

The Cobargo Show returns

The Cobargo Show committee had decided to do their best to bring back the show in 2022. It was a challenge but once the decision was made it developed momentum and became a fantastic reality. Members were busy constructing a new dining hall, new Secretary's office, Treasurer's booth, First Aid room and also completed the new shelter roof over the seating on the hill.

The program grew to two and a half days – commencing on Friday at 10.00 am with the beef cattle judging. A new event, the Open Working Horse Challenge, was held and a record number of 103 camp drafters contested the draft on Friday night with the fifteen finalists riding off for the win on Saturday. The Glen Mia horse training demonstration was also on with three young ladies vying for first place with the winner being Ruby Haylock on Smokie.

Saturday and Sunday were jam packed with bumper-to-bumper entertainment from hack classes, show jumping, motorbike obstacle course, dairy cattle judging, poultry, pavilion display and dog high jump. Tegan Eagle's dog Cooper an incredible 2.8m with Luke Evan's dog Banjo close behind on 2.7m.

The fun just continued with team sorting, a wife carrying competition, lawnmower races, chute dogging, chainsaw events and the action-packed rodeo. Luke Evans won the open bull ride and also best local rider. Amber Lawrence performed a fabulous children's show and also had a main performance in the evening.

The show was to have been opened by Catherine Lawler however she became ill so her opening speech was read out – this was a wonderful account of Cobargo's incredible tenacity and strength. Di Hall recited a beautiful poem by Henry Lawson, 'An Advertisement for Australia', as a sign of recognition for the eleven members who have passed since our last show.

The numbers through the gate tallied over five thousand with seating at a premium. Local stock owners donated endless numbers of stock, farmers donated all the timber for the chainsaw events and businesses donated fantastic sponsorship. The committee thanks all who helped in any way. It is extremely difficult to describe the atmosphere of the Show but it was warm, electric and very emotional with tears shed as we enjoyed a moment of sheer heartfelt delight as the community gathered together to heal and lift our spirits as united we strive to move forward.

June Tarlinton



The Brimmer & Jim Salway award for the Supreme Dairy Cow went to Wilgo Samson Queenie shown by Aaron & Emma Salway

See more pictures on pages 18 and 19

The vitality of the communities of the Triangle region is shining through, yet again, each with its own flavour and culture. Bermagui is alive with a plethora of festivals and events – anglers are blue water fishing, dogs are on show, SCULPTURE Bermagui is on the horizon, musical trills from the Murrah Hall and there is a Four Winds opera to follow. And the new BVS councillors' voting reflects some confusion about their intentions for the iconic Cuttagee Bridge – let's hope they get clear, particularly about the wishes of the local community.

Quaama is quietly settling into its seasonal rhythms – the fruit is abundant, kids are thriving, gardens are over-growing, owner builders are sharing fears, delights and resources, and on-going recovery support is ever present. Tilba is developing a fire risk and protection plan, the Chamber of Commerce keeps a watchful eye on the town, alarmed Landcarers watch the weeds and plans for the Easter Festival are well underway.

So much is going on in Cobargo it's hard to take it all in –

'out of the ashes' – so much insight, foresight, co-operation, skill, dedicated work and consolidation. The return of the Cobargo Show was an exceptional success with rural skills and produce on display. The community renewable energy project is moving on from decisions and design to the next phase and Cobargo will soon have four extreme weather refuges. The Community Garden now has a pizza oven to supplement the vegies. The creativity of art exhibitions and the Celebrate Cobargo fiesta infuse the community. Work has begun in the town centre on the new building projects. Even the public toilets are coming back. This does not overlook the reality that some are facing their third winter in sheds and caravans and the continuing solid support of the Recovery Centre.

The amazing vitality and resilience of our towns is underpinned by the generosity, care and dedication of our community members, many in the background, quietly making their selfless contributions.

Letters to the editors

My name is Norm Reed. My wife of sixty years was taken by ambulance and admitted to Bega Hospital in early January this year. I was told by two doctors (on the day she was admitted) that my wife very possibly only had days left to live. My wife and I were both double vaccinated. I was continuously refused access to the hospital to see my wife due to COVID restrictions – BUT, hypocritically, at the very same time, 57,000 people were allowed to attend the MCG and 50,000 were allowed to attend the SCG to watch the cricket. The majority of these 107,000 spectators were unmasked and not socially distanced.

Not being allowed to see and comfort a dying loved one is cruel and inhumane. Other people in this country would have also gone through and felt the same pain and distress that I felt. My heart goes out to them, and I feel sorry for them.

Norm Reed



Thumbs UP

To those who pitch in and ask, 'What can I do to help?' instead of whinging about things not done.

To the Cobargo Business Assoc for organising the flags outside the shops in the main street.

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

Two corrections

Dear Triangle,
From p 19 of Feb issue, Visit to Bermagui by David and Leith Bruce-Steer:

The organ was donated to All Saints Anglican Church not, as I wrote, St Marys.

From p 17, Georgina writes, 'The BHS has much more information on Sam Sinclair and even a buggy wheel.'

Should read, 'And even a fully restored sulky, which is on display in the Information Centre'.

Yours sincerely,

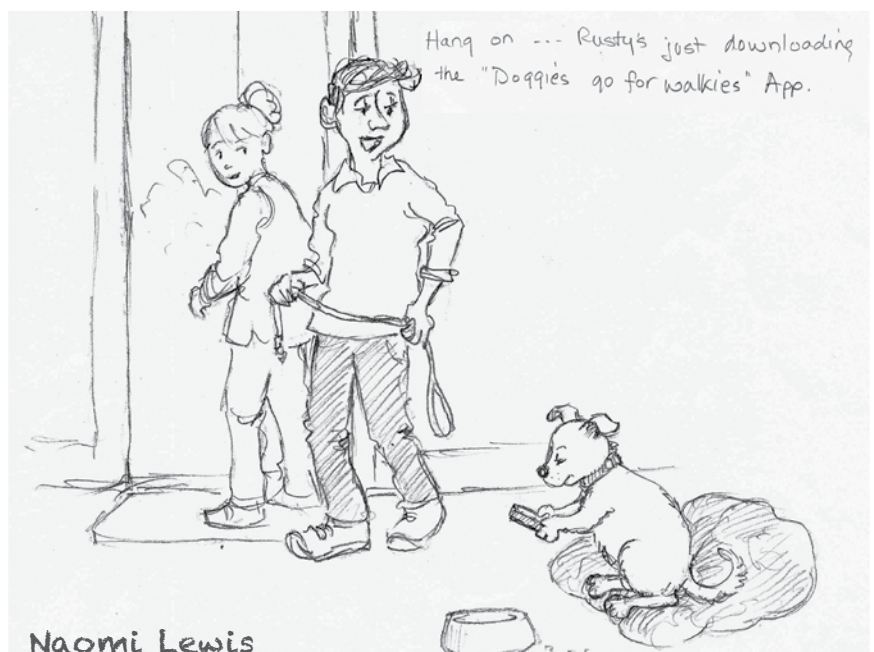
*Dave Cotton,
Digital Archivist at BHS*

Thank you

I want to say a special thank you to Rod McGovern. He works for BVSC and over the years has done lots of really awful jobs cleaning around our public toilets and coming in one Saturday morning to empty and disinfect a disgusting smelling rubbish bin full of dead fish. He is always cheerful and an excellent ambassador for the council. Lately he has been blowing the gravel off the road where we cross the highway outside Valiant coffee as he is concerned that someone will slip and be injured. Thank you, Rod, great to have you in our community.

Kind regards,

Beth Dogan



Naomi Lewis

What makes you think he's having an affair?



Naomi Lewis

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. Images and graphics should be sent as attachments – not embedded into your story. Please send the original digital photo or image, uncompressed, so we have a large file to work with. Generally above 1 mb is large enough. Accepted formats include jpg, jpeg, png and pdf. Please include a caption for your photo at the bottom of the article it accompanies. Contact us for assistance.
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 and cclsang333@gmail.com.

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Well Thumbed Books, Information Centre

Narooma: BP station, Visitors Centre,

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Wallaga Lake: Merrimans Land Council

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The Triangle is a community newspaper.

Its aim is to provide information and news

to the people in the Triangle area - the area

bounded by the three mountains (Gulaga,

Mumbulla and 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

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Koala extinction ... not if we act

Last week, koalas were listed as endangered in NSW, Victoria and ACT. This belatedly recognises that koalas are very close to extinction. From being endemic throughout the region, there is only a precarious remnant community of about fifty koalas in the Murrah State Forest. This colony has unique genetics that are vital for the genetic diversity required for the survival of koalas nationally. These South Coast koalas are the only known population in the coastal forests between Sydney and Victoria. More than a century of hunting, disease, logging and clearing has reduced the population to these minimal numbers. The main driver to extinction in our region is habitat loss on public and private land.

State-wide, a powerful combination of listing the koala as a threatened species, strong environment laws that protect habitat, and urgent action on climate change are needed to protect koala populations from extinction. Locally, the Koala Action Network (KAN) has spear-headed action to save our koalas. KAN is made up of Aboriginal Land Councils, local landowners, National Parks staff and

koala experts.

KAN works with Indigenous-led cultural burning programs with the Firesticks Alliance. The mega fires highlighted the vulnerability of our wildlife to the immediate threat of climate change. The cultural fire methods of Indigenous people encourage native grasses and sedges, while suppressing mid-storey plant species that create fire-ladders into the canopy that fuel destructive crown fires. Strategic replanting of koala habitat, and protecting and creating wildlife corridors across the landscape to link habitats and colonies further inland are also crucial.

As community members what can we do to save our koalas?

The politically active can take action on several fronts: to stop logging and woodchipping of public native forests, particularly after the enormous recent loss of forests in south-eastern Australia; and lobby to redirect the flow of public money from harvesting timber towards habitat rehabilitation and Just Transitions for the workers. Too much forest has already been lost.

A lot can be done by individuals

and community groups: we can volunteer to replant koala habitat on private land (Barrabaroo Landcare group is involved in this); citizen scientists are needed to assist in data research and field surveys; landowners can designate areas for reforestation and shelter belts; and we can draw on the knowledge and wisdom of Indigenous custodians.

What is possible now, if we work together to protect our koalas?

- Safe and healthy forests with stable, low-density koala populations;
- A restored region-wide koala population;
- Improved land management enriched by Traditional guidance;
- Healthier, more stable and diverse ecosystems;
- Corridors between protected forested areas including riparian zones;
- New plantings of koala food trees on fertile land;
- Water stations during dry times;
- Widespread, low intensity burning with low scorch height using Aboriginal techniques and physical fuel reduction methods;
- Greater awareness and enjoyment of koalas and wildlife through increased public participation, knowledge, research, advocacy and rehabilitation; and
- A richer, safer environment achieved by community empowerment, action and respect for country.

Once the koalas are gone, they are gone. There is no coming back from this crisis and action is required now. We need caring, committed community members partnering with interested, generous land-holders to establish farm landscapes and shelter-belts for koalas planted by volunteers with free seedlings. Eurobodalla Council is already on board.

The Far South Coast Landcare Association has auspiced the Koala Action Network (koalaactionnetwork.org) and they can be found on Facebook.

Rosemary Beaumont



This koala carried her 18-month old joey out of the fireground onto private land during the fire in the Murrah. She rested there for a couple of weeks before going back into the reserve. As you can see, her hind feet were affected by the fire. Photo Credit: David Gallan

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Cuttagee Bridge update – so near and yet so far



L to R: Ken Robinson (Community Advisory Group), Ian Macfarlane (BVSC Acting Director Assets and Operations) and Ken Murtagh (Community Advisory Group & Bridge Engineer) inspect Cuttagee Bridge timber superstructure in January 2022.

The new Council met on Wednesday 9 February to reconsider the future of Cuttagee Bridge with very disappointing results. In March 2021, the previous Council voted to demolish Cuttagee Bridge and replace it with a two-lane concrete structure. There was no broad community consultation prior to this decision and Councillor Griff voted against it. This decision sparked strong community opposition up to and during the Council election campaign.

The project didn't proceed because it did not meet two key criteria in the State Government grant to be used for this work: namely heritage-listed bridges were specifically excluded, and the new bridge couldn't be completed within the two-year time limit.

Before the Council election in December, six candidates who are now Councillors indicated their opposition to the bridge's demolition: Councillors Seckold, Wright, Griff, Robin, Porter and O'Neil. The remaining three Councillors did not indicate their positions on this issue: Councillors Fitzpatrick, Allen and Nadin. Repair works on the bridge completed in January cost approximately \$50k and raised the load limit to 15 tonnes.

The new Council met on Wednesday, 9 February to consider a motion put forward by Councillor Helen O'Neil to seek State Government funding for a feasibility study exploring the option of retaining a single lane, timber or hybrid bridge at Cuttagee. The motion was open and flexible to allow time to lobby State Government for a change in grant criteria away from concrete-only constructions and to identify other possible heritage- or tourism-related grants. This was defeated when Councillors Seckold and Wright appeared to vote against the motion with the other three Councillors. Councillor Wright appeared to vote

against the motion because she wanted to put forward her own motion – supporting a single lane, hybrid bridge (with concrete substructure and timber superstructure). Confusingly, this was an option within Councillor O'Neil's motion. Councillor Wright's motion was also defeated five votes to four, as this time Councillor Porter voted against as he thought there was insufficient time to consider a brand-new motion.

Other motions put up by Mayor Fitzpatrick and Councillor Porter were also defeated. Councillor Porter proposed a motion to defer a decision until a full Council workshop was held to reconsider all options.

This now means that the only motion still in the minutes is the March 2021 decision to demolish Cuttagee Bridge and replace it with a two-lane concrete bridge. Council hopes that there will be a new round of Fixing Country Bridges grants later in 2022. To fulfil the grant requirements the heritage listing would need to be removed. There appears to be scope for compromise between several of the Councillors as O'Neil, Griff, Robin, Porter and Wright all appear to favour a single lane, hybrid construction bridge. A Council media release on 11 February stated that BVS Councillors have informally agreed to ask the NSW Government to relax the funding conditions of the grants program to allow for situations such as those encountered with Cuttagee Bridge. The funding conditions stipulate that timber bridges be replaced with concrete; bridges with heritage listing are excluded; and the timeframe is too short. A report from the Cuttagee Bridge Community Advisory Group about the heritage aspects of the bridge will be presented to Councillors at their next meeting on 16 March.

Geoff Steel

An advertisement for Goodbytes tech support. It features a blue circular logo with the text 'goodbytes' and 'tech support' below it. To the right is a small image of a white car with 'goodbytes' branding. Below the logo is the phone number '0412 112 290' and the website 'goodbytes.com.au' and email 'info@goodbytes.com.au'. At the bottom, a blue banner says 'we fix computers'.

CARERS "LOOK AFTER YOURSELF" (LAY) REMINDER

NDIS Plans are due for renewal in the Bega Valley.
Carers need to include planned and crisis respite in NDIS Plan Reviews.

Contact your preferred service provider for respite types and costs so that your LAY costs are covered in NDIS Plans.

Sponsored by Nardy House

Rivers of gold

We are all aware that time seems to pass with frightening speed. You start to do something and quickly the days, weeks, months and years all seem to vanish in the blink of an eye.

In June 1976, Bermagui resident Robert Johnson commenced donating whole blood. After ten years of regular donations he was approached to join the plasma and platelet donor team. This form of blood collection differs from a whole blood donation in that your blood is harvested, filtered and centrifuged (separating plasma and platelets) then the red blood cells are returned to the donor. Without the concern of becoming anaemic due to red blood cell loss, you are now able to donate every two weeks as opposed to waiting for ten weeks between donations of whole blood. So if time permits and your veins can cope with regular venipuncture, your donation tally can increase rapidly.

On 10 February 2022, it was donation number 777 and just as important as any other previous donation. However a bit of fun with that day's wardrobe resulted in an approach to Rhonda Drakos, the former proprietor of Bermagui's 777 supermarket. Rhonda graciously agreed to lend him a polo shirt for the day. In a master class of product placement that would rival an

episode of Masterchef, Robert is pictured mid-donation wearing a 777 shirt and reading local author Bruce Nash's latest novel *The Long River of Cat Fisher*. So while Robert's exterior packaging may be becoming a bit battered these days, there are still rivers of gold flowing beneath the surface.

If you'd like to donate whole blood, the Red Cross Lifeblood's mobile

collection wagon rolls into Bega from 11-14 April 2022. If a plasma or platelet donation interests you, well you need to drive a bit further as Canberra is the closest collection centre. So, make an appointment at either location (www.lifeblood.com.au or 131 495) and roll up your sleeve.

You know it makes sense.

Ima Bleeder



Ring that Triangle as another life-giving donation hits the bag

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BlazeAid – That’s a Wrap!!

On 30 January, just over two years after BlazeAid first set up camp in Cobargo, we handed back the keys to the Narira sportsground. Our small team of ‘remainers’ and contractors worked hard through January to pack up and to remediate the grounds. We hope that the community is happy with the results.

You might be familiar with our weekly stats board by now. To summarise: in 24 months, 717 volunteers completed 308 kms of new fencing and cleared 251 kms of fencing on 310 properties. Total volunteer hours: 115,416.

As I have said many times, numbers only tell part of the story. We are humbled by the way our BlazeAid community was embraced by the local community. That is why volunteers stayed and kept returning. We helped rebuild fences; we laughed and cried with you; we shared meals and beers; we have driven people crazy with our enthusiasm at Trivia Nights (sorry, Paddy) and we kept the town humming just a little bit during the uncertain COVID years. We have made lasting friendships with each other and within the community. I can say for certain that Cobargo is etched in the hearts of every one of the 717 volunteers who passed through our camp.

There are so many people to thank for helping us get here. Too many to name, and some ‘angels’ I don’t even know the names of – kind people who paid our account at the butcher’s or put money on the bar at our farewell celebration or dropped off cases of beer when we were in isolation. There are two particular businesses, among many local legends, that provided immeasurable support to us from the beginning, in more ways than you can imagine: Dave and the team at the Cobargo pub, and Dan and team at the Co-op. Thank you!

There was an amazing array of individuals and groups who cooked meals and baked cakes for us. Some were from before

my time, so apologies if I miss some: CWAs from Cobargo, Bermagui, Narooma and Tilba, Fairhaven residents, Narooma Rotary, Narooma Sporting and Fishing Club, Eastwoods of Bermagui, Pambula Rotary. We were often ‘between cooks’ but there was always some kind member of the community who would be there to feed our hungry teams: Sally, Vicky, Christa, Venessa, Annie, Lynn, Linda and Nikki. And the cakes!!! Even in the last week of packing up camp, we had the fabulous Baking Buddies, Beth and Lorraine, and ‘our’ lovely Joan O’Halloran dropping off their baked delights.

The community stepped up in so many other ways: lending us gear, caravans and trailers, slashing and mowing the fields when it got too much for us, picking up stones right at the end. Sometimes we didn’t even have to ask, local angels arrived ready to help just when we needed them.

So, thanks for having us, Cobargo ... it has been an honour.

In the words of one of our lovely volunteers from the summer of 2020/2021: ‘I tell everyone about Cobargo ... EVERYONE!’

Jude Turner



BlazeAid Cobargo stalwarts Mary and Bob Smith; Bob received the Bega Valley Shire medallion for services to the community.



Joan O’Halloran, Cobargo Citizen of the Year, with one last cake

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On-Country Crew Training Positions

Three training positions are available from March to December 2022, based at the Crossing Land Education Centre in Bermagui. They are available for young local Aboriginal people aged 18-20, starting Tuesday 15 March.

Key information:

- Aboriginal Identified position.
- Transport provided to and from work within 15 kms of Bermagui (e.g. Tilba, Cobargo, Wallaga Lake, etc. Applicants from further away must have their own transport).
- Three days per week, March-December. Award rate wage.
- Uniform and equipment provided.
- Get TAFE qualifications that can contribute to a Certificate in Conservation and Ecosystem Management.

Spend time on Country to learn traditional land management techniques and about cultural burning for ecosystem restoration with the Firesticks Alliance

Indigenous Corporation.

Share knowledge about koalas, biodiversity, conservation, sustainability and teach basic cultural knowledge sensitively to other young people through youth programs at the Crossing.

Email: josh@thecrossingland.org.au or call (02) 6493 3400 for more info or to place your expression of interest.

These training positions are a partnership between the Biamanga National Park Board of Management, the Firesticks Alliance Indigenous Corporation, the Crossing Land Education Centre and the Far South Coast Koala Action Network. These positions also received a letter of support from the Gulaga National Park Board of Management.

This local Economic Recovery project is jointly funded by the Commonwealth and the New South Wales Government under the Disaster Recovery Funding Arrangements.

Dean and Annette Turner



Cultural burning: healthy communities, healthy landscapes

Eligible south coast pensioners can receive a free 3.3kW solar PV system

South coast pensioners can now harness the power of the sun with a free 3.3kW solar PV system installed on their home thanks to the NSW Government's *Solar for Low Income Households* offer.

SolarHub is the approved installer for this welcome initiative on the NSW south coast, from North Durras south to Eden. These free solar systems can help to cut household electricity bills by up to \$600 per year.

Catherine, who lives in Catalina, decided to take up the offer. 'The application was very easy and straightforward,' she said. 'After my application was assessed, the installer at SolarHub talked me through the installation process. Then my new solar system was set up in less than a day.'

To be eligible, pensioners need to meet the following criteria:

- hold a valid Pensioner Concession Card or Department of Veterans' Affairs Gold Card;
- own their house;
- not already have a solar PV system;
- live in one of the selected NSW postcodes (includes 2546 and 2550);
- currently receive or be qualified to receive the NSW Low

Income Household Rebate on their electricity bills; and

- agree not to get the rebate on their electricity bill for ten years.

For more information or to apply, please contact SolarHub by phoning 6489 9811 or go online to solarhub.net.au/slih or visit one of our offices in person – Bega at 163 Carp Street or Batemans Bay at 2 Kylie Crescent. You can also apply online through the NSW energy savers website.

Luke Dalla

SolarHub Regional Manager



SolarHub installing a free 3.3kW system on the NSW south coast
Photo credit: SolarHub

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Sharing our stories for International Women's Day

Long-time Brogo resident, Fiona, is one of our storytellers at this year's International Women's Day event, *Home Spun*, at the Bega Valley Commemorative Civic Centre on 8 March.

In 2021 our storytellers gave us stories of love, loss and mystery, challenges met and adventure on the high seas all told to a sold-out auditorium.

This year women from the south-east will be sharing stories and songs based on the theme of *Home Spun*. We asked the question: What does home mean to you?

Fiona came to live in Brogo forty years ago. She and her husband bought the Bridge House (built as a roadside hotel in 1884) and spent a lot of time repairing it. The experience of tackling this task is one of the things Fiona will be sharing in her story on the night.

'Living in a house with a long history meant that people would drop in from time to time and tell us stories about the house and its previous inhabitants. Hearing these stories sparked my interest in local history,' Fiona said.

When she wasn't building and renovating, Fiona spent time researching Bega Valley history.

Fiona's story asks the questions: Is home a place we create for ourselves?

Do we write our own story or do we pass through time and discover our home and our story only when we look back at what has been?

You are invited to join us to listen to Fiona and other women from the south-east share their experiences of home.

Home Spun is proudly funded by the NSW Government in association with Bega Valley Shire Council.

Book online at begavalleyshirelibrary.eventbrite.com.au or call the library on 02 6499 2127.

Sugita Wahl



Our storytellers from IWD 2021

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Convict dropped off

Back in old England he stole a frock
but it landed him down at the dock
on a tall ship ready to sail
to Australia to begin the tale.
'Do your time and think ahead
there's plenty of land,' the soldier said.

'So, I did me time and was released
with me papers, now quite creased!
I found a job to learn a trade.
Building houses, but longing for shade -
it's so hot here in December.
I'm used to snow, I remember!

'My hard work was soon rewarded -
it was noticed and recorded.
Offers came in for my trade
And glad was I for offers made!
So, I settled down - and this time
I bought a frock without the crime!'

Mary Murray

Book sale to benefit the women of the Bega Valley Shire

Hundreds of books will be on sale in the Cobargo School of Arts on Saturday 5 and Sunday 6 March, all proceeds going to the Women's Resource Centre in Bega. In part, the event is to mark International Women's Day; it is also to acknowledge the two women whose libraries are being offered for sale. The families of the late Senator Susan Ryan and the late Mrs Neilma Gantner of Bermagui have donated the books. The collections cover almost every category you can imagine, many signed by the author.

Come along and celebrate the lives of these two outstanding women and be part of an important fund raiser that will benefit all women in the Bega Valley.

Saturday 5 March, 10.00 am till 4.00 pm. Official opening by Councillor Helen O'Neil at 11.00 am.

Sunday 6 March, 10.00 am till 4.00 pm

Heather O'Connor



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Introducing Dr Michael Holland

The State electorate of Bega has a new member, Dr Michael Holland, who stood for the ALP in a seat that has always returned a conservative member. *The Triangle* sent the following questions to Dr Holland to introduce our readers to their new representative.

1. What made you decide to stand at the recent by-election for the state seat of Bega and why the ALP?

I have cared for a generation of women and their families since moving to the Bega electorate 19 years ago.

I have seen the inequality of health services experienced by rural communities. It became increasingly evident that as a single medical practitioner I could not achieve further improvement in health services. It was also evident that our community also needs action on the social determinants of health including secure housing, good education, full employment and an environment protected for future generations. Therefore, I believe that politically the platforms and policies of NSW Labor align with my beliefs and will achieve these goals.

2. How has your personal life and professional history shaped your values?

Personally, that's a long story. I grew up exposed to alcohol abuse and domestic violence. My parents divorced when I was twelve which was a big thing in the late 60s and early 70s and there was a time of housing insecurity. I was fortunate to have family support and a good education. I am forever grateful for my tertiary education that was free in the Whitlam era. I have personal and family experience with mental health problems and I witness the perinatal mental health problems of our families on the South Coast.



Women's health has been my profession for nearly forty years. So, professionally and personally, lived experience has motivated me to work towards improvements in our society.

3. How will you engage with and represent your constituents, including those who didn't vote for you?

I will work for the best outcomes for the whole Bega electorate. Only a small percentage makes a difference in electoral outcomes but when you speak to people in the street, they want the same things regardless of their politics. I'm a person who is not by nature adversarial, but I stubbornly hold my ground on important issues. I accept that it can be a long game until we achieve a result. As a local rural MP, I will be transparent, responsive and look at consensus in solving local problems.

4. What do you see as the three most important issues for the Bega electorate?

Health, housing and recovery from our natural disasters are the highest priorities. They are linked by the need for housing for those who have lost homes, for health workers and workers in small business. Once you have housing you can get a job, get an education and look after your health.

5. Is there anything else you'd like to say?

'Happy families are all alike; every unhappy family is unhappy in its own way.' Leo Tolstoy. Our communities have common problems and individual problems. They will have common solutions and individual solutions. The Triangle is a special area in the Bega electorate and I hope to represent the area well. I have already met many capable and resourceful people who know some of the solutions.

Angela Marshall

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Triangle Owner Builders supporting each other

‘Offer what you can. Ask for what you need.’

On a humid Wednesday evening on 16 February, over thirty of us attended the first Triangle Owner Builders (TOB) meeting at the Quaama School of Arts. Some of us were beginning our owner builder journey; some of us were halfway through our build, while others were contemplating owner building in response to the shortage and prohibitive cost of housing in our district. With the help of facilitators, Hilly (David Hilhorst) and Von (Von Hutch), and Erin Evans notetaking, we started to identify our owner builder needs matching them with the skills, experience, knowledge and resources within our group and greater community.

This was the first of a series of planned get togethers that we will advertise in community email lists and on socials. We are also setting up a specific email group for Triangle Owner Builders to post their needs, solutions and offers.

For more information on the Triangle Owner Builders group please contact bowercecile@yahoo.com.au.

Many thanks to: Hilly and Von for their respectful facilitation; the community members who came to share their experience of being an owner builder; building a kit home or buying a relocatable home; the Quaama Renewal Centre who funded this first meeting; to Veronica Abbot who lovingly made us individual snack packs to keep us going during our discussion; and to Glenda Heino for supper; a tasty veggie curry, followed by her moist home-made butter cake.

Cecile Bower

NOTICE OF ANNUAL GENERAL MEETING

U3A BERMAGUI AND DISTRICT INC

The 11th Annual General Meeting of U3A Bermagui and District Inc will be held on Wednesday, 16 March, 2022 at 2.00 pm at the Bermagui Surf Life Saving Club.

The purpose of the AGM is to receive reports from the President, the Treasurer and Program Coordinator and to announce the committee members for the remainder of 2022.

It is important to have an accurate list of attendees so that you can be sent a Zoom link should the health situation change.

We hope you will join us for the meeting and stay for afternoon tea.

Elizabeth Johnson, U3A Secretary
Please RSVP to secretary@u3abermagui.com.au

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The last month of summer has served up some decent weather that has actually felt like summer. Testament to this is the ripening of tomatoes and prolific amounts of beans! February is also the time when the holidays are over and we all start to get back into gear. Our new Councillors are on the job, schools are back, committees and projects are firing up and history has been made with a new Labor State MP. As the end of the month draws near, COVID-19 restrictions are easing and some of the activities that we enjoy as a community are returning.

Small Business Ombudsman

The Australian Small Business and Family Enterprise Ombudsman Bruce Billson visited the south coast on 17 February. Business owners in Central Tilba had the opportunity to meet with him to give feedback about the 2019/20 bushfires. Mr Billson also met business owners at Bateman Bay, Mogo and Cobargo.

The end of an era

February saw the end of an era and the beginning of a new one with the retirement of Wendy Corfield from her role running the Dromedary Hotel. Wendy came back to The Drom to join Warren Hadfield in co-managing the pub for her nephew, Jeremy, and his partner Susan back in June 2018. Since then, the pub has gone from strength to strength under her leadership, winning a regional small business excellence award last year. Since Warren retired last June, Wendy has been both licensee and manager. In tribute to Wendy, Jeremy and Susan say, 'We could

never have imagined how successful the pub would be and this has been due in no small part to Wendy's passion and hard work over the last few years. Through the fires, through the COVID pandemic, she really looked out for and looked after The Drom. We're hugely grateful to her. She really loves this pub and Tilba – so we don't think she will be a stranger!'

Wendy was already well known at The Drom when she began there in 2018 having worked with Warren at The Drom from 2006 to 2012. Wendy says, 'I loved it and looked after it as if it was my own, even though it was hard work. I loved all the people and have so many good

memories. I was there on my own during the 2009 and 2019/20 fires and had so much support from the fire brigade and everyone. I have no regrets and it was the hardest thing to leave.'

Jeremy and Susan closed the pub completely on 10 February to get the whole Drom team together in appreciation for all their hard work over the summer. It provided the opportunity to farewell Wendy and acknowledge Warren's contribution until his retirement in June.

The management of the Dromedary Hotel stays 'in the family' with Wendy's son-in-law Rex now at the helm as Manager.



Warren and Wendy at The Drom



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Need a car for a day or two?

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Central Tilba School in full swing

As usual lots going on at this active school – four weeks into first semester, new students have settled in and everyone is working constructively with return to school requirements. The recent combined Tilba and Bodalla Swimming Carnival was a great success with excellent team spirit, enthusiasm and participation. Students who received a first or second in their event went on to participate at the Eurobodalla District Swimming Carnival at Narooma on 23 February.

The Questacon Science Circus visited the school in mid-February. Their fun approach to learning important science fundamentals about fluids, gases, solids, air pressure and flight had everyone engaged and entertained.

Kindergarten, Years 1 and 2 have been learning about patterns. Adding another dimension, Years 1 and 2 have been learning to count in twos, fives and tens using legs and toes!

And the crazy carrots from the Kitchen Garden won second prize at the Cobargo Show!



Years 1 and 2 counting in twos, fives and tens



Tilba and Bodalla combined Swimming Carnival

CTSOAT (Halls Trust) are holding a Fund Raiser in the form of a Curry Night

Come along and join the fun!

Grab a takeaway (when everything else is shut on a Monday night) or come and dine with your neighbours and friends in our beautiful community halls, whilst enjoying a bit of long-overdue socialisation.

Plenty of tables, so room to socially distance!

When: Monday 14 March 2022

Time: 6.00 pm

Cost: \$15.00 per portion

(curry with rice, pappadums and yoghurt)

Varieties: Chicken, Beef and Vegetarian

**If you're eating in, BYO drinks and glasses –
we will have tables set up.**

CASH only please!

The funds raised by this event will go towards purchase of large portable mirrors/screens to support dance, yoga and other exercise classes, performances, exhibitions and musical events. Any questions about the current development of the halls using the grant awarded last year, please feel free to ask any of the Committee members or email tilbahalls@gmail.com.

Shuttle Bus Trial

Operating over the New Year weekend and the following two weekends, the bus carried 122 passengers over the six days it operated, with the Sundays of each weekend far exceeding Saturdays in terms of popularity. The first two weekends were much busier, with usage dropping off on the third weekend. Visitors were encouraged to park on the Tilba Oval with the aim of easing parking and congestion in Central Tilba – the bus did several loops each day.

Anecdotally, it was much more noticeably busy in Central Tilba between Christmas and the weekend of 7-8 January.

Key discoveries from the trial are:

- that the bus would probably have been better utilised if it had been operating on consecutive days through that period instead of weekends only;
- with the signage still in place cars parked at the Tilba Oval throughout the trial period;
- the shuttle bus usage didn't convert to high uptake although it had been extensively promoted through various online forums;
- the overall feedback is positive although specific feedback from businesses is yet to be documented; and
- the trial provided useful parking and bus transfer information that can be used for the Tilba Easter Festival.

The Tilba Chamber would like to thank Eurobodalla Council for their support in enabling this trial and Graham and Ann from Symons Buses in Narooma and their lovely driver Graham for his cheery service. Thanks to Chamber members Kathryn from Mountain View Farm, Carrie from Tilba Coastal Retreat and Claire from the General Store for their logistical assistance and Jo from the Tilba Sweet Spot for her massive help with the signage.

Susan Gray, TDCC

Tilba Easter Festival update

Planning for the Festival is going well. Kristy Randall has kindly also offered to coordinate volunteers and we are still looking for more volunteers. If anyone would like to offer their services on the day, even for a few hours, their support is welcome. They will get a lunch voucher, a volunteer T-shirt, souvenir water bottle and, of course, free entry to the Festival! They can email festival@visittilba.com.au or call Susan on 0435 956 777 and we will pass on their details to Kristy.

The music programme is now full and there are only a few spaces left for food and stalls. Last year's feedback was for more food variety and this year we think we've managed to achieve even more choice. Michelle from Tilba Treehouse has done a great job pulling together a great mix of stallholders.

We've got some great kids' entertainment planned but if there are any others out there who are interested in joining us, we'd like to hear from them or have your recommendations.

There will be an opening ceremony again, as last year, kicking off at 9.00 am. Buses will start running from the Tilba Oval from around 8.30 am onwards.

This year we will again be distributing two free adult tickets to every PO Box holder in Tilba Tilba and Central Tilba. While we don't anticipate any COVID impact by April, if the Festival is cancelled, tickets will be refunded. We urge everyone who is planning to come to go ahead and purchase their tickets now; adults are \$15 and kids under 16 are free.

For updates on the programme, opening ceremony, music and games schedule, follow the Visit Tilba and Tilba Festival Facebook and Instagram accounts. Tickets can be purchased at visittilba.com.au/tilba

Susan Gray, President, TDCC



The Tilba Easter Festival

Tilba CWA News

Tilba CWA's first meeting for 2022 was in early February with members celebrating a special birthday for Jenny Burnett. And, yes, there were cake and flowers. President Teresa Stubbings led discussions on our planned participation in the Tilba Festival on Easter Saturday. Our volunteers' grant means that this year we will have a square for electronic payments and a new popcorn machine. Another meeting will be scheduled to continue planning for our Spring Garden Party at Mountain View Farm in Tilba Tilba on Saturday 10 September.

This year Jenny Burnett will be coordinating Tilba CWA's return to the Tilba Market. With tourists expected from the ACT for the Canberra long weekend, we will have a table at the Market on 12 March with homemade baked goods, plus CWA cookbooks and tea towels. Annette Kennewell delivered orange butter cakes to the students at Central Tilba Public School to encourage their participation in the CWA Land Cookery competition this month. Vicky Staddon our Handicraft Officer is busy sourcing craft resources and developing craft activities for the women at Umbarra Cultural Centre.

Tilba CWA's fundraising has continued through the COVID summer holidays, with recyclable drink bottles from The Drom and Sweetwater. Tilba CWA thanks Susan and Jeremy of The Dromedary Hotel and Chris of Sweetwater for their continuing donations.

Following our February meeting members stayed to enjoy a delicious lunch and social catch up at The Drom. Tilba CWA's meetings are held on the second Thursday of the month, with our next meeting on 10 March from 10.30 am in the Barn at The Drom. All local women welcome to attend.

Annette Kennewell



Celebrating Jenny Burnett's special birthday

Tilba District Strategic Plan Update

To hear the outcomes of the strategic plan project, the Strategic Plan Steering Committee invite you to attend an informative community forum.

When: 21 March, 2022

Where: Central Tilba, Big Hall

Time: 5.00-6.30 pm

Refreshments will be served

Limited spaces so please email Carrie to RSVP on projects@visittilba.com.au

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New environmental volunteers' group in the Tilba District

The Tilba Environment Landcarers (TEL) and the National Parks and Wildlife Service (NPWS) have teamed up to form a new environmental volunteers' group to clear invasive plant species from Corunna Point in the Eurobodalla National Park. TEL chair, Geoff Pryor, said, 'The remit for the NPWS is to care for national parks. Helping NPWS in this project is a significant way for TEL to achieve its goal of caring for our Tilba district environment. It also helps protect and preserve the important indigenous and settler history on Corunna Point, particularly the historic cycling velodrome.'

Despite the COVID-19 challenges, TEL Vice President and Secretary, Mark Stubbings, approached NPWS about developing a joint TEL/NPWS volunteer group. The first volunteers' group of twelve people began work on Wednesday 9 February at the Corunna Lake National Park entrance. Two specialist contractors representing the NPWS provided a highly professional guided tour identifying general local environmental issues in the park as well as highlighting many weeds and their negative impacts.

TEL has also promoted this initiative in Mystery Bay and several residents have expressed an interest in participating in this project. This first field effort was splendidly rounded out by an impromptu and generous morning tea provided by nearby residents Craig and Jo, after Craig

joined us for the morning activities. While enjoying these refreshments, discussions took place about developing a plan of action to prioritise weeds such as lantana, thistle and blackberry and, over time, identifying areas where appropriate replanting might take place.

Concerns about weeds is a long-standing TEL issue. The focus has been on fireweed that remains a subject of ongoing concern. The range of weeds observed during our visit on 9 February showed the extent of invasion by inappropriate

plants. 'If we really care for our local environment, we need to monitor and act on such infestations,' Geoff said.

TEL will meet again on Monday 28 February to discuss this project and other projects that TEL has on the go. Local residents are welcome to participate in all TEL projects and become members.

For further enquiries contact Geoff Pryor, 0428 930 196, or Mark Stubbings, 0414 223 925.

Geoff Pryor



NPWS specialist James Cook with volunteers at Corunna

Tilba District Chamber of Commerce news

The Chamber is set for a full year representing and advocating for the Tilba District, its businesses and residents. This includes working closely with Eurobodalla Shire Council, seeking and responding to funding opportunities and continually finding ways to maintain and improve our community amenity.

Road safety is a particular issue with ongoing discussions with Council to understand safety options at the Corkhill Drive/Bate Street intersection following the removal of the road mirror. The community has also raised concerns about traffic speeds on the downhill approach to Central Tilba with the Chamber investigating the installation of a radar speed monitor.

Council has advised that works to replace the Tilba Tilba bridge near Foxglove Gardens will close Corkhill Drive for approximately two months. The proposed plan is to commence work on 26 April through to 1 July. Council is seeking feedback on this plan from the Tilba community and the Chamber will notify residents directly by mail to encourage feedback.

Prompted by some challenges around the footpath directly in front of the halls, the Chamber will write to Council requesting the inclusion of upgrades to all the Bate Street footpaths in the Pathways strategy, which underpins their capital works programme.

With the successful application for a Small Business Month grant from NSW Government Small Business Commissioner the Chamber has engaged Evolve Communities – reconciliation, allyship, and cultural awareness training specialists – to run a dedicated cultural awareness workshop for member businesses. Intended as an education and understanding session, this will either be an in-person session in the Halls or an online workshop to 'promote Indigenous ways of thinking that can be drawn upon and applied to any situation and introduce people to Indigenous ways of doing business, making deep and meaningful connections.' Planned for late March or early April, members will be advised once details have been finalised.

The Chamber distributes funds from the Tilba Festival each year in support of local organisations. Tilba CWA has been awarded \$1000 towards their NSW CWA Centenary celebration at Mountain View Farm in September.

The Chamber also welcomes and thanks Jo Major from Tilba Sweet Spot as a new Committee Member and Kristy Randall who, as an Associate Member, will assist Secretary Claire Leonard with secretarial responsibilities.

*Susan Gray
President, TDCC*

Cobargo Show for Beginners

This was my first time at the Cobargo Show. It was like stepping into another world.

The first things that assaults you as you enter, is the smell of cattle and fried potatoes, but that soon dissipates ... or you get used to it. The next thing is everyone is in boots, jeans and hats. It is quite another world.

First, we were attracted to the noise of multiple chainsaws. The women were hard at it, sawing and splitting these enormous logs into six or so neat lengths. I was amazed at how proficient and capable they all looked in charge of those machines. They all got together to help the last ones finish up. A nice, friendly touch.

We saw some very elegant horses jump over the barriers with ease; and then it was the paired horses who had to separate

the cattle and get them through a gate in the correct order. All the riders were young and very capable. The audience was largely family and friends and all the riders were loudly cheered on, coached and applauded for their efforts.

The pavilion held an array of artwork, knitted items, cakes, jams, all sorts of weird and wonderful veggies, and a prize even went to the longest kikuyu runner. I think I could go in that section next year. It was great to see value still being given to the art of presenting things beautifully and a nod to the days when a perfect scone was a thing to admire.

That brings me to the edible food café hosted by the Cobargo P&C. Yes, the scones were very nice, but you could also have a roast and veg, which looked pretty good too for just a few dollars more. Local musicians outside, although sometimes overpowered by the chainsaws, put in a good performance.

The poultry section, although small, was a popular spot for many of the hen or duck owners. These young people were proudly showing off their own birds, handling them confidently and happy to tell us all about them. Scratch mix prizes were obviously the best thing to win.

Next it was back to the chainsaws – men this time. The pressure was on –

competing against each other, the milling machine and the clock. A cheer went up for the winner and again as each finished.

The Cobargo Show really had that wholesome country feel of friendship and camaraderie. The setting of rolling green hills is stunning. There were some amusements for the kids in side-show alley and food stalls to try. The events were varied and interesting – everyone seemed to know innately what was going on and just enjoyed the events either as spectators or competitors. It was great to be part of it and experience that welcoming country atmosphere.

Debbie Worgan

Photos left to right

Daniel Allen supported Harley Salway
in the paddy ride

Get set and fire up those lawnmowers!

Admiring a winning poultry entrant

The heifer ride

Chainsawing women



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The Men's Table is a non-profit organisation that creates a unique environment for men to connect and talk openly each month about their challenges and feelings without judgement.

We are starting a second group in the Triangle area, with an Entree planned for early April. Full details will be available soon.

Check out our website to find out what we do and if it is right for you.



THE MEN'S TABLE
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We don't just
talk about stuff
footy and shit

COBARGO SHOW



See Cobargo Show article on page 1

Photos left to right

Chainsawing women

In full flight

Chainsawing men

Waiting for the show judge

Cobargo Crowds

Almost through

Side Show Alley

Cobargo Community Energy Project



Glen Morrison from the Cobargo RSL and Linda Sang from the Cobargo School of Arts Hall with members of the Cobargo and District Energy Transition Team
From L-R: Don Green, Alan Clark, Jan Rivers, Matt Godfrey, Stephen Jones, Frank Muller, Luke Jewell, Zena Armstrong, Bill Southwood, Debra Summer, Glen Morrison, Linda Sang and Alex Boulgakov Photo thanks to Louise Brown

Cobargo will have four new extreme weather community refuges thanks to a Black Summer bushfire grant obtained by the Cobargo and District Energy Transition (CaDET) team, in partnership with four other Cobargo community groups.

CaDET has partnered with the committees of the Cobargo School of Arts Hall, the Cobargo Rural Fire Brigade, the Cobargo Returned Services League and the Cobargo Co-op, and with renewable energy consultants, ITP Renewables, to deliver the Cobargo Community Energy Project.

The \$814,000 grant will equip the School of Arts Hall, Co-op, RFS shed and RSL Hall to operate as extreme weather refuges with back-up, state-of-the-art solar and battery systems. The buildings will also be fitted with reverse cycle air-conditioners and equipped to connect diesel gensets (but these are outside the scope of this project).

The grant will also fund a new full-time position for a Community Energy Coordinator to implement a targeted community energy program to help individuals and groups across the Cobargo region improve their energy resilience and energy efficiency. This position will be advertised.

The refuges will be family-friendly, safe and accessible during extreme weather events, particularly extended heat waves and extreme storms. Importantly, the creation of these hubs will help our

ongoing bushfire recovery by addressing concerns about the readiness of our community to manage future extreme weather events. These concerns have been identified as ongoing and significant post-bushfire stressors.

CaDET President, Zena Armstrong, said that some bushfire-affected families are now heading into their third year of living in caravans and temporary accommodation that are not weatherproof and are vulnerable to extremes of temperature and weather.

‘We saw what happened during the Canadian “heat bubble” last year, when people died of extreme and prolonged high temperatures because there was no respite.

‘We don’t have air-conditioned shopping centres in the north of the shire, so we are creating these cool refuges. Clearly it would be better if funding was made available directly to bushfire-affected individuals to rebuild their homes but, in the absence of this type of funding, we are doing what we can as a community to provide a safety net.’

CaDET, a community-based organisation, was formed to find solutions for the disastrous power outages caused by the 2019/2020 bushfires, to look at a more sustainable and affordable energy supply for Cobargo and the surrounding region and to help people improve the energy efficiency of their homes.

CaDET is grateful for the seed funding

we have received from the Cobargo Community Bushfire Recovery Fund and the NSW Department of Planning and Environment to support the development of these projects.

Save the date: There will be a community meeting on CaDET’s work on the microgrid. This will be held via Zoom on Saturday 5 March – see ad for details on the following page.

*Zena Armstrong, President
Cobargo and District
Energy Transition team*



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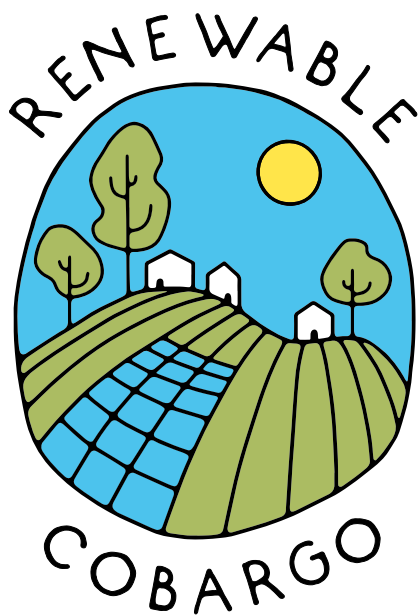
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What would be possible if we all came together to design an energy future for Cobargo and the surrounding region?



The 2019-2020 bushfires once again revealed the vulnerability of our national energy grid. The destruction of poles and wires in these fires led to prolonged grid failure, which disrupted every aspect of our daily lives.

We are a community group working to improve the energy resiliency of the Cobargo region and to assist the transition to clean, local electricity generation. Our first major goal is to develop a plan for a community microgrid in Cobargo, which will provide more resilient power for the town and surrounding areas in the event of a significant grid outage and help reduce emissions at the same time.

We will be holding a community meeting to introduce the microgrid project, discuss why it is important for Cobargo and get the community's feedback



MEETING : Zoom
DATE : Saturday 5th March, 2:30pm
REGISTER : Use the QR code, or go to our website

www.renewablecobargo.com

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Accountants & Business Strategists <i>Get more from your business</i> With our "7 Levers" tool & 1Plan App More profit, more money out, more cash Oh, and we do tax returns too (CA & Tax Agents) Call now to find out how we can help your business Ph: 0409 40 20 70 E: john@sowgrowreap.com.au	Building Services Building / Carpentry / Joinery New homes/extensions/alterations decks/roofing/kitchens/stairs/sheds or owner builder assist Phone Jake Smith 0409 991 929 Lic. No. 205250c	Electrician Smedley Electrical Services All electrical work guaranteed. Level 2 Authorisation - underground/ overhead mains connections and solar installations Lic. no. 95937C. Phone Jeff 0414 425 571
Accounting Services Pandanus Accounting <i>A Chartered Accounting firm</i> High quality taxation and accounting services 3/26 Bunga St, Bermagui Mon - Fri 10am - 5pm Phone: 0488 910 456 Email: info@pandanusaccounting.com.au	Carpentry SAPPHIRE COAST CARPENTRY CREATIONS Contact Tony: 0434 835 036 tony@carpentry-creations.com.au LIC NO: 338404C	Excavations Bermagui Excavations 4.5t excavator - 8t tipping truck - bobcat bucket - augers - rock hammer and roller general earthworks, site prep, footings & pier holes trenching, clearing, drainage, material delivery Neville 0428 948 589 Dylan 0481 311 007
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Pest Control DK Pest Control Lic No: 1938 Ants, spiders, fleas, cockroaches, rodents Termite Specialist/Inspections Seniors Card Discount David Ing 4473 7201 or 0407 337 937	Tree Removal DIVERSE TREE SERVICES Tree Removal, Tree Trimming, Land Clearing Fully Qualified & Insured Riley: 0432 663 517	Yoga Bikram Yoga Sapphire Coast Classes 6 days a week Regular yoga retreats Ring Amrei on 0416 092 225 www.bikramyogasapphirecoast.com.au

Australia Day in Cobargo 2022

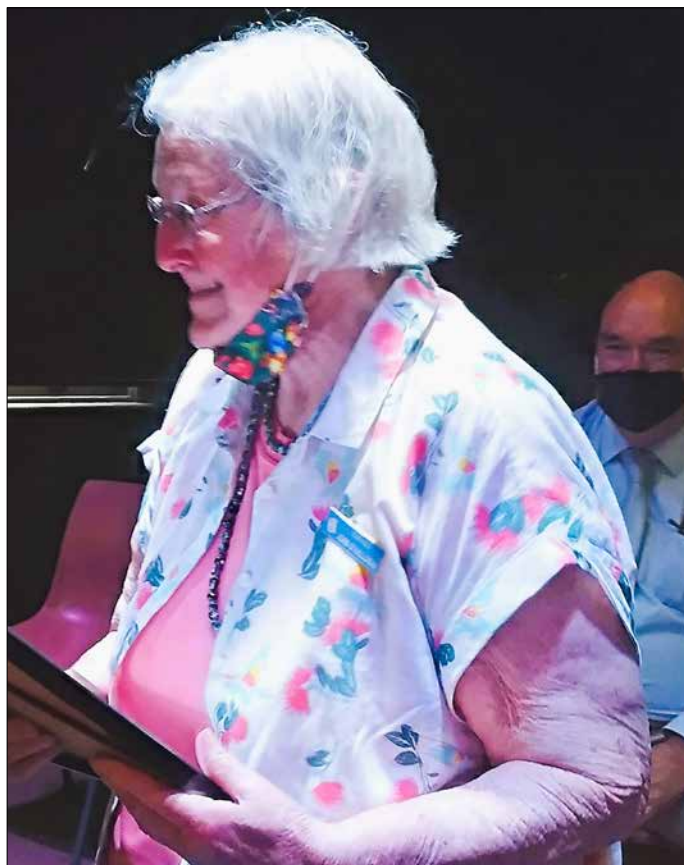
What a different story to previous years as, because of COVID restrictions we were unable to follow the time-honoured tradition of 'bring-a-plate'. But no one went hungry. The wonderful Scouts cooked the sausages (donated by a generous person) and made up the sandwiches (with the bread and sauce courtesy of a donation from Woolies). We all missed the wonderful spread to which we have become so accustomed, so let's hope that next year we can have the usual array of goodies and the time to meet and chat.

Ann Holub, President of Cobargo CWA welcomed everyone and recognised the original custodians of the land. The school captains from Cobargo and Quaama spoke very well, reminding us how fortunate we are to have such great young people living amongst us. They spoke with such confidence and conviction that it gave us all hope for the future in their safe hands!

Stephanie Stanhope, President of CWA of NSW and a local from Bemboka was our guest speaker. She spoke of the contribution of CWA to the fabric of life in regional, remote and rural Australia over the past 100 years and Cobargo Branch's upcoming 80th birthday. Cobargo CWA has always been part of this community, quietly contributing and doing what they can to improve life for country people.

The Mayor of Bega Valley Shire Council spoke about the four people from Cobargo who had been recognised in the Bega Valley Awards ceremony that morning, namely, Dave Allen, Greg Holland, Ron Cole and Will Mead. The enormous contribution by these four was indeed deserving of recognition. Congratulations!

Then came the announcement of the Cobargo Citizen of the Year for 2022. Mary Williams from Cobargo CWA read the citation and pointed out that there were no less than nine nominations this year. Nine people – all of whom had done their best for this community. But there was one nomination that stood out – someone who has devoted years of quiet service to this community as well as support to others further away. She has been the go-to person for 'Wrap with Love' which provides blankets for people anywhere in the world. Knowing that these blankets bring comfort and warmth to victims of war, floods, fires and other disasters, has kept Joan O'Halloran knitting, crocheting and gathering supplies from other volunteers for many, many years. Yes, Joan is an active member of Cobargo CWA, in fact she is the patron of the branch. She is known for her work in preparing the Catholic Church for all events and has always worked behind the



Joan O'Halloran - Cobargo Citizen of the Year 2022

scenes on Australia Day and other CWA events. She also works in the Information Centre and has, until COVID interfered, visited the sick in hospital and nursing homes and cooked for Blaze Aid among others.

Joan took the opportunity to promote her cause of 'Wrap with Love' by asking for donations of wool and/or squares! A passionate advocate, I am sure she will receive many donations.

Next year, let us hope we can celebrate in true Cobargo style. Meanwhile keep your ears and eyes open for news of Cobargo CWA's 80th Birthday Celebrations in July which will include an OP SHOP BALL! Details to follow but I hear there will be live music, and fun for all, with outfits purchased only from the Op Shop! Sounds just like Cobargo, doesn't it?

Mary Williams

Cobargo Community Garden (CCG) – Grow Food, Share Knowledge

Cobargo Community Garden members will soon have free access to start off their winter vegie seedlings in our new seedling house that will be ready by mid-March.

With the imminent arrival of our pizza oven, we need to pour a concrete base. This is an excellent opportunity to run a concreting workshop. We're aiming to run this workshop in late March/early April. Also in the planning stage is a master class in market gardening. For more info on these activities contact Monica Considine on monica.considine@gmail.com.

In the meantime, we continue our weekly working bees on Mondays 10.00 am – 1.00 pm. 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.

Come along to work or just drop in for a cuppa and chat.

Cheers from the CCG working group who hope to see you soon,

Harry, Monica, Margaret, Stephen,
Cornelia and Cecile



Cobargo public toilets rise from the fires – at last
Photo credit: Louise Brown

Rebuild Cobargo Community Consultation – 19 March 2022

We have listened to you and hopefully, with COVID abating, the next Community Consultation for the REBUILD COBARGO project will be a face-to-face, COVID-safe, interactive event held at the Cobargo School of Arts Hall from 2.00 pm to 4.00 pm on Saturday 19 March 2022.

There will be further updates on where the project is up to, an introduction to the key people involved in the project (including the architects) and an opportunity for a Q and A with a representative panel. Invitations have also been sent to our Federal and State MPs and our elected Council representatives.

This is a golden opportunity for community members to have direct input as we move from concept design and planning to detailed design planning leading to lodging the DA with Council.

For community members who are unable to attend on the day, a video of the consultation will be on our website at ccdc.org.au.

A lot has happened since our last *Triangle* article. A planning workshop was held on 19 January with the Cobargo Community Development Corporation (CCDC) Limited Board, the Project Management team and the architects.

On 8 February, CCDC representatives participated in a community meeting with Dr Michael Holland, NSW Opposition Leader Chris Minns, and Penny Sharpe, the NSW Shadow Minister for the Environment. The meeting was a great opportunity to brief Dr Holland on a range of community activities and projects, including the REBUILD COBARGO project.

Dunn & Hillam Architects have been formally appointed as the project's lead architectural and design firm. They have significant expertise in designing infrastructure for community projects and will work collaboratively with the Illawarra-based TAKT Architects. For more information visit their website at dunnhillam.com.au.

If you have any specific questions of Dunn & Hillam they will be on the panel for the Q and A session at the Consultation on Saturday 19 March.

As indicated in our last *Triangle* update, Tracey Brunstrom and Hammond Project Management have been officially appointed as the project management firm.

The CCDC is now in the final stages of the purchase of the main street commercial blocks as agreed with property owners.

The website has been significantly updated with existing volunteer help, but we will soon have a specialist web and social media volunteer on board to help take us to the next level.

You may also have seen our REBUILD COBARGO postcard in businesses around town. It has a QR code that will take you directly to the CCDC website when you scan it with your phone or other device.

Steve Williams will be making himself available before the consultation on 19 March at Well Thumbed Books to meet with community members who may have specific questions that haven't been answered by the information on our website. Sessions will be on the 8, 9 and 17 March from 2.00 – 3.00 pm.

Keep an eye on *The Triangle* for CCDC updates.

*Jess Evans and Steve Williams
Community Representative Directors*

Cobargo and District Pony Club

Cobargo and District Pony Club is excited to start a new year!

After an up-and-down year negotiating COVID regulations and ironing out the paperwork side of things, the club is now ready to move forward with plenty of riding and enjoyment to come.

We're a club run by local volunteers who love horses and want to teach and encourage our younger generation about horsemanship, care of and respect for these fun and beautiful creatures. Our team consists of some very talented horsewomen and some very keen mums!

Rally Days –

Where: Cobargo Showground – lower, southern shed.

When: First Sunday of every month.

Time: 9 am until around 3 pm.

BYO Morning tea, gold-coin-donation sausage sizzle lunch.

For more details about Cobargo Pony Club, email cobargoponyclub@gmail.com or find us on Facebook @cobargoponyclub where we will post updates and information about up-coming events.

Trisha Olsen

Cobargo Youth Events – for youth, by youth

'19 March, 2022 will see the first of three planned youth events to be held during the year at the Cobargo Skate Park,' Tania Lingard, chair of Cobargo Green Recovery Inc, announced today.

'Funding was received from the Bushfire Community Recovery and Resilience Fund (BCRRF) in June 2021 for youth in the Triangle area – Brogo to Tilba – and planning for the first event began. Our youth-based committee met weekly to plan the activities for an October 2021 event, but we were stymied by COVID restrictions and had to postpone until March this year.'

Mrs Lingard went on, 'Late last year we decided to appoint an event manager and Dave Crowden came on board. We have now appointed two Junior Event Managers, Jacinta Boyle and Jacinta-Maree Carr. These two young women

will gain invaluable experience working with Dave, who has extensive experience throughout the Shire in managing events.'

The Triangle Youth Event 1 will be a day of music, creative activities, tree-planting, food and, most importantly, fun. Grow the Music will run an open mike for young talent to perform and local band, Roux, will take to the stage during the afternoon.

Entry and activities are free with food and drink subsidised for the attending young people. Also, there will be a bus running from Brogo and Tilba to transport Triangle youth to Cobargo.

Further details from Facebook Cobargo Green Recovery and [triangle_youth_events](https://www.facebook.com/triangle_youth_events) on Instagram.

Tania Lingard



Jacinta Boyle and Jacinta-Maree Carr.

Bermagui Banter

Georgina Adamson

This month I am writing Bermagui Banter from 'out west' – Barellan, home of the giant tennis racquet, the place where Yvonne Goolagong was raised and honed her tennis skills. Barellan is in the heart of the Riverina, sheep and grain country, where the average farm is 3,000 acres and, just 45 ks down the road, is the rich agricultural area of Griffith. A very different landscape from the coast. I am here as matriarch of my family at my grand-nephew's 21st (and, incidentally, to produce the celebratory cake) and to satisfy my desire for a road trip to see a bit more of the country. I have driven from the sparkling Sapphire Coast; up and down mountains where I witnessed the terrible

devastation, not just from bushfires, but man-made with logging removing all vegetation as far as the eye can see; across the undulating High Plains of the Monaro; and, finally, through the vast, flat farmland of the Riverina. An amazing small cross-section of a corner of Australia. It has been a great drive and refreshing to experience such varied landscapes. But I have been keeping a tab on news from Bermagui and offer up some reports of past and planned happenings and events around Bermagui. January was a busy month and provided both sunshine and rain for locals and visitors. The Blue Water Classic was held in January and the town filled with

boats and conditions were pretty good to keep everyone happy. The Annual Dog Show was held, as usual bringing a rainy weekend, which didn't dampen the enthusiasm of dog lovers. Following are reports of both of these events. March is time for SCULPTURE Bermagui, an event that has firmly established itself on the calendar and just gets bigger and better. April is Four Winds Festival, another major event for the town. It is fortunate that both these events are largely held outdoors, making them suitable for the new way of life we adhere to. The Murrah Hall is stirring its stumps and plans are afoot for more music and a great 'Revival' musical event later in March.

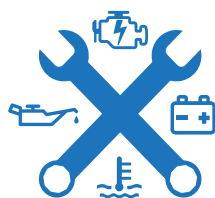


Best in Show, Australian Shepherd

Bermagui Emergency Guide update

Due to COVID restrictions as well as amendments and additions that were required to be made, distribution of the Bermagui Emergency Guide has been further delayed. It is now planned to commence delivery at the end of April when school returns from the Easter holiday break. If you would like to assist in the distribution process in your street or around your area, please contact Christine at Bermagui Visitor Information Centre, preferably by email vic@bermaguichamber.org.au

*Bermagui Area Chamber of
Commerce & Tourism Inc*



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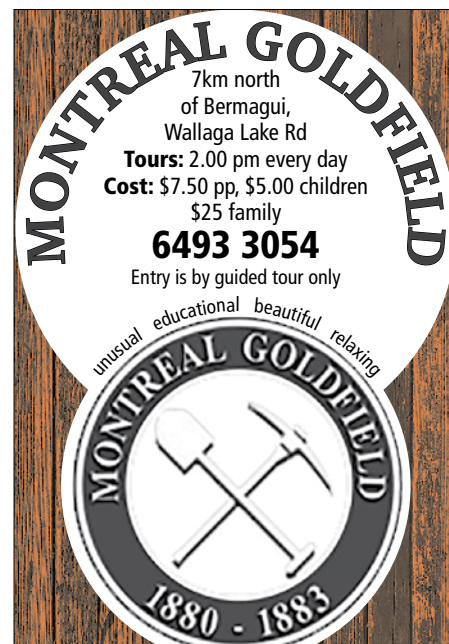


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Bermagui Big Game Anglers Club 86th Bluewater Classic January 2022

The winds dropped, the sun shone and the fish arrived.

What a great three days we had for our BWC.

Congratulations to all our winners.

We welcomed many old faces and lots of new ones.

Everyone arrived ready to have a good time fishing and catching up with friends.

Words from Ron De La Mare President Bermagui Big Game Anglers Club (BBGAC)

And how true were those words.

BBGAC has a rich history and as one of the oldest (if not the oldest) game fishing club in Australia held its eighty-sixth Blue

Water Classic over January 22-24.

2022 brought another wonderful weekend for Bermagui – 66 boats and over 250 anglers (plus many more family and friends) came together for three glorious days of blue water fishing.

During the tournament, two marlins were weighed and over eighty marlin and several other game fish species were tagged and released.

Every year our tournament fills the town – the accommodation, the shops, cafés and restaurants – all filled with fishing people and holiday makers alike.

We hear the words – we will be back – and that tells us that this tournament is not just a January event but the draw of Bermagui and surrounds brings the entrants

back at other times during the year. Even with COVID restrictions our Presentation Dinner at Bermagui Country Club was at full capacity.

The south coast is blessed with spectacular fishing grounds so close to shore, enabling modest boats as well as large game boats to access the fishing grounds – game fishing for everyone – that is the backbone of Bermagui.

It was certainly a great event and BBGAC thank all their sponsors and the business owners of Bermagui and surrounds for looking after all our anglers during their stay.

Debra Evans

BBGAC, Secretary



The winning Tag and Release Team (over 7.1 m) – La Dolce Vita.

The Baking Buddies

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Bermagui Historical Society

It's been a quiet month for the Bermagui Museum with not many visitors, but things are picking up. This is a tremendous resource for the town so get down and visit, if you haven't visited already. You could even become a member, it's only \$10. Volunteers are always needed, and everyone is welcome. The museum is open Tuesday, Friday and Saturday 10.00 am-2.00 pm or by arrangement, at the Bermagui Community Centre. Website: www.bermaguihistoricalsociety.org.au and you can like us on Facebook: facebook.com/bermaguimuseum/BVSC has appointed a Museums Advisor. Greg Lissaman moved to the area with his family seven years ago and has been actively involved in the community since then: an active member of the Bermagui Public School P&C, President of the Bermagui Growers and Makers Market and co-founder of the Gourmet Coast Trail. As well as his involvement in local food production, Greg has experience as a Museums and Visitor Consultant and has now been appointed to the role as Museums Advisor. In Greg's words: 'The key focus of the role is to provide advice, contacts and information that assist museums to maintain and present collections, and enhance their sustainability as organisations ... I can provide advice regarding specific projects and funding opportunities. This work builds on the invaluable research and work completed by the previous advisor, Angela George.' Greg will be working across a wide range of museums and historical organisations in the BVS. Greg's contribution and enthusiasm will be invaluable to the local museum and the volunteers who care for it.

Bermagui Historical Society



A man and his sulky

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- 4.5t Excavator
- Tracked bobcat

- Hydraulic grab bucket
- Post hole augers
- Rock hammer ● Roller



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Bermagui Banter

Bermagui and District CWA

It was wonderful for the ladies of Bermagui branch to meet for a sandwich lunch and meeting in February although we missed some of our ladies who, understandably, are still being cautious about COVID.

This month's meeting will be held in the Corunna Street rooms at 1.00 pm on Friday 4 March, all welcome! Preparation is underway for the Land Cookery and Needlecraft competition day to be held at the Bermagui Country Club on Tuesday 8 March. This features baked goods and handicrafts sent in by CWA branches from Eden up to Batemans Bay. The display is open to the public from 1.00 pm after judging and is well worth a visit.

Bermagui branch has a craft morning every second Wednesday of the month and we have completed an extraordinary number of knitted items for charity. Here is an excerpt from a letter received from CWA Head Office that highlights our ladies' efforts: 'It does always seem like Christmas each time we unpack your boxes. Many of the large rugs and jumpers have been donated to families in crisis through a charity called "Sweethearts". Babywear, children's jumpers and smaller rugs have been donated to a charity called "Little Wings" that works with young families in need. More of the smaller rugs and knitwear have been packed in our Mother and Baby packs, of which twenty have been delivered to an organisation called "Reframe" that works in the Wollondilly and Wingecarribee areas. A further twenty-eight packs are ready for shipment to the South Pacific. Some children's hats and jumpers have been sent to Pakistan.'

What a summary of just some of the work completed by these talented women. If you are interested in joining this group, come along on Wednesday 9 March at 9.30 am.

Chris Richard-Preston

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Bega Valley Kennel and Obedience Club

2022 Annual All Breeds Championship Dog Show and Obedience Trials

The Bega Valley community was recently treated to four days of dog breed conformation showing and dog sports competition at the picturesque Dickinson Oval in Bermagui. More than 560 dogs with their handlers, who travelled to Bermagui from around Australia, competed for the coveted and highly sought-after prize of Best in Show and Obedience Titles. Very proudly, the best of the best were challenged, including some local dogs and their handlers. Many of our locals were winners – an outstanding achievement and testament to the Bega Valley Kennel and Obedience Club's commitment to the promotion of responsible pet ownership. Most importantly, the dogs enjoyed the events, had an active day out, socialised with other people and dogs, and they got to display their astonishing skills, all developed with regular positive reinforcement training.

Dogs from around Australia were exhibited in the Working Group, Sporting Group, Utility Group, Toy Group, Gundog Group, Hound Group and Non-sporting Group. The groups included breeds from Australia, Asia, Belgium, Scotland and England, France, North America, the Middle East and many more breeds, rare and not often seen in our country. The dogs are judged on how closely they conform to the recognised Australian National Kennel Club breed standards. Every dog has a chance and the winners progress through their classes from Best in Breed, Best in Group and culminating in Best in Show.

For the Obedience Competition, unlike the Breed Show, hundreds of dogs with their handlers were tested on how well they worked together in negotiating a course of varying challenges, including heeling, recall, retrieving, jumping, long stays and sits (mostly off lead and often at a distance and, sometimes, even out of sight, from the dog's handler) – all at the direction of a judge.

Later in the same week, the very popular Rally (Obedience) Competition took place. More than a hundred dogs competed in a different format to obedience trialing. Rally is a faster moving dog sport than traditional obedience and involves a series of stations, each with a different task to perform. It again tests the ability and willingness of the dog and handler working together.

Margaret Davies



Bermagui local, Lyndall Jenkins with Dotty, a Tenterfield Terrier, winning Best Puppy in Group



Bermagui local, Sian Hine, showing one of her Hungarian Vizslas



Dogs competing in the Obedience Trials

The Dog Show

Last weekend we travelled to Bermagui with Johnny Rose, our 2-year-old schnauzer, to catch up with our great friends who relocated to Bermagui many years ago. Little did we realise many dogs and their owners did something similar but maybe not to meet up with old friends for a relaxing weekend ... but maybe they did?

As we walked to town with Johnny Rose on Friday we were asked if we were in town for the dog show. Seriously? As much as we love him, did you have a good look at our dog?

After a few prompts, I decided we might just take a look at the dog show. Once Johnny Rose and I watched the early morning swimmers on Saturday morning, we ventured into the show and the show grounds. Never having been to such a show, I was a novice and prepared to talk to anyone and everyone to find out more!

Firstly, I bumped into Heather who just happened to be a dog behaviour specialist. She was waiting to show her beautiful Labradors and she noticed Johnny Rose. She engaged with him, we talked and she taught me (and the dog) so many new things! She made me practice and corrected my new learning. She modelled

good dog owner behaviour! As an aside, he's going very well (thanks Heather).

Amazed and a little overwhelmed, we moved into the show. I managed to locate the schnauzer area and began to engage with some amazing people who owned schnauzers. We learnt that Johnny Rose was possibly over weight (fat) and had some issues with grooming (he was a bit 'shaggy'). The willingness to share their knowledge was remarkable. We were most appreciative and enjoyed being around them. We came back the next day

to see little Jovi take out a few prizes. The dog owners we met were fully complimentary about the Bermagui people and the organisations that supported the show. They happily bought raffle tickets to support the community.

So, aside from connecting with great friends, we now have a broader understanding of what we need to do with our COVID baby. Johnny Rose is now on a diet; his hair will be cut and he continues on his behaviour management program. Thank you Bermagui Dog Show.

What a great trip to Bermagui! So ... when is the dog show on again?



Johnny Rose on the way to Bermagui

Janine Agzarian

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Natural Medicine for Type 2 Diabetes

Type 2 Diabetes (T2D) has associated health risks including cardiovascular disease, stroke, kidney disorders, nerve damage that can lead to blindness, muscle pain, autoimmune conditions, thyroid dysfunction, inflammatory arthritis, periodontal disease and depression.

Central obesity is associated with Metabolic Syndrome and the development of Type 2 Diabetes (90% of people with T2D are obese). A major cause of weight gain is excessive sugar consumption, sugar is converted into fat and stored in the abdominal area. Snacking on junk food such as chips can also contribute to excess calories and result in unwanted weight gain.

Weight reduction of 5-10% has shown to significantly improve blood glucose control, cholesterol and triglycerides, and to reduce blood pressure in people with T2D.

Diet and lifestyle modification can reduce the risk of Type 2 Diabetes by improving insulin sensitivity, correcting nutritional deficiencies and balancing energy input with energy output to maintain

long-term weight management.

Eating a wide variety of whole foods while reducing animal products, saturated fat and trans-fatty acids in the diet has shown to improve health outcomes for people with T2D.

Regular exercise has also been shown to make a significant difference in the management of Type 2 Diabetes because it assists blood sugar regulation, increases basal metabolic rate, muscle mass and bone mineral density, and it releases endorphins, the feel-good hormones, that improve mood.

An individual treatment plan with ongoing professional support is recommended for the successful management of Type 2 Diabetes. Naturopathic treatment incorporates diet and lifestyle advice, along with nutritional and herbal supplements that have been shown to reduce sugar cravings, assist weight management and improve insulin activity.

Kathy Stokes

Naturopath and Nutritionist



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Beautiful! And more to come from the hardy Quaama street trees.


Lovely to see the summer coming to a close. Despite our gardens becoming jungles and all the mowing we've had to do, it has been a relief to have a cool and wet season after all we've been through. I'm looking forward to autumn days and the first chill that lets us know that it's time to think about firewood.

Our crepe myrtle street trees have loved the season too and those that have had some TLC from Cobargo Street residents have grown enormously and are in flower. They are really starting to do their intended job of beautifying our village. They were planted before the drought, some were burned in the fires and some of them were mowed over by the Council's town team. Yet most bounced back and are still here. Impressive. I'm looking forward to watching them mature and provide us with both beauty and shade.

And, speaking of trees, the Quaama Park's new trees are growing well. The planting of them was perfectly timed ahead of the mild summer season. And the rest of the upgrade to the park will soon start to take shape. The Lions Club will be building a table and shelter this month so there will be more space for gatherings and barbecues. Later on, Council, in conjunction with the QPA, will be installing upgraded playground equipment. I'm looking forward to seeing the new facilities. I'm sure parents will be thrilled.

Wednesdays continue to be a drop-in day at the Quaama Renewal Centre at the Hall's supper room. Everyone is welcome to hang out, have a chat and a cuppa over a board game or craft and connect with other community members. Many of us have been denied the company of family and friends these last two years, so don't be glum! Come along and make new connections closer to home.

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



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WHAT'S ON

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Sunday the 6th	12:30	Two Dogs Plucking
Saturday the 12th	12:00	Solo West
Sunday the 13th	12:00	Stitch
Saturday the 19th	from 10:00am	
Day in the Valley (ticketed)		
Sunday the 20th	12:00	Moondog
Thursday the 24th	17:00	
Gordie Tentrees (ticketed)		
Saturday the 26th	12:00	Jazmaree & Kieran
Sunday the 27th	12:00	Jakob Poyner

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Captain Australia comes to Quaama



The Captain with the Quaama Fire Brigade



Captain Australia is supporting kids with cancer by walking from Brisbane to Melbourne. L-R: Josh Martin, Captain Australia, Adam Martin and Lily Mason



MONDAY - Burger Night \$20 inc House Drink & Kids eat half price

TUESDAY - Trivia at 7pm, Pizza Night \$20 inc house drink & kids eat half price

WEDNESDAY - Bingo 7pm, Steak Night \$20 inc House Drink

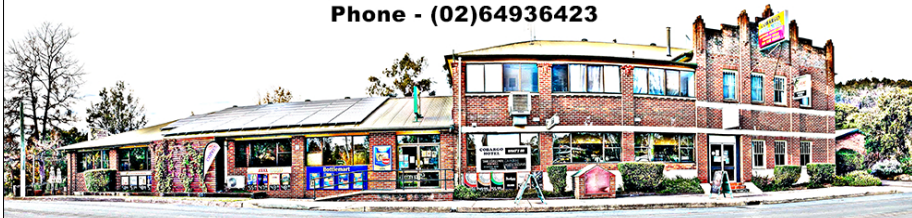
THURSDAY - Snitty Night \$20 inc House Drink

FRIDAY - RAFFLES 7pm, BADGE DRAW & \$5 Esky Drinks

SUNDAY - Parmi Night \$20 inc House Drink, HAPPY HOUR 6pm, JOKER DRAW
Live Entertainment from 5pm

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On Saturday, 19 February, Captain Australia walked through Quaama on his long journey from Brisbane to Melbourne to support the Kids' Cancer Project. He was greeted by friendly locals in the park with drinks and snacks. The Quaama Fire Brigade was there too with a donation to help kids with cancer. The Kids' Cancer Project is a registered Australian charity focusing on scientific outcomes that improve the survival of pediatric cancers looking at screening, prevention and better treatments aimed at elimination or cures.



THE KIDS' CANCER PROJECT

News from the Little School with a Big Heart



Kinder students are settling in well

Welcome to the 2022 school year. It has been a great start by all students and staff who have settled straight back into their routines at Quaama Public School. Students are thoroughly enjoying playing with their friends, new and old.

Welcome to our new families who have joined us over the new year. We hope you enjoy your time at Quaama PS.

We have such great role models for the Kindergarten students who have started school this year. They have fitted into the whole school expectations each day in the playground and classroom.

Miss Harding had a very late call up to take a position in Tumut. We are so grateful for her contributions to Quaama PS over the last two years. We are very fortunate to have been able to fill her vacancy temporarily from within our own staff to minimise the potential disruption. Our orchard has become overgrown during the holiday period with all the rain that we have been getting over the summer. The students have had a wonderful time looking for fresh fruit and veggies to eat.

Daniel Roe, Principal



Thank you and good luck to Sarah Harding in her new role in Tumut



Matika, Harper, Django and Tommy are our school captains this year



Students enjoy berry picking in the productive covered garden



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Get your opera on



Music in nature Photo Credit: David Rogers

If you think opera is limited to formal dress, period costumes and the need for a translator, we have a pleasant surprise in store for you at Four Winds Festival 2022. This year's festival is your chance to experience some of the world's best opera in a way most people haven't before.

Join us outdoors on the grassy slopes at Barragga Bay as the world-renowned Pinchgut Opera performs Handel's popular mini opera *Acis and Galatea*. Sung in English with everyone in modern clothes, *Acis and Galatea* is the love story between a shepherd and a nymph, with magical powers of course, and a rampaging giant trying to break them up. It's a bit like *Marvel* meets *The Notebook*.

There will be moments you will laugh and moments you will cry, the singing and music will go to the core of your emotions.

Casual dress is a must – shorts and t-shirts welcome. Bring

a rug, low-sitting camp chair, your own picnic or purchase food from one of our local vendors on site for the lunch interval. We are licensed and BYO. Children sixteen years old and under are admitted at no charge for our daytime events so make it a family day out.

Back in its heyday, opera was the popular music of its time with its stars commanding celebrity status. You'll be surprised at how much opera you will have heard before – it often strengthens the storytelling and dramatic intent of so much we already consume in the form of movies, ads, films and TV shows today.

Come join us this Easter long weekend for something different and truly memorable, you won't be disappointed. You can check out our website at fourwinds.com.au.

Gabrielle Waters

An invitation to experience *The Feel Good Project*

It's a great honour to share with you, dear readers of *The Triangle*, my new book *The Feel Good Project*. I call it a life hack guide for teens but, interesting to note, many an adult has got a whole lot out of the book too.

Clichéd as it sounds, it's the kind of thing I wish I could have read as a teen. We know being a teen is tricky. Throw in the modern world and all its complexities, it gets even trickier. Our brain is a complex organ; gaining the knowledge that we can rewire it to gear towards the positive is a wonderfully powerful concept.

Using modern language, simple neuroplasticity techniques and reflective activities that build upon self-worth and gratitude, *The Feel Good Project* aims to help the reader find the sparkle. The world as we know it is rapidly evolving. Having a toolkit to combat the negative and enhance the positive can only be a handy thing.

It is indeed a love project. Essentially it's about learning to love yourself in a positive and healthy way, loving others and also our dear Planet Earth. The 2020s, as I am well and truly sure you have noticed, are proving to be testing times. It's now we need to build hope, resilience and, above all, love. I sincerely hope that many people, young and old, take the ride of embarking upon and reading *The Feel Good Project*.

The book sells for \$22.95 and is available at the following fabulous places in the Valley: The Valiant coffee cart, the Wellness Library at The Barn, Gulaga Gallery in Tilba, Candelo Books in Bega, the Markets on Lamont, Strangers in Paradise and Boneless Café in Bermagui, also online at thefeelgoodproject.com.au.

Julia Willson

SCULPTURE
Bermagui

5 – 14 March 2022
sculpturebermagui.org.au
[#sculpturebermagui](https://twitter.com/sculpturebermagui)
'Knave of Hearts' by Paul Dimmer – Image David Rogers

SCULPTURE Bermagui



Daryl Harbrow *Splendour* Credit: David Rogers Photography



Sam Anderson *Open Water*. Sam Anderson won the 2021 People's Choice Award
Credit: David Rogers Photography

The SCULPTURE Bermagui exhibition returns on Saturday 5 March and is open every day from 9.00 am–5.00 pm until Monday 14 March. The outdoor exhibition will be held on the Dickinson Point Headland and extend along the foreshore overlooking Horseshoe Bay. The annual festival is designed to showcase the skill and imagination of sculptors and bring diverse three-dimensional art to the public. While the 2021 exhibition just scraped in between lockdowns, organisers are hoping for a more peaceful backdrop to the event this year.

So far, the 2022 exhibition has attracted a record number of entries and a record prize pool. SCULPTURE Bermagui is pleased to announce a new award this year from our major sponsor, Bermagui Beach Hotel, that has also provided a special offer for all the entrants in our catalogue.

Our many generous local business owners have funded the Bermagui Business Acquisitive Award again this year. The winning sculpture will be on permanent display in Bermagui and will be given a home in front of one of the local businesses.

Interest from the community is at an all-time high, the exhibition program is available on the event website, sculpturebermagui.org.au, and includes notice of free daily guided tours and 'Filling the Catch' workshops where participants will be making fish out of recycled plastics to fill the nets of 'The Catch' sculpture. Bookings can be made at the Bermagui Sculpture Marquee during the event or, beforehand, please email talltreesart@bigpond.com.

On Sunday 6 March, there will be a Poetic Picnic on the headland where our local poets will write poetry inspired by the artworks. The winners of the SCULPTURE Bermagui Ekphrastic Challenge will read their poems at the closing event held at the Bermagui Country Club on Monday 14 March from 1.00 pm and invited artists will be presenting Artist's Talks. Please use our website (sculpturebermagui.org.au) to contact the Secretary to book in for this free event.

Olga Neilsen

Cobargo Creators: Happy ten years old in 2022

It's true – Cobargo Creators is in its tenth birthday year. From its beginnings in 2012 the gallery has successfully created a welcoming space where local people can display and sell their art. Over two hundred members have passed through its doors, a testament to the goodwill of the community that has volunteered on behalf of art culture and beauty. As a co-operative the Creators encourage and support many projects – workshops, art classes, the art 'n' craft bank, the painting of poles, exhibitions ...

Speaking of which, Cobargo Creators is calling for entries in the previously postponed fibre art exhibition – *Common Threads*. This will open in April so there is time to hunt out your threads of any medium – hair, silk, copper, cotton, wool, seagrass, metal, wire, vines, plastic, string, whatever ... and then spin, weave, twist, plait, curl, hook or knit it. Have your entry to the gallery from 26 March and 2 April

for the exhibition that will open on 9 April.

AGM – Cobargo Creators will be holding their annual general meeting on 24 March at 4.00 pm at which time all positions will fall vacant. Some members will be moving on and new members are welcome. If you are interested in giving some time and energy then come along and join the committee. Many skills are needed to manage the gallery and associated projects so there will always be some way in which you can assist in sustaining this community collective of artists. For more information as to how you can be involved call in and have a chat with a volunteer, email us at cobargocreators@gmail.com or have a yarn with our president, David Karonidis, on 0409 815 380.

We wish all past, present and future creators many happy returns of the year. Thank you to all who are and have been involved.

Sandra Taylor



Call for entries for *Common Threads*:
threads of any medium can be used

Revive Festival at the Murrah Hall

Bermagui Seaside Inc, producer of the Bermagui Seaside Fair, is very excited to finally announce that our Revive Festival will take place on 26 March outdoors at the Murrah Hall, Murrah.

Reggae favourites, The Strides, will once again be gracing us with their presence and will be joined by a host of local South Coast artists including: Bodhi Turner, Calum James, Felicity

Dowd, Kunda, Lillian McVeity, Nikea and Dre, Prodikal-1, The Scaramouche, The Spindrift Saga and Warren Foster Snr.

Tickets are just \$30 presale or \$40 at the gate (if available).

Secure your ticket: southcoasttickets.com.au/events/revive/.

Gates will open at 3.00 pm with Uncle Warren Foster Snr to deliver the Welcome to Country at 3.30 pm.

Our friends at Headspace Bega will also be on hand to provide information about the amazing services they offer.

Much of our funding has been provided by the wonderful team at the Foundation for Rural and Regional Renewal. This money was provided in the wake of the bushfires to help with the healing process and we thank them for their help.



The Strides

Four Winds Volunteering

Four Winds has an amazing team of volunteers at the heart of every achievement, generously sharing their precious time and expertise. As the 2022 Festival (Easter weekend) approaches we

look forward to continuing this relationship with existing volunteers and welcoming new volunteers into the team. While being part of the team delivering live performances and enjoying the sounds and

atmosphere of the festival, volunteering is a great way to meet people, enhance your skills and make a valuable contribution to the cultural life of the region.

If you have considered volunteering, we have various roles available – including artist care, ushers, admin, ticket sales, parking management, food and beverage. All contribute to a positive Festival experience for the entire Four Winds community – artists, audience and stakeholders. No matter what your skills, interests or time availability we will be able to find a place for you, where you can embed yourself in the Festival weekend.

Please join us on this journey, working in an environment focused on sharing the experience of live music in this incredible community that we are so fortunate to call home.

To sign up contact Justina Legoe (Volunteer Coordinator) on justina@fourwinds.com.au or through our website: fourwinds.com.au.

Justina Legoe
Volunteer Coordinator



A flock of volunteers Photo Credit: Ben Marden

Woven Magic ... an exhibition of Saori weaving at the Lazy Lizard Gallery

In the Side Room this month, we have two textile artists, Adrienne Waterman and Barb Johnson, who have conjured up a truly magical display. Their work, which positively glows with colour and texture, is inspired by the Saori method of weaving.

‘Saori,’ explains Barb, ‘is a Japanese free-form style of weaving that allows me to indulge my fascination for and love of colour and texture ... it’s like painting with yarn!’ Or, as Adrienne says, ‘Who wouldn’t love a craft where every mistake is a design feature? Saori weaving is about expressing yourself from your heart.’

Both Barb and Adrienne have come to settle in Dalmeny and truly love the Far South Coast. They have been inspired by ‘... its amazing creative energy and its supportive artistic community.’ They have become involved in numerous local art and craft groups and have found themselves to be both motivated and inspired.

Adrienne has been working with textiles all her life. She is of the age group that was taught sewing and knitting at school and encouraged at home by a very competent mother who gave Adrienne her first sewing machine at the age of seventeen. She loves to re-use pre-loved clothing, to make ‘new’ clothes, home accessories and rag rugs. She also weaves lengths of material into clothing, using Saori weaving patterns from their pattern book.

Barb has been weaving most of her life and loves to experiment with all types of yarns and techniques. She enjoys the way Saori enables her to create unique, one-off designs. She works predominantly with natural yarns: wool, cotton, linen, silk, mohair and alpaca. She also enjoys using old worn-out jeans, curtains and tablecloths to create special pieces. ‘I love the thought

of creating something beautiful,’ she says, ‘from something we may have considered worn out.’

To find out more about the magic of Saori weaving, drop by the gallery ... we are sure you will be enchanted!

Naomi Lewis



Some woven magic by Adrienne Waterman

Merimbula gets Monday Movies

Some classic history-based movies are getting a re-run at The Picture Show Man in Merimbula thanks to an initiative by the South Coast History Society and funding from the Mumbulla Foundation.

And, enticingly, it will cost attendees just \$12 to see three movies over the next three months.

The program starts on Monday morning 14 March with a screening of *Brassed Off*, the engaging and often hilarious movie about a northern England coal-mining town, its colliery brass band ... and the attractive, young, female flugelhorn player who arrives in town and blows up a storm.

The Australian classic, *Rabbit Proof Fence*, and *Darkest Hour*, the acclaimed British World War II biography of Prime Minister Winston Churchill, will be screened on 4 April and 9 May respectively.

Each movie will be preceded by a short explanation of the history that provided the background setting to the movie.

‘We’re hoping these background briefings will add to the enjoyment and understanding of each movie and will provide a glimpse into some particularly interesting times and events from our history,’ Peter Lacey, the President of the South Coast History Society, said. ‘Movies are just one of many ways that history can be presented, and there are some absolutely fabulous history-based movies. So, the South Coast History Society is thrilled that we will be able to screen a selection of these again locally on the big screen and at an amazingly low cost of admission,’ Peter added.

Advance bookings are essential and can be made by telephoning Peter Lacey on 0448 160 852.

Peter Lacey

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Book Review

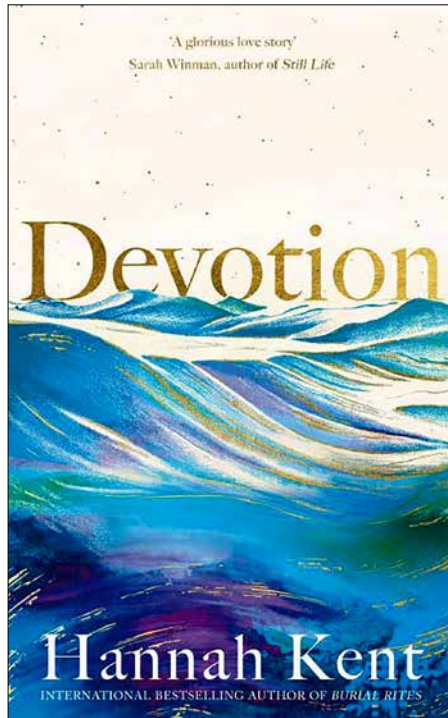
Wendy Tucker

Devotion

Hannah Kent

\$17.99

Hannah Kent's eagerly-awaited third novel is a departure from her earlier two although it continues with her themes of women on the fringes of their society,



women who evoke suspicion.

The novel is divided into three sections: Before, After and Then.

It begins in 1836 in Prussia, where Hanne is part of an Old Lutheran community, now banned from the practice of their religion. Hanne is fifteen years old and dreading the responsibilities of womanhood, marriage and domesticity. She is a child of nature and has synaesthesia. She hears the natural world and feels, as well as sees, light and dark. This character trait allows Kent to use her evocative descriptive prose superbly throughout the novel. Hanne feels friendless and unloved in her community until she meets Thea, the daughter of newcomers. This begins an intense and all-encompassing friendship and promises of lifelong devotion that remain central to the novel.

The community embarks on a voyage to South Australia to build a community and practice their religion without persecution.

The six-month journey on the ship is brilliantly described: the overcrowding, the seasickness, the scurvy and finally typhoid; the foul water and food; the storms and heat are all experienced by the reader. The horror is offset by beauty: the ocean, the whales, and the faith and stoicism of the passengers. The voyage allows Hanne and

Thea to become closer as they share a bunk.

And then comes the twist that has alienated some readers. No spoilers here – for me it is a brave literary device that allows the narrative to continue as Kent wishes.

The community arrives, finds fertile land and, with backbreaking work and against seemingly impossible odds, builds a village and establishes productive farms.

Kent is writing about colonisation but does so skillfully, always with an undercurrent and acknowledgement of the Peramangk people whose land it is. Hanne sees, hears and understands the Australian bush and the way it has been cared for. Hanne reflects, 'All this way and they have disfigured the land back into Prussia.'

Hanne observes the ways of the new colony, the deaths, births, successes and failures and the superstitions and suspicions that surround Thea's mother. Thea's mother is a healer and midwife, suspected of witchcraft and of using a banned book that Thea now has in her possession. Hanne can no longer protect the one she loves.

Hannah Kent writes of colonial Australia and of love and devotion with great skill and beauty.

Pet of the Month

Kerri Brady

Maeve came into care from a farm setting as an extremely nervous but gentle cat. She is progressing very well with her carer and is now ready for adoption. She continues to be a little nervy but is super affectionate, easy to handle and has just started to display her playful nature. Maeve gets on with all the other cats in the cattery so could be fine in a household with other cats. Maeve would need to be kept inside until she has had time to settle down, she will initially hide but will gain confidence with time. She will need a quiet, patient household and, most importantly, lots of love! We think Maeve is about a year and a half old. She will cost \$200. If you are interested, please give our enquiry number a ring – 0400 372 609, Monday to Friday 9.00 am-5.00pm.

All animals available through AWLNSW are microchipped, de-sexed, vaccinated, wormed, and treated for fleas and ticks. Their adoption fee is subsidised in the hope that rescue pets will be people's first choice and that eventually we will be able to stop unwanted litters. Please note that potential dog owners need to be



Maeve

suitable to the needs of the animal and have secure dog-proof fencing. You can view available animals on the Animal Welfare League, Far South Coast branch's Facebook page but you will need to call Animal Welfare League FSC branch on 0400 372 609 to enquire about any of the

many cats, kittens, dogs and pups available for adoption.

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 of Bermagui, Cobargo, Bega, Merimbula, Pambula and Eden 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.

As the weather is now getting warmer please remember not to leave pets in cars. It is against the law and is a very cruel death. Phone police if you find a dog shut in a car and they are panting.

Our 2022 Calendar of Second Chances is still available from all Bega Valley Shire vets, Montague Vet in Narooma, Coastal Grooming of Merimbula and Supply Central in Eden. A great gift that keeps on giving for only \$20.

What a ride that was. When we opened up ViaLuna and invited all of you into the beautiful garden, we didn't see all these extraordinary challenges ahead. But, through it all, you kept on coming and to see you having a great time in the courtyard and the garden with an excellent coffee from Valiant Coffee and a little something from the Tiny was heart-warming and kept me going for these last two years. I've enjoyed it so much taking you on some fun foodie adventures. Thank you for indulging me.

I'm sharing some recipes of a few ViaLuna favourites, so you don't have to go without.

Thank you for your support, your sharing (of glut produce), your enjoyment.

Lena



Cheese scones

350 g plain flour
1 tsp baking powder
1 tsp bicarb soda
1½ tsp mustard powder
pinch salt
fresh black pepper
120 g grated cheddar cheese
50 g melted butter
1 tbsp yogurt
1 cup/250 ml cold milk

Preheat the oven to 220° C and line a baking tray with baking paper.

Sift flour, baking powder, bicarb powder, mustard powder, salt and pepper in a big bowl. Add 100 g of the cheese and mix through.

Add the melted butter and mix through. Make a well in the center.

Dissolve the yogurt in the milk. Pour the milk in the well and fold the scone dough together gently with a wooden spoon or spread fingers until it just starts to come together. Do not over mix!

Turn out onto a lightly-floured surface. Without kneading it press out to a 2.5 cm-thick round. Brush with some milk and sprinkle the leftover grated cheese over the top. Cut in half, then quarters, then eights.

Transfer the scones to a prepared baking tray and bake in the oven for 20 minutes or till golden brown.

Best eaten the same day with some more butter.

Apple and walnut muffins

350 g plain flour
150 g raw sugar
1 tsp baking powder
1 tsp bicarb powder
1 tsp cinnamon
60 g walnuts, chopped
2 small apples, peeled, cored, diced
1 tbsp yogurt
150 ml cold milk
125 ml veg oil
2 eggs
1 tsp vanilla extract

Preheat the oven to 180° C, lightly grease a 12 x ½ cup muffin tin.

Sift flour, sugar, baking powder, bicarb powder and cinnamon in a big bowl. Add the chopped walnuts and chopped apples.

Mix the dry ingredients, set aside.

In a small bowl or jug whisk together the eggs, yogurt, milk and oil. Add the wet ingredients to the dry and stir together until just combined. Scoop mixture into the prepared muffin tin.

Bake for 20 minutes. Allow to cool for 5 minutes in the tin before turning out onto a wire rack to cool completely.

Beetroot chutney

2 kg beetroot, peeled, finely grated
1 cup raw sugar
500 ml red wine vinegar
1 tbsp mustard seed
1 tbsp ground ginger
2 bay leaves
pinch chilli flakes
pinch salt
fresh black pepper

Sterilise jars and lids.

Chuck everything into a nice big pan and heat gently till the sugar has completely dissolved. Cook for 25–30 minutes, or until the mixture is thick, glossy and jam like. Turn off the heat and leave for 5 min. Ladle into the sterilised jars and seal with the lids.

The chutney can be eaten immediately but it is best left for a couple of weeks to mature and allow the flavours to develop. Store in a cool, dark cupboard for up to a year. Keep in the fridge once opened.



Glorious autumn



Japanese windflowers, white hellebore with pink spots and dark plum coloured hellebore

Well, here we are heading into the cooler months of the year again and let's not forget that the garden can be as beautiful in the throes of late autumn/winter as during the warmer seasons of spring and summer.

The cooler months bring with it the beautiful colours of deciduous trees with their interesting shapes and bark colours as they commence to enter the wintering phase. There's no better time than now to see the amazing colours of the bark of crepe myrtle. This beautiful small tree not only has amazing flowers in mid-autumn but is then followed by glorious, coloured leaves that, as they fall, reveal the greyish-pink bark that is a standout feature of this plant.

Another great tree for winter colour is the golden ash that, after losing its leaves, is left with lovely yellow branches that give an eerie look through the frost and fogs of winter.

If you are considering planting a deciduous tree in your garden, take a drive around your local area and have a look at some established trees. This will give you an idea of how the tree might fit into your space. Good nurseries will have container-grown trees available in autumn, so you can get an early start with your planting instead of waiting until bare-rooted plants arrive in mid-winter.

The autumn garden brings with it the flowering of many plants including the glorious hellebores. These beautiful perennials thrive under deciduous trees as they are protected from the summer heat by the trees and, as the leaves fall, they are exposed to the winter sun where they throw out their clusters of softly coloured flowers to face the sun. There has been an amazing amount of breeding done with these plants in recent times bringing to the gardening world many forms and colours. Both in single and double forms they come in a wide range of colours from white, through shades of pink and burgundy to greys and yellow.

One of my favourites is the Japanese wind flower (*Anemone hupehensis*), a

lovely perennial again suited to a semi-shaded garden with colours of white, pink and burgundy in single and double flowering forms. These plants will now be available at your local nursery and throughout winter.

Another group of plants that perform very well in the cooler months with their late autumn to winter flowering is the *Camellia sasanqua*. This group has many uses from screening to espaliers and ground covers. The ground cover varieties, such as Marge Miller and Snow, look fabulous in a large pot or as a groundcover hanging over a wall or under and around the base of upright forms of camellia.

Sasanqua camellias are an extremely hardy plant and can tolerate full sun and, once established, lengthy periods of dry conditions. Coming in both single and double forms they have a wide range of colours including white, pink, burgundy and red.

Moving along from plants that make our late autumn into winter gardens look great, we shouldn't forget about the general maintenance of the garden at this important time. Luckily, we have had some recent rain but it is important to remember that







autumn can be very dry in the garden and a close eye should be kept on watering. People often tell me they have not had to water because when they went outside early in the morning that there was dew on the ground and this should keep their plants going. This is completely wrong as this moisture is very soon evaporated by the sun and is not then available to the plants.

Late autumn also brings with it the last opportunity to do some late fertilising of both lawns and gardens to give the plants a last feed before it becomes too cold for them to take up the nutrients. A complete NPK lawn food for the lawns will keep them looking nice and green until the frosts start to brown them off. A couple of handfuls of an organic fertiliser around trees and shrubs will also help them through until spring.

Finally, the flower and vegetable gardens should be well and truly planted with winter/spring plants. Pansies, violas, primulas, wallflowers and stocks are just some of the flowers that can go in now. Cabbage, cauliflower, broad beans, onions and carrots are just a few of the vegetables that could be given a go.

TILBA NURSERY

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(behind La Galette Cafe!)



For the fridge door

MARCH	WHAT	WHERE	TIME
Weds 2	Woven Saori weaving by Adrienne Waterman + Barb Johnson all March	Lazy Lizard Gallery Side Room	10 am - 3 pm
	Bermi Seniors Social Club	Bermagui Country Club	11.30 am
Sat 5	Cobargo Community Energy CaDET info pg 21	On Zoom meeting	2.30 pm
	Open Mic	Tilba Winery & Ale House	12 noon
Sat 5 - 14	SCULPTURE Bermagui details pg 37	Dickinson Pt headland	9 am - 5 pm
Sat 5 + 6	Book Sale fundraiser for WRC pg 10	Cobargo School of Arts	10 am - 4 pm
Sun 6	Two Dogs Plucking	Tilba Winery & Ale House	12.30
	Chris O'Connor	The Drom	4 pm
Tues 8	Home Spun IWD stories details pg 9	Civic Centre Bega book only	6 pm
Weds 9	Cobargo Show Society meeting	Cobargo showground dining hall	7.30 pm
Sat 12	Solo West	Tilba Winery & Ale House	12.30
Sun 13	Pickin' Thyme	The Drom	4 pm
	Stich	Tilba Winery & Ale House	12.30
	Fun in the Sun Day	Armands beach, sth of Bermagui	10 - 3 or later
Mon 14	Closing event: poetry readings and artist's talks SCULPTURE Bermagui bookings pg 37	Bermagui Country Club	1 pm onwards
Sat 19	Rebuild Cobargo community consultations - interactive pg 25	Cobargo School of Arts	2pm - 4 pm
	Triangle Youth Event #1 Open mic, music, activities, food & fun pg 25	Cobargo Skate Park	12 noon - 5 pm
	Day in the Valley (ticketed)	Tilba Winery & Ale House	10 am
Sun 20	Richard Lawson	The Drom	4 pm
	Moondog	Tilba Winery & Ale House	10 am
Thurs 24	Gordie Tentrees (ticketed)	Tilba Winery & Ale House	5 pm
Sat 26	Revive live music festival details pg many artists incl The Strides pg 38	Murrah Hall	Gates open 3pm
	Jazmaree & Kieran	Tilba Winery & Ale House	12 noon
Sun 27	Laine & Levi	The Drom	4 pm
	Jakob Poyner	Tilba Winery & Ale House	12 noon

Classifieds

Position wanted

Caretaker/housesitter position sought between Central Tilba and Merimbula. In lew of rent your place maintained, your animals and pets cared for. Proven local experience with references upon request. Available from May onwards. Contact Andrew 0487 353 424.

NEED A CAR for a day or two?

The community car is available to borrow.

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Visit our NEW Website

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CROSSWORD ANSWERS ACROSS

9. On the go 10. Our Lord 11. Corfu 12. Nodded off 13. West Beach 14. Attic 15. Sparrowhawk 20. Larva 22. Caladenia 25. Guinea pig 26. Greta 27. Everage 28. Rubbish

DOWN

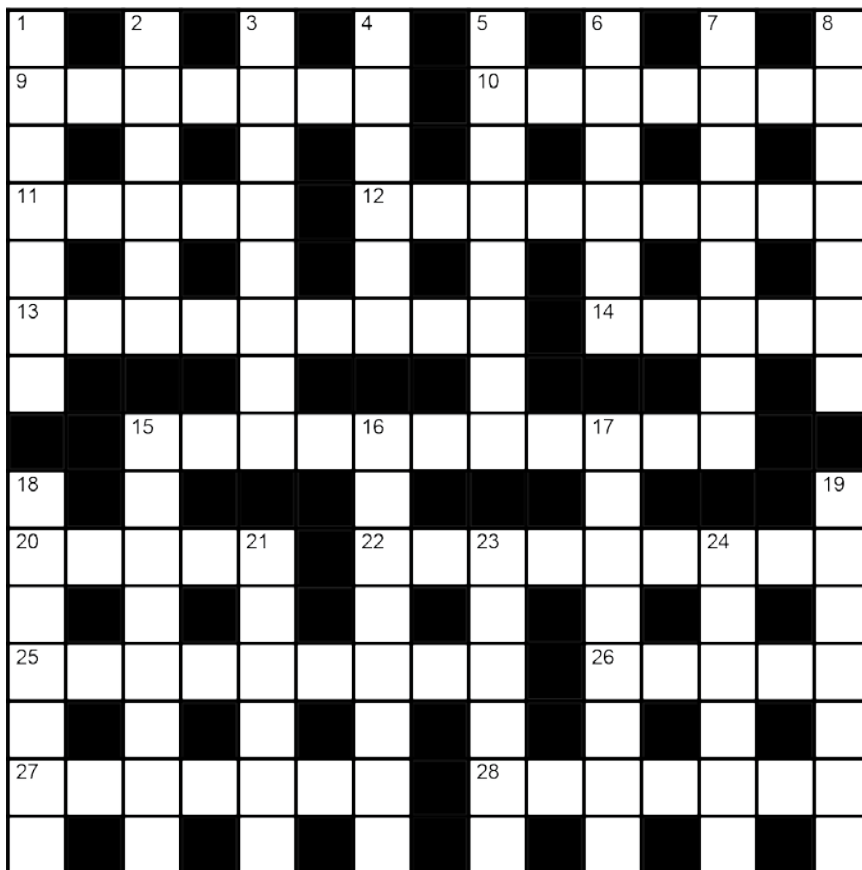
1. Moo cows 2. Sterns 3. Penumbra 4. Goanna 5. Roadshow 6. Ortega 7. Kohoutek 8. Edifice 15. Spruiker 16. Recopied 17. Andy Gibb 18. Flagmen 19. Cadaghi 21. Axeman 23. Lagers 24. No exit

AUSTRALIAN GENERAL KNOWLEDGE

1. The Southern Cross 2. Kangaroo and emu (Bonus answer: Because they are the two Australian animals that can't walk backwards and so indicate the country is always moving forwards) 3. Anna Creek Station - it is in SA and is larger than the country of Israel 4. The Great Ocean Road 5. 35% 6. Kata Tjuta - meaning 'many heads' the site is a sacred site to the Aboriginal people 7. Bondi Beach - in 1906 8. Fraser Island - it stretches over 120 km 9. Brazil, Canada, China, Russia and the USA. 10. 29 years - there are 10,685 registered beaches 11. Tropic of Capricorn 12. Opal mine 13. 3 14. Run to Paradise - by the Choirboys 15. Savage Garden 16. Didgeridoo

Game On

CROSSWORD



ACROSS

- 9 Busy, busy (2,3,2)
10 In the year of --- (3,4)

- 11 Tourist isle off NW Greece (5)
12 Fell asleep (6,3)
13 Webcast composed for Adelaide

SUDOKU

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

If you have a game, quiz or crossword that you would like to see on the Game On page, send it to contributions@thetriangle.org.au with your email address. We'll try to include it.

- seaside suburb (4,5)
14 Top storage spot (5)
15 Predatory bird (11)
20 Insect stage (5)
22 Spider orchids (9)
25 Participant in many experiments (6,3)
26 Actress --- Scacchi (5)
27 Most famous export of Moonee Ponds? (7)
28 Bull's wool (7)

DOWN

- 1 Farmyard animals, to ankle-biters (3-4)
2 Back ends (6)
3 Partial shadow (8)
4 Monitor lizard found everywhere but Tasmania (6)
5 Performance on a troupe's tour (8)
6 Nicaraguan leader (6)
7 Comet last seen in 1973 (8)
8 Imposing structure (7)
15 Outside salesperson (8)
16 Duplicated from a duplicate (8)
17 Brother of the Bee Gees (4,4)
18 Admirals (7)
19 Large Eastern Australian tree considered a weed by some (7)
21 Tree feller (6)
23 German WW2 sidearms (6)
24 You can't get out this way (2,4)

AUSTRALIAN

GENERAL KNOWLEDGE

- Which constellation is depicted on the Australian flag?
- What two animals are featured on the Australian coat of arms?
- What is the name of Australia's largest cattle station?
- Which iconic Australian landmark is the world's largest war memorial?
- What percentage of Australia is classified as a desert?
- What is the traditional name of the natural landmark known as The Olgas?
- Where was the first Australian Lifesaving Club founded?
- Which Australian Island is the largest sand island in the world?
- There are 5 Countries larger than Australia – name one of them.
- If you visited a different Australian beach every day, how long would it take to visit them all?
- Which line of latitude runs through Australia?
- What type of Mine can you find in Coober Pedy?
- How many time zones are there in Australia?
- Which iconic Aussie song starts with: "Baby! You were always gonna be the one"?
- Which Australian band won 10 ARIAs in 1997?
- Which Australian instrument is thought to be the world's oldest musical instrument?

Answers on page 39