grandchildren
the husbands and wives to grow old
together.*

(excerpt, *Two mosques in
Christchurch*, Kai Jensen)

As the Cobargo vigil came to a close, Shannon Russack sang the Maori lament *Hoki Hoki* in a sweet, fluting soprano. She had learned it at school nearly eighty years ago.

Jen Severn

(Go to www.thetriangle.org.au and click on 'Off the page' to see the poems in full, and more.)

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Dogs' day out!

Narooma Dog Training Club invites all dogs, big and small, pedigree and mixed breed, to the Nata Oval in Narooma on Saturday 11 May, to join in the fun and games of a very special event—Dogs' Day Out.

Commencing at 2 pm with a familiar party game, 'Simon Says', Dogs' Day Out will showcase the canine training programs run by Narooma Dog Training Club. Demonstrations of obedience, rally obedience and agility, given by members and instructors, will be held in three show rings. Every dog that registers will receive a personalised 'Certificate of Participation' to mark with their paw print, just for having a go at any or all of these three training disciplines.

Other highlights of the afternoon: a fabulous cake stall to tempt your taste buds, doggie equipment for sale, and fancy dress judged by local Narooma vets to wind up the afternoon. So do come along, bring a chair or rug to sit on, and dress yourself and your dog in 'Saturday Best' for the Best Dressed Dog and Handler competition.

Registration begins at 1 pm and costs just \$2 per dog—people are free! All dogs must be on leash throughout the whole event. Funds raised will support the work of the NSW Animal Welfare League. For more information please phone Carol on 0458 953 281.



Sam, Virginia and Crosbie—winners from 2018 NDTC event (photo: Rosy Williams)

Visit our Website

browse the current issue plus
back issues, recipes, book
reviews, and gardening tips
going back years.

www.thetriangle.org.au

Save the date - Saturnalia

Figtree Food Company have released early bird tickets for Saturnalia, an underground winter feast celebrating agricultural traditions with matched musical offerings. Dinner and show at Cobargo School of Arts Hall, Saturday 6 July. Tickets: www.FigtreeCompany.com.au



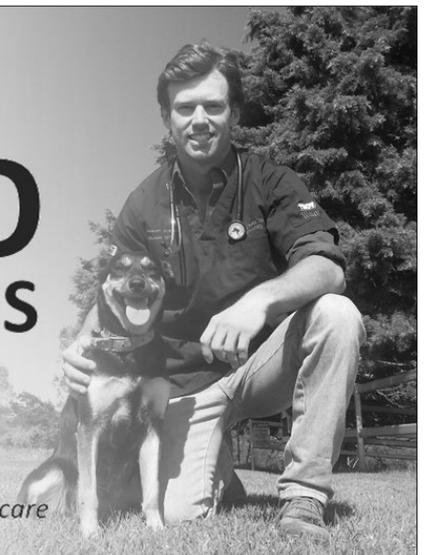
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General News

Federal Election Forum – meet the candidates Bermagui Community Centre, 10 am Sunday 5 May

The Bega Valley has a fine record of election forums hosted by Clean Energy for Eternity (CEFE) between 2007 and 2016.

In February this year four community organisations—CEFE, the National Parks Association (NPA), the National Trust (NT) and the Bermagui Community Forum (BCF)—held a forum in Bermagui to meet the NSW State Candidates. Sitting Member Andrew Constance along with candidates from Labor and the Greens attended. It attracted 250 members of the public and generated lively debate.

The time has come to test our Canberra representative and those hoping to take his place. The same four organisations, none of which is affiliated to any political party, will be hosting a forum in the Bermagui Community Hall at 10 am on Sunday 5 May. All candidates who nominate for

Eden Monaro will be invited. At the time of going to press sitting member Mike Kelly and Chandra Singh of the United Australia Party have accepted.

Each candidate will make a brief statement on their policies and approach. After that each sponsor will have the opportunity to state their organisation's objectives and ask one question.

The meeting will then be open to the public to ask our candidates where they stand on environmental, social and economic issues affecting our region and the country. If the last forum gives us any hint, it should be lively, respectful and informative.

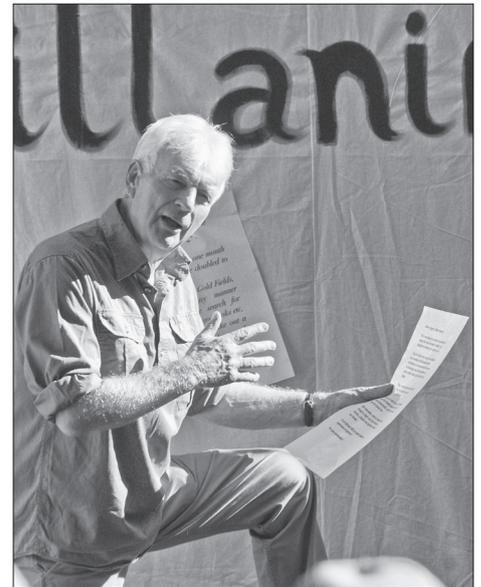
More information is available from the moderator at bill.southwood@optusnet.com.au or on 0409 817 528.

Fie on Pusillanimity!

The Montreal Goldfield Management Committee was delighted with the performance of the show '*A Bundle of Sticks or Fie on Pusillanimity!*' held on the open-air stage at the Goldfield last month.

Despite so many other events taking place in the local area on the same day, over forty people attended the show. The stage and sound system worked to perfection, the weather was beautiful, the crowd happy to participate and be involved, and Jan Wositzky showed his versatility with music and narration to perfection.

The setting lends itself to performances of all sorts but this was a terrific afternoon. The set-up and organisation by the Montreal Goldfield Committee is a great credit to them.



Jan Wositzky, storyteller and musician edifying and entertaining

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Are you prepared?

Living in a rural remote location means it's a good hour's drive on windy, wildlife-abundant roads to get to a hospital, with Moruya or Bega being the closest here. A neighbour recently had a serious case of suspected food poisoning which could have required a trip to hospital if it had not subsided quickly. Apart from googling like mad to try and work out what could be done immediately to relieve the symptoms, I had nothing at hand for such a common medical problem. It got me thinking. Am I prepared to cope with medical issues at night? Or even in the daytime, for that matter?

I assumed any emergency would be a simple phone call to 000 and, hey presto, the ambulance would arrive! I know of neighbours who have been whisked away in a helicopter and arrived in Canberra quicker than they would be able to drive to Bega Hospital. In reality, it is possible an ambulance could be a long time coming, especially if there has been a major car crash or just a busy night in Bega Valley. We are also a very large area and there are a limited numbers of ambulances.

Now, I am sure the vast majority of people have a well-stocked first aid kit in their homes ... right? Well, I did not! I had out-of-date random stuff spread from one end of the house to the other. If someone urgently needed something it would have been a hunt through two bathrooms and probably into backpacks under the house where travel medicine lives. Ironically, when I travel, I am like a walking chemist shop. At home? Well, not so much!

I have now hunted, gathered and collected all said 'stuff' and thrown out the expired packets and restocked into one box with a snap tight lid which is stored up high in the kitchen cupboard clearly marked FIRST AID. What is in it? A variety of painkillers, antihistamines, cold and flu tablets, antiseptic lotions and potions,



The new first-aid kit ... a work in progress

a variety of bandaids and bandages, eye wash, thermometer, stop itch, sunburn cream, tweezers, scissors, butterfly clips for bandages and the sticky ones to close a wound, tick removal treatment etc etc. Most importantly, some 'stop the vomit and poops' medicine and electrolyte tablets. A resuscitation chart is also in the box. I intend to add more as I find out what else I may need. There are a number of commercial first aid kits you can buy too.

There are a few doctor surgeries offering some after hours service for emergencies in Narooma that I could see in a quick search online. Ask your local doctors if they offer after hours services. You can always call Healthdirect Australia on 1800 022 222. This free service will put you in touch with medically trained people on the phone to get some advice. Sometimes, you may need to look after yourselves before the professionals arrive. Be prepared!

Ann Maree Menager



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Celebrating volunteers—our unsung heroes

Even if it is a little thing, do something for those who have need of a man's help—something for which you get no pay but the privilege of doing it. For, remember, you don't live in a world all your own. Your brothers are here, too. – Albert Schweitzer

From 20 – 26 May, 2019, events will be held across the country to say thank you to the 6.4 million Australians who volunteer their time. National Volunteers Week is the annual celebration to acknowledge the generous contribution of our nation's volunteers. This year's theme is 'Making a World of Difference'

Volunteers are the lifeblood of our small coastal communities. Those unsung heroes who take care of our safety, both on land and on the water, who keep our properties safe from fire, who look after our environment, our wildlife, who take care of our elderly and those less able to care for themselves. They fundraise, recycle, replant, repair, reuse and generally make our communities a much better place to live.

People volunteer for many reasons: they care about others and their communities, they have skills and knowledge to share and they generally want to contribute to the well-being of their community. But volunteering also has a positive benefit to the volunteer themselves. Most will know the 'helper's high', that great feeling when one has made a difference to someone else. Volunteers gain new friendships, new skills and knowledge, new perspectives on life from the work they do. Volunteers are less stressed, more fulfilled, happier and healthier and live longer! What a great advertisement to go out there and do something!

Volunteering contributes a whopping \$290 billion to the Australian economy each year (Flinders University study)—which is more than the mining sector contributes! Just think ... if every volunteer withdrew their time for just one day – what would happen?

With so many people volunteering

across our region, we at *The Triangle* (as fellow volunteers) would like to say a huge thank you, on behalf of the communities of Quaama, Cobargo, Tilba, Bermagui and across the region, to all those who freely give up their time and energy in the service of others.

If you know someone who volunteers, take this opportunity to give them a big pat on the back for the work they freely do. Or better still, why not get involved with some voluntary work yourself! Just look around your community—there are so many opportunities waiting for you.

Carolyn Banados

PS. Volunteering Australia is encouraging everyone to wear orange to school, work or just getting around on Wednesday 22 May in support of SES volunteers. Wouldn't it be great to see hundreds of people across our region dressed in orange on this day in support of all our local SES volunteers! More: www.wearorangewednesday.com.au.

Local, free, short film festival this month

Regenerate is a free environmental short film festival in May featuring films by a range of local directors including David Gallan, Elizabeth Walton and Harrison Warne, who will debut his important work, *Underfrog*.

'This is an important screening of films that explore the issues pressuring our native forests and our national parks as well,' says local writer Elizabeth Walton. 'It's time to act to preserve what remains of our natural assets.'

The audience will have the opportunity to meet the directors at the travelling film festival and participate in question and answer forums.

The festival will include *Underfrog*; *Give a Dam*; *Voices for the Forests*; *Australia's Gardens of Stone*; *Now! for the Forests*; and *Imagine*.

The festival will screen at Tathra, Bodalla, South Durras, Bermagui (at the Community Centre, 11 May, 3-6 pm) and Merimbula, and is presented by the National Parks Association.

More info:

www.TheForestEmbassy.org.

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Meet film director Harrison Warne at the debut of his film *Underfrog*

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A future with music at Wallaga Lake

We first met the Wallaga Lake community in 2015 when our program Grow the Music was brought to the region by South East Arts.

Over four weeks, we met, talked with and played music with a range of ages in the Wallaga Lake Koori Village. The talent was outstanding, something we have grown accustomed to in our work with Aboriginal communities around Australia.

Over time we came to see that the Wallaga community was surrounded by a much wider community in local Bermagui, Cobargo and Narooma, and that the Wallaga Lake connections existed throughout the entire region. Many people had grown up on the mission and then moved into the surrounding areas.

We asked everyone, 'Do you want us to advertise this concert?' And the response was; 'If they (non-Aboriginal community) want to come, let them come in.'

So, we did. Now the Grow the Music concerts have become an opportunity for the wider community to see and interact with the Koori community on Wallaga Lake. They attract over 300 audience members each year.

Over the past five years, a team from Grow the Music has supported and developed musicians in the region, and each concert has showcased the increasing confidence in the children and the community as a whole. The impact is always evident in the aftermath of the concert and the days following, when everyone is talking about their achievements and involvement in the concert with shining eyes and happy hearts.

We are privileged to work with the Wallaga community and to be able to return regularly and maintain the relationships we have built. Whether it's over a cup of



CJ Leon (Photo: Sean Burke)



Alison Walker and Grow the Music: (Photo Sean Burke)

tea, on top of Gulaga mountain or sharing music and lyrics in the recording studio, we have come to know the people of Wallaga Lake, and now we call each other family.

Visit www.growthemusic.org for more information.

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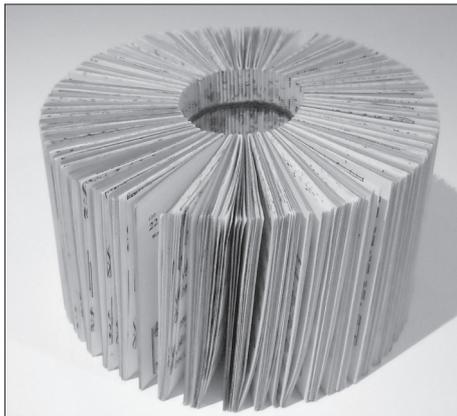
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Art in the Triangle

Cobargo Creators would like you to meet Avril Makula, award-winning book artist and book designer. Avril is coming to Cobargo to spend a weekend teaching creative paper folding and bookmaking. You will have the opportunity to see Avril's work in the front window of the Black Wattle Gallery during the merry month of May. Avril loves printmaking, the art of book binding, typography and design, indeed anything and everything to do with the alphabet.

Ever wondered how to make a Turkish



Sheet music put to good beautiful use
by Avril Makula

Fold roll twist bind!

map fold, a snake book, a Columbus cube, a pants book or a coptic notebook? Learn these and more in this two-day, hands-on workshop. Discover how simple but effective folding and stitching techniques can be used to make notebooks, journals and artists' books. Suitable for all levels. You will take home finished work, as well as skills, ideas and plenty of food for thought for future projects.

1-2 June, 10 am – 4 pm at the School of Arts Hall, Cobargo.

But wait, there's more:

Local mixed media artist and author Rita Wagner is offering a one day workshop 'Acrylic Pour Painting'. This is a process much as it sounds—using acrylic paint in a runny consistency to create abstract paintings. The techniques and creative possibilities are endless. It is all about the magic of the imagination and this she wishes to share with you at the School of Arts Hall, Cobargo on 11 May, 10 am to 2 pm, \$70 per person plus materials.

Inspiration and learning new art forms keeps on coming in June: 'Resin Painting' with Maz Raynsford, Saturday 1 June, 10 am to 2 pm. 'Lino Cut Printing' with Aileen



Work by 'Fold, Roll, Twist & Bind' workshop tutor
Avril Makula

Maloney, Sunday 2 June 10 am to 2 pm. 'How Watercolour Works' with Rita Wagner Saturday 15 and Sunday 16, 10 am to 4 pm. 'Painting with Alcohol Ink' with Margi O'Connor, Saturday 15 June.

Morning and afternoon teas (GF) provided with all workshops.

More information and materials list is available from artsincobargo@gmail.com or by contacting Glenda on 0408 411 956.

Sandra Taylor

19-Twenty @ the Murrah Hall

It's becoming a bit of an autumn tradition—Murrah Hall (and Tomerong Hall), and 19-Twenty rocking it out. Previous shows have been sell-outs or near sell-outs, so get in early for a Friday night boogie at the Murrah.

AND: the band has selected seven tracks for their newly released live album from last year's all-stops-out Murrah Hall show.

19-Twenty have been whipping up a frenzy on the festival scene. Playing an infectious riff and groove-based blue-billy-grass-rockin'-roots, they are an ultimate

nonstop dance band.

The 19-Twenty lads have been performing their high-energy sonic-party nationally, headlining sell-out shows and festivals in all states and territories.

Constantly on the road or in the sky, they have toured seven times around Oz and performed gigs throughout Europe, including Belgium, the Netherlands, France, and a suite of gigs in London (a highlight was a spell at the famous Alley Cat nightclub in SoHo).

Performing anywhere and

everywhere, this straight-up 100% independent act have been blazing throughout Europe and Australia and gaining new music fans/fiends from their live shows.

19-Twenty are Kane Dennyly – vox and guitars; Syd Green – award-winning producer and percussionist (drums, Dobro); John Gwilliam – double bass and BV's.

Tickets are \$22 online through South Coast Tickets and \$25 at the gate.

Murrah Hall, Friday 10 May, 7 pm. Curries from 6.30 pm.



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Facebook page: **Curry Bunga**

Piecing it together

The Artful 9 is a group of Eurobodalla Shire residents who share a passion for mosaic. After a few years out of the public eye, the group is ready to launch their latest exhibition, 'Piece by Piece', at the SoArt Gallery, Princes Highway, Narooma. The exhibition is open for viewing 2-7 May, 10 am – 4 pm. Entry is free.

The Artful 9 (Jan, Julie, Kim, Judy, Carol, Louise and Vanessa) get together regularly in private homes, where many laughs are shared over cups of tea and generous helpings of delicious baked goods. Information, skills and creative ideas about mosaic are discussed and friendships cemented in a supportive environment. A huge range of materials—glass, stone, recycled jewellery, old china to name but a few—are used to create marvellous artworks and decorative pieces for house and garden. A variety of these will be on display and for sale at this exhibition.

Mosaic has a really long history, starting in Mesopotamia about 3000BC. Mosaic patterns and pictures were widespread in ancient classical times in Greece and Italy, and from 300AD onwards, walls and ceilings of churches were decorated with mosaic iconography. The art of mosaic flourished throughout the Byzantine Empire, and in early Islamic art. Today, the art of mosaic is making a comeback with professional and street artists and as a popular craft.

Whilst the 'Piece by Piece' exhibition focuses on mosaic,



Mosaic work in progress

the talented ladies of the Artful 9 have other decorative, useful and quirky pieces to offer—jewellery, quilts, paintings and more! Visitors are welcome to join the Artful 9 ladies at the official opening, 5-7 pm, Thursday 2 May. So mark the date and join the Artful 9 for drinks and nibbles.

For further information ring Carol on 0439 426 405.

Ivy Hill Gallery this month

The present exhibition at Ivy Hill has been extended by a week to Sunday 5 May.

Lucy Culliton has kindly agreed to give a talk about her work. Join her for a cup of tea and a chat at 3 pm on Sunday 5 May.

Although their work will still be exhibited, Deb Johansen and Lynne Flemons unfortunately have commitments elsewhere.

Following this exhibition will be Director's Choice, a collection of work from artists in the Ivy Hill stable. Opening on Thursday, 9 May and continuing to Monday, 10 June, Ivy Hill will then be open by appointment only until September.

You will find Ivy Hill Gallery on the coast road between Bermagui and Tathra. Open from Thursday to Sunday 10 - 5. Catalogues at www.ivyhill.com.au.

Let Shop7 blow you away this month

Shop7 has a new exhibition continuing until 15 May. Exhibits are in 2D or 3D mediums in the theme of Wind Stories.

Exhibits will relate to any connotation of Wind. There are paintings and sculptures depicting landscape features where wind is one of the strongest environmental elements.

There will be boats!

Peter Storey



Lynne Flemons: *Afternoon trees in an arid landscape*, mixed media on board

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Art in the Triangle

Breaking news ... 'Art from the Hill', and a new Lazy Lizard Gallery member!

Donna Pattison is our feature artist in Cobargo's Lazy Lizard Side Room for May. 'Art from the Hill' features a fascinating array of paintings, created using the Acrylic Pour technique. Donna came across this style of painting a couple of years ago, and soon became hooked. She has certainly mastered this art form, and

has produced some amazing canvases in a variety of colours and sizes.

Besides the wall art she is also introducing 'Windowsill Art'—tiny canvases that each come with their own miniature easel.

Come and see Donna's work, and check it out on Instagram and Facebook, under 'Lady from the Hill'. Better still, please come and meet the artist herself, at the opening on Saturday 4 May at 10 am.

Now for some more news ... we are pleased to welcome a new member to the gallery: Ron Webb, a very talented wildlife photographer.

Ron grew up in Lithgow in the Blue Mountains. An early interest in bush walking, rock climbing and caving led to the need to record his adventures, and so to a life-long passion for photography.

Ron started an electrical contracting business in Jindabyne that specialised in ski lift and cable car installation. As a result of these skills, many new adventures opened up to him and he was able to travel



New Lizard, Ron Webb, photographer

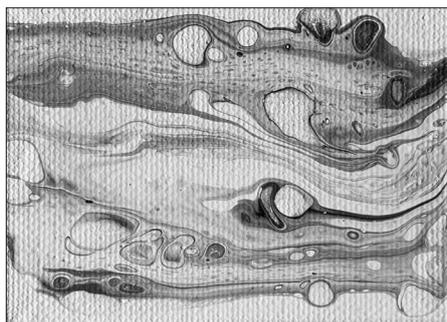
extensively. His experiences include several years on Antarctic expeditions as well as trekking in the Himalayas, Argentinian and Chilean Patagonia and bush walking in Western Australia, and of course, on all these journeys, his camera and his love of photography went with him.

Several years ago he moved to Wallaga Lake, where, inspired by the coastal scenery and our diverse wildlife, he continues to develop his passion for photography. He captures images of our area with skill and sensitivity. Please come to the gallery and admire his work. It is not only beautiful to look at, but is very reasonably priced.

Naomi Lewis



Colour Surge, acrylic pour canvas by Donna Pattison



Part of Donna Pattison's Windowsill Art range, a tiny canvas (the size of a business card) that comes with its own miniature easel. Great for the windowsill, shelf or desk.

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Exhibition extended to Sunday
5 May when Lucy Culliton will
talk about her paintings at 3pm

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www.ivyhill.com.au

New pop-up gallery for Bermagui—but be quick!

Nicole Grimm-Hewitt is a talented artist who has chosen Bermagui as her home town. Her initiative this autumn has been to showcase her artworks in a wonderful pop-up gallery on Lamont Street, next to the Country Club, until 5 May.

Salt water is a mainstay of her many memories of youth and years spent in Wollongong. The industrial town of the 1970s has grown into a city, raising a fine artist in Nicole. Her artworks include birdlife, seascapes and cycling themes, each quite definitive in style and execution.

Nicole moved from Wollongong to Bermagui in 2017 and held her first local exhibition at CAMP & Co in 2018. It was

then that many locals discovered her extraordinarily beautiful transference of nature to canvas. Looking through her displayed portfolio, I instantly recognised many of the beaches and saltwater pools where I spent much of my youth. Magpies and eagles, well represented, stared me straight in the eye and tore at my heart to



Nicole Grimm-Hewitt and her portrait of a Wedge-tailed Eagle in her Bermagui pop-up gallery

come live in my home.

Since 2013, Nicole has had a total of 25 exhibitions across NSW. Ten of these have been solo shows. She was a finalist in the 2019 Basil Sellers Art Prize with a portrait of a red-tailed black cockatoo. Such precise depiction of Australian birds is rarely seen.

The Pop-up Gallery is open from 10 am til 3 pm every day until 5 May, on the corner of Tuross and Lamont Street, with Nicole in attendance, a very personal touch to a display not to be missed. Original artworks, limited edition prints and cards will be on sale.

We are quite fortunate that the raw beauty of our region has attracted the residency of one of Australia's promising emerging artists. Congratulations on your visions and dreams, Nicole. May the stunning array of the ocean's sapphire hues continue to inspire you, and the birds fly above and around you as you record their beauty. Welcome!

Claudia Bornemann

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Winter is nigh

With winter well on the way it is timely to talk about tasks we should be considering before the cooler months arrive.

Winter is the perfect time to plant our open-rooted or pot-grown fruit and shade trees, our new roses—whether potted or open rooted—and to select and plant winter-flowering perennials.

When considering the selection and siting of fruit trees and roses, give thought to providing these plants with room to grow and a site with plenty of sunshine. Roses planted in too much shade will not perform to their best and are likely to develop fungal diseases like black spot and powdery mildew due to poor air circulation and lack of sunlight. Fruit trees need plenty of sun to evenly ripen the fruit and to reduce the incidence of pest and disease.

When visiting your nursery to choose your plants, there are a number of important factors to look for. There are two ways to purchase a plant—potted or open-rooted. Potted plants are usually more established and, although a bit more expensive, the root system has not been allowed to dry out so these plants will likely transplant and establish without any problems. Open-rooted plants could have dried out at some stage and this can cause failure in re-establishing. Check for any shrivelling of the branches and, if evident, do not purchase that particular plant.

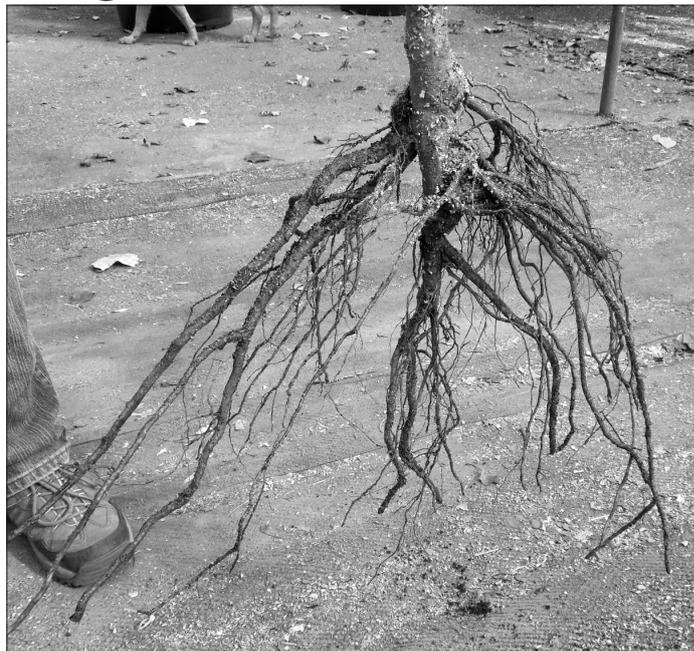
Potted plants are also more established. Fruit trees will bear earlier; roses will most likely be two years old and will perform a lot better than pencil-thick one year old roses.

Take care when selecting plants stored under artificial lighting in nurseries, as this encourages new growth to develop and once planted in the garden these shoots will shrivel, causing a setback to new growth.

Prior to making your selection of these winter-available plants, commence preparation of the planting hole. A nice wide hole but not too deep is the ideal. Mix some form of organic material with your soil to improve its structure and texture, to give the plant a good start. Composed animal manures or a prepared organic planting compost from your local nursery are the easiest way of supplying the material needed.

I will talk about correct planting techniques in the June issue.

Other plants that are available in-store in the next few weeks include a lot of winter-flowering perennials like Hellebore, Salvia and Lavender. Hellebores are usually only available in the cooler



Be aware when buying open-rooted plants. The roots may have dried out a bit.

months and once sold out are not available until the same time next year. They prefer a situation where they receive shade in the summer, and do well under deciduous trees, some of which you will select and plant this winter. Hellebores come in many colours and either single or double.

Salvia and Lavender are available all year around but many flower during winter and those are usually available in May and June. Remember that these two require full sun to perform at their best. There are some Salvia that grow in shade. Check out your local nursery for these.

Packaged summer-flowering bulbs and perennials will also start to appear over the next few weeks. Plants like Dahlia, Gladioli and Phlox will be for sale and these can be planted anytime throughout winter. These also prefer full sun to perform well.

Finally, remember that what might be full sun in winter could be shade in summer. Watch where the sun appears over your garden throughout the year as this can have a great bearing on where you site your new plants.

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I love autumn: it's my favourite season of the year. Time to take a ramble through a pine forest. Go early in the morning after rain at this time of year and hunt for pine mushrooms, also known as Saffron Milk Caps. Go with a friend who is an experienced mushroom hunter if you've never picked this variety before.

Now pumpkins of all shapes and sizes are appearing on roadside stalls. Inspiration to make pumpkin gnocchi with the classic pairing of sage butter sauce. And ending this autumnal feast, one can't go wrong with a hot fruit desert. If you are like me I have jars of fruits from season's excess – plums, berries, apples, rhubarb and quinces. Break out a bottle or stew some apples and mix it up with one of those other jars and make a crumble—or try a fruit sponge.

Pine Mushroom Ragu

(Recipe adapted from Kylie Kwong's 'Mushroom Ragu' in Heart and Soul)



8 garlic cloves, chopped finely
 2 salad onions, trimmed and finely sliced
 1 tbsp sea salt
 750g pine mushrooms
 125g butter, roughly chopped
 1/2 cup extra virgin olive oil
 black pepper, cracked
 1/2 cup dry white wine
 1/2 bunch flat-leaf parsley, chopped

Place garlic, onions and salt in a heavy-based pan. Cover with the mushrooms. Top with butter, olive oil and pepper and place, covered over high heat for 5 minutes, without stirring, to allow the flavours of the onions and garlic to penetrate the mushrooms.

Uncover. Add wine, stirring to combine. Reduce heat and simmer, uncovered, for about 5 minutes, or until mushrooms are just tender. Stir in parsley.

Serve with giant pasta, or a spoonful of polenta.

(Serves 4)

Pumpkin Gnocchi



800 g pumpkin
 140 g all-purpose flour
 1 egg
 salt and pepper to taste
 nutmeg to taste
 60 g butter
 8 leaves of sage
 60 g grated Parmigiano

Cut the pumpkin in half, rub with olive oil and place in a baking dish. Roast in a 175°C oven for about 45 minutes or until starting to colour.

Once the pumpkin is tender, remove it from the oven and let cool, then scoop it away from the peel and pass through a potato masher.

To make the dough for the pumpkin gnocchi, place the mashed pumpkin on a flat work surface. Add the salt, pepper and nutmeg. Mix together with the egg and flour.

The dough should be soft and light and not stick to your fingertips.

Make the gnocchi by first dusting the

work surface with a little flour and cutting off a small amount of the gnocchi dough at a time. Roll into logs and cut into small cylindrical pieces.

Cook the gnocchi in a large pot of boiling salted water.

While the gnocchi are cooking, prepare the sauce: in a skillet, melt the butter with a couple of fresh sage leaves.

Add a tablespoon of cooking water to the butter and stir to make a sauce.

Once the gnocchi rise to the top of the pot, remove them using a slotted spoon.

Carefully toss them in the melted butter. Finish with grated Parmigiano.

Buon appetito!

Fruit Sponge

Served warm, this light fruit sponge is pure comfort. Extra good with custard or whipped cream.



About 2-3 cups of cooked sweetened fruit of your choice

2 eggs
 2 heaped tbsp of sugar
 2 tbsp of flour
 1 tsp baking powder

Preheat oven to 190C.

Place fruit in a shallow baking dish and put into oven to heat while preparing sponge.

Beat the eggs and sugar until very thick and creamy.

Add sifted flour and baking powder and fold in lightly.

Pour over hot fruit. Bake for 30 minutes until golden.

Serves 4-6

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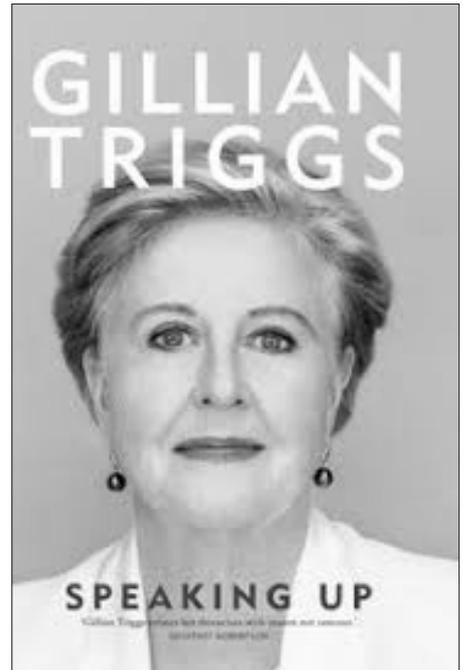
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Gillian Triggs, Speaking up, \$45.00

I chose this book for *The Triangle* because I thought that the work of the Human Rights Commission and of its President has seldom been out of the news for the last few years. Here is the chance to understand the importance of the Commission and to try to understand why Gillian Triggs has attracted so much criticism from the government and from conservative commentators. What the book does is outline the arguments and the ideological struggles over such issues as the rights of asylum seekers, children in detention, freedom of religion, same-sex marriage, and human rights issues of importance to Indigenous Australians and to women and girls. It also covers the important role Australia has played in the international struggle for universal human rights—a history of which all should be really proud.

Why then has this generation of politicians been so reluctant to fulfill our obligations under human rights conventions? This is a record of the daily struggle the Commission has had to advocate for the human rights of the most vulnerable in our society. It is a very readable textbook survey of the cases and the campaigns in which Gillian Triggs was involved. With her very experienced staff



and international law often on her side, she withstood almost daily calls for her dismissal and some of the most vitriolic criticism from shock jocks.

I'm not sure I understood much more about her as a woman by the end of the book, but I certainly know how the book can act as an excellent reference for anyone trying to understand the arguments for and against adopting a Bill (or Charter) of Rights in Australia.

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Guidelines for contributors

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

1. Stories should be 300 words maximum except by prior arrangement.
2. Photos should be sent as **separate JPG attachments – not embedded into your story**. Please send the original digital photo, uncompressed, so we have as large an image as possible to work with. Please include a caption for your photo at the bottom of the article it accompanies.
3. Send all **articles** as WORD or other TEXT documents.
4. Please do not send posters or flyers! 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. Please don't leave it to us!
6. Deadline is midday on the **22nd of the month**.

Any questions at all, please email us contributions@thetriangle.org.au



ALCOHOLICS ANONYMOUS

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

AL-ANON

Bega, Back Room 7th Day Adventist Church,
31 Upper St (opp showground/pool)
Tuesday 5-6 Thurs 1-2 Ph 6492 0314

ANGLICAN PARISH OF COBARGO

Bermagui: All Saints- 1st, 2nd 3rd 4th Sundays 8.00am
Cobargo: Christ Church-1st, 2nd, 3rd Sundays 10.00am
Quaama: St Saviour- 4th Sunday 10.00 am.
5th Sunday - One service in parish at 10
am rotation. Contact Tim Narraway 6493 4416

ANIMAL WELFARE LEAGUE

Far South Coast Branch promotes the welfare of
companion animals and responsible pet ownership.
Call 0400 372 609

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

BERMAGUI CROQUET CLUB

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

BERMAGUI CWA

Meeting, first Friday of the Month at 1 pm.
CWA Rooms, 10 Corunna St, Bermagui.
Contact: Mrs Kathryn Preston, 6493 5887
kfstreston@bigpond.com

BERMAGUI DUNE CARE

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

BERMAGUI GARDEN GROUP

1st Tuesday every Month 10 am until 12 noon, venues
vary, phone Heather Sobey on 0418 406 068

BERMAGUI HISTORICAL SOCIETY

Meeting First Wednesday of Month, 2.00pm CWA
rooms, Bermagui. Researchers & helpers welcome.
Ph Allan Douch 0428 427 873 or
Dave Cotton 6493 5014

BERMAGUI INDOOR BOWLS CLUB

Social games meets for Indoor Bowls at Bermagui
Country Club every Monday afternoon. Names to be
on list by 2:00pm, games start at 2.30pm.
No experience necessary. Bob Whackett: 6493 3136

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 & DISTRICT LIONS CLUB

New members welcome. Meet 1st Thurs each month
at Cobargo Hotel & 3rd Thurs at Bermagui Country
Club at 6.30 for 7.00pm
Enquiries: Ray Clements on 0477 017 443.

THE BERMAGUI MARKET

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

BERMAGUI MEN'S SHED

Meets Tuesdays & Thursdays from 10am at Umbarra
Cultural Centre, Akolele. All men welcome.
Contact Ian Bailey 0409 691 458 or
Phil Baldwin on 0421 114 882.

BERMAGUI PROBUS

Probus provides an opportunity to meet with fellow
retirees on a regular basis, listen to interesting guest
speakers and join in the company of new friends.
Meets on the second Monday of each month at the
Pavilion, Dickenson Oval. 10am-12. Contact Lorraine
Courtis email lcou6446@bigpond.net.au

BERMAGUI & DISTRICT SENIORS' SOCIAL CLUB

The 1st Wednesday of each month, General Meetings
held alternately at CWA rooms, Bermagui and
Bermagui Country Club, commencing 10.30 am. with
social luncheons to follow. New members are most
welcome. Enquiries contact President Hilda 0438864374

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.

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activities - various times and sites. Contact Paul
on 0466 013 153 or visit www.facebook.com/
BermaguiUrbanFoodFarmers

CATHOLIC CHURCH

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

COBARGO CWA

Meeting 2nd Tuesday of the month at 10:30 am
CWA Cottage, 5 Cobargo-Bermagui Rd, Cobargo
Contact: Ms Sally Halupka 6493 7356
cwa.cobargo@gmail.com

COBARGO DISTRICT MUSEUM

Meeting 5 pm 2nd Thursday of the month at
the Cobargo Museum: researchers, old photos,
information and new members welcome. Contacts:
Vicky Hoyer 0422 377 278 / Bev Holland 0408 280 024

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 PRE-SCHOOL

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COBARGO PRESCHOOL PLAYGROUP

Families welcome every Thursday 9-10.30am.
All ages welcome. Bring along a piece of fruit
to share. A small donation would be greatly
appreciated. 6493 6660

COBARGO & DISTRICT RED CROSS

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

COBARGO SoA HALL COMMITTEE

Hall bookings and inquiries: Linda 0407 047 404
email: cobargohall@gmail.com

1ST COBARGO SCOUT GROUP

Children 6 - 15yrs. Meetings 6.30pm to 8pm in school
term Cobargo Showground dining hall. Contact
Graham Parr on 6493 6795

COBARGO SHOW MEETING

2nd Wednesday every month, 7.30 pm - CWA
Rooms. Contact Naomi Rolfe 0417 456 354

COBARGO TOURIST & BUSINESS ASSOC

Monthly meetings 2nd Tuesdays at Well Thumbed
Books, 6pm. Contact: David Wilson on 0401 398 141

COBARGO CWA

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

DIGNAMS CREEK COMMUNITY GROUP

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

HEART TO HEART

2nd & 4th Saturday of month from 12:00 to 3.00pm
Discuss the Ageless Wisdoms of Alice A. Bailey
teachings. Phone: Lorraine on 6493 3061

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LIFE DRAWING SESSIONS

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

MT DROMEDARY UNITING CHURCH

Bermagui: Sundays 9am at the Union Church, West
St. Bermagui, Cobargo: 1st, 2nd & 3rd Sundays
at 11am; 4th Sausage sizzle at 7pm
& praise night at 6pm, Cobargo Bermagui Rd.
For information ring Robyn 64938324
Churches also at Narooma and Bodalla

OPEN SANCTUARY AT TILBA TILBA

Non denominational gatherings every 2nd and 4th
Saturday, tea/coffee 4.30pm start 5pm.
Discussion group 3rd Saturday. Meditation
every Monday at 11am. Other events see website
opensanctuary.weebly.com.
Inq: Linda Chapman 0422 273 021

TILBA CWA

Meeting 2nd Friday of the month at 10 am
Tilba small hall, Bate Street, Central Tilba
Contact: Ms Maureen Kleeman 0477 633 221
maureen.kleeman@gmail.com

CWA CAFE

2nd Saturday of the month 9 am to 12 pm.
Tilba small hall, Bate Street, Central Tilba

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 MEN'S SHED

Meets Wednesdays from 10am at the old fire shed,
20 Bermagui Street, Quaama. All men are welcome.
For information contact John Preston (President) on
6493 5887 or Ron Higgins on 0408 788 528.

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.

SCHOOL OF ARTS PLAYERS INC (SOAPI)

Enquiries: Robyn Freedman 0410 525 968

THE YUIN FOLK CLUB

The Yuin Folk Club organises the annual Cobargo
Folk Festival and hosts folk music concerts through-
out the year. Details at www.cobargofolkfestival.com.
For info ph. Secretary Carolyn Griffin 0400 391 324,
Treasurer Zena Armstrong 0402 067 615 or
email info@cobargofolkfestival.com

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

For the Fridge Door

MAY	WHAT	WHERE	TIME
Wed 1	U3A Information & Registration Day	Bermagui Country Club	2 - 4 pm
Sun 5	Meet the Candidates	Bermi Community Centre	10 am
	Live music: Joe Driscoll	Cobargo Hotel	4.30 pm
Fri 10	19-Twenty, \$25	Murrah Hall	6.30 pm
Sat 11	Dogs' Day Out	Nata Oval, Narooma	2 pm
	Short Film Festival	Bermi Community Centre	3 - 6 pm
	Hairy Concert	Small Hall, Central Tilba	6 pm
Sun 12	Blacksmithing demonstration	345 Yowrie Road, Wandella	1 - 5 pm
	Mother's Day, 'Dust & Echoes'	Cobargo Hotel	4.30 pm
Fri 17	Open Mic	Cobargo Hotel	8 pm
Sun 19	Doco: <i>Murder on the Reef</i>	Old Butter Factory, Cobargo	3.30 pm
	Live music: Jay McMahon	Cobargo Hotel	4.30 pm
Sat 25	Bogan Bingo fundraiser	Quaama Hall	7 pm
Sun 26	Live music: Wolf Stone	Cobargo Hotel	4.30 pm
REGULAR EVENTS			
Mondays	Ki yoga	Tilba Small Hall	7 - 8 am
	Yin yoga	Tilba Small Hall	6 - 7.30 pm
	Meditation	Open Sanctuary, Tilba Tilba	11 am - 1 pm
Tuesdays	Quaama Singers	Quaama Hall	5 pm
	Trivia	Cobargo Hotel	7.30 pm
	Weekly meditation	Kamalashila Centre, Tilba	10 - 11 am
	'Zine' Machine	Bermagui Library	3.30 - 5.30 pm
	Storytime	Bermagui Library	10.30 am
	Yoga Classes with Sara	Bermagui Surf Club	10 - 11.15 am
Wednesdays	Appalachian Jam Session	Cobargo Hotel	7 pm
	Dru Yoga	Cobargo School of Arts	10.30 am
Last Wednesday	Cobargo Seed Savers	18 Blackbutt Drive, Cobargo	10 am - 12 noon
Thursdays	Mind Body Stillness Meditation	The Courtroom, Cobargo	10 - 11 am
	Bermagui Growers' Market	Fishermen's Wharf	2.30 - 5 pm
	Rhymetime	Bermagui Library	10.30 - 11 am
1st Thursday	Lions Club meeting	Cobargo Hotel	7 pm
3rd Thursday	'Everything Tech' night	Bermagui Library	5 - 8 pm
Last Thursday	Gardening talk, Keith Mundy	La Galette, Tilba Tilba	11 am
Fridays	Community raffles	Cobargo Hotel	7 pm
1st Friday	Bermagui CWA meetings	CWA Rooms	1 pm
2nd Friday	Tilba CWA Meeting	Small Hall, Tilba	10 am
Saturdays	Tilba Market	Big Hall, Central Tilba	8 am - noon
	Cobargo Market	Princes Hwy (main street)	8 am - 1 pm
2nd Saturday	CWA Cafe	Small Hall, Tilba	9 am - 12 pm
Sundays	Community Joker Draw	Cobargo Hotel	6.30 pm
1st Sunday	Tilba Food Share	Call Annie: 0409 443 064	10 am - 12 pm
3rd Sunday	Cobargo/Quaama food swap	Call Tam: 0409 882 944	10 am - 12 noon
Last Sunday	Bermagui Red Cross Markets	Dickinson Oval	9 am - 12 noon
ART			
2-7 May	Artful9 mosaics	SoArt Gallery, Narooma	10 am - 4 pm
Sat 4	Opening, Art from the Hill	Lazy Lizard, Cobargo	10 am
Until 5 May	Pop-Up exhib'n, Nicole Grimm-Hewitt	Next to Bermi Country Club	10 am - 3 pm
	Lucy Culliton, Deb Johansen and Lynne Flemons	Ivy Hill Gallery	10 am - 5 pm
Until 15 May	Wind Stories	Shop7Artspace	10.30 am - 3 pm