

# THE TRIANGLE

COMMUNITY NEWS

Est. Sept. 2002

**QUAAMA COBARGO BERMAGUI TILBA & LOCALITIES**

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## The big chips fly

Fifteen intrepid women poured through the Cobargo Co-op back gate in work-boots, colourful shirts and, at their sides, chainsaws of various ages and sizes – these women were ready for action at the first women's chainsaw workshop at the Cobargo Tool Library. The women ranged in chainsaw familiarity from complete beginners to those with decades of experience.

After signing in for COVID-safe requirements and an introductory talk, the women split into three groups that moved through the three designated skills sections of the workshop – basics, maintenance and hands-on saw cuts. Under expert tuition, safety was emphasised throughout each activity.

Mechanic, Robyn Grice, led the basics and safety tutorial that covered identifying saw parts and saw types, protective gear, dismantling and re-assembly, starting and stopping, starting problems, and discussion of saw brands and sizes.

Chainsaw maintenance was led by arborist, Rebecca Norman, who demonstrated chain tensioning, sharpening, sharpeners, various tooth angles for different saw uses, bar cleaning and maintenance and, importantly, what not to do.

Hands-on chainsaw action was led by Christa Rehwinkel who is a certified, advanced chainsaw operator with years of experience. Christa taught about protection, posture, stance relative to the task, demonstration of techniques for a variety of cuts and the choices of saw related to personal strength. A number of women took the opportunity to have a go at different cuts under Christa's careful and watchful eye.

The expertise and clarity of the teachers served to imbue the participants with a healthy confidence. The groups toggled between utmost seriousness, focussed attention and gales of laughter. There were lots of questions throughout the sessions where the importance of well-maintained, clean and sharp saws for safety and effectiveness was consistently reinforced.

The consensus was that the workshop was great fun and highly informative. Participants came away with new confidence,



Attention riveted on chainsaw bar maintenance demonstrated by Rebecca Norman



The big chips fly in mastering the undercut under the watchful eye of Christa Rehwinkel

new skills, new connections and keen for further events particularly a certified course to gain a chainsaw ticket.

Many thanks to the Tool Library gang, Cobargo Co-operative and specifically Heather Stone and Monica Considine for organising the workshop.

*Rosemary Beaumont*

Autumn is on the doorstep and with the changing season some locals are looking back while others look to the future. The rhythms of time and flows of people in and out of the region capture attention in some of this month's contributions – the tourists come and go in a seasonal dance, children move through schools and out into life, miners in their thousands came seeking gold and left – and now miners are back.

Meanwhile, we have integrated living with an infectious virus as we normalise registering our presence in public places, sanitising our hands and maintaining personal distance. Some

highlights of our regular calendar are resuming such as the Bermagui dog show, Four Winds' performances, the Quaama choir, SCULPTURE Bermagui and the Tilba Easter Festival – while the Cobargo Show and Cobargo Folk Festival are not on as people are still re-establishing their lives.

Future issues have a mixed range of possibilities, both uplifting and concerning – exploration of co-farming, availability of hemp-infused water, the Fire Edge Road Groups modelling neighbourhood fire preparedness and an action alert about the ill-defined mining exploration lease in the Triangle area.

## Letters to the editors

### Dear BlazeAid,

When you arrived over a year ago, our wounded communities didn't realise the impact you were going to have on our lives.

You came in quickly and set up at the sports ground. You then set about in helping us to get our paddocks back in action.

You'd come in early in the morning and leave late in the afternoon. Working tirelessly to assist in putting a sense of normality back in our world.

You gave up your time to help us and then you found you were locked in our area when COVID struck our world. Yet you kept on working.

Your sacrifice of time and money will never be forgotten. Your humour and hard work will never be forgotten. Most importantly your love and compassion will never be forgotten.

Thank you all for everything you have done for us.

*Sincerely,  
Alison Taylor*

### Losing the dream (for the Statue of Liberty)

The hollow voice of ego  
mythologising war,  
seduced a hate-crazed rabble  
into trashing rule of law.

While history's huddled masses,  
seeking sanctuary on the page,  
turned away in horror  
from a truthforsaken age.

Now poison chokes the Capitol  
where hope may once have shone,  
but evil snuffed the candle –  
and the dream is lost and gone.

*Ian McFarlane, January 2021*

### Nature conservation

In the NSW Bushfire and Wildlife Recovery Plan it is claimed that native wildlife will be protected by comprehensive poisoning and trapping of feral animals including wild dogs. Included in 'wild dogs' are dingoes that are animals native to Australia. They are behaviourally and physically different from the feral wild dogs introduced to Australia as a result of white settlement; it is difficult to tell them apart and to determine how many of each were alive in the area of South Eastern NSW before the bushfires, let alone afterwards, when dingoes and other terrified animals have been forced from their so-called 'core areas' in order not to be incinerated.

How then can an estimate possibly be made of the number of feral wild dogs/dingoes killed as a result of the NSW Bushfire and Wildlife Recovery Plan? Further scattering of bodies tortured by 1080 poisoning after the fires must make identification and counting even harder.

Why, therefore, has this barbaric program been allowed to go ahead when, according to scientists and ecologists, it can only inflict further suffering on bushfire areas and make it more difficult or impossible to save more wildlife from being wiped out?

The Australian native dingo is classified by the International Union for the Conservation of Nature (IUCN) as vulnerable to extinction. As well as having a vital ecological role in the natural environment, the dingo had special cultural significance to many indigenous people and should be treated with respect and not killed.

*Susan Cruttenden  
Dalmeny*

## Disclaimer

The opinions expressed by contributors to the newspaper are their own, to a greater or lesser degree, and do not necessarily reflect those of the editorial team.

Whilst striving to accurately report the news and views of the readers, this newspaper accepts no responsibility or liability for statements made or opinions expressed.

All letters to the editor must be signed and include the writer's full name and address if they are to be considered for publication.

### Freedom! (a letter from Scotland)

Like for many poor souls who have been kept locked up for prolonged periods, the prospect of freedom can be a bit daunting to say the least. With the added confinement of deep snow, closed roads and sub-zero temperatures we have felt more like hibernating humans than modern millennials.

It feels normal to have something very serious to worry about and the talk now is about protecting the young. Once all the older and vulnerable folk are vaccinated, the young won't have to worry about killing their grannies any more and are very likely to go a bit wild with raves and love-ins but there is a percentage, albeit small, that will get very sick with COVID-19 and they should be protected, but how? We can't have a permanent lockdown, can we, at least until all are vaccinated?

As Mark Twain said: 'Travel is fatal to prejudice, bigotry and narrow mindedness.' The sooner the borders are open and the planes are flying the happier humanity will be, well that's my opinion. But there are many who would be very happy to build walls and keep the others out - permanently if possible. What was it Braveheart said? '... tell our enemies that they may take our lives, but they'll never take OUR FREEDOM!' Little did he know about our new enemy COVID-19 and its variants.

P.S. Did you know that all the COVID-19 virus in the world could fit into half a coke can? Blimey!

*Sarah Breakey*

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





## Thumbs UP

To Bermi's Beachside Cafe for having such good safety measures in place to stop the spread of the COVID-19 virus. You are awesome!

To the local police officer who stopped his vehicle just before the Fisherman's Co-Op, during the busy pre-Christmas season, and turned on the flashing lights to allow a lady with three young children in tow to safely cross the road. Local policing at its best!

To David Hewitt, the leader of the Taiko Drumming Group, who won a \$30,000 grant from Create NSW. See their website for your own concert: [www.stonewavetaiko.com.au](http://www.stonewavetaiko.com.au).

To the beautiful new community notice board in Cobargo.

To the Team at Four Winds for the joyful concerts and top-notch digital performances they have pioneered. The ACO Wind Ensemble and Luminescence Choir travelled there to delight us, too. What a wonderful way to end the year.

## Thumbs DOWN



To the 'squash game' between ESC and BVSC regarding responsibility for signage along the Wallaga Lake foreshore, focused on reducing the fishing tackle and plastic bait bags that are left behind. Large signs need to include information about fines, and a warning that rangers inspect the foreshore regularly. Vets have told me that every week, six or more dogs need sedation and/or medication. So did I, after the last time.

To the Cobargo community notice board that can't be accessed.

To the AWL that demands fencing for any dogs up for adoption but says nothing at all about ensuring the cats they promote in *The Triangle* are kept in a manner that protects our native wildlife. How about insisting that anyone considering a cat proves that they have a suitable cattery?

## Community Notices

In recognition that meetings are not happening at the moment – at least, not in the ways they used to – we're placing 'Community Notices', the inside back page, in storage for the time being.

## Flight of the Jack Russell Terrier

A stocky little JRT decided she could fly and jumped from my veranda ledge discharged into the sky.

The neighbours watched in fear and shock as she thumped upon the ground and with a few rotations then ended up face down.

She struggled up on all three paws the other leg was stuck, it stood out at an angle to the rest of her ... bad luck.

It flashed across our boggled minds what time the vet would close poor little Pip was frozen there helpless and not composed.

Rosie, a King Charles Spaniel, with whom Pip often played sprang to her feet immediately and charged without delay!

Aghast, we all were horrified, we watched the scene unfold and cries of 'Rosie, come back here!' increased her bold resolve.

She sped across the grass until she reached the hapless Pip and with a mighty wallop she caused Pip to lose her grip.

Then little Pip got to her paws her leg was redefined – the limb that stuck out awkwardly was perfectly aligned.

She scampered up towards us all and straight up to her mum that wilful little Rosie was heedless of what she'd done.

At times dogs can be reckless in their madcap acts of play but that fluffy King Charles Spaniel had really saved the day.

She's lauded as a heroine, by this mum and her pet, avoiding angst of heading for a fraught trip to the vet.



Bronte Somerset

## Who does the work

### The Editorial Committee

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Stuart Absalom (Vice President),  
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Bhagya (Treasurer),  
Rosemary Beaumont,  
Debbie Worgan  
Sarah Breakey

### Advertising

Book advertising space by first ringing 6493 8369 then 0407 047 404 or email [advertise@thetriangle.org.au](mailto:advertise@thetriangle.org.au)

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### Deadlines

**Advertising:** 5pm, 19th of each month

**Editorial:** 12pm, 22nd of each month

### Letters to the editor

All communications should be forwarded to: [contributions@thetriangle.org.au](mailto:contributions@thetriangle.org.au)  
Postal address: The Editors, *The Triangle*  
PO Box 293, Bermagui. NSW 2546  
ABN: 75 182 655 270

*The Triangle* is a community newspaper. Its aim is to provide information and news to the people in the Triangle area - the area bounded by the three mountains (Gulaga, Mumbulla and Wandella). 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. Prompt payment of accounts is appreciated. *The Triangle* is published every month except January and has a circulation of 1800 in print plus online visits.

# Wandella Woods Arboretum – one year after the fire

## *Don't give up on your fire-damaged trees too soon*

Before the bushfire ravaged Cobargo and surrounding localities on New Years Eve 2019, Wandella Woods Arboretum boasted more than 500 trees of nearly 400 species from around the world, some rare, endangered or even extinct in the wild. The entire 10 ha arboretum suffered ground fire. Some trees were burnt but the crowns of all trees were totally scorched due to the extreme temperatures and shed their leaves – even up to 35 metres high. Many trees that looked dead in the first months have new healthy crowns after 12 months.

143 of the initial 350 hardwood trees have produced a full, or almost full, crown. 110 trees have recovered by producing vigorous basal coppice or root shoots and only 81 trees were killed. Oak trees survived better than other species with 90% now growing well. 59% of maples survived. 95% of the trees in the young maple section were burned through because they had been well mulched with wood chips to conserve soil moisture because of the drought!

Conifers were more severely affected by the fire with only 15% survival, primarily the older, larger trees. Pines had the best survival rates of the conifers. Of

native Australian conifers one Illawarra plum pine, two hoop pines and one bunya pine survived. All native cypress pines were killed.

A gigantic blue box, the largest tree of the species in Australia with a height of 30 metres and a girth of 5.4 metres, was killed. It consisted of three trunks that had joined. The channel up the middle acted as a chimney conducting intense flames up inside the tree that exploded in four directions.

Eucalypts have evolved in Australia and are admirably adapted to recover from fire. Species with rough, thick bark have epicormic buds (dormant growth buds) deep beneath the bark that are protected from all but the most intense fires. When the tree is burnt and the foliage removed, the epicormic buds are triggered into life and sprout rapidly. Other smooth-barked eucalypts regenerate from underground lignotubers, large root structures from which the tree can regrow. Although the above-ground part of the tree may not survive being burnt, the lignotuber remains alive.

A complete report on the conditions before and after the fire and how different



Epicormic growth helps eucalypts be resilient to fire

tree species have responded after one year is available from the author at [bsmyers2@bigpond.com](mailto:bsmyers2@bigpond.com). The most important lesson is not to be too hasty with felling exotic trees after fire damage as they may take up to a year to fully recover.

Brian J Myers  
Wandella

## HEAR WELL - LIVE WELL!

A new dedicated hearing care practice coming to Narooma.

So many exciting developments in the lead up to opening HEAR WELL- LIVE WELL, the far South Coast's only independent hearing care provider.

The imminent arrival of 'state of the art' audiological equipment from Denmark means that I will soon be opening the doors. Other exciting deliveries are on the way - more on that next time.

I have the keys for our shop!

The address is: Shop 3 of 114 Wagonga St, Narooma. There is plentiful parking in the Vinnies car park, then a short walk into the arcade.

As I type this I am in Sydney attending continuing professional development training, adding to my 21 years of professional experience in expertly making life better for those of all ages with hearing loss, tinnitus, CAPD and their families.

If you or someone you know is frustrated by hearing loss, feel free to contact me on 0411 839 414.

Addressing hearing loss appropriately helps to keep your brain functioning better for longer.

Hearing loss identified as potentially modifiable risk for dementia – treatment may reduce risk (sooner is better)

Livingston, G. et al 'Dementia prevention, intervention, and care: 2020 report of the Lancet Commission', THE LANCET COMMISSIONS| VOLUME 396, ISSUE 10248, P41,3-446, AUGUST 08, 2020



I look forward to hearing from you.

Annemarie Narraway  
Expert Senior Clinician  
Communication Pathology (Uni of Pretoria)  
MAud CCP



## CWA Conference 'Make a Cow' competition for schools

All schools in the Eurobodalla and Bega Valley are invited to participate in the Country Women's Association Conference 'Make a Cow' competition. The cows will be used like sculptures to decorate Bega Showground during the CWA of NSW State Conference held on 2-7 May, highlighting the importance of the dairy industry in our region.

There are not many rules: the cow should be capable of standing unsupported and preferably out of doors, because CWA Far South Coast Group would like them displayed all over the Bega Showground during the Conference. They can be of any material, colour or style. The CWA Conference committee are looking for imagination and fun.

Cows will be numbered and visitors will be asked to vote for their favourite. The winning school entry will receive a \$500 cash prize for their school. The CWA Conference committee will help transport the cows if you are not able to bring them to Bega, providing they are not TOO big.

This is an opportunity for our local schools to showcase their artistic talents to hundreds of NSW and ACT CWA members.

For more information on the CWA State Conference 'Make a Cow' competition for Schools, please contact the Conference Committee Secretary, Lynn Lawson, by email at [fscgcwa@gmail.com](mailto:fscgcwa@gmail.com)

*Annette Kennewell*



Annette Kennewell a member of the CWA Bega Conference local organising committee with 'The Picasso Cow' Grand Champion created by the Primary Class Central Tilba Public School in 2010

# TILBA FESTIVAL

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## Easter Saturday: 3 APRIL 2021

9am-4pm, Bate St, Central Tilba

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## Hemp-infused water hits the coast

For the first time on the south coast hemp-infused water is available for sale. The benefits of hemp have been well-tested and proven. It has existed in many cultures for hundreds of years, it is rich in protein and magnesium, keeps your digestive and immune systems healthy and contains good fatty acids, Omega 3 and 6. What a wonderfully refreshing way of quenching your thirst – all health, no high and helping your gut culture.

Sugarless, hemp-infused water with ginger and lemon has been a legal product since November 2017. Hemp Oz is an Australian company located in Sydney that sources its organic materials in Australia.

Local businesses have embraced this new form of hemp drink. Both Boneless Café and Grandpa's Garden Organics sell a range of hemp products including hemp-infused water.

During the COVID-19 pandemic, sales of alcohol soared in this country and many other places around the world. Personally, I found hemp-infused water a great substitute for wine and a good drink mixer. I found it was certainly better for my wellbeing, both physical and mental. I am sure you will too.

At the 2021 Tilba Festival we will be selling this range to highlight local businesses that have embraced this new form of health product.

*Lyndy Drury*



Chill! It's legal. Hemp water arrives on the far south coast.

## Enjoy a refreshing Hemp Water along with the other delicious delights available at these stockists



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# Sponsored programs at The Crossing for fire-affected families

The Crossing Land Education Trust helped Fire Edge Road Groups form around Bermagui in 2020 to share information about what worked in preparation for fire and ideas to improve fire readiness. A number of Fire Edge Roads Groups now have co-ordinators and WhatsApp or Signal groups allowing anyone on the road to instantly message all others on the road. Waterproof UHF handheld radios with built-in ABC FM allow road members to talk to each other while monitoring the emergency channel and ABC Radio. Some good ideas have come from these gatherings. There is a 'Badja Fire Edge Roads' Facebook page and any fire-affected family in the Triangle region is welcome to join this group.

## 2021 Fire Road Gatherings and Workshops at The Crossing

These gatherings are in an undercover area beside the Community Hall using a World Café format with small groups rotating between tables so everyone can speak and be heard. Focus questions help people share experiences and ideas. Workshops may include walking tours. The Crossing is located at 392 Nutleys Ck Road on the back road between Quaama and Bermagui and beside the Bermagui River. There is a minimum of twelve and a maximum of twenty-two people per session. For bookings go to: <https://thecrossingland.eventbrite.com.au>

For any questions use the subject line 'Badja Fire Roads' in an email to Dean: [dean@thecrossingland.org.au](mailto:dean@thecrossingland.org.au).

### DATES:

**14 March** from 2.00-4.00 pm – Bring a few 'road friends' to share fire preparation ideas with others to establish new fire road groups.

**18 April** from 2.00–4.00 pm – Fire-retardant plants and shelterbelts workshops – building on wind rose data with research on windbreak and shelterbelt designs for regional areas.

**9 May** from 2.00–4.00 pm – Ideas and actions to develop existing fire road groups.

**30 May** from 2.00–4.00 pm – cool burning workshop; preparing for a safe, quiet, controlled fire in your landscape (also known as mosaic or biodiversity burning).

**6 June** from 10.00 am–4.00 pm – Managing conflict and difficult situations: a full-day workshop assisting you to better manage and to remain calm in difficult situations. Includes morning tea, lunch and afternoon tea. This

workshop is run by another organisation and requires a minimum of 15 people to proceed.

**19–20 June** from 10.00 am–4.00 pm (morning tea, lunch and afternoon tea provided). Day 1, Saturday, at Brogo Permaculture Gardens and day 2, Sunday, at The Crossing.

## Weekend Fire Breaks for families with young people in temporary accommodation on fire-affected properties

A chance for two or three families to have a break from fires at The Crossing. For parents we have three double beds in separate rooms – one parent room has an extra single bed and one has two singles just next door. Adult rooms have all linen and bedding provided. BYO sleeping bags for the young people (we have eight spares if needed). There are three train carriage bunkrooms, each with four double bunks for the young people.

We provide a welcome meal on the Friday and one or two of our qualified staff will be available for a canoe on the river from 10.00–12.00 am on Saturday morning for whoever wishes to participate. There will also be time on Saturday afternoon to explore the local forests and river or to solve our log balance puzzle track. But there is also time just to be. There is an extensive permaculture library, food gardens, table tennis, boules, musical instruments and board games. BYO fishing rod or mountain bike and helmet if you wish. Ingredients to make your own breakfasts and lunches will be on hand for your stay. BYO dinner for Saturday night or visit Bermagui for a night out. The Crossing is within a conservation area and has some farm animals within the permaculture design area so no dogs or cats are permitted.

Contact Veronica at the Quaama Renewal Centre on 0437 263 128 to put in an expression of interest for:

**12–14 March** from 5.00 pm on Friday to 10.00 am on Sunday

**7–9 May** from 5.00 pm on Friday to 10.00 am on Sunday

Contact Chris at Cobargo Bushfire Relief Centre on 0476 787 480 or Danielle on 0405 922 326 to put in an expression of interest for:

**16–18 April** from 5.00 pm on Friday to 10.00 am on Sunday

**8–10 October** from 5.00 pm on Friday to 10.00 am on Sunday

The Crossing will be in touch with families by phone once we hear from the relevant recovery/relief centre.

## Scholarships for fire-affected students in temporary accommodation from the Badja, Yankee Gap or Tathra fires

Full scholarships are available for weekend programs for fire-affected students in SE NSW. Half scholarships are also available to fire-affected students for the larger Sea to Snow Training and Journey.

For a scholarship booking code, contact Dean at [dean@thecrossingland.org.au](mailto:dean@thecrossingland.org.au) using the subject line 'Crossing fire scholarship' (a scholarship for the Sea to Snow Journey is also available to Aboriginal students). See [www.thecrossingland.org.au/youth-camps](http://www.thecrossingland.org.au/youth-camps) for details on each camp below.

### Land leaders extension camp for Yrs 10, 11 and 12

(Bega Valley students only)

**3–5 June** from 5.00 pm on Thursday to 10.00 am on Saturday

A fire-retardant design and fire recovery learning adventure for interested students in agriculture or related subjects wanting to extend their knowledge of property design.

### Landcare Wild Adventure Weekend for Yrs 8 and 9

**15–17 October** from 5.00 pm on Friday to 10.00 am on Sunday

Into the twilight hike to a remote tent camp, bike, Landcare tree planting, train carriage bunkhouse and canoe journey home.

### Sea to Snow Training and Journey for Yrs 10 and 11

**12–14 August** from 7.30 am on Thursday to 5.00 pm on Saturday

Three-day training with a local coastal mountains training journey, navigation and route planning, packing, catering and wilderness first-aid scenarios.

### Sea to Snow Journey (Training must be completed successfully to join Journey)

**24 September – 3 October** from 8.00 am on Friday to 2.00 pm on Sunday.

An epic 250 km bike and hike journey from the coast to the Snowy Mountains divide.

Cheers from The Crossing Land Education Trust with support from Bermagui RFS and SES, Far South Coast Landcare Association Inc, St Vinnies, Cobargo Community Bushfire Recovery Fund, Bega Valley Shire Council, Quaama Renewal Centre and Cobargo Bushfire Relief Centre.

# Opposing Exploration Lease (ELA 6169)

*Information about  
the meeting held on  
10 February, 2021 at the  
Bermagui Country Club*

Greg Lissaman convened this meeting following widespread community outrage about the 'negative impacts of exploration or mining on the community, environment, cultural heritage and business' from the ELA.

Briefly, ELA 6169 covers an area of about 30 square kilometres, including the south side of the Bermagui/Cobargo Road, parts of Coolagolite, the Bermagui River and catchment areas, oyster beds, fishing and cultural heritage sites, habitat of koalas and other endangered wild life, dairy and other farms, as well as the tourism industry as a whole

The meeting was held under current COVID-19 restrictions and was well attended. It was digitally recorded (with the inevitable technology glitches) and was also available on Zoom.

Speakers included: Russell Fitzpatrick (Mayor Bega Valley Shire Council), Zena Armstrong, (community resilience and health), Stephen Buckley (Merrimans Land Council) and Bunja Smith (Biamunga Board).

Fiona Kotvojs and other speakers spoke on behalf of farming interests and the problems of investing in business with the uncertainty of an ELA and potential mining.

Jenifer James and Rob Summers discussed the negative impact of mining on local wildlife including koalas already affected by the 2020 fires.

Some other major points included potential disruption to indigenous connection to country; exacerbating the ongoing mental distress post fires with further uncertainty; damaging community values; the huge amount of water required for mining; the value we place on our existing environment; and the threat to high-quality dairy and other fresh produce.

Calls for action included:

Take five minutes to email your objections to ELA 6169 and send to resource.operations.nsw.org.au

Join the Facebook page, dontminecoolagolite. You can also view parts of the recorded meeting there.

*Jenifer James*

# Prevent anxiety and depression naturally

Key factors that can lead to the development of anxiety and depression include emotional stress from past or present trauma, food intolerances and nutrient deficiencies.

Stress plays a role in anxiety and depression by impairing the body's ability to absorb nutrients, which can lead to imbalances in the mind and body. If you are stressed, you can't digest properly because you're in 'fight or flight' survival mode, rather than 'rest and digest' mode. Therefore, long-term stress can cause health problems.

Food intolerances have been shown to be associated with anxiety and depression. Poor food choices such as junk food and soft drinks contribute to weight gain, blood sugar imbalances, low energy and mood disorders that can create a vicious cycle of cravings for more junk food.

A nutritious diet and active lifestyle are essential for optimal health. Therefore, by ensuring you are eating the right food for your body, your mind becomes clearer and calmer. This in turn results in a healthier and happier you.

Natural treatment of anxiety and depression often involves making small changes to your diet and lifestyle. Nutritional and herbal supplements may be prescribed by a natural health practitioner to support your body's innate ability to heal and help reduce symptoms.

Depression can be difficult to resolve alone so reach out and talk to someone. People want to help and professional assistance is available to provide the skills you need to overcome it.

Stay well.

*Kathy Stokes ND  
(Naturopath and Nutritionist)*

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## Family Day Care – the perfect start to care

Early Childhood Education was my chosen profession before I had my own babies. When the time came for them to have more social interaction I started to look at options for care. But letting someone else look after your shy precious bundle is quite nerve wracking! Family Day Care was the obvious choice for me – small groups, wonderful carers and educators who love what they're doing, lots of one-on-one interactions, time to cuddle and nurture your children if they need it, quieter ... the list could go on.

I was able to introduce my child to the new environment slowly and let her become familiar with the carer through short visits. The educator was very flexible about our individual needs so when the day came for me to leave her there by herself for the first time she was happy and relaxed (very excited really). Throughout my children's time at Family Day Care, they have learnt many things but, most importantly, they've been happy.

I am writing to support and show my appreciation for Family Day Care. It is not just the many years of wonderful care my children received but Family Day Care has provided them with the best possible transition into care. My daughter has just started primary school and, although I am still a bit of a nervous wreck, she is loving it! Her transition to school couldn't have been better.

When children do things for the first time it sometimes starts a habit. A bad transition into care can lead to a child struggling with other transitions in life.

We are lucky to have five wonderful Family Day Care educators in our area. If you are thinking about starting your child on the journey of learning new skills with others (and much more) have a chat to the lovely girls at the Bega Family Day Care office (6492 3788). They're also always looking for more educators to join the team if this is something that you might be interested in – a rewarding career at home!

*Miriam Sellwood*



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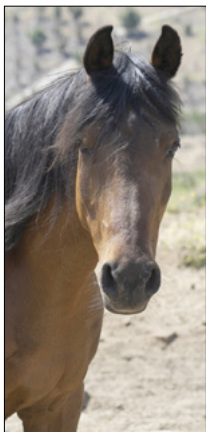
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At the start of Covid-19 last year, a photographer friend in Melbourne started sending a ‘Good Morning’ image each morning and I would respond with one. I’m not naturally drawn to photography like she is, but this morning ritual, which still continues, forces me to always be on the lookout for a good photo. It turns out that I have quite an eye for a good shot and that my phone is capable enough too. And I enjoy this morning ritual. Writing Tilba Bites each month is similar, as I always have to be alert for possible local stories and good photos. And like a good photo, there are always good stories to write each month – it’s amazing what is under our noses when we look, so enjoy!

## Kelp farming – inspiring inspiration for the future

The health benefits of kelp are well known. However, there are significant environmental benefits in ensuring the ongoing well-being of ocean kelp forests. Ocean kelp farming is attracting a lot of interest with its potential to assist in addressing the climate emergency. Kelp is already an important addition to health and food products. At the forefront of this emerging industry is Tilba Tilba couple, Jo Lane and Warren Atkins. Jo is the founder of Sea Health Products that makes a range of products using locally collected golden kelp (see *The Triangle*, Issue No 196 June 2020).



Jo and Warren in their lab

In 2019 Jo received a Churchill Fellowship to research kelp farming in Europe, Asia, North America and Canada. This family trip cemented her view that kelp farming has potential here but there was one major obstacle to overcome: kelp farming requires an ongoing supply of spore stock that needs highly specialised conditions in which to grow. But she had a trump card! Warren is an engineer with specialist knowledge and experience in refrigeration so, with her background as a marine biologist, this fortuitous partnership was ideally positioned to build a specialised laboratory with the climatic conditions required to start the slow

process of germinating golden kelp spores.

Ocean kelp farming uses suspended ropes to which the kelp attaches. While this will happen naturally it is not a given. To be successful it is necessary to introduce kelp sporophytes – these are the equivalent of seedlings – onto the rope and then hope for the best. Jo’s and Warren’s vision is for kelp farming to develop as an Australian, specifically NSW, industry and their aim is to develop and provide seeded lines for ocean kelp farming as well as starting their own kelp farm. Ocean ecosystems have changed with global warming and kelp farming offers a way to counter some of the resulting adverse effects. Both Jo and Warren are very excited to be part of this emerging industry and are keenly aware of their environmental responsibilities in doing this work.

Jo’s previous work as a marine biologist has been invaluable in providing a theoretical framework from which to approach the breeding program currently underway. Along the way, many important relationships have been made with researchers doing similar work, both in Australia and New Zealand as well as overseas. This has been crucial and Jo and Warren are very appreciative of the support, encouragement and sharing they have received. After four years of research, building a state of the art lab and lots of collaboration, they produced their first kelp gametophytes in early February. These microscopic plant forms are the stage between spores and sporophytes and take about three weeks to develop – the complicated process of germinating spores and growing to sporophytes takes about six weeks. This is a significant breakthrough and well worth celebrating. I got to see them through the microscope – a single drop of water contains many thousands of gametophytes. Very exciting!

While all this has been going on, Jo has continued to develop the kelp product side of Sea Health Products. With a small grant from Food Innovation Australia Ltd she is currently working with Narooma-based Mr Bold Catering and CSIRO to develop seaweed-based foods. Meanwhile, Warren continues to fine-tune the lab, which was the envy of another researcher who visited recently.

The day before my visit the team from the BBC *Blue Planet* series visited. They spent the whole day interviewing and filming, and were very impressed by what this enterprising pair is doing. I was also quite exhilarated after my visit. I love that a very small enterprise like Jo’s

and Warren’s is doing work that has the possibility of being a game-changer for our warming world. As Tim Flannery says in his book, *The Climate Cure*, ‘Seaweeds are also among the fastest-growing plants, which means they draw carbon out of the atmosphere at a faster rate than other plants.’

## Wallaga Lake Aboriginal community mural



Wallaga Lake community mural



Alison Walker is a well-known artist and Wallaga Lake community member who is passionate about her art and sharing her story. She was excited and pleased to be involved recently in repainting the water tanks at the entrance to the Wallaga Lake community. This project was a partnership between the community, Merrimans Local Aboriginal Land Council (LALC) and the Australian Red Cross. Older and young people worked with mural artist, Tim Phibs, a well-known graffiti and street artist from Sydney who has strong family connections to Narooma. Alison generously gave her time to support and mentor the young people involved and shared her designs.

The Community Mural Project provided the Wallaga Lake community members with the opportunity to represent aspects of their contemporary life and connections to country. The mural has created a sense of pride and happiness in its celebration of strength, wisdom and stories.

A launch is planned for Youth Week (April 16–24) and all supporters will be acknowledged officially at this event including Merrimans LALC, Bega Valley



Shire Council Youth Week, Eurobodalla Shire Council NAIDOC Week, Mumbulla Foundation and Australian Red Cross.

## Yuin country celebrated

The *Eurobodalla: Yuin People* series, celebrating the cultural history and connection to country of the local Yuin people, was launched online during February. The series features three short videos made in conjunction with outdoor travel specialists, We are Explorers, and three local identities, Dwayne Bannon-Harrison, Warwick Smith and Patricia Ellis. Episode 1 tells the story of Gulaga: Mother Mountain, episode 2 is about the Clyde River and episode 3 is on the Bingi Dreaming Track. Part of a new digital marketing campaign by Eurobodalla Shire Council's tourism arm, Eurobodalla Tourism, to attract more out-of-season visitors to Eurobodalla the videos can be viewed on YouTube at [www.youtube.com/user/eurobodallatv](http://www.youtube.com/user/eurobodallatv). Check out this site for other short videos about this special part of the Far South Coast. And if you are wondering what to do have a look at [whatson.eurobodalla.com.au](http://whatson.eurobodalla.com.au)

## Better Homes and Gardens returns

The *Better Homes and Gardens* team love this area. They were here last year after the bushfires and returned in February to do some more stories. Intrigued by Mystery Bay Kelp (MBK) products, they made contact with MBK founder and business owner, Lee-anne Eddie. Johanna Griggs, Ed Halmagyi and the *Better Home and Gardens* team, spent two days interviewing Lee-anne and gaining an understanding of the whole process of harvesting, drying

and processing kelp into the fine, highly nutritious MBK range of culinary products. Ed, a well-known celebrity chef even did a cook-up on the beach at Mystery Bay using Lee-anne's products.



Johanna Grigg of *Better Homes and Gardens*, visits the Tilba Real Dairy with Tony Charnock, factory manager, and Michael Longbottom, cheesemaker.

## Tilba Woodturning Gallery changing hands

This well-known and well-loved business opened its doors thirty-five years ago. Originally built, owned and operated by the Dibdens, George and Barbara Davies bought it and have operated it for the past twenty-one years. Featuring all Australian timber products, the business has built a strong following. Barbara says return customers are one of the best aspects when asked about their time in the business. This includes many people from overseas who have visited and continue to be customers. George and Barbara, who



Barbara Davies at the Tilba Woodworking Gallery


live on the Old Highway at Narooma, are looking forward to retirement. Make sure you pop in before 11 March to say goodbye. Watch this space to see what happens next.

## School's back – respectful, caring, safe

Central Tilba Public School whose motto is 'For a small school, we do big things' is back in full swing. With 43 pupils, 21 in Najanuga (Kindergarten, Years 1 and 2) and 22 in Barranguba (Years 3, 4, 5 and 6) the school is busy and active. There has been the District Swimming Carnival with Bodalla Primary School at Narooma. On March 5 the whole school will be involved in Clean Up Australia Day at Tilba Cemetery Beach. Everyone looks forward to the Dhananj program each Friday when the vegetables that the students grow in the kitchen garden are cooked up for the lunchtime meal. The P&C is working hard and is always happy for more parents to come along. The school will also have a stall at the Tilba Easter Festival on April 3 where the very popular egg and bacon rolls will be sold.



Kindergarten class, Central Tilba School



# Tilba Valley

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## Tilba District Chamber of Commerce News



The 2019 Bunaaan, Tilba Sportsground - Picture by Shanna Provost

Very exciting news was conveyed at the end of January – a grant application to build an undercover area at the Tilba Sportsground received funding of \$42,000. This funding came via the Business Council of Australia with the valuable assistance of Christine Quick. Christine was employed by Ernst & Young to assist communities to seek funding for community resilience projects post-bushfires. The Chamber will administer the funding and aims to

complete the project by the end of this year.

For use by all organisations and community groups, the undercover picnic/barbecue/food preparation area at the oval will provide shelter and a place to prepare and serve hot food during events. This will enable the sportsground to be utilised to its full potential by schools, for sporting and other events. With its culturally significant location between Gulaga and Najanuga, the oval holds special value for the local

Yuin people. Various events have been held there since the handback of Gulaga to traditional owners in 2006. The Bunaaan – a gathering of traditional dance troupes – at the end of 2019 drew a huge crowd that clearly demonstrated the inadequacy of the facilities. A similar event was planned for 2020 but had to be cancelled due to COVID. It is planned again for 2021, hopefully with the new shelter.

*Stuart Absalom*

## Tilba CWA hosts Ecuador lunch

Following our first 2021 meeting on Friday 12 February, Tilba CWA members enjoyed an Ecuadorian lunch at The Dromedary Hotel in Central Tilba. Our International Officer, Vicky Stadon, coordinated this event with members joined by friends from the Tilba region plus Cobargo, Narooma, Dalmeny, Potato Point, Tuross Head and Sydney. Laraine Clarke from Pambula-Merimbula CWA branch attended in her role as Far South Coast Group International Officer. Laraine spoke briefly about the geography and culture of Ecuador. Vicky arranged colourful Ecuadorian-themed table decorations and flags. Twenty women attended, most wearing traditional Ecuadorian costumes. The prize for best dressed was won by Tilba CWA's Treasurer, Cas Mayfield. The Drom publican, Jeremy, had Ecuadorian music playing to enhance the atmosphere. The Drom chef, Mike, served delicious Ecuadorian dishes including potato and cheese soup, prawns and chorizo sausage rice, plus braised marinated beef with salad. It was a fabulous lunch with members thanking Vicky and requesting we do it again when the next CWA Country of Study is announced.

Tilba CWA members are participating in the local Land Cookery & Handicraft competition in Bermagui on Tuesday 8 March. Annette Kennewell baked jam drop biscuits with Jenny Burnett's tasty home-grown plum jam for students at Central Tilba Public School to encourage them to also participate.

Tilba CWA invites guests to celebrate International Women's Day on Monday 8 March with a morning tea from 10 am in the Central Tilba Small Hall. The theme for this year is *Women in Leadership: Achieving an equal future in a COVID-19 World*. This morning tea is also an opportunity to reflect on *Humming the Songlines* at Tilba Tilba Oval last International Women's Day. To ensure this is a COVID-safe event, numbers are limited. Please RSVP to Annette Kennewell, 0417 203 610.

*Annette Kennewell*



Cas Mayfield and Vicky Stadon in Ecuadorian costumes at The Dromedary Hotel.



### Tilba Festival on track for 2021

With Easter Saturday just over a month away, the banners are going up on Bate Street and planning is well underway for the Tilba Festival 2021.

The gates will open at 9 am, and entertainment starts early with two stages and busking spots showcasing great local musicians. The KidsZone will feature games and entertainment to keep the youngsters happy and the ever-popular traditional street games give everyone a chance to get right into the Festival spirit.

Keep an eye out for our special Selfie Spot this year. We'll be checking in regularly to see how everyone is telling the story of their day at the Tilba Festival.

Bate Street will again be filled with over fifty market stalls, selling everything from delicious food and drink through to beauty essentials and a range of arts and crafts. The street layout will be a little different this year to make sure that you don't miss out on seeing our wonderful local businesses.

The Tilba Festival 2021 programme is online at [www.visittilba.com.au/program](http://www.visittilba.com.au/program) and follow us on Facebook (@tilba.festival) and Instagram (@tilba\_festival)



Tilba Festival QR code for tickets

to stay up to date with the Festival latest.

COVID-19: The Tilba Festival 2021 is being planned in line with current NSW Government COVID-19 restrictions and will be implemented according to NSW Health guidelines in place in April 2021. Updates will be posted to our social media. If the event is unable to proceed on the advertised date or location by Government order, all ticket holders will receive a full refund.

Claire Leonard  
Secretary

Tilba District Chamber of Commerce

#### 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 a large image 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. 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 [contributions@thetriangle.org.au](mailto:contributions@thetriangle.org.au)



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As we say goodbye to the first two months of 2021 there is a feeling of anticipation in the air as the applications for funding for many Cobargo rebuilding projects have come to a close with notifications of success and failure to be announced at the end of June. It is with sadness we experience resistance and angst against some projects despite the fact that all are intended to be for the betterment of the community.

The season has been so lush with much silage and hay being made but a noticeable addition has been flies in plague proportions and these flies have the ability to bite. The cows are being driven to an unsettled state as they try to escape the constant barrage from the biting flies that do not allow them time for grazing or rest. Farmers have taken steps to give protection to the cows to allow them some peace. Spiders also seem to be around in huge numbers but sadly in the soil itself there is not much activity of the normally ever-present insect life that toil and work to keep it healthy. So many more impacts from the fires continue to show up.

Traditionally the month of February is Cobargo Show time

but that is not to be this year as nearly all members of the Show Committee have grappled with being fire affected in some way or another and all have been physically and emotionally challenged. Their courage was extended to its fullest to rebuild their lives and they have been unable to find the strength to do the Show justice so, along with the COVID-19 restrictions, it was decided 2022 will now be the focus for the much-loved and enjoyed Cobargo Show. Unfortunately, the Folk Festival has faced the same challenges and will also be revived in its full form in 2022.

A Co-housing Co-farming meeting was held in the School of Arts Hall and hats off to the organisers who presented three very interesting speakers and an information presenter on the benefits and challenges of being involved in a co-habitation existence of some sort.

A Chicks with Chainsaws course was held at the Tool Library and a fabulous and informative time was had. Being able to use a chainsaw can be a very useful skill in life as it will probably come in handy many times but, like all things, it's not for everyone.

I hear the sixty fire-affected ladies who were treated to a free bra fitting and bra gift had more than their spirits lifted by the wonderful event.

It is wonderful to see Renee Salway opening her new hairdressing business in Cobargo and we wish her great success in her venture. Greg Holland celebrated a delightful 70th birthday party with family and friends. Wishing Janelle Salway a speedy recovery after her surgery to help improve her mobility.

Farewell to Mick Flynn who lost his battle with cancer and was taken by his sixty motorbike mates on his last ride through the mountains and home to Cobargo.



Support the Girls event at the Cobargo Bushfire Relief Centre



Maddie Boyle and Renee Salway in Design Bar Hairdressing Salon



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## Cobargo CWA News

Thanks to everyone who came to the Australia Day celebrations. Ros Hewitt, the Cobargo Citizen of the Year for 2021, was astonished that she had been chosen by the Cobargo Committee. She came along to our last meeting to thank us for organising the event – a delight for us. We pointed out that it is community members who select the candidate. She noted that to be awarded this by your own community – the people you live among – was very special! Yes, Ros, you are special too!

On Friday 12 February members of Cobargo CWA along with others were invited to meet Marise Payne, Minister for Women, and Senator Jim Molan. Minister Payne assured us she was here to hear what we had to say and wanted to know how we were all faring since the bushfires last year followed by COVID-19. She listened and took away the comments of those who spoke about the difficulties of fencing with the regrowth, ongoing mental health issues and the need to rebuild the Cobargo main street. She offered to write a supporting letter requesting funds for the rebuild. Another issue raised was the anomaly of pensions not being available for farmers whose income and total value of property (over multiple titles because of historical acquisitions) exceeded the cap.

We would like to invite more women to join us at our meetings. We know CWA has a certain 'image' but we see ourselves as a group of friends getting together for conversations. We are a diverse group of women from all walks of life and varying ages from young to well – older! Our oldest member has just had her 90th birthday and our youngest is in her 20s. We laugh, talk, share events in our lives and our concerns. Most of us come for the friendly chat and we would love to have more women enjoy this inclusive gathering.

Our next meeting is on Tuesday 16 March at the CWA cottage next to the playground on Bermagui Road, starting at 10 for 10.30 am. Give one of us a ring if you would like to come with someone or just simply turn up. You will be made very welcome! Ring me on 6493 6167 or Ann Holub, our President, on 0451 825 726 or Lynn Lawson on 0411 432 533. We are looking forward to hearing from you!

*Mary Williams,*

*Publicity Officer, CWA of NSW, Cobargo branch*

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Susan Bear BVSC Senior Citizen of the Year and Ros Hewitt, the Cobargo Citizen of the Year on the veranda at Kitchenboys in Cobargo



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## Cobargo kids are blasting off!

Thirty-five kids connecting, getting fit and having fun! This is what Blast Off was created for. Far South Coast PCYC has received grant funding from TEG Dainty, that put on the Fire Fight Australia concert. This grant is funding a new PCYC Youth Worker position and has enabled the creation of the new program, Blast Off.

The program consists of boxing, soccer and a bit of mindfulness for good measure. Knowing that 2020 was a tough year, Blast Off has been designed to help young people expend some energy, get outside but, most importantly, connect as a community.

Youth worker, Julia Willson, is thrilled at the number of young people who have been turning up and the enthusiasm they have been showing. 'It is so great to see young people getting outside, off screens and having fun, laughing and getting some sunshine. One Blast Off participant said to me the other day how awesome it is that Cobargo has this program. He mentioned that kids don't really connect after school and that this was a great way to do that.' Julia is also available for case management for any young people who are struggling and she can be reached on 0490 439 174 or at [jwillson@pcycnsw.org.au](mailto:jwillson@pcycnsw.org.au).

Peter Cross, Manager of Far South Coast PCYC, says, 'Youth programs such as these are essential for the wellbeing of our young people. We are so grateful for this grant and we need to continue to advocate for consistent funding from Government to continue these kind of programs.'

Blast Off runs every Tuesday afternoon at Cobargo Public School oval from 4.30 – 6.00 pm and is free of charge, available to anyone between ten and seventeen years old in the area. It will run until the 30 March.

Julia Willson  
Youth worker

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## Cobargo Congratulations!

We extend our best wishes to Mick O'Meara on his 25 years of service with Benny's Buses. Throughout the years, Mick has dedicated his time to ensuring well over 100,000 children have been delivered safely to and from primary and high schools. We thank Mick for his enduring loyalty and diligence.



Shirley Benny and Mick O'Meara

## From Fear to Flow: a writer's workshop

A critical, inner voice can intrude when you write. *I have no imagination. Where is this going? This is too huge. Too hard. I've lost the plot. Would anyone even bother to read this?*

The workshop *From Fear To Flow* is designed to increase activity in your process-oriented, imaginative right brain and quieten your intrusive 'inner critic'. Experience welcome silence and focus on writing for sustained periods. Expect to write a lot. What you produce might surprise you.

Of course you do need your 'critic' at appropriate stages in your writing process. There will be discussion and reflection on the writing you produce. The workshop is suitable for all levels of current writing practice.

- When: Saturday 17 April 2021 1–4 pm
- Venue: Cobargo School of Arts Hall 20 Cobargo-Bermagui Road.
- Bookings essential. Numbers are limited due to COVID-safe requirements. To book email: [mariandevitt@bigpond.com](mailto:mariandevitt@bigpond.com)
- Cost: No charge if displaced by 2020 fires; otherwise \$20 (an invoice will be issued when you book).

Marian's publications include short stories, poetry, play performances and readings; an ABC Radio play production; non-fiction articles and collaboration in a number of community arts projects. Marian was the inaugural executive director of the Northern Territory Writers' Centre. Her qualifications include a Masters of Writing and Literature. She has been a recipient of a Varuna writers' residency and received Northern Territory literary awards for her poetry and short stories.

Marian Devitt

## NEED A CAR for a day or two?

The community car is available to borrow.

See one of the women at Well Thumbed Books or book it by phoning

Louise: 0416 039 895  
or Linda: 0407 047 404



## Stuart Cameron, weed warrior

Stuart Cameron is an imposing figure of a man, softly spoken and not seen much around town but more likely to be found on a beach or in a piece of coastal bushland doing what he loves best – learning about and caring for the flora of our coastal region. ‘Gardening’ the natural environment requires as much work as any garden to keep it healthy and thriving and free of weeds.

He has learnt a lot since he started his guardianship of the coastal vegetation and that knowledge has been put to very good use in the elimination of species that could displace and destroy some of the native plants indigenous to this area and the insects and birds that depend on them.

Stuart and his then partner found the piece of land they were looking for at the Head of Cuttagee Lake over forty years ago and set about building gardens, orchards and a dwelling. It wasn’t long before Stuart became interested in learning about the particular vegetation of this coastal region, met up with like-minded locals and began to identify and record the plants that grow here. Although not a professionally trained botanist, since childhood he had had an interest in botany and this flourished when he moved here and he quickly became highly regarded for his knowledge of the local coastal flora.

His experience and devotion to the local flora was put to good use and he began to work with various government bodies and local landowners to prepare vegetation reports and management plans. One of his earlier jobs was with National Parks to help them identify the flora of Goalen Head,



Stuart Cameron, in his natural habitat

that had been recently granted to NP, and advise on how to manage the area. Since then he has prepared vegetation restoration plans for numerous coastal reserves and local estuaries.

Sadly much of the south-eastern Australian coastline has become infested with invasive weeds, mostly poorly-chosen garden plants, very often spread by dumping domestic garden refuse into reserves and over cliffs. Stuart naturally became involved in the elimination of weeds, and rubbish, from along the local coast.

‘Many people don’t understand the threat that weeds present. Their huge potential impact is apparent in the longer settled areas such as the coastlines around Sydney and Melbourne where, in places, you’ll scarcely see a native plant, just a jumbled jungle of escaped garden plants from all round the world, a sort of McDonalds landscape. A dreary sight when we have beautiful local plants and plant communities unique to our region, of which we should be proud, and that can be readily used in our gardens as an alternative to weedy exotics.’

I am sure Stuart’s quiet manner and deep convictions about the landscape contributed to his ability to bring together and work with various government and local bodies, and voluntary groups to develop a strategy for cleaning up and restoring the vegetation of this region.

He instigated and co-ordinated the Coastal Weeds Project that has been

running since 2007. The project identified over ninety invasive species, top of the list being Bitou, African Beach Daisy, Sea Spurge and African Boxthorn. The project has significantly slowed down the infestation of weeds. A key to its success has been the involvement of teams from the three Local Aboriginal Land Councils who walk every beach in the Bega Valley Shire every six months removing weeds and litter, and covering about 1000 ha.

At some sites along the coast an abseiler has been employed to undertake weed control on cliffs too dangerous to tackle from the ground.

But Stuart is clear that without secure, ongoing funding and long-term commitment all this work will quickly be undone. Weeds are relentless. ‘No one would suggest withholding funding from schools or health services for a year or two to save some money but effectively that is what happens with funding for environmental work – it is always an insufficient and uncertain trickle. Perhaps we need our own local environmental fund so the necessary work is not reliant on the whims of governments?’

For his efforts with the Coastal Weeds Project, Stuart was awarded the Annual Coastal Award for Community Involvement and his efforts in bringing together a variety of government agencies, coast care, local groups and Aboriginal communities to work towards protecting vital coastal assets.

*Georgina Adamson*



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2021 has begun in earnest – we are almost one third of the way into the year and autumn is upon us. The bulk of visitors have vacated after a quieter than usual season and school has commenced, which seems to herald the town returning to daily life. Still quite a few visitors are enjoying the quiet beaches and lovely weather and, of course, it is now the big game fishing season bringing people to town.

It is amazing how quickly we have adjusted our lives to the ‘new normal’, one of those phrases that have come into being since COVID. Signing in or registering on entry to public places and restaurants, sterilising hands and distancing has just become a natural thing to do. But a lot has changed ... parents are still not permitted to enter the school grounds or attend school events and of course we can forget overseas travel plans and many are hesitant to even move out of the state due to uncertainty about outbreaks and lockdowns.

It's difficult to make too many plans and that makes our ‘what's on’ segment hard to put together. And alongside that there are restrictions on numbers.

Still, some events are proceeding: SCULPTURE Bermagui, Four Winds Easter Festival and classes and fitness sessions are slowly returning, all adhering to strict guidelines of course.

## AGM U3A

**Bermagui and District Inc**  
**Wednesday 24 March 2021**

The 10th Annual General Meeting of U3A Bermagui and District Inc will be held on Wednesday, 24 March at 2 pm at the Bermagui Surf Life Saving Club.

The purpose of the AGM is to receive reports from the President, the Treasurer and Program Coordinator; to present a Special Resolution to alter the 2018 Constitution; and to announce the committee members for the remainder of 2021.

Due to COVID restrictions it is essential that you RSVP either by phone or email to the Secretary so that an electronic attendance list can be produced for contact tracing if necessary.

Elizabeth Johnson, U3A Secretary  
secretary@bermagui.u3anet.org.au  
Phone: 6493 5800  
(you may leave a message)

## Bermagui Public School

Three new buildings have been installed at Bermagui Public School. One for use as a classroom and two others housing a new library. Michelle Osgood has been welcomed as Assistant Principal and there are two new teachers, including a dedicated music teacher, which is exciting news. Everyone seems to be adapting to the ongoing situation with no parents allowed on site or at school events.

Would you like to spend a little time with young minds? The Primary Ethics Program at Bermagui Public School is seeking some more volunteers for forty minutes each Thursday, 9.00–9.45 am.

What is Primary Ethics? A program for primary-aged students offered at the same time as Scripture for those children who choose not to attend scripture classes. It was introduced in NSW schools about twelve years ago and began at BPS four years ago. The program encourages the children to think for themselves, form their own opinions and not be afraid to express these, as well as listening and respecting other peoples' opinions. All pretty sound stuff. It deals with a range of topics and there are lesson plans to follow. Some of the topics include: Sharing, Differences and Being Proud and, for the older students, Drugs in Sports.

There is some training involved that can be carried out on-line and pre-requisites include a current police check and a working with children check. It would be great to grow our small team of volunteers and you will receive lots of support to get started.

If you would like more information please contact Mary Lowa (coordinator) on marylowa@outlook.com or me, Georgina Adamson, on 0448 629 042. It would be great to have you on the team.

## Bermagui Preschool

After a difficult 2020 presenting many challenges, Bermagui Preschool is off to a good start this year with the addition of a few new staff members joining the team. It is always such a vibrant place to visit, the grounds look terrific and the place is always full of happy children, staff and helpers.

As well as a full and diverse daily program there is always something extra happening. An excursion to the Dog Show or a visit from a Tiny Zoo or the odd storyteller dropping in.

The children are also involved in activities around the town. They may even



**Lush surrounds of Bermagui Preschool.**  
Bit different from the bare horse paddock that used to be next door.

create their own piece for the SCULPTURE Bermagui exhibition. The proximity of Moodji Gardens next door is part of the daily life of the preschool and a wonderful opportunity for them to understand the importance of growing, sharing and eating fresh food. This term they have been busy harvesting vegetables and herbs in the Moodji garden and making soup, as well as watching the bees making honey in our Moodji bee hive.

The preschool is community based and can't operate without a voluntary Board of Directors and is always looking for more support.

Contact Narelle at the preschool if you would like to be part of this important community venture on 02 6493 4183.

Good to see that finally work on Apex Park has commenced and is progressing well and it will be exciting to see the final product.



**Works at Apex Park. Great the way they are incorporating existing vegetation.**



## The 'Doggies' are back!

For two weekends in February, Bermagui is taken over by the 'Doggies'. The Bega Valley and Sapphire Coast Kennel and Obedience Clubs are in town. For these people, dogs and dog shows are a life passion. At the show there are all breeds, sizes, categories and abilities. You can see anything from the small and hairless to the enormous and hairy. They are all there to vie for the Best of Breed, the Best of Group and, ultimately, the Best in Show.

Last year the dog shows were cancelled due to the impact of the South Coast fires and then dog shows across NSW were cancelled for another six months due to COVID. This year everyone is very keen to get moving now with their championship shows and obedience trials in the lead-up to the Sydney Royal Easter Show. The categories are Toy, Terrier, Gundog, Hound, Working Dog, Utility and Non-sporting as well as an Agility competition. There are a total of 570 entries this year in Bermagui.

One contender this year is Stryker, a Newfoundland, who is already an Australian Champion. At two years old he stands easily 50 cm high and weighs 60 kg. He is enormous, hairy, slobbery and gentle. These dogs have been used for water rescue around the world for years. Their webbed feet make them excellent, strong swimmers! Napoleon is reputed to have used them on war ships to rescue sailors when ships were sinking. Nowadays in Italy, they are famously dropped from helicopters to rescue people in the water.

Stryker's handler is Margaret Rogers of Wollongong who is a member of the Newfoundland Club of NSW. She has been showing 'Newfies' for 32 years and breeding them for about 28. She says, 'I love it. It's all about the dogs and enjoying being out socialising with them.'

*Debbie Worgan*



Margaret Rogers and Stryker enjoying the break in Bermagui



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## Where are they now?

Not long ago I received a thick, hand-written envelope in the mail. Inside I was delighted to find a copy of *The Wave*, a newsletter that Bermagui Public School produced for a number of years in the '90s, and I was reminded what a great little publication it was and what an experience for the children involved who researched, interviewed, wrote and put it together (with a little help from some committed adults).

I began to wonder about some of those kids, the age of my own children, born in the '70s and '80s ... where are they now? It is over a quarter of a century! The sender of the letter suggested that it would make a good story and, maybe, be an inspiration to the next generation growing up in the area.

Many of these students left Bermagui after their schooling for work, study or travel. Some stayed, worked and created a life in town. Now more are returning, often with their own young children to build a life here.

This June 1996 issue featured a double page feature on the Williams sisters, a couple of local musical identities who completed their education at Bermagui Public School and Narooma High School and this interview focussed on their interest in music.

From a very young age they both played a variety of instruments, writing their own songs and performing. They were naturals on the stage and harmonised perfectly as sisters often do. They performed at festivals, ran workshops and graced the stage of most of the local halls, especially the Murrah. They performed as 'The Receptionists' for a long time and



It's always great to see Jasmine performing played with many south coast musicians.

So what has happened to them since their interview with a couple of budding journalists for *The Wave*?

Like many young people they left the area after school to study. Jasmine headed west to Charles Sturt University, Wagga Wagga, to study television production and Alice to Newcastle University to study a Bachelor of Arts achieving Honours in communication. Jazz worked in various locations across a range of jobs including radio production and has produced and recorded programs both in Australia and overseas. She returned to Bermagui over twelve years ago working as a private music teacher and, for the past eight years, has worked for South East Arts, the peak local arts and culture development organisation, and has been responsible for many events and projects including Grow



Alice Williams and Lucie Thorne together again on Sunday 21 February at the Cobargo Hotel.

the Music Programs in local Aboriginal communities and the highly successful 2018 Giiyong Festival near Eden. She is a huge supporter of opportunities for young Aboriginal musicians and emerging artists.

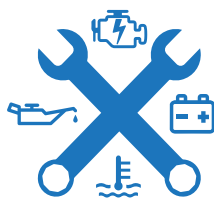
Alice has lived in Newcastle, Melbourne and Sydney. She recently graduated from the Australian Film, Television and Radio School and worked with Screen Australia. Writing has always been a large part of her life and she has used this in various ways. She is also a Civil Celebrant, putting her writing and public speaking skills to use.

Alice continues to develop her musical talent, both as a performer and songwriter, in the vibrant music scenes of Newcastle and Melbourne and her name has appeared on many music posters as a solo and support artist. She accompanied Liz Stringer and Lucie Thorne on their most recent national album tours.

More recently, as a result of moving back here during COVID, she has been seen and heard closer to home. But this gal will be off to the big smoke again soon, so catch her before she leaves.

Both Alice and Jasmine agree that they were greatly encouraged by their mother, Robyn, a fine singer, songwriter and performer herself (remember 'Ruby and the Rotolactors'? ). She was a great support, the house was full of interesting music with instruments on hand and living together, a long way from town, in their home overlooking Wapengo Lake, making music was a natural thing to do.

Georgina Adamson



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ABN: 62 758 101 087



# Bermagui Banter

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It is managed and maintained by the Union Church Trust and the current committee would like to let the people of our area know that if anyone is looking for a quiet place to work, meet with friends or conduct a small meeting, the church is available most days.

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# Bermagui Banter

## Where's there a Woolies when you want one?

Today, the township of Bermagui offers a relatively comfortable existence to its just over two thousand residents with a range of facilities and foodstuffs to satisfy most needs but, mind you, it hasn't always been the case.

Cast your mind back to 1880! And a similar population (again some two thousand) were bedded down along the beach and sand dunes to Camel Rock and, with no township yet in existence, they must have resigned themselves to tough times ahead with not a Woolies in sight. They were the diggers that had descended on the Montreal Goldfield and a lot of them were to put in the next four years there.

Their cuisine would have been fairly basic but it is interesting that canned meats were becoming available by the end of the 1870s. Nonetheless, the staple meat remained mutton and farmers in the area would have been keen to meet the demand, with the diggers making their own damper and black tea to help it down.

The village of Montreal that sprang up to service the diggers appeared to have it all and no shop front would have been more conspicuous than the Butcher's Shambles – the name used to describe the array of carcass meat hanging at the front and sharing air space with the flies and relying on the constant nor-east breezes to remind the diggers of the butcher's wares.

One digger summed up the situation when writing home – 'For three days we have mutton and damper and on the other four days we have damper and mutton'.

But the catering team today at Montreal Goldfield excel on Open Days by offering visitors (and the odd digger) that delightful pairing of culinary flavours – billy tea and damper with cocky's joy. For you see those skills still exist although it is an art form to swing the billy to settle the tea leaves and the making and baking of the perfect damper comes naturally to the old hands in our team. As for the magic ingredient, cocky's joy,

well golden syrup (treacle) has been an all-time favourite from before Woolworths came along!

Chris Franks



Butcher's Shambles by St Gill

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We've arrived at the end of the weirdest summer that never quite happened. Don't get me wrong, I'm not complaining. I'm sure I'm not alone in not missing the summer heat. The vermin that normally try to dart through the door in autumn have been after indoor accommodation at mine since Christmas. At least we have no worries about fire, water rates or our gardens dying of thirst. And BOM says that while the height of a La Niña has now passed, we should still expect a wet autumn. Great for the garden, that's for sure. Moisture in the ground means less shock for anything you might want to plant or move to a new spot, so this is the perfect year for a garden redesign if that's your thing.

The Sapphire Food Pantry came back to the Quaama Hall supper room at the February mini market. Lots of bargains indoors and outside, the bounty of local veggie patches free for the taking. My apologies for getting the date wrong in the last *Triangle*. I swapped the digits so it read 12 instead of 21. Oops! Must be getting a bit dyslexic. Regardless, it's the third Sunday of every month, so mark your calendars and I'll be more careful going forward. The March mini market will be on the 21st. Bring your excess if you have any, but do come along. It's a great day out.

And 'bring a plate' community potluck dinners have started up. The first one was held on Friday 26 February. We have some terrific cooks in Quaama, I must say, and it's amazing how the different dishes tend to 'work' together on a plate but if you'd like to see a theme (think Italian, Moroccan or Indian curry) or if you have any other suggestions for future dinner gatherings, your input is most welcome. Stop in to the Renewal Centre and have a chat. The next one has yet to be booked but they will be seasonal, probably quarterly, so watch this space!

The Quaama Sewing Circle will gather on Tuesday, 9 March, at the Renewal Centre from 1 pm. It's planned to be held on the second Tuesday of every month. Bring along your sewing projects or your desire to start one. There will be friends there and expertise as well as a couple of machines and an overlocker. Oh! And cake. It's been promised.

Bega Valley Shire Council has plans to upgrade the Quaama Memorial Park. Cobargo's park was completed not long ago and we're next! A draft plan for funding has been submitted and approved which will make a start, covering the cost of the playground upgrade, picnic



The Quaama Memorial Park from above. An upgrade will be welcomed by old and young alike. (Drone Photo by Terry Maher)

facilities and path works. A consultancy group of Quaama residents are working with Council on a grand plan that will help secure more funding to include some nice new features - a second shelter with

seating, some flat areas for potential market stalls and improvements to accessibility. Now if only Council would give us the disabled access toilet across the road that was promised!

## It's crunch time for the Quaama Tennis Club

The Tennis Club committee has made tennis available to the community for the better part of ten years now. Quite a few people have come along to open days and paid their membership fees but when it comes to lending a hand it's a different story.

The same three people have been doing all the maintenance the whole time and despite regular call-outs to the community for support, it's the same three that show up for working bees again and again. So there is an existential crisis happening. Should they try again to attract more members willing to join and make it work or should they just pack up their racquets and let the weeds and nesting plovers take over the courts once again.

It's with a lot of sadness that they face this decision. Rectifying the old courts was a hard-won victory. They've done a lot of organising and fundraising. They've put up fences and gates and raided abandoned termite mounds for the right clay surface. They've put on sausage sizzles and raffles, social days and working bees. Yet, even people wanting to play have become few and far between in recent years.

There's one more chance to show your support to help them decide to carry on. On Tuesday, 16 March at 6 pm they will hold a committee meeting. If you contact Beck on 0429 306 761, she'll give you all the details. And if there is no one interested, would you blame them for voting to shut up shop?



On for young and old... Two pics from the past. The Tennis Courts were a big hit with the community when they opened, but support has sadly waned.



## Quaama Public School Report

We have had a great start to the school year. Students are calmly getting on with their learning and enjoying the company of their peers in the playground. There have been five Kindergarten students start this year and they have all settled in well to the routines of 'Big School'. Each Kindergarten child has been assigned a 'Senior Buddy' to help, support and care for them as they settle into their new surroundings and daily routines at school.

Our annual Swimming Carnival was a success with all students in Years 2-6 participating in races and novelty events. It was wonderful to see and hear such great support and encouragement for each other during the swimming races. Congratulations to all students who competed in races throughout the day. Students will continue to improve their swimming skills this term as they participate in the 'Swimming for Sport' program over the next five weeks. This program runs in Term 1 and Term 4 at Cobargo Pool every year, with students greatly improving their swimming strokes and ability during these times.

Our school neighbours in Quaama may have heard a little music coming from the school recently. We have had a PA system and speakers installed throughout the school playground. We are phasing out the traditional bells and replacing them with relaxing music to help the students follow our school expectations of 'be prepared for learning' and to transition from the playground to the classroom in an organised and steady way.

Our Quaama Public School music



The School Leadership Team, (Billie Farran, Tane Matthews, Harry Beere), Principal Mr Roe, and the Federal Member of Parliament, Kristy McBain with the new flags that were given to us by Kristy McBain.

program has received a boost recently with a financial donation to buy some new percussion instruments. This donation will allow our music teacher, Miss Alex, to improve the variety of instruments students can learn during their music lesson each week. Our new flatscreen TV has been installed in the Music room and will help boost the music program by being able to display musical notation, performances and learning material.

Our Years 5 and 6 students are off to Bournda Environmental Education Centre

for two days next week to learn about the local environment and to participate in various outdoor camp activities such as kayaking, watercraft building, beach games and bush survival activities. Years 3 and 4 will attend camp later this term. We are very lucky to have such a great camp facility in our local area at Bournda, and we can't wait to report back to *The Triangle* about all the fun that was had on our camps in our next Quaama Public School report.

*Daniel Roe*

*Principal, Quaama Public School*

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## Quaama has a choir again

Despite COVID restrictions, Don Firth has succeeded in getting a Vinnies grant to start a new choir at the Quaama School of Arts Hall. Singers gather on Thursdays during the school term from 6 – 8 pm.

Since singing is considered a high-risk activity, the choir meets on the Hall grounds. The rules have recently changed to allow singing but plenty of restrictions still apply.

Quaama has had numerous choirs over the years. I remember the Can't Sing Choir started by Di Manning that morphed into the Quaama Singers directed by Dave Hooper.

Now Damon Davies is the musical director, imparting his considerable talent and energy with warm ups, rounds, gospel, traditional and anything else we can think of. Many of you longer-term locals will remember the amazing choir that he created in Cobargo. Thank you Damon – there are many of us still singing thirty years on.

Numbers are limited. If you're interested in joining, you must phone ahead to see if there's space. Call Don on 0410 404 041.

*Don Firth and Bhagya*



Damon switches from strumming to dust-bin drumming while leading the singers.



Spaced out! Choir members are happy to get back to making some joyful noise.

## CASUAL POSITIONS AVAILABLE: Disability Support Workers

Nardy House is a residential service located in Quaama. This service provides support to individuals with profound disabilities. Nardy House is seeking to expand its staff of Disability Support Workers by offering casual positions. You will be working with others in a team to assist residents with daily living supports and engagement with in the community.

Nardy House operates on a twenty-four hour/seven days a week basis. Casual staff may be offered eight-hour shifts



# Nardy House

across three shifts per day. All shifts are active shifts. Support staff work within a team under the direction and support of a Registered Nurse. The award rates are AFEI described: penalty rates apply.

For further information, please contact Jane MacGregor at Nardy House on 6493 8120. Application to the position can be made to Denise Redmond CEO by email at [denise@nardyhouse.com.au](mailto:denise@nardyhouse.com.au).





The third container is soon to arrive from the Weston Creek Men's Shed. Stop in near the tennis courts and check out what they've gathered for us.  
Manned by Goldilocks and the Three Beards, Warren, Don, Lyndia & Kym

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## Bach's birthday concert on 20 March at the Four Winds Soundshell



Bach's birthday concert 2019 celebrated in the Cobargo Hall in happier times.

In March it is JS Bach's 336th birthday and around the world a global community of musicians will unite to celebrate his music with free spontaneous performances under the banner of *Bach in the Subways* over a four-day Festival (<https://bachinthesubways.org/>).

On Saturday 20 March 2021, local recorder ensemble, Lumiere, is hosting another Bach's birthday concert and play-in between 10 am and 1 pm at the beautiful Four Winds Soundshell at Barragga Bay. This free event will feature local musicians and choristers (Spirit Allegro Choir) who will come together to play and sing the beautiful music of Bach in a space, and a community, that we all know and cherish.

This is the only performance scheduled in Australia this year as part of this worldwide festival! Friends, family and the community are invited to come and listen. We will be playing some Bach favourites that we have been working on and we are inviting other musicians (instrumentalists or singers) of all ages and abilities to bring along and play or sing some Bach pieces that they love. You can also play along with us – we will be playing some well-known chorales and some movements from the Orchestral Suite No 2 – just contact me and I will send you some music (all 440 pitch and in SATB). This will be a friendly, non-judgemental event focused on celebrating Bach and his beautiful music. And bring a picnic morning tea to have on the grass!

Kate Jorgensen

0428 135 052 - [katejorgenson1@gmail.com](mailto:katejorgenson1@gmail.com)

## Poets try their hand at chick lit

Far south coast poets have produced a giveaway leaflet of poems about chickens.

Over the next few months, *Chookbook* will be offered to cafés, libraries and visitors centres for their patrons to read there or take it away.

The leaflet contains short, accessible poems about chickens by members of the Well Thumbed Poets (based at Well Thumbed Books in Cobargo) and the Bermagui Poets.

'We want to draw people into reading poetry and chicken poems are particularly non-threatening,' said Kai Jensen, who edited the leaflet. 'Also, we love our chickens on the far south coast.'

*Chookbook* is also available as a PDF. If you'd like to receive a copy, email Kai Jensen at [kaijjensen@gmail.com](mailto:kaijjensen@gmail.com) or Chloe Spear at [spear.chloe@gmail.com](mailto:spear.chloe@gmail.com).

Kai Jensen



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## How do the outdoor sculptures claim their spots on the headland?

SCULPTURE Bermagui's curator, Pauline Balos, and her assistants allocate sites for each work well before they see the finished sculpture. Early on, sculptors have an opportunity to propose a site that will show their work to its best advantage – as you can imagine there are some really popular spots for people who know!

Taking these requests into consideration, the curation team uses photos and descriptions to imagine how each sculpture will work with surrounding pieces. The curators plan how the sculptures will present in the enormous expanse of the headland. Plots are marked by an amazing team of volunteers from the Men's Shed and when all the sculptures start to arrive in the middle of the first week in March, artists are given the location of 'their' plot.

The sculptors are then encouraged to orient their sculpture within the plot to display the work to its best advantage and with the viewer in mind.

Very occasionally the curator's best plans go awry and one work might need to be moved around, because it was bigger or smaller than expected.

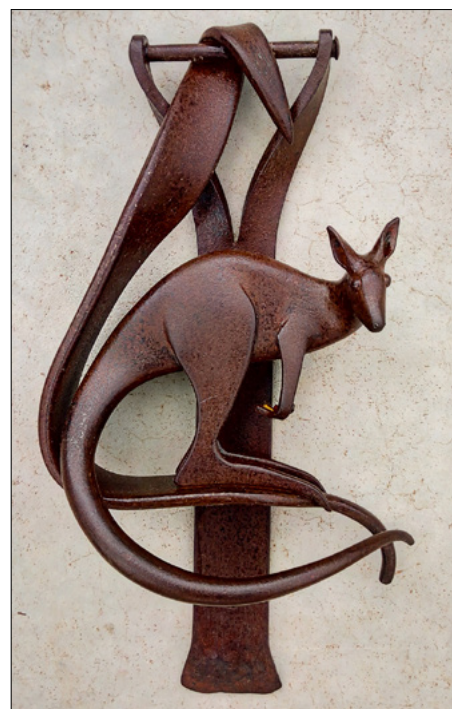
Come and see for yourself while this splendid array of work is in Bermagui.

SCULPTURE Bermagui 6–14 March 2021

Outdoor sculptures can be visited on Dickinson Headland and Horseshoe Bay Foreshore.

Indoor sculptures will be displayed in Bermagui Surf Club from 10 am–4 pm every day.

*Cath Renwick*



Kangaroo and gumleaf door knocker  
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## Exciting new thriller from a local author

Moving to Bermagui four years ago, Andrew Christie thought he would have more time for writing. It hasn't turned out that way but, despite all the distractions of his new town, Andrew Christie is publishing his fourth novel, *The Ridge*, this month.

Andrew, an independently-published author, has been writing Australian crime thrillers since 2012. He believes that talent is one thing but that writing is still a skill that you have to learn, and then work at. His novels hit the mark, drawing you into the intrigue with complex characters, well-scripted dialogue, tense atmosphere, and many twists and turns.

The writing process for Andrew begins with the inspiration. When he lived in Sydney he drew his story lines from the city itself and now his family is always keen to offer ideas. Choosing the setting and the characters happens next. The main protagonist of the first three novels, John Lawrence, is an ex-soldier, however his newest book focuses on Large, the villain from his first book. Rather than being set in Sydney, this story takes place largely in Lightning Ridge. This outback NSW opal mining town is a perfect setting for a crime thriller. It has isolation, heat, eccentric characters, legends and mining fever. This novel occupies the same underworld of crime and desperate characters as the previous books. 'You can research just about everything online these days, but it is important to visit the locations and talk to locals to gain a real sense of place, time and character,' says Christie.

Sometimes Andrew finds that the writing seems to take on a life of its own and he just has to follow where the characters lead; other times it is more of a struggle. The first draft is enjoyable, but the re-writing, plot checking and timeline building take a long time. He finds having a routine helps too and aims for a few hours



Bermagui based author Andrew Christie, has been writing Australian crime thrillers since 2012.

of writing every morning.

Andrew's books are *Left Luggage*, *Tunnel Vision* and *Comfort Zone* (all John Lawrence novels) now joined by the latest, *The Ridge*. They are all available through Amazon and other e-book sites and paperbacks are available through Booktopia. Links to the stores are on his website at [www.paintingthebridge.com](http://www.paintingthebridge.com).

Debbie Worgan



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## Patto exhibits 'With Gratitude' at the Lazy Lizard Gallery

Patto is very dear to the Lizards. She is a long-time member, a quiet but strong presence, supporting the gallery through good times and bad, and her beautiful, quirky jewellery designs have helped to define the character and flavour of the gallery.

Last year when the fires swept through



**Back at work!**  
Patto in her new caravan studio.

Brogo, Patto and her family lost absolutely everything. Not only did Patto lose her home and all the precious memories it contained, but she also lost her workshop, her tools, and all her art and jewellery materials. For a while there she almost lost her creative spirit. However, Patto has managed to pull herself and her family back together and, slowly but surely, that creative spark revived and has begun to flourish again.

She has converted an old caravan into a workshop and has re-established her own creative space, so she is once again producing that unique and gorgeous jewellery that is so much an expression of herself.

Calling her Side Room exhibition 'With Gratitude' is Patto's way of saying, 'Thank you to all the wonderful people who donated so much stuff ... in particular, art supplies.' For this exhibition most of the materials she has used have been donated or bought with money that has been donated. The exhibits will have cards attached, telling the story of how and from where the materials came.

Patto says that being given these



**Beaded art made with gratitude at the Lazy Lizard**

materials has enabled her just to sit quietly and create and that this has helped her a great deal in making her way through a very difficult year.

The exhibition will include a selection of pieces made with 'survivor beads' – a few of the things she managed to rescue from her old workshop. Sharing the Side Room with Patto will be her daughter, Polly, who has created some wonderful weavings also using donated materials.

The exhibition will run from Monday, 1 March to Saturday, 27 March. Don't miss out on this ... it is something very special!

*Naomi Lewis*

## David Francis to leave Four Winds

David Francis has been the Executive Director at Four Winds for the past five years and will be leaving the organisation to become the Chief Executive of Wollongong Conservatorium of Music in May. As well as his undoubted organisational abilities and his expansive vision of what can be achieved in a regional setting, he has been a wonderfully open and friendly presence while attracting world-class performers and composers to the unique bushland setting out at Barragga Bay.

David has successfully led Four Winds as it evolved from a highly regarded, long-standing, biennial music festival to a significant year-round arts organisation. The Four Winds Festival is now held every Easter and is complemented by a Youth Music Festival in spring, a year-round concert series and an annual artists' residency program. It has also developed a significant music education program, nurtures local artists and works with the local indigenous community.

The recent decision by Create NSW to grant Four Winds four-year funding is a validation of its growing standing and its impact on the far south coast and beyond.

Despite the challenging demands of the bushfires and then the COVID pandemic the organisation has come through strongly and is in excellent shape artistically and financially. David is in large part responsible for this resilience as he has shaped and led a very capable team that has made this possible.

Four Winds will now begin the process of finding another outstanding arts leader to fill the Executive Director's role.

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## Four Winds, surviving and thriving

Four Winds seems to be a hive of activity and planning again. Recently, on 26 January, our Sound Shell played host to a gathering of Yuin people from Bermagui, Wallaga Lake and beyond, as well as other locals and visitors for Survival Day 2021.

Rodney Kelly has been organising this event for a number of years now and it has grown from his family and a BBQ, to the over 500 people who visited us on 26 January. We enjoyed speakers, singers, bands and were welcomed by a wonderful welcome dance from Djiriba Waagura.

There was a soft rain most of the day but no one seemed to notice. It was warm, friendly and the music was fabulous. There was loads of food, great coffee and the elders cut and shared a specially made and quite enormous Survival Day sponge cake.



Survival Day audiences were happy and the music, fabulous. Photo Lisa Herbert

## Festival updates

Due to COVID-19, we won't be presenting our community event this year, instead we are offering everyone on the South Coast a totally and absolutely free day and evening at the Sound Shell in Baragga Bay with free shuttle buses from Bermi.

If you haven't visited our gorgeous site yet, this is your chance to see and experience it in its full glory. From 4.00 pm to 10.00 pm on Friday 2 April, you can come along and enjoy our local South Coast musicians, dancers, artists, food and wine absolutely free.

Titled 'Walawaani' and 'Songs from Yuin Country' you can enjoy a supergroup of Candelo and South Coast singer-songwriters, dance groups, our koori choir and short film presentations from our Yuin film project, *Bagan Barra Barra Mirriwarr (Land, Sea, Sky)*. The talent will be bursting from the stage and we think you might just want to stay for the whole weekend. How could you resist the sunset performance of *The Iliad Out Loud*, Greek theatre in its natural setting – an amphitheatre?

There are so many reasons to visit us and to enjoy our programs and events this Easter and all year round. Visit our website or call in to our Bermi office next to the library between 9.30 am and 12.30 pm Monday to Friday. And don't forget the festival is on from Friday to Sunday, 2-4 April. Look up our website at [www.fourwinds.com.au](http://www.fourwinds.com.au) for more information on programs and other attractions.



Lisa Herbert

The New Graces and other locals will be on stage during the Four Winds Festival. Photo Lisa Herbert.

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# FOUR WINDS FESTIVAL 2021

R E C O N N E C T

**BERMAGUI**  
**EASTER**  
**WEEKEND**

**FRIDAY** APRIL 2ND **FREE**  
**SATURDAY** APRIL 3RD  
**SUNDAY** APRIL 4TH



**CINCO / SYDNEY DANCE COMPANY • THE NEW GRACES**

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TICKETING &  
INFORMATION

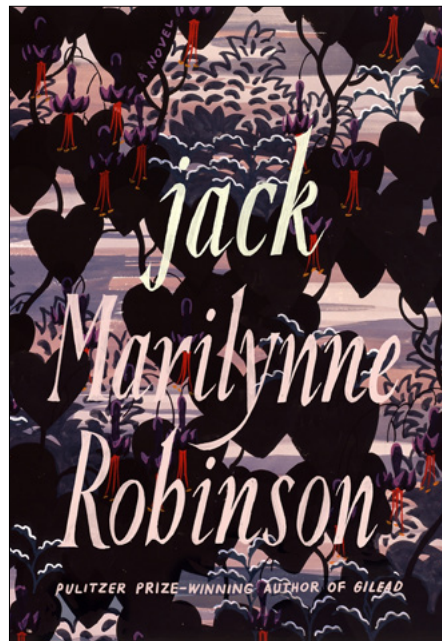
**FOURWINDS.COM.AU**



## Jack

**Marilynne Robinson**  
**Virago Press \$29.99**

Recommended by Barack Obama as one of his top books for 2020. The rest of her fans have been eagerly awaiting this fourth in her *Gilead* series: *Gilead*, *Home* and *Lila*, each of which can be read as a stand-alone novel, but each is also an important part of the, not strictly sequential, series. Set in the late 1940s, the books centre on the Boughton and Ames families, strong Presbyterians. Each book has one central character, in this case, Jack, the wayward son of the Reverend Robert Boughton. Jack is a liar, a thief, a heavy drinker and an outcast from the family. He falls in love with Della, daughter of a Methodist preacher, successful in her profession as a teacher, deeply loyal to her parents and siblings. Both families are equally opposed to the relationship. He is white, she coloured. Inter-racial relationships in Missouri (and elsewhere) are not just frowned on, but illegal, meaning certain dismissal for her and possible jail time for them both. He struggles with the harm he is doing to her, while she remains calm and steadfast in the face of all the problems they face. Racism is the bedrock of the ill-fated love story but the skill of the writer doesn't allow it to overwhelm the reader (or the lovers).



The structure of the book was a real challenge for me - the first third is a dialogue between the two when they meet in a cemetery where they spend the night, knowing the dire consequences if they are caught together. But I was so glad I persisted through the night with them. Robinson's treatment of race, of religion and of the complexities of family are second to none among American writers. Strongly recommend reading all four of the *Gilead* series - this is the most challenging but very rewarding. No wonder Obama liked it!

## Pet of the Month

Kerry Brady

Waldo is a very cruisey handsome ginger cat who is about 18 months old. He doesn't seem to be concerned by the dogs coming near his cage and he loves to roll on his back for a belly rub. He was handed in as a stray but he was in good condition so we don't know how poor Waldo ended up out on the streets. He'd love to find a home and someone to rub his tummy and you can make him part of your life for \$150. If you are interested in Waldo, or any of the others kittens we have in care, please give our enquiry number a ring - 0400 372 609 (phone hours are Monday to Friday 9 am - 5 pm). All animals available through AWLNSW are microchipped, desexed, vaccinated, wormed and treated for fleas and ticks. Their adoption fee is subsidised in the hope that rescue pets will be people's first choice and that eventually we will be able to stop unwanted litters. Please note that potential dog owners will need to have secure dog-proof fencing and are able to meet the needs of the animal. You can view

available animals on our Facebook page (search for Animal Welfare League Far South Coast Branch), but you will need to call Animal Welfare League FSC Branch on 0400 372 609 to enquire about any of the many cats, kittens, dogs and pups available for adoption (AWL NSW Rehoming Organisation Number: R251000222). If you would like to become a member please call 0400 372 609.

If you have lost or found a companion animal please call BVSC Companion Animal Facility on 6499 2222. Desexing vouchers are available at all vet clinics in our branch area (Bermagui, Cobargo, Bega, Merimbula, Pambula and Eden) for local residents who hold a Centrelink Pension Card. AWL - Far South Coast will subsidise the desexing by \$125 for female dogs and cats and by \$100 for male dogs and cats. Simply make a booking with your vet, show your pension card and you only need to cover the balance of the desexing cost.



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## Calendar of Second Chances

The Far South Coast Branch of Animal Welfare League NSW produces a calendar featuring many of the pets that were rehomed by the branch over the past year. You can pick up your copy for \$20 at all Bega Valley Shire vets, Montague Vets, Coastal Grooming in Merimbula and at Supply Central in Eden or by calling 0400 372 609 to have copies posted to you (postal charges will apply).



Handsome Waldo lounging around



## The gardener's palette

With the cooler months of the year here again, our gardens can become somewhat drab and uninteresting after a long summer so consideration should be given to adding some colour to the garden. Autumn is the ideal time to do this as transpiration rates are lower and, with the recent good rain, there is less stress on the plants through the planting process.

Colour can be added with the use of flowering plants or by plants that retain their leaves and have a colour other than green.

We can commence with annuals that can be either planted in pots or in the ground. These give instant colour and will last until the warmer weather arrives when we plant summer annuals that can withstand the warmer temperatures. Pansies, viola, primula, snapdragons and poppies are but a few that come to mind. They can be planted as immature seedlings or as plants already in flower to give an instant effect. Planted in a full sun position in a compost-enriched soil in the garden or in a premium potting mix and fed with a liquid fertiliser if you're using pots they are a



simple and inexpensive way to brighten up your day.

For a more permanent display try using perennials. One important factor to remember with perennials is that even though they do well in the full sun during autumn/winter, some might need to be planted under deciduous trees to give them protection from summer sun.

Many perennials add colour by either flower or foliage and the foliage forms can vary from deep purple to yellow and various shades of variegation. One of my favourites is the amazing Hellebore family. These beautiful plants range in colour from white to pink and purple with varieties being single or double. Nurseries specialising in this type of plant will have them in stock soon, so keep an eye out for them. Other plants to be considered are Heucheras for their variegated foliage, Penstemon 'Huskers Red' for its deep maroon foliage and Agastache for their interesting range of flower colours.

An amazing genus of plants is the Salvia group. Many are winter flowering and with many new varieties appearing on the market, there will certainly be one or more of these that will brighten up your autumn garden.

If annuals and perennials don't take your fancy, then consider shrubs that have either variegated or coloured foliage. Many plants with variegated foliage add another interesting dimension to your garden as their standout beauty in autumn is highlighted by the fact that many other plants nearby are starting to defoliate for winter.

Abelia, a small shrub suited to either hedging or as a single specimen plant is a great addition to any garden to add all year round interest. There are two lovely forms available at the moment, one with a green and silver variegation and the other green and gold. These two will take part shade or full sun. Other

variegated plants for the coastal garden include Euonymus, Aucuba and Euphorbia.

Single-coloured foliage plants that have standout beauty in their foliage but also the added bonus of flowers are also a great addition for the autumn garden. Loropetalum with its burgundy foliage and pink flowers is a beauty. This can be hedged or used as a single garden specimen. Teucrium with its silver foliage and purple flowers is a good one for a coastal garden.

One should not forget the amazing selection of Australian natives that flower in the autumn and these beauties not only add colour but also supply food for nectar feeding birds that need extra nourishment during the colder months coming up.

There are many maintenance jobs that need doing during autumn so if you are unsure of these, pop into your local nursery for some qualified horticultural advice.



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## Late summer harvest

The talk around the neighbourhoods and villages is that this summer has been slow to come. Not enough sunshine to ripen the figs. Too much rain splits the tomatoes. The season is late. Night-time temperatures remain stubbornly low. Despite the season's vagaries there is still a wonderful abundance of fruits and vegetables available. *The Triangle* team celebrates this bounty with tried and true recipes.

### Ruby fruits



I love this time of year with all the gorgeous seasonal stone fruit available and, apart from just eating them fresh, I love to make simple compotes that can be used in so many ways – over ice cream, in a tart or served with cake. So versatile and you can use any combination you have on hand.

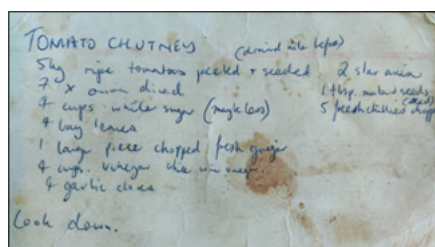
I am loving the combination of plum, peach and rhubarb with the addition of berries stirred through at the end.

My method of poaching is very simple. Roughly chop the fruit, halves or quarters or even slices depending on the size of the fruit, sometimes I don't even remove the stones, easier later to fish them out. Do not drown the fruit! I often use a good spoonful of a berry jam and a squeeze of lemon juice in with the fruit, cover tightly with a lid and cook on low, not for too long. Once simmering the fruit will be cooked in five to ten minutes. Remove from the heat and set aside ...remember that it will keep cooking. Stir in berries, if using, at this stage.

*Georgina Adamson*

### Tomato chutney

A recipe I've used for years made more delicious if one is fortunate enough to harvest one's own tomatoes or buy somebody's hard work. Or even buy them from a supermarket – it's all happening right now with tomatoes. This chutney is great with anything – tasty and zingy.



### Ingredients:

- 5 kg ripe tomatoes, peeled, deseeded and drained the night before (method below)
- 7 diced onions – chopped by hand or pulsed in a food processor
- 4 cups (or less) white or raw sugar
- 4 cups white wine vinegar
- 4 garlic cloves, finely chopped
- 4 bay leaves
- 2 star anise
- 1 tbspn black mustard seeds
- 5 fresh hot red chillies, finely chopped



### Method:

To prepare tomatoes, cut out the core at the top and cut a cross at the base of the tomato. Plunge into boiling water and after thirty seconds or so scoop tomatoes into cold water so you can easily slip off the skins and squeeze out the seeds. Put the tomatoes in a large colander to drain overnight. Put the colander over a saucepan to catch the tomato juices. When all the juice has been collected I boil it down by a third and add it to the chutney ingredients to increase the flavour, not the water content. You can chop the tomato by hand or pulse in a food processor.

Put all ingredients into a heavy-based saucepan and bring to the boil, then reduce the heat to a simmer for about an hour, or until the chutney is thick and pulpy. I put my saucepan over a heat diffuser to reduce the chance of it burning. Stir and check often, removing any scum. Pour (I use a large funnel) into clean warm jars with metal lids and close quickly. Can be stored in a cool dark place.

*Linda Sang*

### Gazpacho

If the weather ever warms up, this famous cold soup from the south of Spain is a delicious way to enjoy the produce from your garden in elegant style.

*Serves 4*



### Ingredients:

- 1 sweet onion
- 1 kg very ripe tomatoes
- 2 red capsicums
- 2 Lebanese cucumbers, peeled
- 1 large clove garlic
- Handful of basil leaves
- 2 tbspsn sherry (or balsamic) vinegar
- 1/4 cup of olive oil
- 3/4 tspn fine sea salt
- Freshly ground black pepper to taste
- 1 hot red chilli, deseeded (optional)

### Method:

Chop onion, tomatoes, capsicums and cucumbers into pieces. Place all the onion and half of the remaining veggies in a food processor (or mouli) with the garlic, chilli, basil, olive oil and vinegar. Blend until smooth. Add the remaining vegetables and pulse until they are incorporated but retaining some small chunks for texture. Add salt and pepper to taste.

Cover and refrigerate until well chilled. Check the seasoning before serving.

You can peel and deseed your tomatoes and/or roast and peel the capsicums if you want a smoother, more elegant soup. You will need to add a few more tomatoes than indicated if you do this.

If you want you can reserve a few of the veggies and chop into small dice for a garnish as it looks lovely on top of the bowl, or add a few torn basil leaves. Some people like to add aioli, yoghurt or garlic croutons! As you like it ...

*Bhagya*



# For the Fridge Door

MARCH	WHAT	WHERE	TIME
Mon 1	<i>With Gratitude</i> exhibition: Patto (see page 33)	Lazy Lizard Gallery, Cobargo	10 onwards
Sat 6	SCULPTURE Bermagui 6 - 14 Mar	Bermagui Surf Club & Headlands	10 - 4 pm
	Open Mic	Tilba Winery & Ale House	12.30
Sun 7	Free Live music at SCULPTURE Bermagui	Outside Bermagui Surf Club	12 - 4 pm
	Live music: Captain Abit & the Bluetrassh	The Dromedary Hotel, Central Tilba	4 - 7
	Fun in the Sun (see page 24)	Armands Beach, Barragga Bay	10 onwards
Mon 8	SCULPTURE Bermagui: Artist's Talk	Bermagui Library	11 am
Tues 9	Quaama sewing circle	Quaama hall	1 pm
	Storytime - every Tuesday	Bermagui Library	10.30
Sat 13	Free Live music at SCULPTURE Bermagui	Outside Bermagui Surf Club	12 - 4 pm
	Live music: Mel T & The Mix	Tilba Winery & Ale House	12.30
Sun 14	Live music: Anita Apps	The Dromedary Hotel, Central Tilba	4 - 7
	Live music: Soul Stories	Tilba Winery and Ale House	12.30
Tues 16	Quaama Tennis Club meeting (see page 26)	Ring Beck 0429 306 761	6 pm
Sat 20	Bach's Birthday concert (see page 30)	Four Winds Soundshell, Barragga Bay	10 - 1 pm
	Live music: Steve Benic	Tilba Winery & Ale House	12.30
Sun 21	Quaama Mini Market	Quaama hall	12 noon
	Live music: Stitch	The Dromedary Hotel, Central Tilba	4 - 7 pm
	Live music: Roddy Reason	The Dromedary Hotel, Central Tilba	12.30
Sat 27	Live music: The Chordroys	Tilba Winery & Ale House	12.30
Sun 28	Live music: Felicity Dowd	The Dromedary Hotel, Central Tilba	4 - 7 pm
	Live music: Tim McMahon	Tilba Winery & Ale House	12.30

## Game On Answers

1. Cape Byron 2. The British Empire Game 3. 1930 4. 1917 5. A bird 6 South Australia 7. 1885

### AUSTRALIAN TRIVIA ANSWERS

1) sob 2) ene 3) ETA 4) Marcos 5) spirals 6) ell 7) row 8) icier 9) calmer 10) alludes 11) fulfillment 12) osier 13) rated 18) lucet 23) sopor 24) abate 25) distillates 26) knurl 28) baas 31) scion 35) kabob 37) sugar 38) agony 40) onus 42) denial 45) snorted 47) dogsled 50) encore 53) Nepal 54) erato 55) sang a 57) opine 63) Sol 64) It's 65) taw 66) ice 67) sty

### DOWN

1) seems 6) Erica 11) for 14) on tap 15) local 16) USA 17) bear ill will 19) lit 20) cru 21) emu 22) fee 23) sad sack 27) redbird 29) obi 30) lens 32) real 33) pas 34) snuck 36) salsa 39) Otto 41) triad 43) smug 44) reins 46) lobed 48) ego 49) June 51) nono 52) Nan 53) Nelsons 56) bigotry 58) era 59) RCA 60) Asp 61) pat 62) tonsillitis 68) ate 69) ergot 70) enact 71) los 72) deals 73) Dewey

### ACROSS

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# Game On

## CROSSWORD

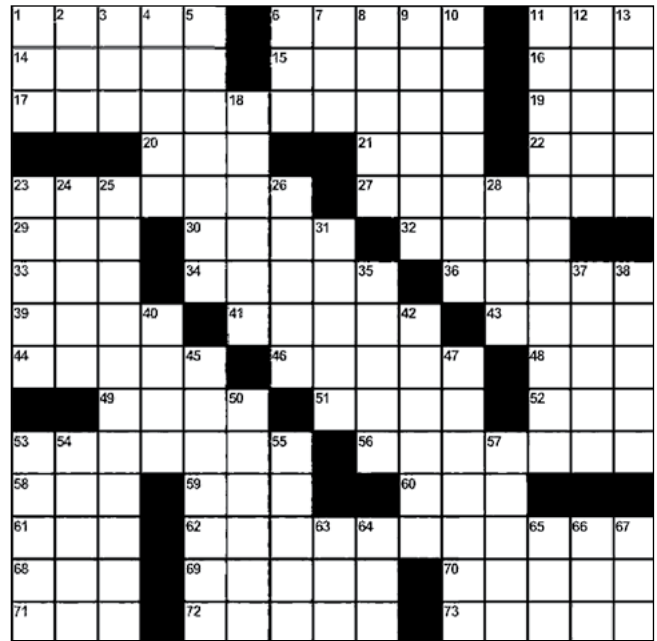
### ACROSS

1. "like old times"
6. "Fear of Fifty" author Jong
11. Endorsing
14. Like draft beer
15. Union group
16. "Any town, \_"
17. Hold grudges
19. Blazing
20. French wine classification
21. Australian with three toes
22. Doctor's due
23. Pathetically inept person
27. Cardinal
29. Japanese tie
30. Focal device
32. One-eighth of a piece of eight
33. Faux\_ (blunder)
34. Moved stealthily
36. Latin music type
39. Chancellor von Bismarck
41. Three-tone chord
43. Holier-than-thou
44. Jockey's controls
46. Like brains and ears
48. Alter \_
49. The moon in Paris
51. Double negative?
52. One of the Bobbsey Twins
53. Some wrestling holds
56. Prejudice

58. Historic time
59. Alternative to NC, once
60. Cleo's killer
61. Butter unit
62. Reason for many surgeries
68. Brunched
69. Disease of cereals
70. Establish as law
71. \_ Altos, Calif.
72. Does a casino job
73. Disney duck

### DOWN

1. Weep
2. Memphis-to-Nashville dir.
3. Heathrow airport listing (Abbr.)
4. Chagall and Antony
5. DNA shapes
6. Architectural annex
7. Propel a boat
8. More frigid and slippery
9. Less agitated
10. Hints at (with "to")
11. Feeling of satisfaction
12. Basket weaver's material
13. Appraised
18. Giving off light
23. Deep sleep
24. Diminish in intensity
25. Some purified liquids
26. Small projecting ridge
28. Cotswold cries



31. Descendant or heir
35. Skewered fare
37. Common sweetener
38. Opposite of ecstasy
40. Unwelcome obligation
42. Rejection of a request
45. Emulated a bull
47. Pulled by canines
50. Curtain call
53. Country in the Himalayas
54. A Muse
55. \_ different tune (changed one's mind)
57. State one's views
63. Costa del \_
64. " \_ a deal!"
65. Shooter's marble
66. Bar rocks
67. Where bacon is stored?

## Crossword solution page

## SUDOKU

9	8				2			
	2			9		6		
						3		
6			7	5			8	
5	4		3					
					4		6	
7	1	2						
						7		5
	3		6		9		4	

## AUSTRALIAN TRIVIA



1. What is the most easterly point on mainland Australia?
2. What were the Commonwealth Games originally called?
3. In which year did the British Empire Games begin?
4. When was daylight saving first introduced to Australia?
5. What is a drongo?
6. In which state would you find Lake Eyre?
7. In which year were trams introduced to Melbourne?



## Dog Breed Word Search

AIREDALE  
AKITA  
BASSET HOUND  
BEAGLE  
BOXER  
BULLDOG  
CHIHUAHUA  
CHOW CHOW  
COLLIE  
DACHSHUND  
DALMATIAN  
GERMAN SHEPHERD  
GREAT DANE  
LHASA APSO  
MALAMUTE  
MALTESE  
MASTIFF  
PEKINGESE  
POMERANIAN  
POODLE  
PUG

N D D W E I M A R A N E R D  
C I N A E N A D T A E R G S  
S H U P E K I N G E S E U Z  
P O O D L E I R R M D V P I  
S P W K C D H W R E X S H A R P E I  
D D E U G Z T E C G I Q J L V A D L  
A R S O Z Q E N S H I H T Z U E M B  
C O E Y S V S K X G O K O H Y A U E  
H T T H N P S E D U C W A O S L T T  
S T L H P S A N S D V U M T L U D P  
H W A C K E B A D B H A I D M O O A  
U E M T D S H P S I S F O A H M E R  
N I J O I R D S H A F G L D E R E E  
D L V Q R K Y C N K H A T R Z X B I  
C E O N O N A I T A M L A D O I E L  
D R V E L X G Q Q B M N G B N X A L  
S C H I P P E R K E I R N U E O G O  
X E L A D E R I A A N K E B A Y L C  
D R A N R E B T N I A S P G N N E U

ROTTWEILER  
SAINT BERNARD  
SAMOYED  
SCHIPPERKE  
SHAR-PEI  
SHIH-TZU  
WEIMARANER

