

THE TRIANGLE

COMMUNITY NEWS

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QUAAMA COBARGO BERMAGUI TILBA & LOCALITIES

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BlazeAid Cobargo still helping out a year and a half after the fires

Exactly seventeen months after we first set up camp in Cobargo, BlazeAid is still going strong and helping rebuild fences for fire-affected community members.

As of 21 June we have completed fencing assistance for 189 properties out of 339 registered properties. This has involved 646 volunteers contributing 98,000 volunteer hours, clearing 238 km of fence-lines and re-fencing 259 km.

While the maths tells us we still have 150 properties to complete the number isn't quite that startling as we have started on many of these. And the reality is that a number of property owners who have not had their fencing at least commenced have not made contact with us since registering in January 2020 – some have moved on, some do not return our calls and some have no doubt tired of waiting so have finished the fencing themselves.

As well as the property owners who sought assistance after the catastrophic fires of 2019/20, we have also assisted some properties that were flood affected earlier this year. The natural disasters keep coming!

It has been a frustrating wait for some people and the once burnt-out paddocks



BlazeAid Cobargo has erected 259 kilometres of fencing on 189 properties, so far.

are, in many cases, now overgrown with seventeen months of regrowth. We ask anyone who has not had contact from us to please get in touch. Call the BlazeAid Coordinator Peter on 0477 147 706 and we will do our best to assist you.

Please remember that we are a completely volunteer organisation.

The main reason we are still here seventeen months on is because many of us have grown to love this community – our volunteers keep coming back! We have started calling the camp 'The Hotel California' (...you can never leave). We have also received overwhelming community support. This is not always the case – BlazeAid camps have in the past closed prematurely due to lack of volunteers and/or lack of community support.

As *The Triangle* goes to press BlazeAid is working with Bega Valley Shire Council to gain a further extension of time of several months to continue assisting the community. Currently we are funded through to the end of August.

I will provide an update to this newsletter as soon as we have news. Otherwise, you can find us on Facebook where I give frequent updates to our activities.

Jude Turner
BlazeAid Cobargo



Volunteers fixing netting to a fence



Volunteers hard at work putting in a strainer post

The work of BlazeAid really is remarkable. This wonderful organisation, one of whose camps is currently based at Cobargo, has been helping our community in a very direct and practical way for seventeen months since the huge fires swept through the region. The statistics on fence clearing and rebuilding, made possible by the generosity of spirit of the hundreds of volunteers combined with the skilful coordination of workers and materials,

is inspiring. The participants have been embraced as part of the community whether it is quiz nights at the pub or meals from the CWA. Thank you – your work has sped our recovery enormously and lifted our spirits in hard times.

Despite the winter chills, creative people are busy writing books and poems, knitting gloves and hats, making felt artworks and sculptures, presenting shows and painting poles – it is a rich

culture we live in. Local Yuin man, Gary Lonesborough, has written an engaging book centring on the experience of being Aboriginal in a small country town – a great reflection for young Aboriginal folk. And the Dhurga language is being heard as students of the Bermagui Public School walk the river and catchment, naming the coastal environment in the ancient language grown from the Land.

Letters to the editors

Be aware of our precious wildlife

When I moved to Akolele one of the things I most enjoyed was the wildlife, even the bowerbirds and possums raiding the vegetables were acceptable. But it was the Wonga pigeons (sometimes three or four following each other), the visiting echidna, the goanna that sometimes came by and the wallabies that gave me most joy.

Wallabies are now regularly left squashed on or beside the roads, an echidna was killed by a car a couple of days ago and the one remaining Wonga pigeon that was still visiting my garden was killed recently – I think a cat was responsible as I found the partly devoured carcass.

If you own a cat please keep it inside, especially at night.

If you drive on country roads please slow down in the evening and give the wild things a chance.

If you see an echidna or a little turtle or a goanna crossing the road please slow down and let it cross safely. These creatures are a precious part of our rapidly vanishing Australian wildlife.

Jo Lewis
Akolele

Triangle Youth

There's a group in Cobargo called Cobargo Green Recovery Inc (CGR). They got a grant for additions to the skate park area and to run three youth events.

Recently, CGR asked some kids to come to a meeting. They wanted ideas for youth events. Since then we've been meeting on Wednesdays after school in town. We have a feed and talk.

It goes from 4.15 to about 5.15. CGR really want us to decide what should happen at these events! So come along and get involved in making our first Triangle Youth Event (TYE) on 16 October the best ever.

TYE Crew

The Triangle inspires other community newsletters

Triangle readers might be interested to know that our community newspaper is being used for inspiration for a monthly, online, neighbourhood newsletter being produced in Frankston, Victoria. It is still in its early days but it is interesting to see what an active and diverse community can put together. *Pip Magazine*, produced in Pambula, and *The Triangle* have been noted as sources of ideas.

It is called *The Dandelion* and is the work of an active garden-focussed group of neighbours who get together monthly to share a meal, share produce and help each other out. It includes an acknowledgement of country, permaculture concepts and quotes, recommendations of podcasts,

books, cafés and local activities, recipes, a Q and A gardening section, neighbour profile, swap section for goods and services, list of monthly gardening jobs plus notes on ethical ways of living.

What a great publication! With COVID presenting Melbourne with ongoing challenges of isolation and disappointment, it is great to see neighbourhoods finding new ways to support and inspire each other through these difficult times. If you'd like to be included in the mailing list contact dandelionfcc@gmail.com.

Disclaimer: My daughter is significantly involved with this newsletter.

Debbie Worgan
Bermagui

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Hoping those guilty of illegal attempts to open lakes will take heed. Someone could be watching!!



Thumbs UP

Big thumbs up to the Four Winds volunteers who helped Cheryl Davison design and sew stunning costumes for the members of Djinima Yiliga choir. They worked at short notice to create a beautiful dress for each of the choir members to wear during their special performance at the National Museum of Australia during National Reconciliation Week. Huge thanks to Nicky, Helen, Hazel and the rest of the ladies!

To the organisations and so many community members who donated what was needed to create a temporary home for a person in need.

To the young Cobargo lad who stopped to help an injured animal and waited with me for an hour in the cold rain for WIRES.

Thumbs DOWN



To the crazy driver travelling north 10 kms from Cobargo – who hit a wallaby, left the animal to suffer in the middle of the road with a suspected broken leg and little joey on board ...

BVSC takes the rubbish transfer container away from the Cobargo Showground ... did they communicate the final date or tell the community????

An invitation to join the Women's Electoral Lobby

A group of women are interested in establishing a branch of the Women's Electoral Lobby (WEL) on the south coast. The purpose is to have an organised voice in time for the local council elections in September and the forthcoming federal election. If you are interested, we suggest you check out their website which provides an overview of their fifty-year history and of the values and objectives that inform their lobbying efforts on behalf of women. You can also contact Heather O'Connor 0428 566 865 for more information.

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.

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.

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

Who does the work

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Bhagya (Treasurer),
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Country Club, Bluewave Seafood, Library,

Visitors Centre **Central Tilba:** Post

Office, ABC Cheese Factory, Sweet Spot

Cobargo: Post Office, United Petrol,

Cobargo General Store, The Bowerbird Op

Shop, Well Thumbed Books, Kitchenboys

Narooma: BP station, Visitors Centre,

Library **Quaama:** The Quaama Store

Wallaga Lake: Merrimans Land Council

Deadlines:

Advertising: 5pm, 19th of each month

Editorial: 12pm, 22nd of each month

Thumbs / Letters to the editor:

All communications should be forwarded to:

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 donations and

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.

Scott Ludlum's important book, *Full Circle*, launched at Well Thumbed Books

Scott Ludlum's book, *Full Circle*, engages in a deeply analytic and wide-sweeping search for answers to explain the seemingly irrational stagnation of our political morass and looks for emergent clues indicating the path to a systemically saner and more coherent society. After leaving Parliament as a Greens Senator, Scott moved to 'a special place' – our Triangle region – to collect his insights into a book. The climate-fuelled megafires fed his need to respond.

He asks why is it that, despite clear, long-term public demands of our governments, some key issues don't shift – climate action, widening inequality, poverty, environmental degradation etc? In a functioning democracy this is illogical.

Scott's book offers sobering research data – since the keeping of public records on the finances of political election campaigns in the USA and Australia, research clearly shows that the parties that win are those that spent the most on their donor-backed campaigns – it seems democracy is for sale. The phenomenon is called 'State Capture'.

'State Capture' was named by South African academics around 2019 as it became obvious that a tiny group had captured the arms of government – the control is systemic rather than outright corruption on a slide into oligarchy. Voting doesn't shift it – democracy still looks intact yet it is not functioning; governing parties change yet fundamental directions and outcomes don't change.

In Australia, 'following the money' underpinning election campaign outcomes leads to the door of the resources sector, namely big international mining and fossil fuel investors.

Scott draws on varied examples of communities that do resist and hold their ground, despite very large forces being in play against them, supported by elected governments. Scott points to

Australian Indigenous communities that have resisted use of their Land for nuclear waste dumps. Another example is that although twenty-five uranium mines have been proposed in Australia there is still only one. There is no one recipe for success – the dynamics are complex, yet patterns can be identified. Community connectedness, authentic personal action, local self-organised leadership, 'naming' what is going on and making it visible, and using the tools we have (such as elected office) are some of the contributors to healthy democracy.

Scott Ludlum's book is thought-provoking and insightful.

Rosemary Beaumont



While immersed in our environment, Scott crystallises insights from travel, activism and his time in parliament in this important book.



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Circular economy transition

Bega aspires to be Australia's first net-zero footprint region

On Tuesday, 18 May, the Bega Valley Innovation Hub (BVIH), in partnership with the Bega Valley Shire Council and Bega Cheese, held a Circular Economy and Accelerator Event at the Bega Valley Commemorative Civic Centre. Aunty Ellen Mundy and Marcus Mundy from the Djirringanj Federation spent time with the group sharing Indigenous knowledges about the significance of Bunaan Rings. Indigenous culture has been concerned with the idea and theme of circularity for thousands of years.

Leanne Barnes (BVSC) and Barry Irvin (Bega Cheese) shared their visions for a circular economy in the Bega Valley, moving from a take-make-dispose model towards one that keeps resources in a closed loop along the value chain all the

way to consumption. This way of thinking and working requires innovative solutions and the involvement of the community. BVIH gave the community a chance to share their circular economy ideas by participating in the Accelerator workshop. The workshop was led by Jason Graham-Nye and local businesses were informed of the opportunity to join together in a Business Acceleration program, with some local circularity businesses going on to apply for the BVIH start-up program commencing in July.

Beginning in 2019, the Bega Valley Innovation Hub, in partnership with iAccelerate, has offered a tailored education program that gives entrepreneurs access to a diversity of skills to accelerate and sustain business growth, built around

the key knowledge areas required to build and scale a successful start-up rapidly. For the past two years, BVIH has created a community of innovators, change makers and business owners who collaborate and support each other to scale their businesses for local, national and global capabilities.

Programs: Our programs are delivered virtually as interactive online courses, through a blend of facilitator-led workshops, self-paced online learning, individual mentoring and peer support from fellow participating businesses.

Activate: The Activate Program is an approach to new product development, customer delivery and continuous improvement to ensure a solid foundation from which to launch a sustainable business.

Grow: The Grow Program is a series of nine workshops to take your business to the next level! A deep dive to help you implement best practice to grow your team, develop rapid market traction and create a culture of long-term, sustainable innovation.

For more information, visit our website: bvih.com.au or like us on Facebook @BVIHub



An attentive audience at the circular economy event held by the Bega Valley Innovation Hub.

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**Hear Well - Live Well is located at 114 Wagonga Street, Narooma, in the arcade behind the shoe shop.
For an appointment call 0411 839 414.**



NAIDOC Sports Day



Come celebrate at the Tilba Oval with fun activities

Merrimans Local Aboriginal Land Council, Australian Red Cross and PCYC will partner to deliver a fun fitness day for all ages and abilities. We are inviting children, youth, families and community members to celebrate at the Tilba Oval with games, bubble soccer, archery and art and craft for the youngest children. BBQ lunch will be offered. Activities will run from 10 am – 2 pm on Wednesday 7 July.

NAIDOC Sports Day is funded through Eurobodalla Shire Council and encourages people in the wider community to celebrate and participate in NAIDOC Week activities. These events help to promote an understanding of NAIDOC and develop



Fun and fitness for all ages and abilities

partnerships with the Aboriginal community, organisations and other community services.

For more information please contact Gabrielle Powell at Australian Red Cross, Narooma, on 0438 286 129 or email gpowell@redcross.org.au.

Gabrielle Powell



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Recent protests against the logging of our precious forests

I woke up well before dawn on Monday 7 June after a wonderful weekend in Canberra with Djinama Yiliga Choir and their Candelo Moodjingarls at The National Museum. Facing the cold morning, I headed to Compartment 180 in Mogo State Forest to join a number of conservation groups and concerned locals in stopping the logging of this burnt forest, authorised by NSW Forestry Corporation in defiance of the recommendations of NSW Environment Protection Authority.

A small team had gone in during the night and set up a tree platform with a 'possum' on it, cabled to the logging

machinery so it couldn't be used. I arrived about 6.00 am to join them but the road in was already blocked by the logging contractors so I headed to a meeting place for a group walking in.

Police arrived a while later, filming us and accusing us of protesting until one of the officers realised that they weren't actually at the protest site and they headed off to find it. The group then walked into the protest that stopped the logging operation for a day after the NSW Police Rescue were brought in to remove the cables. The protest was peaceful and no arrests were made.

Next morning it was off to Bega for another protest in conjunction with Extinction Rebellion Bega Valley at the office of our local member Andrew Constance where a load of woodchips had been dumped in front of the door and three protesters had installed themselves on the roof. Police arrived rapidly and a crowd gathered to support the protest. The police eventually closed off the whole section of Carp Street and declared it a crime scene with seven or eight police officers and detectives in attendance.

Police Rescue were called in from Goulburn, arriving in the early afternoon, and it took many hours to remove the protesters who were arrested and will face court on 29 June, charged with a number of offences including 'Use intimidation/violence to unlawfully influence a person'. However, this was also a peaceful protest where the only brief aggression shown was by a couple of detectives.

Our forests suffered badly from the disastrous fires last year and science shows that logging of burnt forests sets back their recovery for over a hundred years. The



Extinction Rebellion protest outside Andrew Constance's office, Bega.

unburnt pockets are critical refuge habitats and food sources for the birds and animals that did survive. Many of these creatures including gliders, swift parrots and koalas are included on threatened species lists, with many threatened ecosystem types also at risk.

In these times of evident climate change, logging of our native forests here on the south coast is one of our biggest contributions to carbon emissions, especially when over 90% of the trees cut down are chipped at the Eden chipmill and sent to Japan or China to make low-value paper products that soon end up back in the atmosphere. It supports very few jobs and it urgently needs to be stopped!

Seán Burke

Gulaga Protection Group



Mogo State Forest protest

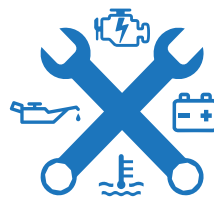


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Heroes or simply highwaymen?

Lawlessness was glorified in England before the settlement of Australia, with stories about such characters as Robin Hood and Dick Turpin. The stories of highwaymen of note, who were depicted as being dedicated to robbing the rich to give to the poor, were passed down to the colonies in due course. But did the era of the bushrangers in Australia really support that claim? Bushranging was usually seen and treated as nothing more than vicious and often murderous lawlessness that went through its 'glory days' during the peaks of the gold-rush years.

Diggers at various goldrush sites were in constant fear of having their hard-won (in most cases) riches stolen from them by those that found it easier to rob than dig and who had no intention of sharing with the 'poor'. Many of those bushrangers did, however, share their ill-gotten gains in a manner that was intended to offer some form of protection. They bought it, one way or another. Today we see and recognise it as 'corruption'! No wonder the term endures. The riches that were robbed included thoroughbred horses from the squatters – fast transport was critical!

Montreal goldfield was mercifully spared the ravages of bushrangers as that period came to an end, more or less, with the execution of Ned Kelly in Melbourne



This painting by S.T. Gill is called 'Hard Pressed' or 'Flight of a Bushranger', 1874

a month after the discovery of gold at Wallaga Lake in September 1880.

Many of the diggers who turned up for the rush had come from the goldfield at Nerrigundah, just west of Bodalla, and from Araluen, a little further north, and were barely over the trauma and drama following the exploits of the Clark Brothers, the gang from the Braidwood area whose activities led to the passing of the Felons Apprehension Acts of 1865–1899 that saw bushrangers declared outlaws – meaning that they were able to

be shot on sight.

Much was recorded of those goldrush days by the artist S.T. Gill whose paintings and sketches were prolific. Sadly, his death occurred during the first days of the discovery of Montreal gold.

The month of October 1880 saw the execution of Ned Kelly and the disappearance and presumed murder of the Government-Surveyor Lamont Young when he came to Bermagui to inspect the new goldrush.

Chris Franks



U3A Bermagui & District Inc

U3A offers classes taught by local members for members. Membership is available to the whole community. Some classes are now being held in person; others will be online using the Zoom platform

TERM 3 CLASS ENROLMENT IS ONLINE

OPEN FROM THURSDAY 15 JULY

VISIT www.bermagui.u3anet.org.au

OR SEARCH "U3A Bermagui"

Course enquiries: phone Jan Rivers on 0409 901 672

An overview of courses and activities for this term so far ...

Old favourites such as: Australian Literature, Apple Technology, Book Chat, Friday Film & Lunch, Poetry, Stitchers & Crafters, Ukulele and What is a Virus (repeat).

New Classes/Courses: Bonsai Tour & Demonstration, Talks on Fungus; The Murray Darling Basin; The History of Bread; Fun with Board Games not to mention a couple of surprise excursions and many more enjoyable sessions to be had by members. Many classes are now available to view or listen to online at <https://bermagui.u3anet.org.au/online-resources/> Check out presentations on *Ice Age*, *Nomadic Continents*, *Senior Australians' Rights* and *Bushfires*.

All details are available on our website.

U3A Bermagui and District

In the run up to Term 3 classes that begin on 28 July, there are a number of dates for members to pop in their diaries:

- Wednesday, 7 July – Term 3 newsletter and timetable distributed;
- Wednesday, 14 July – Social morning tea, 11.00 am - 12 noon;
- Thursday, 15 July – Term 3 enrolments open online at 9.00 am; and
- Wednesday, 28 July – Term 3 classes commence.

The social morning tea will be held at the Bermagui Country Club from 11.00 am - 12 noon on Wednesday 14 July. Lucky door prizes are on offer (five free annual

U3A memberships!!!) so it will be a good time to bring along potential new members – you or they might be lucky. We'll all have time to mix and socialise with U3A mates and presenters.

If you are interested in joining U3A, we'd love to see you at the social morning tea. You can enrol there and then, or online at <https://bermagui.u3anet.org.au>.

This informal get-together will also provide the opportunity for those who need assistance with our online enrolment process. Just bring along a list of the courses you want to enrol in and hand it in to a committee member at the membership/enrolment table. The following day, when enrolments open, your enrolment will be

registered.

Our social activities have been thin on the ground due to COVID restrictions, however we are hoping many of you may now have had your COVID vaccinations and feel comfortable enough to come and enjoy some time chatting with and getting to know other U3A members over a cuppa. We've a number of new members register this year, so our social morning on 14 July is an opportunity for you to meet others and learn more about how U3A operates.

To help with catering, can you please let us know you'll be coming along by contacting our Secretary, Elizabeth, on 0499 818 454.

*Ruth Perrett
President*

Natural Medicine for Pain Relief

Almost 10% of Australians suffer from neurological pain and 38% of the world's population are affected by chronic pain that interferes with their sleep and daily activities.

Nerve pain is characterised by shooting pain, a burning sensation or pins

and needles. It is difficult to treat with less than half of all patients achieving only partial pain relief from medications such as opioids and non-steroidal anti-inflammatories (NSAIDs), which often have undesirable side effects including constipation, addiction and stomach ulcers.

Natural medicine has been shown to provide effective pain relief without the unwanted side effects of medications. Recent clinical trials of a plant-based supplement called Palmitoylethanolamide (PEA) demonstrated progressive reduction of pain over a two-month period and was found to be superior to Ibuprofen (NSAID), with better tolerance, no adverse events and an excellent safety profile with no reported herb/nutrient-drug interactions. Thus, it is safe combined with conventional medicine or used as a stand-alone treatment.

Supplemental PEA inhibits nerve signals to reduce pain and prevents nerve

damage through its anti-inflammatory activity. PEA is produced naturally in the body and in some foods. It is synthesised in response to injury and counteracts inflammation by indirectly activating the endocannabinoid receptors that modulate the central nervous system and immune system.

PEA is a prescription-only product administered by natural health practitioners such as a naturopath or nutritionist. It is prescribed for conditions including rheumatoid arthritis, carpal tunnel syndrome, trigeminal mandibular nerve pain, sciatica, lower back pain, osteoarthritis, chronic pelvic pain, post-herpetic neuralgia (shingles), and diabetic or chemotherapy-induced neuropathy.

For more information call 0410 460 688.

*Kathy Stokes ND
(Naturopath and Nutritionist)*

Well Thumbed Books will be taking a short winter break

We will be closed on Monday 19 July, reopening on Monday 26 July.

We will come back all fired up for August Art Month, starting with an event on Saturday 7 August, 'The Art of Reading'.
More in the August issue.

ACTIVATE YOUR BUSINESS GROW YOUR IMPACT

The Bega Valley Innovation Hub in partnership with iAccelerate offers a tailored education program, built around the key knowledge areas required to rapidly build and scale a successful start-up.

OUR PROGRAMS:

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GROW:

Grow your team, develop rapid market traction and create a culture of long-term, sustainable innovation to take your business to the next level.

Visit bvih.com.au for more information!



Hamish and Gaby Mitchell own a Victorian nursery and have fond memories of holidays in our area. They were saddened to hear of our very black bushfire summer, so they thought they'd step up to help us in our recovery. You may have seen the piles of compost and mulch in the park and the orange circles appearing on the grass that then turn into big brown discs. Jens (of the new paths along Dry River fame) has been engaged by Council as Quaama Park is to receive their donation of a dozen established trees.

Jens's brief is to remove dead trees and branches, set out where the new trees will go then plant them in a lovely composted hole topped by a nice blanket of mulch. The majority of the trees are non-native deciduous species with lovely autumn colour. The old trees will also get some TLC at the same time. Great to see this happening as our park has been quite neglected in recent years. And the makeover of the playground and a reimagining of the BBQ area are still in the planning phase so more enhancements are to come.

Remember the 'Green Shoots, have your say' day in Quaama Park? The results of the survey are back. For the question 'Where

do you think revegetation should be prioritised in Quaama?', the number one response was the area around Dry River. The cemetery was a close second, then Quaama Park, street verges/trees, behind the school and the town entrances. To the question, 'Is there something you would like to know more about in relation to your local environment?', the top reply was plants, then weed control (don't we all know...), animals, non-flammable plants, birds and feral animals.

In response to all this, the Green Shoots people at Council organised a working bee. Sadly, the date was firmed up after the June *Triangle* was off to the printer. It was scheduled for 26 June. So it's hard to know what tense to use in writing this. It hasn't yet happened, but by the time you read this it will have. The plan includes planting along Dry River with a nice morning tea thrown in. Following that, a catered lunch by Ellie from the Quaama Store. The afternoon starts with an educational walk with local botanical expert, Jackie Miles, followed by a walk and talk on river bird life by Barry Virtue from Atlas of Life. How good is that? All that and a free lunch! Since it falls on a date while *The Triangle* is still on the presses, I'll be sure to let you know what happened in the next issue. I plan to be there!

There are changes afoot at the Quaama Hall. If you attended the mini-market on Sunday 20 June, you may have noticed the new concrete footpaths at the entrance. Paths now lead around both sides of the building, making safe, level access to the side doors from the street for the first time. This is welcome news for those who are unsteady on their feet.

Let's hope that Council keeps their word about adding a disabled toilet next to the existing toilet block. All those years ago during the fight to keep the toilets open to the public, Council agreed that they would install one as soon as they could fit it in the budget. Let's hope they haven't forgotten ...

The Hall has a brand new BBQ! The Weston Creek Men's Shed that has been filling the 'treasure chest' containers with useful items and tools for our community have sent us a shiny, heavy-duty BBQ for all to enjoy.

A Canberra resident, having heard about the support the Weston Creek Men's Shed has been providing to our town, made a donation of this BBQ for them to deliver to us. It was on duty at the June mini-market where a sausage sizzle happened in fine style from the veranda. Thank you so much to her (I wish I knew her name!) and to the Weston Creek Men's Shed for their ongoing support. There will be a new container arriving at the tennis courts soon that will be opened at the same time as the mini-market on 18 July. Be sure to check out both events on the day.



Circles and piles. Lots of changes coming to our park.

DRINKING WATER



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Stephen Collins offered to put the BBQ together, helped by Don Firth

Off to Mogo Zoo!

The Quaama School kids took an excursion to Mogo Zoo on a very rainy day in June. The pics speak for themselves! A bit of rain didn't stop them from having a wonderful time checking out all the animals.

What a great little school we have.



Who cares about a little rain when you're with your mates at the zoo!



Look out behind you! School kids in front of the tiger pen at Mogo Zoo.



Fun at the monkey house. Quaama school kids enjoyed thier trip to Mogo Zoo.

CASUAL POSITIONS AVAILABLE: Registered Nurses

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 registered nurses by offering casual positions. You will be working as a team leader to assist residents with daily living supports and engagement within the community.

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



Nardy House

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. More information on Nardy House at www.nardyhouse.org.au

News from the little school that does big things!

There have been so many amazing things happening at Quaama Public School this term.

What with Crazy Hair Day (fundraiser for Leukaemia Foundation's Shave for a Cure), Small Schools Soccer Knockout carnival, Indigenous Cultural Day, Sapphire Coast Learning Community (SCLC) Performing Arts Festival, a Mogo Zoo excursion and our Athletics Carnival all taking place over the last couple of weeks. For a small school, we do big things!

Soccer Knockout

Our soccer team has progressed to the next round of the knockout carnival. The team won against Central Tilba PS in the first game and then we had to play Bemboka PS to see who would advance to the next level. We came out victors in that contest.

Quaama PS is now through to the last sixteen of the NSW Small Schools Knockout Competition. Our potential opponents in the next round are yet to play all of their matches but all of those schools come from the Riverina District, so our next match will definitely include some driving and a cool school adventure!

SCLC Performing Arts Festival

We have spent the past few months preparing for the SCLC Creative Arts Festival, during our music lessons with Miss Alex. This year the event was held at Eden Marine High School where all of the Public Schools in our Sapphire Coast Learning Community showcased their talents in the creative arts. There were singing, dancing, drama pieces and musicians playing a wide range of instruments.

We performed a piece that included all students from Years 3 - 6 dancing and an ensemble of recorders and percussion combining to tell the story of frogs following some bushwalkers throughout their journey.

After our dress rehearsal during the day, we made friends with students from fellow SCLC schools and then later in the evening it was time for the show to begin!

IT WAS SHOWTIME!

Tane and Indi, who were acting out the roles of the bushwalkers were closely followed by the Years 3 and 4 Froggy Dancers who moved across the stage in their best froggy-dance style, that set the scene for telling the story of what happens when the froggy creatures come out at night



Quaama's kids advance to the next level in the Soccer Knockout Competition

time. The dancers were very impressive, sharing their own choreography with the audience. They moved with extended limbs, changing up the heights and used the space of the big stage. As the frogs drifted off and disappeared to the sides of the stage, it was time for the Years 5 and 6 Recorder and Percussion Ensemble to showcase what they had been learning for the past few months. Students played a variety of recorders melodically in the 'From Dusk Till Dawn' piece while other students added the percussion elements with the xylophones and claves.

All teachers were very impressed with the level of commitment, effort, determination and skill that our Quaama students displayed all the way throughout this process, as it's no easy feat performing to an audience of over 500 people!! Well done to all students involved, we are all so very proud of you.

There was no other school that combined dancing and performing instruments together in one piece – for a small school, we certainly do big things!

*Sarah Harding
Class Teacher*



Froggy dancers set the scene for what happens in the bush after dark.



Quaama's performance in the SCLC creative arts festival finished with a recorder ensemble with percussion. No other school combined dance and instrumental music in one piece.

Quaama Renewal Projects have commenced

Bookings are being taken for the first of many Quaama Renewal Projects. Resting in Goodness is a movement and resting workshop series with Madhuma Thompson. Madhuma Thompson is an open floor movement and 5rhythms dance facilitator with forty years' experience of both active and passive meditation. In this workshop series, participants will be learning and practicing deep relaxation techniques and gentle trauma-releasing exercises. These practices will be supported by guided-meditations, music and participants' simple, innovative movements. People can attend one or all sessions, but optimal results come with repetition – and the group's support can be so heartening. There are five more sessions on 26 June, 3 and 10 July, 21 and 28 August and they run from 10.30 am – 12.15 pm. The venue is Quaama School of Arts Hall and there is no cost. Bookings are via Eventbrite, website <https://www.eventbrite.com.au/resting-in-goodnesstickets-157005584931>; or call 0437 263 128; or email quaamarenewalprojects@gmail.com. This project is supported by Sapphire Community Projects, Quaama Progress Association and funded by the NSW Bushfire Community Recovery and Resilience Fund.

Upcoming projects include free Tai Chi, drumming, creative writing and healing massage. Please follow <https://www.facebook.com/quaamarenewal> for information. If you are an experienced tutor or practitioner and would like to be involved in helping our communities in their renewal journeys, please contact quaamarenewalprojects@gmail.com for more information or to request an activity proposal form.

Veronica Abbott



Quaama Renewal Projects start with Resting in Goodness



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This month I am far away from the Tilba area. So instead of the usual Bites that will, of course, have the regular news, I'm going to tell you about where I am.

Since the early 80s, when my twin brother Paul went on a trip to Alice Springs and never left, we have visited him and his family many times. From those early visits we have developed a deep love for the 'Red Centre', particularly the MacDonnell Ranges, evocatively painted by Albert Namatjira and many others of the Hermannsburg school of artists since.

This trip is a bit different. In these times of COVID-19 it was not possible to travel in 2020, although we had planned to drive here via the Flinders Ranges. Even this year it felt a bit touch and go at times. However, here we are and it does feel special to be able to get here at last. Even here, as with most regional, rural and remote areas of Australia where restrictions allow, Alice Springs is alive with visitors – many travel here by road and the many caravan parks both in town and further out are hard to get into. There are registration plates from all over Australia and all sorts of vehicles and their setups – simple camper vans and SUVs, huge caravans and seriously fitted out 4WDs with serious off-road camper trailers. Many came for the annual Finke River Race, held on 13 June and some will stay around for the twenty-fifth Alice Springs Beanie Festival on 25 to 28 June.

Alice Springs has been the start of some memorable trips over the years – Kakadu in the late 80s, camping along the Finke River and in the Western MacDonnells, celebrating Paul's and my joint sixtieth at Hamilton Downs, the Hay River Track and Simpson Desert and up to the Gulf and Savannah country. Nothing however, can quite match the wonder and breathtaking splendour of the Western MacDonnells. The sheer expansiveness, the amazing colours, the shapes and angles of the ranges, the vegetation and sudden jolts of appreciation, particularly if there has been recent rain, enlist a specialness that is unique. This is rugged country



The Triangle arrives with Stuart at Alice Springs



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and its white settlement has had many challenges and difficulties. Colonisation too, has meant that the First Nations people have paid a huge price for their loss of country and culture. Yet their culture lives on in the extraordinary art of the desert.

For me, this trip is a time to recuperate following the bike crash and spending time with family. The weather during the winter months is stunning – cool nights, clear blue skies and warmth during the day. And walking – getting up in the crisp mornings and walking into the low hills to the north of the town and along the dry Todd River bed. I am pleased I have this opportunity, we will do a few day-trips here and there and next weekend we will go to the Beanie Festival.

And, as our time comes to an end here, I will look forward to getting home and also to our next trip to The Alice.



Alice Spring's 25th Beanie Festival coming up ...

NAIDOC '21: Heal Country, heal our nation

'Country is inherent to our identity. It sustains our lives in every aspect – spiritually, physically, emotionally, socially and culturally. It is more than a place. When we talk about Country it is spoken of like a person.'

These are the opening lines of the 'Heal Country' statement by the National Aborigines and Islanders Day Observance Committee. The full statement can be read at <https://www.naidoc.org.au/get-involved/2021->

This year's NAIDOC events at the Central Tilba Community Halls provide a local opportunity to acknowledge and celebrate Aboriginal and Torres Strait Islander Peoples, to engage in conversation with Yuin cultural leaders and to experience the Four

Winds Djinama Yilaga Choir singing original works in language.

The Gulaga Reconciliation Group will host an 'Exhibition, Cuppa and Chat' over three days, Thursday 8, Friday 9 and Saturday 10 July between 10 and 3. There will be a Yuin timeline display, artwork and books, historic posters, readings from the Statement from the Heart and, for the little ones, an activity table provided by the Little Yuin Pre-School.

The celebration will culminate in the Four Winds Djinama Yilaga Choir performance at 2.30 pm on Saturday 10 July. Cheryl Davison will draw the raffle of a framed, limited edition print 'Bringing the Rain' and tell the story behind the work.

There is a COVID plan in place. Entry to the choir performance is free but limited, so bookings are essential via grgtilba@gmail.com. Phone enquiries: Cathie Muller 0418 581 944.

Special thanks go to the Tilba District Chamber of Commerce for a Festival Fund Grant, Four Winds and the Eurobodalla Shire Council. The Gulaga Reconciliation Group acknowledges the Djiringanj people of Yuin Country as the traditional and ongoing custodians of the land on which we gather. We pay our respect to the elders, throughout time.

Cathie Muller



Cheryl Davison and Cathie Muller at Mungala Bugaali

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Tea towels and lanterns, news from the Tilba CWA

Tilba CWA tea towel screenprinting workshop

In June, Zoe Burke, Tilba CWA's Craft Officer, organised a tea towel screenprinting workshop for our members at the art studio of Kate Wall and David Whitfield at Tall Trees on Ridge Road, Corunna. This workshop was facilitated by Annie Chandler of Stitches and Prints, part of the Tulgeen Disability Services team from Bega Valley.

Over two years ago, Helene Sharpe, Tilba CWA's Secretary, who is also an artist and painter, designed a unique Tilba CWA tea towel, that includes Tilba-themed teacups, as a fundraiser. Helene has coordinated sales of the Tilba CWA tea towels through La Galette, ABC Cheese Factory and the Tilba Market. This has been a successful fundraiser for Tilba CWA branch.

Tilba CWA selected Stitches and Prints to screenprint the tea towels in two colours, blue printed on white and black printed on oatmeal or flax. Tilba CWA chose Stitches and Prints because they support meaningful, paid employment



Kate Wall in her spacious, light-filled art studio at 'Tall Trees', ironing a screenprinted tea towel to permanently set the colour.

for local people with disabilities. With recent changes at Tulgeen Disability Services, Stitches and Prints will no longer print Tilba CWA's tea towels, so Annie Chandler conducted a workshop to teach our members to print our own.

The big benefit of the screenprinting workshop, is that Tilba CWA members, Zoe Burke and Helene Sharpe, can now create new Tilba CWA tea towel designs for printing.

Zoe Burke continues coordinating



Annie Chandler from Tulgeen's Stitches and Prints demonstrating how to screenprint a tea towel for Zoe Burke, Tilba CWA's Craft Officer.

Tilba CWA's craft mornings in The Barn at the Dromedary Hotel, now on the second and fourth Wednesdays of the month from 10 am to 12 noon. Zoe is also planning a wool felt workshop on Friday 9 July at Umbarra Cultural Centre near

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Tilba Bites

Wallaga Lake as part of the NAIDOC Week celebrations. For more information on Tilba CWA Craft activities, please contact Zoe Burke direct on her mobile 0433 114 374.

Our magical winter solstice lantern parade

I would like to say that this was Tilba CWA's winter solstice lantern parade but this event belongs to the whole Tilba community and especially the children and their families of Central Tilba Public School. On the evening of Saturday 19 June, it was cold and windy, and it had been raining a little earlier, but still around eighty people participated in the parade. It was pure community magic to watch the children of the Tilba region parade on the Bate Street footpath with their multi-coloured lanterns lighting the way. The parade was led by two clever backward-walking schoolboy drummers setting the pace.

This is an annual event that started over five years ago when Tilba CWA was led by younger members including Cara Elton and Linda Appelgren. Cara Elton, now a teacher at Central Tilba Public School, plus an active member of the school P&C, was instrumental in making this event happen.

Cara designed the winter solstice lantern parade poster to promote the event and she helped the Tilba school children upcycle plastic bottles into lanterns so they would be ready for the parade. Cara inspired other Tilba teachers, Tania Hextell and Kara Munn, plus families of the school to participate. Cara arranged for Jakob



Children with their colourful lanterns parading along the Bate Street footpath to the Central Tilba Big Hall for soup and sweets prepared by Tilba CWA members.

Poyner, a young singer and guitarist from Narooma, to play music during dinner in the Central Tilba Big Hall that provided a wonderful atmosphere.

So what did Tilba CWA members do? We cooked delicious soups and sweets ... pumpkin, potato and leek, vegetable, chicken noodle plus chicken and sweet corn soups served with fresh bread rolls. Thanks to our local Tilba Bakery and Pie Shop for supplying the fresh bread rolls. The sweets included bite-sized cheesecakes preferred by the big people plus cupcakes preferred by the little people. And, of course, we served tea, coffee and hot chocolates.

As one Central Tilba Dad said, 'The winter solstice lantern parade is a fantastic FUNRAISER for the kids in our Tilba community.'

Annette Kennewell

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| Sunday | 4 July | 12:30pm | Dave Newman |
| Saturday | 10 July | 12:30pm | Teelba |
| Saturday | 10 July | 4:30pm | Oscar Litchfield |
| Sunday | 11 July | 12:00pm | Tony Jagers |
| Saturday | 17 July | 12:30pm | Jessica Spahr |
| Sunday | 18 July | 12:30pm | Tim McMahon |
| Saturday | 24 July | 12:30pm | Baeden |
| Sunday | 25 July | 12:30pm | Hannah Matysek |
| Saturday | 31 July | 3:30pm | Caravana Sun |
| Sunday | 1 August | 12:30pm | Mick McGrath |

Located 8 km south of Narooma or 4 km north of Central Tilba
Follow us on Facebook & Instagram for upcoming events

Need for Feed co-ordinator, Ange Kane, was thrilled with the response from farmers who put their hands up to donate silage and hay to flood-affected farmers on the north coast. In total fifteen semitrailer loads of fodder were collected and assembled on Monday 11 June ready for the trip up on Monday 12. All farmers considered it was a great feeling being able to give back after being so well supported by others after the fire. A meal was shared by all involved in the fodder donations at the Cobargo Showground with Ange's kitchen team doing a brilliant job catering.

Bega Cheese was successful in its recent battle in the courts to retain a brand name of importance. The battle was long

but worth the effort.

I felt extremely privileged to be invited to speak at the U3A luncheon held at the Cobargo School of Arts on 14 June. The topic was about my life which I think was different but I find so many people's lives are interesting. The audience was a lovely group and we all shared lunch together, catered for by the CWA. I also received a bottle of bubbly for my effort and, really, it was a fabulous day.

It is wonderful to see that the power poles in Cobargo are being repainted, some with the original pieces but others may have a different look. The one in front of the chemist was of iconic local, Ross Rixon, whose image was sadly lost

because of the fire. On Monday 21 June it is his birthday so this is a nice present.

Just a heads-up – the skip bin has finally been moved from the Cobargo Showground and replaced with a series of smaller ones at Narira Sportsground for the purpose of waste disposal by local people who do not have kerbside waste collection.

Congratulations are in order to Sharon and Tom Wotton with the arrival of new grandson Franklin Jack, born to Jesse and David Mak.

Condolences to the Dufty-Carr family on the passing of eldest son Locke who sadly suffered a massive heart attack. A service will be held at the Cobargo School of Arts on 3 July at 1.30 pm.

Cobargo's Biggest Morning Tea

On Sunday 30 May, members of the Cobargo Community braved the wind and, like many other communities around Australia, gathered for morning tea. Australia's Big Morning Tea is The Cancer Council's major annual fundraiser.

Twenty locals booked seats at Jimmy's Coffee Caravan, enjoying superb coffee and chai. Lena and Harry served hot buttered cheese scones and a variety of delicious sweet treats.

An open fire warmed us as we sang and clapped along to Matt's songs. Matt had brought along drums, symbols and clapping sticks and children joyfully accompanied him. *I Want To Change My Name To Ian* made us chuckle.

Families travelling to sports events dropped in and donated. Biekie groups and tourists did the same. A group of four sisters hurrying to catch 'the last flight' to Melbourne bought takeaways and donated \$50.

The Hat Competition had kept crafty locals busy. Some had been seen rummaging in the Bowerbird and Silly Willies. Bottoms were sticking out from under beds as old hat boxes were pulled out. Heads peered into wardrobes looking for that natty Melbourne Cup Hat c. 1975. The prize for the most elegant hat was won by Dawn Hollis, who wore a shimmering pink hat festooned with roses. Paul Eagle, from Canberra, wore an authentic black bowler, cashmere coat and a plaited beard, he looked very Cobargo-ish. Paul's prize was a posh cologne to match his outfit. Adey aged one year, won the prize for the most colourful hat. She wore a hand-knitted lilac elf's hat.

Our hosts Jimmy, Lena and Harry



Jo Dodds speaking at the morning tea at Jimmy's caravan and the Tiny Kitchen
Photo credit Matt Nettheim

were outstanding in their generosity and pulled out all stops in the middle of winter to host the morning tea. Thank you to our guest speaker, Jo Dodds, BVSC Councillor and Winner of the Women's Agenda Climate Leadership Award, for inspiring us. And also to a host of individuals and businesses from Bermagui, Yowrie and Narooma for supplying music, judging the hats, providing flowers and prizes – we are so grateful to all of you for making the morning tea such a success. \$425.75 was raised and large local businesses have been asked to match this. Who will be the first?

I'm looking forward to Cobargo's Big Morning Tea next year.

Deborah Taylor



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Cobargo Public School celebrates

After a complex start to 2020, Cobargo Public School was gifted many lovely donations. One significant donation was funded by Hort Innovation and implemented by Peter Dawe from the

Botanic Gardens in Sydney. Last year, Peter worked alongside students from Year 3/4 to design and plant a bush tucker garden next to our new yarning circle.

Students and teachers decided that a

traditional smoking ceremony would help establish new beginnings and a chance to formally open their two beautiful new spaces. Elder Uncle John Dixon carried out the ceremony while students, parents and staff immersed themselves in the smoke.

This ceremony was also of significance as most students had been studying celebrations and commemorations around Australia and the world. Students enjoy using the yarning circle as a space to learn and yarn.

*Written by Year 3/4
at Cobargo Public School.*



Elder Uncle John Dixon conducting smoking ceremony.



Peter Dawe, Sydney Botanic Gardens, addresses the school and guests.

Cobargo Community Garden (CCG) wicking bed workshop

CCG members put in many hours and head scratching before this workshop to sort out site drainage problems and the logistics of building wicking beds. On cue the weather turned nasty with overnight rain and dire wind warnings. We decided not to cancel. The weather cleared – a bit – and over forty participants turned up. Thank you!

Monica Considine took participants through the stages of building the wicking beds utilising our completed bed and other beds at different stages of construction. Former Sydney Botanical Gardens Horticulturalist, Alice Kelly, planted out our first seedling demonstrating a fundamental watering-in technique. Liz Bellette-Stubbs, of Wellways Bega, invited anyone struggling with trauma or mental health issues to contact them for support on 1300 111 400.

Thanks are due to all those who turned up despite the weather, to Wellways Bega who funded this workshop, to Alice Kelly, to the Commonwealth Bank for funding auspiced by ReStore and



Attendees listening intently to Monica at the wicking bed workshop

Greg Jones's earthworks that helped us sort out our site drainage problems.

Next up ...

We will complete construction of our wicking beds – some with 'love' seats – and plant them out; paint our garden shed; and plan our next workshop.

Learn more by joining us at our regular working bees: garden maintenance on Thursdays (10 am – 1 pm) and/or Project Mondays (10 am – 1 pm) where we work on specific projects like the wicking beds. You will need sturdy shoes, gloves, a hat, water to drink and garden membership (\$5). You can join on the day or email Harry at harry.binnendijk@gmail.com.

For Project Mondays please RSVP to Monica by emailing monica.considine@gmail.com by 5.00 pm Friday the week before. Cheers from the CCG working group,

*Harry, Monica, Margaret,
Stephen, Cornelia and Cecile*

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Cobargo Wellness Library

There is a new addition to our little village. Cobargo not only has a fabulous tool library but it now has a library of books from which our community can borrow. This library is a little different as it is focused solely on books that promote physical, mental and emotional wellness. There are over 700 books to choose from on topics ranging across nutrition, yoga, psychology, parenting, relationships, meditation and more.

The library is open for viewing and borrowing on Thursday mornings from 9-12 pm with the plan to open more regularly soon. The entire library is catalogued online so books can be borrowed from home and picked up when it is convenient for you, from the parcel box fixed to the side of the building

To find out more about the library and the journey it has been on so far, go to www.thebarn.com.au. To request more information or to become a member please email cobargowellnesslibrary@gmail.com.

The Cobargo Wellness Library is located at The Barn, which is down the laneway beside the pharmacy. The Barn is a lovely, cosy space that offers massage, reiki, tapping and Bowen treatments from local practitioners. In the coming months The Barn will also offer a monthly women's circle and a reiki sharing afternoon. To find out more or to book an appointment go to www.thebarn.com.au.

Mel Pickering



Green Shoots Cobargo Project

You may have noticed some work happening on the creek bank near the pub recently.

This is part of the Green Shoots post-bushfire, recovery project being rolled out by Bega Valley Shire Council in partnership with Cobargo Green Recovery Inc (CGR).

After some initial prep work the CGR gang, along with Jens Birchall, had a big planting day on an icy-cold Friday 28 May.

A good mixture of natives were planted on the day, including *Lomandra spp*, *Dianella spp*, bottle brushes and other medium-sized shrubs and native grasses.

There was no call-out for volunteer help on the day as the site is tricky and doesn't lend itself to a large group.

There will be more opportunities to be involved in planting events along our creek banks. If you own property in town that runs along the creek bank or into the creek and would like some stabilisation/revegetation work done on that section of creek, please don't hesitate to contact us and we will try our best to get it done.

Also, if you are keen to help with this project, please contact me on 0488 091 085.

Tania Lingard



Native shrubs and grasses planted along the riverbank help recovery



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*Memorial Service
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All Welcome*



Cobargo CWA news

Our meeting last month was an informal one. We alternate so that every second month we deal with business matters and have fun and, at the informal meetings, we just have fun!

We started planning centenary celebrations for CWA of NSW in Cobargo next year and we decided to hold a ball! Date to be fixed, but we are planning an OP Shop Ball – more details later, but it looks like it will be a great deal of fun. Talking about 100 years of CWA in NSW, Cobargo CWA has been operating for 80 years ... 80 years of service to the community – not bad!

Last month we catered for the U3A lunch at the School of Arts for their Local Treasure talk. Warming soups and fresh bread followed by dessert was appreciated by all who attended. Thank you to U3A for the opportunity.

As I reflect on my time spent in CWA – only in Cobargo, I might add, I think of the many friends I have made and the good fun I have had with members within Cobargo, across the Group, from Eden to Batemans Bay and across the State. For me it has been the opportunity to belong to an effective vehicle for change. CWA operates on the principle that 'we have an obligation to help change society and make essential contributions to uplifting the lives of those living in regional, rural and remote NSW' (Stephanie Stanhope, State President of CWA of NSW).

All this and the chance to meet the creators of stunning handiwork – works of art, really, and view and taste the most incredible cookery. I have watched women enter the branch and gain confidence in their abilities due to the encouragement of those around them.

Why not join us and share in the fun? We meet on the second Tuesday of the month at the cottage on the Bermagui Road, next to the playground, 10 for 10.30 am. You will be made very welcome with a cuppa!

Mary Williams

Publicity Officer, Cobargo CWA

Public Notice of Annual General Meeting

**Cobargo Green Recovery Incorporated
will be holding our 2021 AGM.**

on Monday 2 August 2021 @ 3 pm, Cobargo Hotel Restaurant
We invite all interested people to attend.



Allan Dummett 0439164176

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Around Bermagui

As the weather gets colder it also gets quieter around town and most people are happy to be hibernating a little. In this part of the country we are so fortunate to enjoy a relatively mild winter, although the evenings and early mornings certainly still have a chill factor and we have been receiving some lovely rain. But we can still enjoy some sunny days and amazing sunsets and rises.

Not much to report on around Bermagui this month, but I am hearing rumours that August will be the month to look forward to as there are some interesting events that are in the planning process ... but still under wraps at the moment.

Bermagui is looking pretty schmick lately. Works have been completed at the boat ramp and parking facilities just over the bridge on the south side and it is a great improvement on the dusty pot-holed area it used to be. There are now solar lights, concrete paths, defined areas for picnicking, replanting etc. and the ramp and jetty are keeping the boating people happy.

The new playground at Apex Park, although fairly empty over the week of cold and rain, fills up as soon as the sun shines. Kids love the equipment, parents enjoy the gathering spot and it's designed for all abilities. Looking forward to having a Grandparent Day there soon. A lovely spot to spend some time, have a picnic and keep the children happy. It's a great success.

Recently Stage 2 (Years 3 and 4 with their teachers, Mrs Loughran and Miss Smith) had the amazing opportunity to write and illustrate two books. Mrs Loughran's class published *Duraya Seasons* and Miss Smith's class published *Our Journey: Walawaani*. These were created using a grant from the Aboriginal Affairs NSW Languages Community Investments Program to Merrimans Local Aboriginal Lands Council. It was made possible by a collaboration between Merrimans Local Aboriginal Lands Council, Bermagui Primary School, Gordon Campbell, Red Cross and Bega Valley Shire Council. The stories are beautiful and the students are extremely excited about the official launch of these books at the Bermagui Town Library on Thursday 24 June.

On the last day of term, Friday 25 June, we are celebrating NAIDOC Week



Haven't seen this many fishing boats at the wharf for a long time. Big catches of tuna happening and Bermi has the facilities to deal with them. Photo Credit: Lyndal Jenkins



Work completed at the boat ramp south of the bridge. Much improved landscaping for boaters, fisher people and picnickers. Photo Credit: Lyndal Jenkins



The good news is that work has begun to complete the ramp at the Bruce Steer Pool providing access for everyone to get into the water. This will be welcomed by many who depend on specialised equipment to assist with mobility ... whether it be a walking stick, frame or

wheelchair.

The pool will be closed for a short time for this work to be done.

I feel a small cringe factor when I write this knowing that our nearest neighbour, Cobargo, is still waiting for public toilets! What's going on?

Bermagui Public School News

and the climax of the Growing Yui Languages Project at our school. We are holding a special assembly where we will display all the memorable and amazing things that we as a school have achieved. This includes a collection of videos of songs in Dhurga language, a documentary made by the Stage 2 students, an original song acknowledging and celebrating the learning of language at our school and books and instructional resources such as puzzles and playing cards. Afterwards there will be a jubilant giant picnic and Year 6 will partake in a Koori cook-off contest. The day will end with cultural activities including games, crafts and stories.

Last week, Amelia and Lily from Stage 2 and Zoe and I from Stage 3 had the incredible experience of traveling to Narooma Public School to compete in the

Multicultural Perspectives Public Speaking competition for our area. Six schools from around our locality sent two students from each Stage to participate. We all had to present our prepared speeches, but I think I speak for everyone when I say that the most challenging part was the impromptu speech. We were all escorted into separate classrooms and given the topic 'Day By Day'. We had five minutes to write a two minute speech on that topic. Although there was a lot of pressure, the experience was wonderful. I was privileged to actually win the competition and I am very proud to be able to represent my school and compete in the regional final in August. Congratulations to all who attended and a special thanks to my teachers who helped me when I needed it most.

Archie Schwarz
Minister of Communication
Bermagui Public School

Maritime News

It's been a busy time at the Bermagui Wharf over the last week. I haven't seen it so full for a long time with fishing boats tied up two abreast at the wharf. The south-east tuna fleet has been fishing the waters of Bass Strait during the blue fin season and have come into Bermagui to unload and send their substantial catch to market – a boost for the Co-op and around town.

Another visitor to the harbour was the orange Pilot Boat all the way from Queenscliff, Victoria where it has spent most of its life guiding shipping through the Heads and into Port Phillip Bay. The boat and crew had to stop off at Bermagui when its plans to stop in Sydney were put in jeopardy because of the recent COVID occurrence. From here they will go to Newcastle, Coffs Harbour and finally to its next home at Southport, Queensland.

Finally, the *Carmella T*, that has been an icon in this town and one of the original Ballina-built wooden fishing boats, was laid to rest today. I wrote a piece a few months ago when the *grande dame* sank at its moorings, only to arise again. This boat holds a dear place in the hearts of the fisher folk and many locals around town and it was quite sad to see her broken up and transported off.

Thank you for the photos Lyndal! Her website is <http://www.lyndaljenkins.com/>.



The deconstruction of the *Carmella T* Photo Credit: Lyndal Jenkins



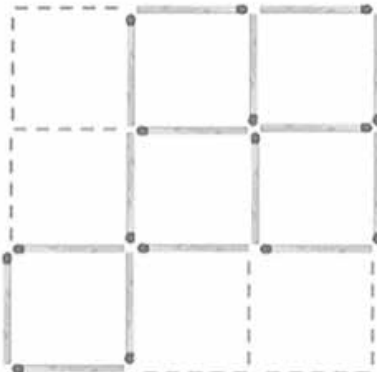
Transportation of *Carmella T* parts Photo Credit: Lyndal Jenkins



The pilot boat on its way to Southport, Queensland Photo Credit: Lyndal Jenkins

Trivia Matchstick Answers from page 39

Matchstick 1



Matchstick 2



The Big Tree ...

The big tree that dominates the playground on the flats at Bermagui Public School holds a fascination for both kids (a massive, spreading botanical world for them to explore) and adults. I was curious so decided to find out a bit more about it and discovered there's still a lot more to know.

The Bermagui Historical Society is always my first stop for research and they had some photos and information. It appears in photos at the rear of the original Royal Hotel that opened in 1883, providing shade for the horses tethered there. Apparently a bit of wheeling and dealing in gold was also carried on beneath its large, overhanging branches. Even at that time it was already a mature tree, so its planting must pre-date the discovery of gold – making it at least a couple of hundred years. So how old is it?

There is also some doubt about the actual species and where it came from. Last year the Australian Botanic Society took seeds in an attempt to establish exactly what type of conifer it is. Originally there were two trees but one was removed in the 1970s to make more playing space ... fortunately one was saved. Some work was done in an attempt to protect the tree from the root systems of the gum trees along the fence.

Many school photos were taken with the Big Tree as a backdrop and there was a time capsule buried to mark the Centenary of the school in 1976. Brian Jubb (BJ) remembers it well as it was his final year and he was school captain.

In 1993, *The Wave* school paper did an 'interview' with the Tree, but even in that amusing article, the tree can't remember its exact origins or how old it is. The Tree thinks it might be a *Cupressus macrocarpa*. It has lots of tales to tell, of course, as so much would have happened under and around that mighty tree that measures 14.8 metres around the base!

Thanks to Kate Broadhurst (Yr 6) and Kimberley Sherlock (Yr 4) for the excellent article in *The Wave*.

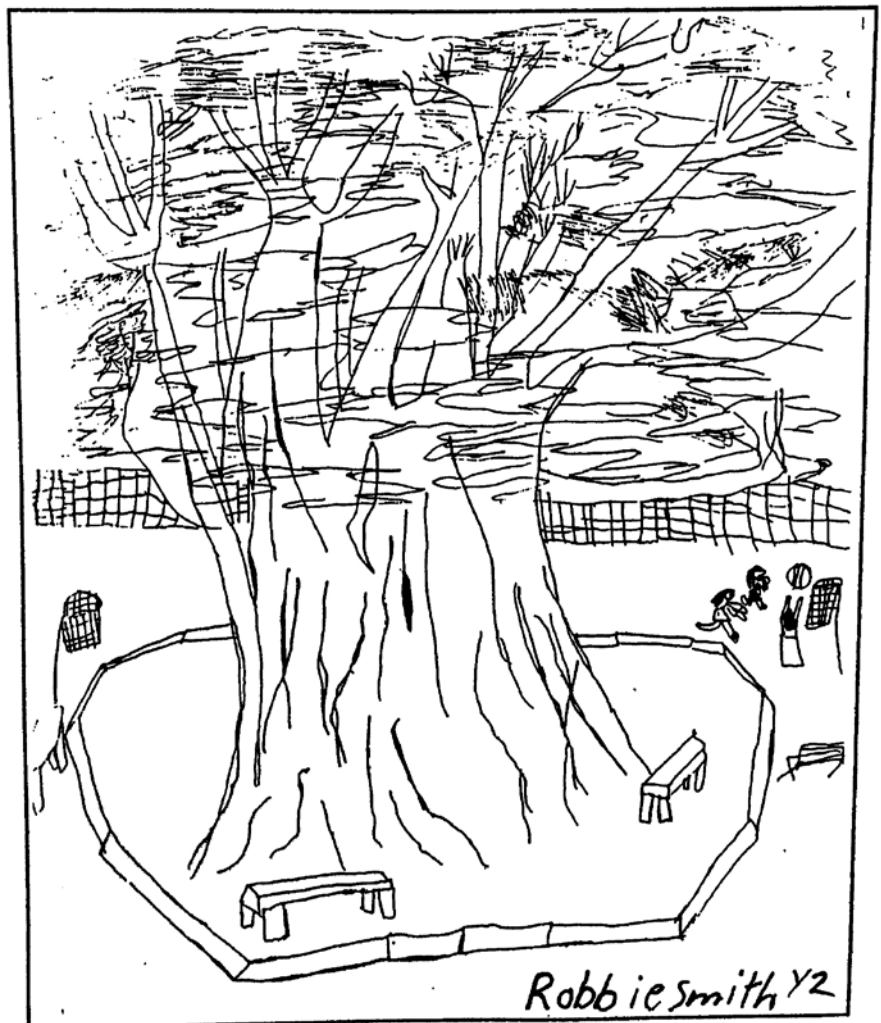
This story was published in *Bermagui's Past*, a collection of historical articles taken from *The Wave*, Bermagui Public School's previous newsletter.

Robbie Smith, a past student of Bermagui Primary, won first prize in a Draw the Tree competition in 1993. Maybe there should be another competition?

I caught up with Robbie Smith who was back in town recently. It is always interesting to find out where past students have gone after they leave Bermagui. Robbie has been working in hospitality on the Gold Coast and laughed when I asked if he was still interested in art ... 'Maybe one day,' he commented.



The big tree today



Robbie Smith's prize-winning drawing



Historical school photo taken in 1947 in front of the big tree
Photo provided by the Bermagui Historical Society



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Bermagui gets a beautiful new bathhouse

Bermagui with its amazing scenery, great climate and excellent facilities for a tiny town is acquiring yet another lifestyle addition – O'Shen Therapeutica, Sauna and Bathhouse.

Sunda Fereti with her business partner, Ada Azzam, have converted a basic shop into a dream destination for wellness – wellness for the mind, body and lifestyle. Builder extraordinaire, Dietmar Koeck, has used his skills in design and fine detail to transform this space into a beautiful layout for O'Shen Therapeutica.

When O'Shen opens its doors in July, you will be able to book therapeutic massage, osteopathy, neurolink chiropractic care and psychological counselling with local and visiting practitioners who consult in private spaces at this destination.

O'Shen will become a destination because The Bathhouse includes a float tank, filled with a nearly saturated solution of Epsom salts, with a private shower and change area. The float tank is not the last stop on your wellness journey – there is a genuine eucalyptus-lined sauna, not just any sauna but with infra-red heat and your own sound system to share with one or two friends – or treat yourself in complete privacy.

Appointments – call 02 6436 8010 or send an email to



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Rosemary Millard

Bermagui and District CWA

Bermagui CWA members would like to congratulate Vicki Hummel and Rhonda Brynes for their efforts on the planning committee for the CWA State Conference held in Bega in May. Congratulations also to all who had entries or participated in any way. Special mention to Sue Swensson for her achievements in the Art Section: second place in oil painting and third place in acrylic painting.

It is with sadness that Bermagui ladies learned of the passing of Elsie Wills at 87 years, a member of Bermagui CWA for thirty years. She had received her Long Service Bar and had held the position of Branch Councillor for many years. Elsie was a member of the Bermagui Belles dancing troupe and had a cheeky, fun-loving personality. Elsie will be sadly missed by all.

Members are busy preparing an item for the Music and Drama Day to be held in Bermagui in August. Meals for BlazeAid are also part of our monthly routine at present.

The next Branch meeting will be held on Friday 2 July at 1.00 pm. in the clubrooms, Corunna St., Bermagui. Guest speaker at this meeting will be Emma Clynych, Senior Health Service

Planner for Southern NSW Health District. Emma will be updating members about changes to their strategic plan and how this may affect them. All welcome.

Many thanks,

Chris Richard-Preston
Publicity Officer, Bermagui and District CWA

CARERS "LOOK AFTER YOURSELF" (LAY) REMINDER

NDIS Plans are due for renewal
in the Bega Valley.

Carers need to include planned and crisis
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A promotional advertisement for 'DINE & DISCOVER NSW' vouchers. It features a large, semi-transparent circular graphic with the text 'Redeem Your DINE & DISCOVER NSW Vouchers With Us'. Below this, it says '\$25 redeemable 7 days a week' and 'Terms and conditions apply'. The background shows a plate of food and a glass of wine on a table.

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Local Dhurga language used in latest Bermagui Primary School books

Bega Valley Shire Council is supporting the launch of the latest books in a series produced by Bermagui Public School students and staff using the local Dhurga language of the south coast region.

Duraya Seasons and *Our Journey: Walawaani*, written and illustrated by the school's Years 3 and 4 Dhurga classes, will be launched at the Bermagui Community

Hall on Thursday 24 June.

'In 2014, the school published *The Home of Umbarra - A Bermagui River and Wallaga Lake Story* that promotes the beauty and richness of the Bermagui River and Wallaga Lake catchment,' Council's Library Services Coordinator Megan Jordan-Jones said.

'In 2019, Bermagui Library supported

the launch of *Our Balindjang Home* that took readers on a journey through the course of a day in Bermagui, using Dhurga names for the native animals.

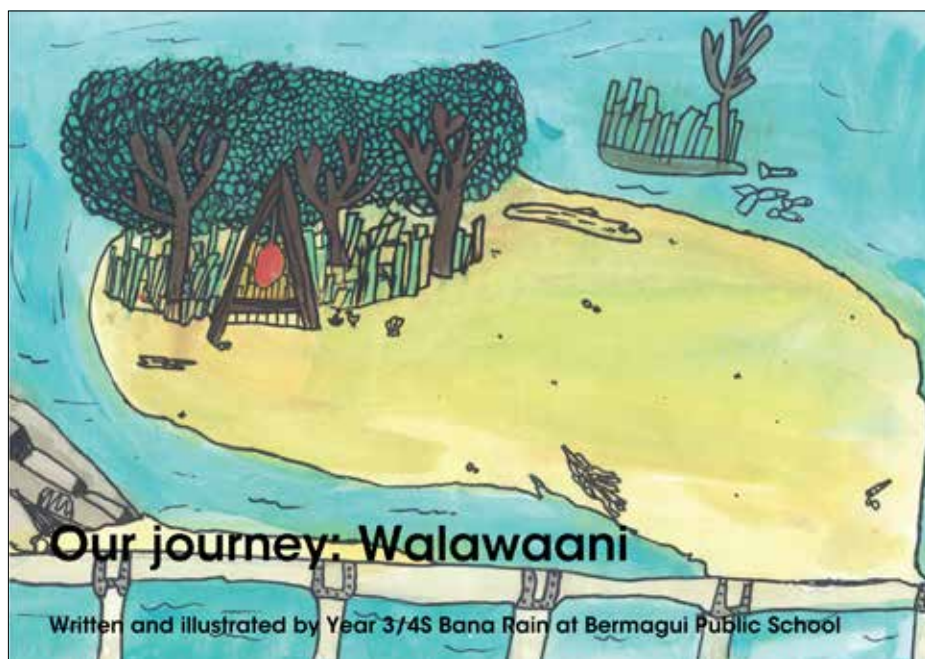
'And now we celebrate the production of two books, created in collaboration with Carl Broman from Red Cross, Uncle Gordon Campbell, Julia Loughran, Ali Smith and Merrimans Local Aboriginal Land Council.

'The library is very happy to be able to work with Bermagui Public School once again on this wonderful project that incorporates so many elements the library values, such as creativity, literacy and preserving local languages.'

Bermagui Public School Principal, Brendan Constable, said the books are part of a bigger school project – Growing Yui Languages – that is funded through a grant to Merrimans Local Aboriginal Land Council from the Aboriginal Affairs NSW Languages Community Investments Program.

'These books would not have happened without the partnership of Merrimans Local Aboriginal Land Council, Bermagui Primary School, Uncle Gordon Campbell, Red Cross and Bega Valley Shire Council,' Mr Constable said.

Vanita Wahl



Book cover of *Our Journey: Walawaani*

Bermagui Preschool News

Narelle and the team at Bermagui Preschool are always on the go with a busy program and raising the young children's awareness of some of the important issues affecting the earth. It's always a busy place and I caught up with her in the garden washing some freshly-dug carrots ... with a few little helpers of course.

This is what they have been up to recently ...

Having a 'Whale of a Time' at Bermagui Preschool

Recently at Bermagui Preschool we acknowledged World Oceans Day, the United Nations Day for celebrating the role of the oceans in our everyday life and inspiring action to protect the ocean and use marine resources sustainably.

As the need for greater sustainability becomes more apparent globally, so does the importance of embedding sustainability in children's programs. Through hands-on experiences children can explore and learn about their local contexts and environmental issues. They can develop the creativity and critical thinking skills necessary to make informed decisions for change, improving the quality of their lives and those of future generations.

Our preschoolers visited Horseshoe Bay to collect rubbish in an effort to keep our oceans clean and our marine life happy. We were happy to report that we didn't find any rubbish on our pristine beaches, so instead we focused on creating a giant Seaweed Whale and a shell and pebble Ocean Day sign.

Back at Preschool we engaged in whale and ocean art projects to further extend the children's knowledge. At Bermagui Preschool

we view visual art as a kind of language through which children can respond to the world around them. We partnered with the children to support them to develop artistic ways of interpreting, making meaning and communicating their thoughts, ideas and feelings.

These art pieces may be seen around Bermagui later in the year when the town celebrates whale season ...

Stay tuned for further information.

Thanks,

Narelle
Bermagui Preschool

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Review – *The Boy from the Mish*

The Boy From The Mish is a Young Adult novel, written by local Yuin man, Gary Lonesborough, that has captured the hearts of people of all ages on the South Coast.

It's a book set in a fictional, seaside town that feels much like it could be Bega or Bermagui or Wallaga Lake. The book is full of kids and tourists and carnivals, estuaries and beaches. It's a loving portrait of a young aboriginal man discovering his sexuality, creativity, of life in a small country town and being a bit different.

It's a story of falling in love when local boy Jackson meets Thomas, visiting from the city having recently completing a stint in 'juvie', who intrigues and fascinates him. Jackson takes Thomas on a journey discovering his culture, with the men he knows from The Mish, and together they develop Thomas's graphic novel idea, where the main protagonist is an Aboriginal super hero, but are we all super heroes?

The novel has been read by hundreds of people in the Bega Valley and was adopted as the One Book One Community title for 2021. One Book One Community is like a big, regional book club, and there are all kinds of book clubs and reading groups involved.

On Saturday 19 June, One Book One Community celebrated their 2021 initiative with a Meet the Author event at Jigamy Farm, Broadwater.

Gary and Allison Simpson, Manager of Cultural Inclusion for Twofold Bay Aboriginal Corporation, sat and chatted about things like coming out, families, the Aboriginal community's attitudes to gayness and school.

Gary said, 'I wish there'd been more Aboriginal writing when

I was younger, there was a real lack. The Aboriginal characters that did appear were secondary characters and reading those secondary characters I thought that was my future, that version.

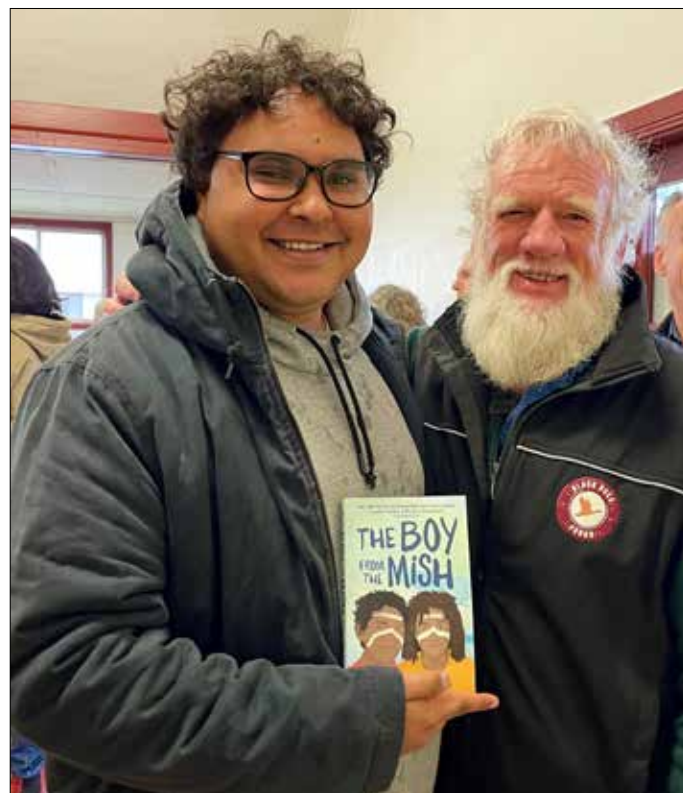
'It became apparent doing workshops and things, that youth want to read about kids like them, queer characters and positive stories ... about falling in love and being happy.'

In addition to *The Boy From The Mish* being a book with characters who young gay aboriginals can relate to, it also means non-gays and white people can manage a glimpse into the lives of people they don't know and it helps give them some insight.

As Gary noted, 'That's the power of books, they can change things.'

Gary left the area to head to film school in Sydney and since then has published *The Boy From The Mish*, has another manuscript with a publisher and yet another underway. It seems this young Yuin man has a fabulous literary career ahead of him, one that may inspire young people of the region to reach for their dreams.

Lisa Herbert



Gary Lonesborough with Bruce Pascoe

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Winter at Cobargo Creators

The snow came and dusted the mountains, people rugged up and frost crackled underfoot. Winter on the south coast is as beautiful as summer as spring as autumn. Here at Cobargo Creators our crafty knitters, weavers and crochet artisans have been busy making warm snuggly hats, beanies, fingerless gloves, slippers, scarves, shawls and blankets.

And then there are watercolours, oils, photographs, clothing, paper art, wooden boards and bowls, model aeroplanes, pottery, metalwork, jewellery as well as sculptures in metal, wood and ceramic, books, macramé and much more. An eclectic range of beautiful creative expressions handmade by our friends and neighbours and those faces we nod to in the street but have never met, yet.

We are open seven days a week – the heater will be on, a warm and friendly face will greet you and in the back room is a bank of threads, paints, beads and things for your next project.

P.S. Pole painting has begun in the main street. Shirleyanne, one of the Lazy Lizards, has been seen building up layers of paint on a pole outside the Information Centre. This pole features the Cobargo Folk Festival and was previously painted by Margaret Opie, a well-known local identity from Tralfamadore. Some other poles have been given the white treatment and are waiting for an artist to colour them in.

Sandra Taylor

More winter woolly warmers at Lazy Lizard

Helen Stafford has begun felting a limited number of items at last. These items are night lights and neck cowls (neck warmers). Helen needed two days a week and a space to felt and has only found this possible since the middle of June. July's exhibition in the Side Room of the Lazy Lizard Gallery will have a new selection of knitted hats and mittens as well as the felted items.

The gallery is usually open from 10.00 am – 3.00 pm, with members rostering on to open. Helen will be there on a Sunday.



Felting at last – a neck cowl.

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Shirleyanne Meyers spotted painting the pole with her design
on a fine Cobargo day.

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Art in the Triangle

A photographer's eye

Matt Nettheim has been visiting his parents at Yowrie for the past few months. He has quietly entered the community and shared his many talents. Whether it's teaching yoga to men at the School of Arts hall, performing and singing original material at local events, taking photographs and even making and selling woven baskets and rattles out of local grasses in Cobargo on a Saturday morning, he has been involved in our town's life and recovery. Matt will come back and, hopefully, share his experiences and responses with us again.

Linda Sang



A gathering of mums and bubs at Jimmy's caravan in Cobargo



Morning view in Yowrie

Portal and the Genesis Project review

The artists of the Genesis Project explore their relationship with the natural world and their concerns for it, especially in the aftermath of the Black Summer fires. They also want us to aid their quest they asked a group of talented poets, wordsmiths and musicians to join them at the Spiral Gallery on 12 June 2021.

Inside the gallery we were cocooned from the grey afternoon outside.

On one wall all of Doris Hoyne's prints featured a background of blackened trees. Against these charred skeletons yellow, green and red tipped shoots rose up from the ashes.

On the opposite wall were Glendamai Morgan's paintings – blackened trees sway skywards, beyond the frame beside grey, blue and red gums that have survived. All uncontainable.

Peter Storey's sculptures, hewn from fallen branches, layered and polished, sit still in this regenerated forest.

In our midst come the words and music.

*Oh it's whimsy, whirling – through the tangle
float tatters of light, fragments of sky or sea
unlikely juxtapositions
wood-fired creativity
the bush that burns and is not consumed
and from the heart of the flame
a woman's voice says Look
and more than that: See.*

From *THREE ARTISTS LOST IN THE BUSH*

Along with Kai Jensen's poetry, Matt Perry (double bass) and David Harris (flute and clarinet) accompany their own and Geoffrey Guiffre's spoken word performances. As Sandra Taylor reads her poem someone cries quietly in the back corner of the gallery.

*If I turn my back on the Forest now
when She is burnt to cinders
and it appears life has been extinguished,
then I am not a true friend.*

From *BELOVED*

There are plans for further exhibitions in The Genesis Project with the Portal Ensemble. Don't miss them.

Cecile Bower

emailmailemailemailemailemailemail The Triangle's email address is contributions@thetriangle.org.au

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Deborah Conway and Willy Zygier, live at the Murrah

Deborah Conway and Willy Zygier present *Songs From The Book Of Life*, a show of unflinching honesty, humour, revelation and a reflexive desire to let it all hang out with some damn fine tunes to boot. Deborah and Willy will be coming to the Murrah Hall on 25 July 2021 for a revelatory, career-spanning concert.

Deborah Conway has been a musician for forty years, firstly as lead singer for Do-Re-Mi and then as a solo performer. Conway met Willy Zygier in 1991 and together they have released ten albums.

From 2005 to 2008, Conway and Zygier produced four iterations of the national concert series, *Broad*, the all-female singer/songwriter revue.

Conway was the Artistic Director for the Queensland Music Festival from 2009 to 2011.

In 2014 they established the Melbourne Shir Madness Jewish Music Festival (now FoJAM) for 2015 and 2017.

There have been gongs along the way – Conway with her band Do-Re-Mi won 1985's Countdown Award for Best Debut Single; in 1991 Conway collected an Aria Award for Best Female Performer for her debut album *String Of Pearls*; in 2016 Conway and Zygier's 1993 anthem *Alive and Brilliant* was inducted into the National Film and Sound Archive; also in 2016 Conway was named a Living Legend both by the Leaps and Bounds Festival and *Rolling Stone Magazine*; in 2017 Conway and Zygier's show was nominated for a Helpmann Award; in 2019 Conway was made a National Living Legend by the National Live Music Awards; and in 2020 Conway was made a Member of the Order of Australia (AM, General Division) for significant service to

the performing arts as a singer, songwriter and producer and she also received the Australia Council Don Banks Award given to an artist for their outstanding contribution to Australian Cultural Life through music. You can book a ticket on the website: <https://events.humanitix.com/songs-from-the-book-of-life/tickets#>



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ART OF THE QUARTET

CONCERT ONE:
FRIDAY 09 JULY
7.00PM

As part of celebrations marking 30 years of performances, **Melbourne Chamber Orchestra** will make their Four Winds debut in July.



SUITE MAGICA

CONCERT TWO:
SUNDAY 15 AUGUST
3.00PM

Andrew Blanch and **Emily Granger** pair the extraordinary combination of guitar and harp in a selection of works that display the energy, versatility and beauty of these much-loved instruments.



WONDER AS I WANDER

CONCERT THREE:
SUNDAY 26 SEPTEMBER
3.00PM

Ensemble Q and friends take us around the world in 80 minutes. From a game of bowls in Vienna to memories of an old Australian house brought to life by young Australian composer Jack Lundie-Jenkins.

TICKETS [FOURWINDS.COM.AU/WHATS-ON/](https://fourwinds.com.au/whats-on/)



A show is born

'It was a more normal time,' says theatrical impresario Dave Houston. 'It was pre-bushfires and pre-pandemic.' Samwise, a talented local musician was putting on some gigs in the Cobargo region and had invited me up from Melbourne.

Dave fell in love with the region. It was hard to imagine that only five weeks later people's homes were destroyed and lives thrust headlong into trauma. Like local resident, Sarah Campbell Lambert, Dave was also into wellbeing through art and creativity, working for a decade with The Royal Children's Hospital including three years of bushfire recovery after the 2009 Black Saturday Fires. Sarah wanted help to launch her character Ginger the Frog into a show. Dave was looking to make a tree change. By this time the world was no longer 'normal'. They bunkered down for nine months and turned Sarah's dream into a script with puppets and animations.

Collaboration with seven local musicians created the songs and My Super Power, a comedy musical was born. The show explores the concepts of gifts that we have, whether we know them or not, believe in them or not and can use them



(or not) for the good of our community. The play touches on the aches and pains of old age, the struggles of parenting, the fear of 'the other' and trust that recovery is possible and can be celebrated.

'Since my early 20s I've had episodes of depression,' says Dave. 'This black dog has been with me off and on for my whole life. I haven't been through bushfires, but I know what it's like to be stuck in trauma and to be in grief from what was. For me music, theatre and building connections with people has saved me. Especially doing a show with lots of comedy.'

Dave is so grateful long-time collaborator and national comedian Aurora Kurth has joined him for the show plus

young local up and coming performer Lotty Ahrens and his new best buddy Sarah Campbell Lambert.

Bookings can be made at gingerthefrog.com/show

Dave Houston

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Four Winds announces the Windsong Series 2021

Four Winds Windsong Series 2021 tickets now on sale

Four Winds are thrilled to announce the 2021 Windsong Series – a feast of musical delights bringing musicians from across Australia. Join us in our spectacular Windsong Pavilion – this incredible venue will delight you as we share the experience of Music in Nature. Come early for a glass of wine and soak up this natural setting and then settle in to the world-class acoustics and intimate surroundings.

In Windsong Concert 1, as part of its celebrations marking thirty years of performances, members of the Melbourne Chamber Orchestra will make their Four Winds debut with *The Art of the Quartet*.

Date: Friday 9 July, 7.00 pm

Program:

HAYDN *String Quartet in B minor Op. 33 No. 1*

WILLIAMSON *String Quartet No. 3*

BEETHOVEN *String Quartet No. 11 in F minor Op. 95*

For Windsong Concert 2 in August, Andrew Blanch and Emily Granger pair the extraordinary combination of guitar and harp in a selection of works that display the energy, versatility and beauty of these much-loved instruments. An instrumental pairing that is at once both fresh and familiar, the harp – with its 47 resonant strings – provides an expanded range of expressive possibilities to the more common two-guitar pairing.

Date: Sunday 15 August, 3.00 pm

Program:

BARRIOS *Danza Paraguaya*

GRANADOS *Selections from 12 Danzas Españolas*

KOEHN *A Closed World of Fine Feelings and Grand Design*

FAURE *Impromptu for Harp*

RAVEL (arr. Charlton) *Pavane pour une infante défunte*

KATS-CHERNIN *Tango for Harp and Guitar*

PUJOL *Suite Magica*



The Windsong Pavilion at night.

We are so excited Ensemble Q will join us for Windsong Concert 3 in September. Formed in 2017 by Co-Artistic Directors Paul and Trish Dean, their core membership is much like the little black book of great Australian performers. As a case in point, our unique Windsong performance will include Tobias Breider (viola), Brent Miller and Tom O'Kelly (percussion), along with Alice Giles (harp), Monika Koerner (flute), Nicholas Young (piano) and Lotte Betts-Dean (mezzo soprano). Come with us as Ensemble Q takes us around the world in 80 minutes.

Date: Sunday 26 September, 3.00 pm

Program:

W.A. MOZART *Trio in E flat major, K.498 'Kegelstatt'*

HAHN *A Chloris et L'Excuse*

LUNDIE-JENKINS *Empty Houses* for clarinet and percussion

KODALY *Adagio for cello and piano*

BERIO *Folksongs*

To buy tickets or for more information please go to: <https://fourwinds.com.au/> whats-on

Four Winds is searching for a talented Volunteer Coordinator

We are looking for a very special person to join our team as the Volunteer Coordinator – someone who loves developing relationships with people and has a great eye for detail. This role is part-time, initially one day per fortnight building to full-time as we approach our Festival over the Easter period. This will total 46 days over the year. If this sounds like you or you have any questions please email contact@fourwinds.com.au or call Gabrielle Waters on 0412 503 684.



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Hamnet **Maggie O'Farrell** **\$22.99**

I bought this book without any knowledge of it, but who can resist buying a special at Readings in Carlton?

Hamnet is a novel inspired by what little is known about Shakespeare's son, a twin to his sister, Judith, who falls ill unto death with the plague.

It is worth reading the whole book for the heart-breaking description of how the plague spread around the world, finally arriving at Stratford-on-Avon. There are traumatic descriptions of how Agnes, Shakespeare's wife and mother of the twins, tries to save her children using her deep knowledge of herbal and other natural remedies. There are so many parallels

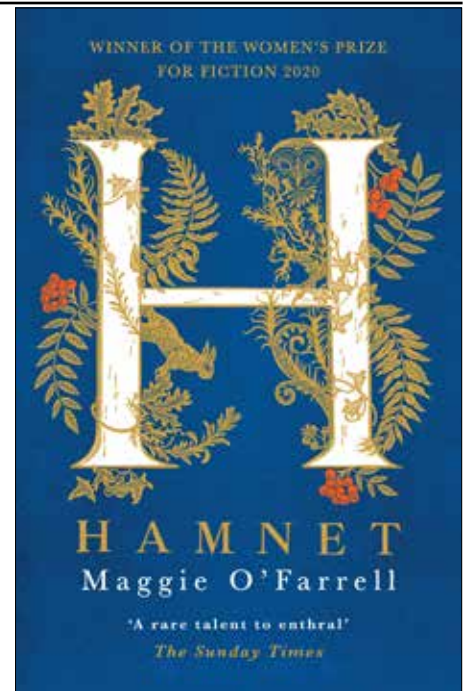
with today's plague and how it is affecting developing nations.

Meanwhile, the unnamed William Shakespeare is off in London establishing his reputation as the greatest writer of his time.

When the play, *Hamlet*, is first performed it is perceived by the family as referring to Hamnet; the play firmly establishes Shakespeare's pre-eminence in the theatre but does little to comfort the grieving family.

The challenges faced by families trying to survive in 1596, when faced with an unstoppable plague and how they are split apart physically and emotionally, are dealt with in this timely novel.

Not quite enough about Shakespeare the man and writer for my curiosity, so I will have to try elsewhere for a good biography.



emailmailmailmailmailmailmailmail The Triangle's email address is contributions@thetriangle.org.au

Pet of the Month

Kerri Brady

Archie is a lovely family dog – a tri-coloured Kelpie/Koolie cross who is three years and five months old. He is great with young children, sheep and chooks. Recently, while home alone, he has started escaping and spooking the neighbour's cattle so we are looking for a well-fenced and secure yard, space for him to run around, maybe another dog for company or someone who works from home. His working breed makes him a high-energy and intelligent dog so he's not suited to being left home alone in an urban backyard. He will cost \$360.

If you are interested in Koda, the tan dog from last month's edition of *The Triangle*, or any of the 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 (AWLNSW Rehoming Organisation Number: R251000222) are microchipped, de-sexed, vaccinated, wormed and treated for fleas and ticks. Their adoption fee is subsidized 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 be suitable for the needs of the animal. You can view available animals on our Facebook page. Search for Animal Welfare League Far South Coast. But you will need to call the Animal Welfare League FSC Branch on 0400 372 609 to enquire about any of the many cats, kittens, dogs and pups available for adoption (AWLNSW 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. De-sexing vouchers are available at all vet clinics in our branch area (Bega Valley Shire) for local residents who hold a Centrelink Pension Card. AWL - Far South Coast will subsidise the de-sexing 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 de-sexing cost.



Archie is ready to be re-homed and loved.

Food for our garden visitors

With winter well and truly with us, it is opportune to mention once again the care needed for our birds and bees through these colder months.

Apart from supplying a reliable water source for them in a shallow birdbath or dish, another important thing is to provide them with food during winter.

Food can be provided by either artificially feeding them with purchased seed and the like or, more naturally, with seed and flowers on plants.

Birds have a diverse range of diets – from those that are nectar feeders through those requiring seed and berries to scavengers who prefer a meat diet.

It is difficult to supply food to the meat eaters as most of them scavenge for food along our highways and roads or in pastures where they can pick up other food types.

For the others though, the simplest way is to plant grasses and shrubs that will flower in the winter and encourage the birds to feed in your garden.

The seed-eating birds can be provided for by planting native grasses and species of *Bankia* and *Callistemon* that, as their flowers finish off, leave seed pods that are suitable for parrots and cockatoos. Grasses are suitable for a lot of the smaller birds like finches and fantails.

The nectar feeders have a wider range of plants available to them including species such as *Eriostemon* (now *Philotheca*), *Correa*, *Crowea* and *Epacris*.

As you can see there is a significant preference for Australian plants as there seems to be so many of them that flower in winter.

In more detail, species of *Correa* come in a wide range of sizes from groundcovers to plants up to 1.5m tall. Colours vary from white though a range of pink shades to green and all have a tubular shaped flower suited to spinebills and other similar species of bird.

Species of *Crowea* and *Philotheca* also come in forms from groundcovers to taller varieties up to 1.5m. They are mainly in white and shades of pink with *Philotheca* having a lovely 'citrus' fragrance, particularly when crushed or brushed pass. Most have star-shaped flowers.

Should your garden be a garden without many Australian plants then there are many exotic plants that will flower



throughout winter. Many are perennials including: lavenders, salvias, hellebores and several varieties of daisies. Shrubs include buddleias, daphnes, camellias and viburnums.

If you are artificially feeding your birds, then it is extremely important to understand their diets and only feed them with food that they normally eat in the wild. Wild birdseed mixes are usually the go and these can be purchased at reputable pet suppliers. I might mention that I am not a great advocate of artificially feeding native birds.

I have mentioned in previous columns, the importance of providing water for both birds and bees and the style of receptacle should be shallow enough around the edges for small birds and bees and deep enough in the centre of larger birds. Shrubs around the water source should give smaller birds a secure place to perch away from some of the bigger birds. During winter, place the bath in a bit more sunlight to melt the ice if it freezes over.

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I have been making the Osso Bucco for many years. Simple, delicious and perfect for these wintery days.
Cheers!

Osso Bucco

Ingredients:

- 1 tblspn butter
- 2 tblspn olive oil
- 1 brown onion, chopped
- 1 carrot, chopped
- 1 celery stick, chopped
- 1 garlic clove, finely chopped
- 4 pieces of osso bucco (beef shin),
seasoned with salt and pepper and
lightly floured
- 1 cup white wine
- 3 cups chicken stock
- 800 ml tin crushed or chopped tomato
- 2 parsley sprigs,
- 1 bay leaf,
- 2 small thyme bunches
tied together with kitchen string
- 1 tblspn dried oregano

Gremolata:

- 1 tblspn zested lemon peel
- 1 tblspn finely minced garlic
- 1 tblspn finely chopped parsley
(combine these three in a small bowl)

Method:

Preheat the oven on normal bake to 180° C.

Heat oil and melt butter in a large deep frypan that has a lid.

Brown the beef and transfer to a plate.

Pour in the wine and with a wooden spoon, stir to loosen any brown bits in the pan.

Add carrots, onions, celery and garlic, stirring until softened.

Add the browned beef, then add the tinned tomatoes, chicken stock, tied herbs and oregano, making sure the liquid comes up to about halfway up the side of the beef (add more stock if it doesn't). Bring to a bubbling simmer, cover with the lid and transfer to the oven.

Bake for about 1.5-2 hours, until the meat is very tender – test by piercing with the tip of a sharp knife.

Serve 1 piece of osso bucco per person with some vegetables/sauce over mashed potato or risotto. Sprinkle gremolata on top of each serve (or place the gremolata bowl on the table so everyone can help themselves)

Chocolate & Nut Cookies

Ingredients:

- 150 g brown sugar
- 150 g caster sugar



Jane and Alfred Solti at Cobargo General Store

- 200 g plain flour
- 100 g self-raising flour
- 170 g salted butter, melted, completely cooled
- 1 egg, lightly beaten
- 1 tspn vanilla bean paste/extract
- 80 g macadamia nuts chopped
(any nuts will do)
- 250 g chocolate chips (dark, milk or white)

Method:

Line 2-3 trays with baking paper and preheat oven to 180° C.

Combine and mix flours and sugars in a bowl.

Stir in butter, egg and vanilla to form a dough.

Fold in nuts and chocolate.

Use a tablespoon to form a ball per cookie and place on lined trays. (Leave about 3 cm between each cookie).

Bake for 12-14 minutes in the oven until the edges are slightly caramelised and golden.

Remove from oven, cool for around five minutes, then transfer to a wire rack to cool completely.

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Game On - Answers on pages 25 & 40

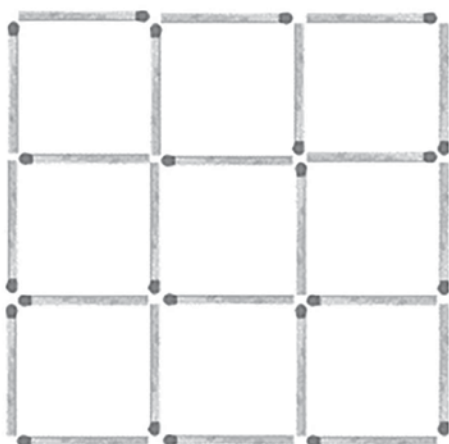
AUSTRALIAN TRIVIA

- Where would you find the grave of bushranger Captain Thunderbolt?
- Which Australian city is renowned for its pearling industry?
- In which year was the city of Hobart founded?
- In which Australian town is the Zig Zag Railway?
- Travelling from Sydney to Perth prior to 1970 how many changes were needed due to different rail gauges?
- Prisoners of which nation were in the Cowra Breakout?
- Who designed Sydney's Supreme Court building?
- In which state would you find Yanchep?
- Where would you find Australia's High Court?
- Where would you find Andamooka?

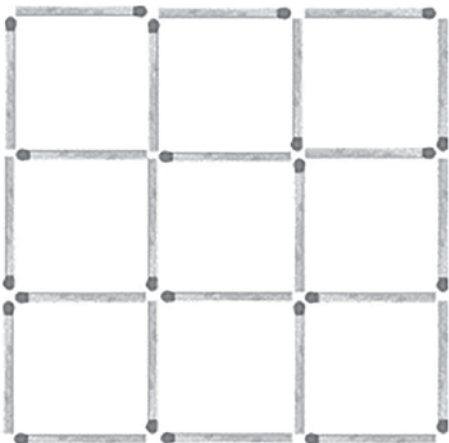


MATCHSTICK PUZZLES

- Leave just six squares by removing eight matchsticks.

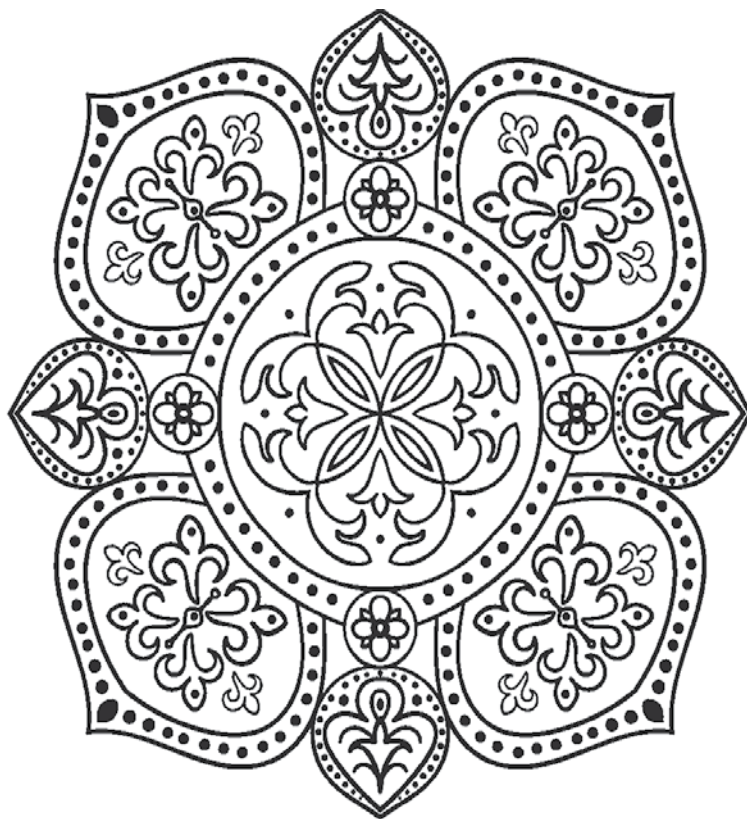


- Leave just three squares by removing six matchsticks.



SUDOKU

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



HOW WELL DO YOU KNOW YOUR BEER GLASSES?



4 Match the names below to the glasses.

Chalice, Flute, Mug, Pilsner, Pint, Snifter, Strange, Tulip, Weizen

For the Fridge Door

| JULY | WHAT | WHERE | TIME |
|-----------------|--|--|------------------------------|
| Sat 3 | Winter Warmers: knitted and felted pieces to keep you warm | Lazy Lizard gallery, Side Room | 10.00 – 3.00 pm |
| | Live: Open Mic | Tilba Winery & Ale House | 12.00 pm |
| Sun 4 | Live music: Mark Austin | Cobargo Hotel | 5.00 pm |
| | Live music: Rick Bamford | The Drom | 1 – 4 pm |
| | Live music: Dave Newman | Tilba Winery & Ale House | 12.30 pm |
| Wed 7 | Bermi Senior's Social Club, guest speaker Lisa from Eastwood's Café and Cooking School | Bermi Country Club: mid-year lunch is subsidised for members \$10 for roasts and desserts | 11.30 am |
| | Naidoc fun fitness day for all ages and abilities | Tilba Sports Oval | 10.00 – 2.00 pm |
| Thu 8 | Naidoc: Exhibition, Cuppa & Chat | Central Tilba Community Halls | 10.00 – 3.00 pm |
| Fri 9 | Naidoc: Exhibition, Cuppa & Chat | Central Tilba Community Halls | 10.00 – 3.00 pm |
| Sat 10 | Naidoc: Exhibition, Cuppa & Chat Four Winds Djinima Yilaga Choir | Central Tilba Community Halls Djinima Yilaga choir will sing at 2:30 Details on page 15 | 10.00 – 3.00 pm |
| | Live music: Teelba | Tilba Winery & Ale House | 12.30 pm |
| | Live music: Oscar Litchfield | Tilba Winery & Ale House | 4.30 pm |
| Sun 11 | My Super Power (Ginger the Frog) - 2 shows. More details page 34 | Narooma Golf Club - bookings essential for the venue | 10 – 12.30 pm 2 – 4.30 pm |
| | Live music: Jay McMahon | Cobargo Hotel | 5.00 pm |
| | Live music: Tony Jagers | Tilba Winery & Ale House | 12.00 pm |
| | Live music: Benny Fowler | The Drom | 1 – 4 pm |
| Thur 15 | U3A Term 3 opens online | www.bermagui.u3a.org.au | |
| Sat 17 | My Super Power (Ginger the Frog) 2 shows. More details page 34 | Bega Civic Centre | 10 – 1 pm 2.30 – 5.30 pm |
| | Live music: Jessica Spahr | Tilba Winery & Ale House | 12.30 pm |
| Sun 18 | Grandparent's Treasure Chest | Quaama Tennis Courts | 11.00 am |
| | Quaama Mini Market | Quaama Hall | 12.00 pm |
| | Live music: Mark Bosman | Cobargo Hotel | 5.00 pm |
| | Live Music: Jaykob Poyner | The Drom | 1 – 4 pm |
| | Live music: Tim McMahon | Tilba Winery & Ale House | 12.30 pm |
| Mon 19 - Sat 31 | Treasure Hunt : massive mid-year sale, search the store for hugely discounted items | Cobargo Co-op | Opening hours |
| Sat 24 | Put some South in your Mouth: Special Gin Dinner | The Drom - bookings advised Ph 4473 7223 | 6.00 pm onwards |
| | Live music: Baeden | Tilba Winery & Ale House | 12.30 pm |
| Sun 25 | Songs from the Book of Life: Deborah Conway & Willy Zygier show | Murrah Hall, details page 33 | 3.00 – 5.00 pm |
| | Live music: Jaykob Poyner | Cobargo Hotel | 5.00 pm |
| | Live music: Hannah Matysek | Tilba Winery & Ale House | 12.30 pm |
| | Live music: Chango Tree | The Drom | 1 – 4 pm |
| | Live music: We Mavericks, presented by the Yuin Folk Club | Cobargo School of Arts book online for limited tickets at iwannaticket | 2.00 – 5.00 pm |
| Sat 31 | Motel Art Fair - part of Art Month on the Sapphire Coast (August) | Norfolk Pine Motel, Merimbula | 10.00 – 4.00 pm |
| | Live music: Caravana Sun | Tilba Winery & Ale House | 3.30 pm |

AUSTRALIAN TRIVIA ANSWERS
 1. Uralia, NSW 2. Broome 3. 1804 4. Lithgow 5. Five 6. Japan 7. Francis Greenway 8. Western Australia
 9. Lake Burley Griffin, Canberra 10. South Australia
BEER GLASSES ANSWERS - 1. Weizen 2. Flute 3. Strange 4. Tulip 5. Snifter 6. Chalice 7. Pint 8. Mug 9. Pilsner